



MadaFu

The Socio-Economic Newspaper with Anything & Everything from Kenya

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PCAK COAST FOOD DONATION TO ORPHANAGE

The Professional Criminologists Association Of Kenya - PCAK Coast Chapter organised Food Ration Donation on 17th June 2021 to Barnabas Orphanage & School in Ganze with 55 Children all of who are orphans ably looked after by Mr. Silas the Admin. Qurans were presented to the Muslim Children and they started reading the Holy Book aloud. Sweets and Toffees brought the children to their toes as usual. Bless the ever supportive Donors who were approached for the exercise and they all came forward to give in their best of ability.

The main Donors were:-

1. LoCEF Foundation
2. The Mombasa Women's Association
3. Shree Sthanakwasi Shwetamber Jain Sangh



4. Khuda ka Bandha - Anonymous & Anonymous donor for the Holy Qurans
5. Bunny Industries
6. Tejmart Mini Grocers
7. Jass Auto
8. Shabbir and Family
9. Mr. Mustafa and Family
10. Mzuri Sweets Ltd.

11. Revital Healthcare EPZ
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 13. Abdallah Wholesellers
 14. Kensalt Ltd
 15. Anonymous Wellwisher
 16. Ganijee Shop Ganjoni
 17. Container Logistics Ltd.
- PCAK Coast Coordinator
Mr. Rishi Arun Parikh**



Mama Sarah is all smiles after receiving her Food Ration during the PCAK Food Distribution Event

TREE PLANTING EXERCISE



Visa Oshwal chairlady Divya Shah handed over wheelchairs to Mr Edward milgo, and Janeth Chekemoin Kiptagich and Olenguruone town

Port of Mombasa registers improved performance in first quarter

The Port of Mombasa handled 9.54 million tons in the first quarter of the year 2021 compared to 8.62 million tons in a similar period last year recording 10.7 percent growth rate.

During the period under review (January to March 2021), the Port also witnessed increased volumes in container traffic registering 389,515 TEUs against 340,812 TEUs recorded

in a similar period in 2020. Transshipment traffic recorded 69,658 TEUs against 41,363 TEUs during the corresponding period in 2020.

A fleet of Terminal Tractors on queue waiting to off-load cargo from a docked ship.

The container traffic translates to an increase of 48,703 TEUs or 14.3 percent while transshipment traffic registered a growth of 28,295

TEUs or 68.4 percent.

Total imports during the quarter recorded 162,504 TEUs up from 151,998 TEUs in the corresponding period January-March 2020, registering a growth of 6.9 percent. Equally, exports registered an upsurge by 6.8 percent from 146,049 TEUs in 2020 to 156,007 TEUs during the similar period in 2021.

The month of March 2021 boosted the Port of Mombasa's performance registering a marked growth in both conventional and containerized cargo. A total of 3.48 million tons were recorded in the month of March 2021 against 2.71 million tons realized in the corresponding month in 2020, representing a positive performance of 768,453 tons or 28.4 %.



Tougher Than Tough!

SHOP LOCATIONS

- GREENSPAN MALL - DONHOLM, NAIROBI
- CAPITAL CENTER- ALONG MSA ROAD, NAIROBI
- WESTFIELD MALL - LAVINGTON
- MAIYAN MALL - RONGAI
- MEGA CENTER MALL- KITALE
- MEGA PLAZA - KISUMU TOWN
- UNITED MALL - KISUMU TOWN
- COMMERCIAL STREET THIKA TOWN
- NEXT TO BLUEROOM RESTAURANT, MSA CBD
- NAIVAS NYALI SHOPPING CENTRE, MOMBASA
- SAFQA PLAZA BAMBURI MTAMBO, MOMBASA
- KILIFI ARCADE- KILIFI TOWN
- CITY MALL NYALI , MOMBASA
- LAMU ROAD NEXT TO KCB BANK, MALINDI
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First Lady Margaret Kenyatta calls for sustained efforts to end fistula



(PSCU)

First Lady Margaret Kenyatta has called for sustained efforts to end fistula, saying any woman suffering from the condition should be treated promptly and reintegrated into the society.

Pledging her continued support to the global campaign to end fistula, the First Lady emphasized the need to step up measures aimed at ensuring new cases of fistula are prevented.

"On my part, I remain committed to supporting the aspirations of the global campaign to end Fistula. I will continue to lend my voice and support for increased investment to restore the dignity of women and girls," the First Lady said.

She added: "Collectively, we can create awareness, lobby for and put in place supportive measures to strengthen the capacity of our health systems to offer more treatment and surgical repairs as well as training of more doctors."

First Lady Margaret Kenyatta spoke on Tuesday at Kenyatta National Hospital (KNH) in Nairobi where she visited patients who benefitted from free fistula surgeries as part of activities to commemorate the International Day to End Obstetric Fistula.

"This morning, I was deeply touched by the opportunity to meet women who have recently undergone surgical repairs. I met women who have come all the way from Kitui, Baringo, Laikipia, Nakuru, Marsabit, Homa Bay and Nairobi," the First Lady said.

The surgeries were performed during the ongoing fistula camp organized by KNH that started on 17 May running upto May 28.

The First Lady said the theme of this year's International Day to End Obstetric Fistula, which is "Women's rights are human rights! End Fistula now", is a reminder that many injustices still face women and girls today.

She said the theme compels governments and people everywhere to listen and

reflect on the injustices that women around the world have continued to face.

"We are reminded that women are prime targets of forms of stigma and abuse and that we will never fully gain our dignity until our collective rights are respected and protected," the First Lady said.

At the same time, the First Lady decried rising cases of teenage pregnancies and gender violence, saying the two vices are eroding gains made towards ending obstetric fistula.

While applauding the National Hospital Insurance Fund for including obstetric fistula in its health packages, the First Lady noted that there is still a backlog of nearly 1000 cases of women living with fistula awaiting surgery every year.

"This situation has been made worse by the current COVID-19 pandemic which has not only strained our health systems but has also affected access to and utilization of health services including maternity care," the First Lady said.

She commended UNFPA, AMREF, Fistula Foundation and the Flying Doctors among other organizations for partnering with her Beyond Zero initiative towards ending obstetric fistula.

"You have supported capacity building of health workers, community mobilization, provision of hospital equipment, funding of fistula repair and rehabilitation of fistula survivors," the First Lady noted.

The First Lady also acknowledged brave women like fistula ambassador Jane Muthoni who spoke against the burden she experienced suffering from fistula for 13 years before she was treated.

Other speakers included Health Principal Secretary Susan Mochache, KNH Chairman George Ooko and UNFPA Country Representative Dr Ademola Olajide among others who commended First Lady Margaret Kenyatta for her leading role in the promotion of maternal and child health through the Beyond Zero initiative.

President Kenyatta applauds KDF for reviving KMC



(PSCU)

President Uhuru Kenyatta has applauded Kenya Defence Forces (KDF) for reviving Kenya Meat Commission (KMC) saying the Government's decision to transfer the meat processor to the Ministry of Defence was aimed at salvaging the livestock sector which is a mainstay for millions of Kenyans.

"As a key stakeholder and consumer of KMC products, the stewardship provided by the Ministry of Defence provided the Commission with economies of scale, predictable product demand, better focus on efficiency, and a diversification of its product lines," the President said.

President Kenyatta, who spoke on Monday afternoon in Athi River, Machakos County when he presided over the re-opening of the refurbished KMC factory, said over half of the country's population depends on the livestock sector for its livelihood and that the Government could not allow it to collapse.

"As indicated earlier, the sector is the source of livelihood for millions of Kenyans and the market forces have not lived to our expectations especially in times of drought and therefore, it was necessary to get the government involved as a driver together with the existing private sector players," the President said.

The President expressed optimism that KDF will be able to pay farmers and other suppliers in time, saying that

has been one of KMC's greatest challenge.

"One of the greatest challenges that we had with this facility was taking in livestock but not paying the farmers for the same. Indeed, some farmers had waited for four years before they were paid.

"I am keenly looking forward to you (KDF) maintaining your pledge that all farmers will be paid within 72 hours of the delivery of their livestock to your facility," he said.

The meat processor, with an installed daily slaughter capacity of 1,250 large animals and 2,000 small stock, was transferred from the Ministry of Agriculture to that of Defence in September last year.

The President thanked KDF and the various agencies that were sourcing their meat requirements from KMC such as Kenya Prisons, Kenya Police Service Training Colleges, National Youth Service and Kenya Wildlife Service, and urged more institutions to make the meat processor their supplier of choice.

Besides the meat value chain, the President identified the leather sub sector as one of the greatest beneficiary from the revamped KMC saying the Government had a comprehensive plan to enhance the uptake of hides and skins from the factory by local tanneries. He thanked KMC for establishing partnerships with existing abattoirs in major livestock rearing counties and urged KDF to prioritize the revival of Kibarani abattoir and Shimanzi meat depot to carter



for the coastal region.

Further, the Head of State challenged KMC's new managers to leverage on regional and continental trade arrangements such as the African Continental Free Trade Area (AfCFTA) to put their products into the international market by obtaining appropriate export certifications.

"Even as we set our eyes on Europe, Australia, New Zealand and Middle East for exports, a significant portion of our growth will be from emerging markets, many of which are right here in Africa, where the population is growing, and more consumers now enjoy improved purchasing power," the President said.

Earlier, President Kenyatta visited KMC's Ladhies Road Meat Depot in Nairobi County

on his way to Athi River for the re-opening of the firm's factory.

Machakos Governor Dr Alfred Mutua, Defence CS Dr Monica Juma and Chief of Defence Forces General Robert Kibochi also spoke at the re-opening ceremony.

General Kibochi assured the President of KDF's commitment to ensuring that KMC is fully revived for the benefit of all Kenyans.

Other speakers at the event, also attended by former Vice President Kalonzo Musyoka, Narok Governor Samuel Ole Tunai and Cabinet Secretaries Peter Munya (Agriculture) and Farida Karoney (Lands), were KMC's Board Chairman Lt. Gen (Rtd) Joseph Kasaon and Managing Director Brigadier James Githanga.

NEWS

Kenya on course to achieving gender equality, President Kenyatta says

(PSCU)

President Uhuru Kenyatta has said Kenya has put in place a robust policy regime to enable it achieve gender equality, and empowerment of women and girls.

Speaking during the virtual launch of the Kenyan chapter of Generation Equality Forum at State House, Nairobi, President Kenyatta enumerated various initiatives the Government had put in place to ensure gender equity.

He said women are a critical national asset with great potential to shape, influence and contribute to all spheres of development, and that empowering them strengthens the family, society, and the nation at large.

"When countries respect women rights, promote gender equality, and put women and girls at the centre of their development agenda, their societies and economies thrive, and those benefits extend far into future generations.

"Indeed, women are the pillar upon which society leans. Women are drivers of family health and welfare; they inculcate values and nurture the young, and they exert a powerful influence on intergenerational outcomes for their children" the President said.



He announced Government plans to invest Shs 2.3 Billion towards prevention of gender based violence and progressively increase the funding to Shs 5 billion.

Further, the Head of State said the Government would ratify and implement the International Labour Organisation (ILO) Convention 190 on eliminating Gender-

Based Violence (GBV), and harassment in the workplace by 2026.

He said the Government would conduct a survey on GBV under the 2022 Kenya

Demographic Health Survey in addition to developing a system for managing the vice.

The President further noted that GBV including medical, legal, and psychological support services would be integrated into the essential minimum package of UHC by 2022.

He said GBV survivors' fund will be established in partnership with the private sector, civil society and other stakeholders for survivor's economic empowerment.

While acknowledging the global nature of FGM affecting more than 200 million women, President Kenyatta enumerated achievements made towards tackling the vice in the country among them setting up an aggressive media campaign to end FGM in 22 counties with high prevalence.

"We have allocated USD 2 million (Shs 200 million) for the implementation of an inter-agency programme on the prevention and response to GBV.

"Equally important to highlight is that cultural and religious leaders from the Borana, Samburu, and Pokot communities have made bold public declarations, to eliminate FGM and child marriage. This includes the 'Kisima' declaration; which I witnessed in Samburu in March of this year," President Kenyatta said.

Microsoft unveils features to support educators



Microsoft has added several new features to Teams designed to support educators and students in creating a holistic learning environment for the next chapter of education.

Among others, the new features will provide for personalised learning for each and every student, organise the online classroom experience and make assignments more engaging, organised and fun. They also allow teachers to better understand student engagement and emotional wellbeing while also encouraging class participation during synchronous learning for better hybrid and remote classes.

Top updates include:

- Reading Progress – a new free tool for Microsoft Teams for Education that gives students a less stressful way to improve their reading skills, while helping educators save time, guide class progress and identify areas for one-on-one attention. Whether learning how to read, improving reading fluency or learning a new language, Reading Progress supports students of all ages.

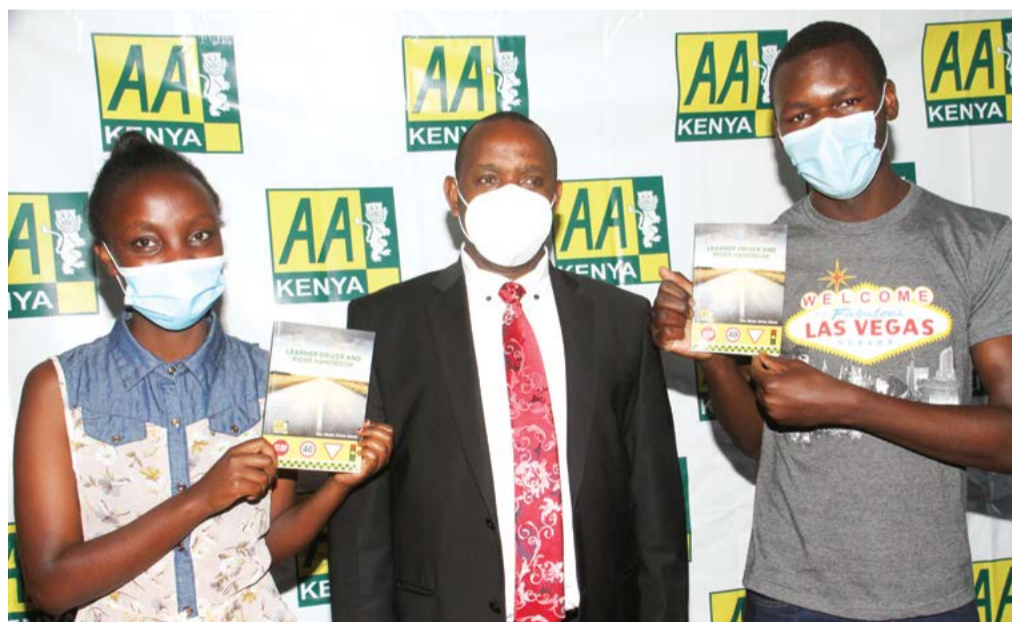
- Supervised Chat in Teams for Education – supports students' safety in both digital and physical spaces.

- Additional collaboration tools for Teams for Education – these new free tools will make it easier for educators to streamline group work, issue assignments from a variety of third-party apps and help students easily see when assignments are due.

- New updates for Minecraft: Education Edition – including Minecraft for Camps and Clubs, which allows learners to use Minecraft: Education Edition outside the classroom.

According to Barbara Holzapfel, Microsoft's Vice President for Education, the new tools and updates are designed to support the five key areas that help teachers create a holistic learning environment and move education forward: student centricity, skills focus, social learning, safety and security, and scalability. "For the past year, teachers have leveraged technology in innovative ways to keep students engaged. Technology went from being a temporary lifeline to facilitate connection in remote and hybrid learning, to a fully integrated part of many virtual and in-person classrooms," says Holzapfel.

AA Kenya sponsors top three 2020 KCSE candidates for driving course



Automobile Association of Kenya CEO Francis Theuri (right) presents the company's learners driver handbook driving manual books to top 2020 KCSE students Robinson Wanjala (left) and Sharon Chepng'eno register for a one month driving course sponsored by the company. AA Kenya has sponsored top three 2020 KCSE candidates for the course at the oldest driving school in Kenya.

The Automobile Association of Kenya (AA Kenya) has honored the top three 2020 KCSE candidates by offering free driving classes. While presenting the sponsorship, the Chief Executive Officer, Mr. Francis Theuri, said the Association

was happy with the exemplary performance of the three and requested them to be road safety ambassadors even as they join their universities of choice. The three are Simiyu Robinson Wanjala, Allan Wasonga and Sharon Chepng'eno.

Mr. Theuri said AA Kenya

started its driving school in 1962 to support road safety by giving the best driving lessons to potential drivers. These students are now role models for thousands of other students across the country. It is then important they receive quality training as drivers and become



Automobile Association of Kenya CEO Francis Theuri (right) assists top 2020 KCSE students Robinson Wanjala (left) and Sharon Chepng'eno (left) register for a one month driving course sponsored by the company. AA Kenya has sponsored top three 2020 KCSE candidates for the course at the oldest driving school in Kenya.

role models even in the area of road safety.

He added that 80% of all road crashes in Kenya are caused by bad driving behaviors and are therefore preventable through the right training.

Simiyu thanked AA Kenya for the sponsorship and called on parents and guardians to enroll their children at credible driving schools. He termed AA Kenya as the most credible driving school with a wide reach in the country, and urged Kenyans to shun bad driving habits on the road.

On her part, Sharon, who was the second-best overall student,

said good driving skills avert road crashes thus contributing to safety of road users.

"I am happy to receive this sponsorship," she said and lauded AA Kenya for the support.

Second best student Allan Wasonga was unavailable during the event but AA Kenya CEO said the Association is in contact with him to start classes at a later date.

AA Kenya has 33 branches across the country. The students will choose their preferred branches for the driving classes.

PHOTO STORY

AIC church Rev ordained in Kitui

Africa Inland Church –Kenya Bishop Rev. Abraham Mulwa (second right) leads Reverends in praying for Rev Samuel Kitheka and his wife Agnes Mueni after presiding over his ordination as a Reverend at Thokoa AIC church in Kitui County. Rev. Kitheka who had served as a pastor for 41 years had waited for 29 years to become a Reverend after a series of mysterious disappearance of his Thesis until the Church regional council leadership intervened.



Inaugural 2021 Kericho Enterprise Expo at Moi Gardens in Kericho County



Industrialization, Trade and Enterprise Development Cabinet Minister Betty Maina (centre) and the Kericho Governor Prof. Paul Chepkwony(left) are conducted on a tour of Moiben Connection Limited exhibition stand of one of the SMEs that have been funded and incubated by Kenya Industrial Estate by the Parastatal Managing Director Parmain ole Narikae (in red tie right) during the official opening of a three-days Inaugural 2021 Kericho Enterprise Expo at Moi Gardens in Kericho County. Over 100 exhibitors showcased their products and services. The theme of the Expo was :Empowering MSMEs for Sustainable Economic Growth in Kericho County.



Hon Consular, Shri Subhash Goyal from Indian High Commission held mini consular camp in Nakuru. All processed documents like passports, OCI, Misc Documents were brought to Nakuru, which saved members to travel to Nairobi in this covid times and documents were brought to doorsteps of members



UBUNTUTU LIFE DIAPERS DONATION
SBM Bank Treasury team presents a donation of diapers to Ubuntu life, an organization that started in 2011 with a goal to provide access to essential services and promote social inclusion for children with special educational and physical needs throughout Kenya.



Lion Rani Ramchandani distributed one Adult wheelchair, one children's wheelchair, one walking frame n one commode chair to the Nakuru Nursing home.. Nakuru.on 16th June with the help of well wishers in the presence of Dr Mohammad, Matron n the staff. These devices will help this institution for mobility and to assist elders.



Mombasa women's Association at Likoni Army salvation primary school for visually impaired children to serve lunch and donate most needed things requested by the them. 3bail unga, pampers, 2*3lt. oil, 100pcs of soap, 60tooth pastes, 50kg rice, 40kg beans, 8by 40toilet papers, tomatoes, onions. Bananas n apple by Mrs Illa Shah.
Hats off to staff who is taking care of 156 children and doing remarkable work and keeping premises very clean
Here Chairlady Mrs Harminder kandhari presenting the goods to staff and students and serve lunch to everyone.
Photo from left Mrs Anila(guest)MWA treasurer Mrs Illa Shah, chairlady Mrs Harminder kandhari, back row ,Hon.secretary Mrs Sital Sagoo, joint treasurer Mrs Gurmeet Kaur, vice chairlady Mrs Sadhna doshi. On looking Students and Staff.
God's blessings



Mombasa women's Association to most vulnerable people during covid 19 donated 100 food hampers containing each unga 2kg, sugar 1kg, Rice 1kg, Beans 1kg, frymate 500gm, salt 500gm to Rishi Arun Parekh of PCAK as they received request from Vanga in kwale and Barnabas Orphanage and school in Gange with 55 children. Rishi and his team doing remarkable service during covid 19. Here Rishi Arun Parekh distributing hampers to elders. God's blessings

EVENTS

PHOTO STORY



A Nairobi resident Maria Nzioka sprays Mortein Doom at her home during the launch of a nationwide malaria prevention campaign as the company prepared to mark the World Malaria Day on Sunday 25th. This year's theme is "Zero Malaria - Draw the Line Against Malaria".



L-R, David Kuria (MD UAP Old Mutual), Harrison Muiru (GMD Smart Applications Group) and Japheth Ogalo (GM Medical Business UAP Old Mutual Group), during the launch of the digitization through the Electronic Data Interchange Solution (EDI) will enable UAP Old Mutual clients faster access to treatment and result in more efficient, paperless medical claims through the healthcare facilities.



Starehe Boys' Centre form four students Abdilatif Hassan (second right) and Al-amin Mohamed conduct an experiment in one of the school's renovated biology laboratory. Looking on is Novozymes Kenya General Manager Regina Karani (right) and the school's Managing Committee Director, Josphat Mwaura. Novozymes, the world leader in bio innovation and industrial enzymes sponsored the renovation of the laboratories and invested in new equipment at a cost of over Ksh2 million to boost biological sciences learning.

Chandan Vagha (Sandalwood Adornments)

By Karan Kamlesh Pandya

The seventh canto of the Srimad Bhagavatam, gives nine ways (Navadha Bhakti) in which we can lovingly connect with God. Of these, Archanam is the fifth. It includes the ritual of applying materials such as sandalwood paste, better known as chandan, on the Lord's murti or offering rice grains, flowers and leaves of sacred plants such as Tulsi (to Vishnu) Bili (to Shiva) and Ankado (to Hanumanji). Since Archanam is a direct involvement with the Lord, the devotee experiences a more intimate fervor and spiritual contentment. Therefore people wedded to the path of devotion revel in Archanam as part of their worship rituals.

In the Sanatan Dharma, devotees traditionally use chandan the most, because it has immense fragrance. It also has great cooling and soothing properties. In the Vaishnav sampraday, chandan is smeared on "Lalji" - the child form of Shri Krishna during the hot summer months. In many mandirs of southern India, it is applied throughout the year.

Chandan Vagha involves the smearing of chandan on Bhagwan during the hottest summer months of Vaishakh and Jeth. This is to cool Him and to increase our inner feelings towards Him. The devotees also pray that, by cooling Bhagwan during summer, He will bless the whole land with a lot of rain during the monsoon.

Every year, chandan adornments start on Vaishakh sud 3, traditionally known as



Akha Trij. They last for one month between May and June.

Method:

1) Chandan is ground on stone using water. The paste is tied in a cloth and left overnight. Excess water drains out.

2) In the morning, the chandan is removed. It now has a dough-like texture. After mangala arti, around 5.45 a.m., the devotees begin chandan vagha.

3) This is primarily performed on metallic murtis, of panch dhatus (murtis made from five metals).

4) Lumps of chandan are dabbed all over the murti. Then it is smoothed with either a thin cloth or a brush.

5) Then begins the creative part, of decorating with all sorts of materials. These can be things like: rich laces, flowers, leaves, whole spices and dry fruit such as: cardamom, cloves, almonds and cashew, whole grains and pulses such as: dry peas, chickpeas, grams, lentils and dry beans of various colours and types.

6) This process takes about one and a half hours, until

shangar arti, at 7.30 a.m.

7) During the day, the chandan begins to dry. So water is sprayed every so often to keep it moist and to prevent it from cracking.

8) In the evening, the chandan is removed and the murti dabbed clean with a wet towel.

9) The sanctified chandan is then used to make small tablets, about 1.5 inches long. These are left to dry for one or two days. These are then used by devotees in their morning religious rituals to do tilak.

PHOTO STORY



SANITARY PADS DONATION

SBM Bank Corporate Manager Elizabeth Machua (2nd left) presents the bank's donation of over 400 sanitary pads for distribution to the officials of Heels4pads, an organization that provides access to safe menstrual management products and education to under privileged communities. From left the Heel4pads staff are Monica Muhoya, Angela Wambui and Angela Waweru.



On 24th of this month, LCM visited Kibowen Komen Primary. We were able to spend quality time with them, as well as donate a few items. We distributed: 2 water tanks at the school and later visited the prison and donated 10 water tanks to help with the control and prevention of Covid.

The donation of 100 hand washing tanks to Lions club of Menengai was done by Leo Hiral Hirani, President of Leo Club Nairobi Huru in partnership with Silver spread hardware ltd- MERU. We are grateful for their efforts and kind hearts. This activity was done in the presence of Lion Rani and Lion Sheyana.

Kenyan varsity students emerge winners in annual global tech competition



Four students from the United States International University - Khushi Gupta, Jeet Gohil, Dharmik Karania and Abdihamid Ali - who won this year's global technology competition, Imagine Cup. Their winning innovation, dubbed REWEBA (Remote Well Baby) allows for the remote monitoring of babies' growth from birth, permitting early intervention by health practitioners. The team beat stiff competition from 163 countries across the globe. With them is Microsoft Kenya Country Manager, Kendi Nderitu (Right).

The 19th edition of the Microsoft's Imagine Cup competition brought together thousands of students from 163 countries across the globe

A team of four Kenyan university students beat stiff competition from 163 countries across the globe to win the 2021 Microsoft's annual global student technology challenge, Imagine Cup.

The four, Khushi Gupta, Jeet Gohil, Dharmik Karania and Abdihamid Ali are fourth-year students from the United States International University (USIU) - Africa, undertaking bachelor's in computer science.

They developed an IoT-based infant monitoring solution, REWEBA (Remote Well Baby), which remotely analyzes infant parameters during post-natal screening and serves as an early warning intervention system. The team won USD75,000 (approximately KES8 million), a mentoring session with Microsoft CEO Satya Nadella, and a USD50,000 (approximately KES5.35 million) Microsoft Azure Grant.

The 19th edition of the competition brought together thousands of students from 163 countries across the globe reimagining tech solutions to impact their communities. With projects submitted in four social good categories - Earth, Education, Healthcare,

and Lifestyle - the competition advanced through Online Semifinals and World Finals rounds. As winners of each category, the top four teams were selected to pitch their projects at the World Championship during Microsoft Build for the chance to take home the 2021 trophy.

Team REWEBA emerged winners from the top four teams selected out of 40 World Finalists that presented their projects at the World Finals. The other three top teams were Protag from New Zealand, Hand-On Labs from the United States and Threotech from Thailand.

"It is absolutely gratifying that a Kenyan team would come up with a solution that could compete on a world scale and even emerge as winners. The Imagine Cup is a chance to make something that matters to you and develop your skills as part of the journey. We have the tools, resources, learning materials, and mentors to help you bring your project to life. Whether you're hoping to accelerate with Artificial Intelligence, create with Cognitive Services, master Machine Learning, or build low-code solutions with Power Platform, this competition is an experience for everyone," says Kendi Nderitu, Country

Manager, Microsoft Kenya.

REWEBA is designed as an early warning system that digitally monitors babies' growth and health parameters and sends them to doctors for timely intervention. It combines Machine Learning, IoT, Analytics, and more to provide innovative functionalities for infant screening, mimicking the process of post-natal screening in a hospital. Team member, Jeet Gohil, shared that "There's a lot of technologies that we came to discover {through building our project}, for example Azure DevOps, IoT, and Functions. We learned a lot about how to build IoT systems."

Another team member Khushi Gupta says, "Sub-Saharan Africa remains the region with the highest under-5 mortality rate in the world. The project idea, which has taken two years to develop, came to life when we were doing community service at local hospitals. We saw mothers coming from far-away places walking the whole day and queuing just to get their babies screened and if mothers don't do that, they don't get the parameters monitored which are very vital to identify diseases early. We can solve this problem using REWEBA, a remote infant monitoring system that can be used in marginalized areas thus giving everyone equal access to healthcare."

"What a great honour and privilege for our students to be recognised at such a global platform. The future is indeed

digital and I'm proud to see our students use their academic exposure to build an application that with immensely support our country to reduce infant mortality and at the same time, scale it to a global level", said Paul Tiyambe Zeleza, Vice Chancellor, (President) and Professor of the Humanities and Social Sciences at the United States International University-Africa

Looking to the future, Team REWEBA hopes to enhance and scale their project to include additional infant screening factors and a postnatal screening device for mothers. The team would like to launch a start-up in Kenya to enable even better access to healthcare services in marginalized areas. When asked how winning the 2021 Imagine Cup will impact their project, the team responded, "The winning prize and the Azure grants will take our project up a notch, and we envision saving millions of babies' lives all around Kenya. We plan to extend throughout Africa and India as well, as these are the countries where infant mortality is really high."

This year, six teams from Middle East and Africa including Kenya, Pakistan and Tunisia made it to the semifinals. Over the past 19 years, more than two million student competitors have signed up to build something that matters to them, make a difference in their communities, and innovate for impact. Registration for the 2022 competition is now open.

UAP Old Mutual Group enhances medical cover for children to include Covid-19



UAP Old Mutual Group has enhanced its recently launched Afya Imara Junior medical insurance product for children to include Covid-19 testing and treatment. The Afya Imara Junior cover was launched as the first ever comprehensive medical cover exclusively for children. Through the cover, children from birth to 18 years of age can access the medical insurance cover without necessarily having to be under their parent's covers.

Speaking of the enhanced benefit, Japheth Ogalloh, GM Health Business at UAP Old Mutual said: "We have to respond to the times. The Covid-19 pandemic has really changed the environment and the medical business has not been left behind, so we needed to ensure that we are taking care of Covid-19 cases for children." He added that through the enhanced benefit, the cover allows for both testing as well as hospitalization of affected children.

Japheth said that since the launch of the product and subsequent improvements on the same, there has been marked interest and uptake particularly because it addresses an existing need in the market. He added that there was growth in product uptake since the launch of the product.

"Medical insurance is a critical cover for Kenyan families especially now that medical expenses have spiralled out of control for many. In addition, there are many reported cases of lifestyle diseases and the likes and one of the gaps that

has not been addressed is how we take care of children," said Japheth. "The insured population are insured under corporate schemes or under family solutions where parents or the principal members who are above 18 are the policy holders. We needed to address the gap for parents who would be looking for their children's cover without necessarily being part of the cover."

The cover is structured in three parts including an inpatient benefit which takes care of all admission costs as well as outpatient services and a third option availing access to either all hospitals within the wider UAP Old Mutual network or to Gertrudes Children Hospital, the biggest paediatric facility in the region.

For this product, the pricing model is based on the number of children within a family. For instance, there is an option of sharing the benefits or selecting per-person benefits which allows for flexibility of cover with shared benefits.

Through innovative products such as Afya Imara Junior, UAP Old Mutual aims to grow the penetration of health insurance in the country which stood at a paltry 1 percent in 2019. "The idea is that the solutions that are in the market are not flexible - its either a corporate solution or a family solution - but this is going to help the uptake of medical insurance with important factors such as pricing being well considered and legacy restrictions for children's policies heavily minimized," concludes Japheth.

PHOTO STORY



Hindu Council of Nakuru and Lions Club of Nakuru partnered with Regional Blood transfusion Unit and Red Cross to celebrate World Blood Donor Day on 14th June 2021. Several cartons of refreshments were handed over during the exercise, and lion member also donated blood. Regional Blood Transfusion Unit Head Madam Irene Orgut thanked HCK Chair Mr Shailesh Sheth and Lions Chair Mr Ankit Kothary for the generous donation

YOGA

7th International Day of Yoga

7th International Day of Yoga was celebrated with a great enthusiasm, energy and encouragement on Sunday 20th day of June 2021.

Hindu Council of Kenya in conjunction with Hindu Swayamsevak Sangh, Hindu Religious & Service Centre and Yoga Kenya had organized International Yoga day celebrations at the Visa Oshwal Community Grounds which was given as a complimentary to celebrate this big day.

As per the Hindu traditions reciting of yoga prayers were followed by Kenya National Anthem and India National Anthem.

“Yoga is not only the physical exercise but the combination of mind body and soul training together” Chairman Hindu Council of Kenya Mr. Kamal Gupta mentioned in his welcome speech. After motivating and supporting speech Mr. Kamal Gupta invited the Chief Guest H.E. High Commissioner of India, Dr. Virander Paul to officially open the event by spreading the positivity which is connecting with yoga.

Dr. Paul mentioned the excellent work has been carried out in Kenya by Hindu Community is highly commendable. By yoga day celebrations we all together bringing lot of energy and discipline which in returns makes us happy and healthy not only physically but mentally and also protect us from several diseases. Mr. Sanjay Modi was representing Yoga Kenya with his team and H.S.S. Chairman Mr. Paresh Shah was truly happy to welcome everyone



and supporting the event. He also thanked the Indian High commissioner and to the various donors and supporters for HCK T-Shirts goody bag full of fruits, biscuits, water juice etc., all the 11 yoga instructors, volunteers and all the institutions who were connected directly or indirectly. All the dignitaries were

facilitated with bunch of flowers and a kitenge shawl with HCK logo. Approx. 160 members participated in yoga sessions at the Oshwal Center grounds. Due to the restrictions on the number of people on premises whole event was live on social media, zoom platform plus TV channel for rest of

the community members to participate and take advantage of yoga. After warm up rounds, various postures and aasanas were demonstrated by the instructors which was followed by all the participants Breathing exercise and meditation were the high light of this great yoga day celebrations.



PHOTO STORY

Blood Donation



World Blood Donor Day is celebrated each year on June 14 and its slogan for this year was “Give blood and keep the world beating”. This year, a special focus is on the role of young people in ensuring a safe blood supply. Hindu Council of Kenya in collaboration with Embassy of Hungary, the European Union and Kenyatta Hospital marked this day by organizing a Blood Donation drive - The Ambassadors blood donation challenge.

towards this project with the Ambassador of Hungary Mr. Zsolt Mezaros. There was an impressive coordination between all the organizers. The event was attended by various ambassadors, representative of the European Union and other dignitaries. Hindu Council Chairman, Mr. Kamal Gupta addressed that “Blood is the most precious gift one can give to another and it is something we value and we care”. Kenya’s highest female blood donor, Ms. Aisha Dafalla also participated in the event. She chooses to donate for the 68th time at our event and along with her son and daughter who donated for the 1st time. All donors received a certificate of appreciation of participation.

Hindu Council of Kenya under the directorate of PR & Advocacy and Directorate of Health held a blood donation drive at Kenyatta hospital, Rohtash Tulyani, Nilesh Patel and Ravi Kaul worked

International African child day



Lion Rani Ramchandani joined hands with different organisations, Red cross, MOH, County government, children’s protection center Nakuru, celebrated the day on 16th June. The theme for the Day of the African Child (DAC) 2021 is “30 years after the adoption of the Charter: accelerate the implementation of Agenda 2040 for an Africa fit for children” Many schools took part n performed on different cultural activities. We were able to serve them with some refreshments.

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SALES, MARKETING & OPERATIONS
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

EDITOR: Mr. Rishi Arun Parikh
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

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Pranic Healing and the Pandemic

By Sapna Sasan, Associate Certified Pranic Healer

Last year has been very tough on most of us. People have been affected by the pandemic in one or more ways; emotionally, mentally, physically, or financially.

We on the other hand have been very fortunate that we had the tool of Pranic Healing. Being a part of this school has helped us immensely to stay strong mentally, emotionally, and physically. As groups we made use of Zoom and performed the meditation on Twin Hearts to bless Mother Earth, our continent, our country, our city, our neighbourhood, our work places, and our homes with inner peace, harmony, success, good health, trust, faith, goodwill and the will to do good, abundance and prosperity. It is well known in all traditions the natural Law "It is in giving that you receive", so what you give is what you receive. We recite the Great Invocation to bless every person and every being with light, love and active intelligence.

As individuals and sometimes in groups we have been instrumental in healing COVID-19 patients of the infection and also the fear within them. These Pranic Healing treatments complimented the modern medicine treatments patients were already receiving which aided by accelerating their healing. Healings were also done on the family members to remove their fears and insecurities while their loved ones were battling the disease in the hospitals. Our mass healing group has the list of consenting COVID-affected patients for which we meet twice a day via Zoom to do mass healing.

You must be wondering;



what is Pranic Healing? Well, Pranic Healing is a healing modality that uses prana, or life force, to heal the physical body. It was founded by a Filipino national, a Chemical Engineer and a successful businessman named Master Choa Kok Sui. Pranic healing does not claim to replace modern medicine, but instead is meant to be complementary in helping to accelerate the healing of the body. It is a no touch, no drug modality.

Pranic Healing, as Master Choa Kok Sui explains, is a science and art of healing that uses prana or life force to heal the physical body.

You must now be wondering; how would that work?

Well, it works because our body has the ability to heal itself and the prana that we project works as a catalyst to accelerate

the rate of biochemical reactions that support the natural healing of the body.

Your next question would be; what is the source of this prana? Actually, we have an abundance of prana around us, from the sun, the air, the ground and above all we are lucky to be near the ocean.

Can Pranic Healing be learnt? And is it possible to learn in Mombasa? Yes definitely. Any one above the age of 16, who has the ability to read and write, can learn it.

When I did my level-1 Pranic Healing Course, there was no looking back for me. It was like being in school learning the human anatomy and its relationship with the chakras (i.e. energy centres) and the aura that form the invisible physical body for us all.

After the level 1, I was able

to heal Asthma, common cold and cough, headaches, pains, sports injuries, fever, infections and haemorrhoids for myself and others. After level 2, which involves advance healing techniques, diabetes, heart conditions, muscular, skeletal, respiratory conditions, and various other conditions; and level 3, which is psychotherapy dealing with stress, anxiety, addictions, fears, trauma and so much more, there was nothing that could not be worked on to give at least 60-80% relief, if not 100%.

Excited to know more? Stay tuned to know more on Pranic Healing and the Meditation on Twin Hearts.

For any queries, email me at; phsap4@gmail.com, or visit <https://www.worldpranichealing.com>

PHOTO STORY



On 22nd May 2021, the Lions Club of Menengai undertook an activity at the Israel Faith children's home Lanet Nakuru. The activity included spending some time with children as well as assisting them with some: food stuff, water tanks, clothes, Pampers, stationary items and plastic ware. We were able to sustain our moto "We Serve" once again.

This Activity took place in the presence of Lion Veena and Lion Rani.

PHOTO STORY



Fidel castro Miruka from Jocham Educational complex in Mombasa is being carried shoulder high by his colleagues after he scored 400 marks in KCPE emerging one of the top candidates in Mombasa county private schools category

PHOTO BY TITUS MUSAU



Signon Group employees (L-R) Denis Sumukwa, Valentine Manga, Kelvin Magare and Ken Wanguka participates in a team building activities entitled delighting the customer, as the transport and logistics company undergoes a culture transformation program in Mombasa.



Industrialization Trade & Enterprise Development Cabinet Secretary Betty Maina (centre) with Kericho Governor Prof. Paul Chepkwony (left) are shown manufactured products by SMEs funded and incubated by Kenya Industrial Estates (KIE) by the agency's Managing Director Dr. Parmain ole Narikae during the official opening of Kericho Enterprise Expo at Moi Gardens in Kericho County.

EVENTS

PHOTO STORY



Kenya Revenue Authority (KRA) held a one day “Annual income tax filing camp” in collaboration with Hindu Council Nakuru and Lions Club of Nakuru on Biashara Street Industrial area . Mr Alfred Wachira from KRA thanked HCK Chairman Mr Shailesh Sheth for this wonderful initiative, where hundreds of Wananchi took advantage to file their tax returns before the stipulated deadline of 30th June 2021.



Today, on 14th June 2021, LCM marked “World Blood Donor Day” in partnership with RBTC Nakuru and Red Cross. We were able to distribute some refreshments to the donors after they willingly donated their blood for those who are in need. “Spare only 15 minutes and save a life” they say. We are grateful to those who were able to fit this noble cause into their schedule. This activity was done in the presence of Lion Rani Ramchandani



On 28th of May 2021, LIONS CLUB OF MENENGAI was able to join hands with Kenya Red cross, MOH, Medihealth and County government of Nakuru, we marked WORLD MENSTRUAL HYGIENE DAY. we were able to serve more than 200 girls with sanitary napkins at three different schools and educated them about menstrual hygiene.



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British curriculum

MM Shah & MV Shah are proud to announce our International wing starting 30th August 2021.

Our Primary curriculum offering will be specifically based upon **The British Curriculum** which will be available for children aged 5-11 years old.

This will be a blend of two highly reputable international programs namely :-

- i) **The Pearson iPrimary** which is the international version of The British National Curriculum, with the focus on global perspectives and
- ii) **The International Primary Curriculum (IPC)**, which is a thematic inquiry based program where learning for any subject is organized around a central theme.

AT A GLANCE

THE PEARSON IPRIMARY CURRICULUM	BLENDED	THE INTERNATIONAL PRIMARY CURRICULUM (IPC)
ENGLISH	COMPUTING	HISTORY
SCIENCE	MATHS	MUSIC
GLOBAL CITIZENSHIP		DESIGN AND TECHNOLOGY
		ART
		HEALTH AND WELLBEING
		GEOGRAPHY
		PE

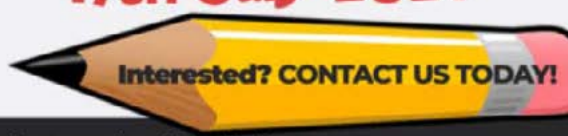
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Motivation is a Myth

All Write
Technology . Productivity .
Lifestyle

During various walks of life, mostly as students we ask ourselves or look for an answer about how to motivate ourselves, especially during exam season. I have lost count the number of times people have asked me how I motivate myself. The quandary goes along the lines of "I know I should be studying, but some/most days I just can't seem to find the motivation. How are you so motivated to get xyz done?"

I used to have problems with 'motivation'. I don't anymore, because I've fully internalised the notion that motivation is a myth. In fact, I think we'd all be much happier and get much more done if we scrubbed the word motivation from our vocabulary altogether. Here's a quote from an interesting article on the subject: Motivation, broadly speaking, operates on the erroneous assumption that a particular mental or emotional state is necessary to complete a task. Put simply, motivation is waiting until you feel like doing something before doing it. Discipline on the other hand, is doing it regardless of how you're feeling about it. Here's another fun quote: At its core, chasing motivation is insistence on the infantile fantasy that we should only be doing things we feel like doing. The problem is then framed thus: "How do I get myself to feel like doing what I have rationally decided to do?" Bad.

The proper question is "How do I make my feelings inconsequential and do the things I consciously want to do without being a little crazy about



“
At its core, chasing motivation is insistence on the infantile fantasy that we should only be doing things we feel like doing

it?". I return to this article several times a year to remind myself of its paradigm-shifting lesson. If you're finding yourself lacking in motivation, please (a) read the article on wisdomination. com, and (b) attempt to remove the word motivation from your vocabulary entirely. These days, the only circumstance in which I let myself even think about motivation as a concept is if a friend is complaining 'aarghh I just don't have the motivation to work right now'. If I don't know them very well, I reply 'yeah me too lol'. If however, I know the person well, I give them an unsolicited lecture about exactly why motivation is a myth, and why how they should be cultivating discipline. If they're still in the room by the end of this conversation, they usually think 'wow you're right, I shouldn't be trying to /feel like doing stuff, I should just do it!'

So yeah, motivation is a

myth. Trying to get yourself to feel like doing something useful is a fool's errand. A 3-year old bases their day-to-day decisions on what they feel like doing. An intelligent student adult recognises that /feeling like doing something useful should have absolutely nothing to do with whether they actually do it.

Just my two pennies on this topic for now, with a much more detailed thought on its way soon. Have a good one!

Azim Bachani.
All Write.
ab@allwrite.blog

PS: Please tap the mail icon on your device and let me know what you thought of this article if you have a spare few seconds. I'd love to hear your thoughts on what was useful about it and what could be changed. Thanks.

PHOTO STORY



Hindu Council Nakuru, NBA and KAM hosted senior management from ACA (Anti counterfeit agency) in Nakuru on 27th May 2021 at BAPS temple with all Businessman in Nakuru. Other Multi Agency team leaders from KEBS, KIPi and NACADA were also present to address different queries from members. Hindu Council chairman welcomed the ongoing government efforts in public awareness saying "illicit trade affects everyone in the society and we welcome the Government efforts in the partnership". The meeting also deliberated on the key challenges faced by private sector in the region. Enforcement officer Mr Lindsay Kipkemoi said the Intellectual property protection benefits not only the consumer, but business and manufacturing community. Various heads of multi-agency team pledged to work closely with business community



PHOTO STORY



Hindu Council Nakuru Chairman Shailesh Sheth handing over several boxes of Masks and sanitizers to Mr Jackson Chola, Deputy OCS Central Station



Hindu Council Nakuru donated facemask, and sanitizers to Mr Jack Jacques from Nakuru County Government to be used during Salgaa town clean up exercise



Hindu council Nakuru and Lions Club of Nakuru partnered with NTSA, and KURRA Roads to paint speed bumps and zebra crossing on 12th June 2021, Hospital Road. NTSA Nakuru Director Mr Jose Gichohi thanked HCK Nakuru Chairman Mr Shailesh Sheth and Lions Club Chair Mr Ankit Kothary for the generous donation of the Road paint and accessories. A lot of accidents were reported on the road due to poor no marking at all in the past.

NEWS

Penda Health opens referral center, eyes telemedicine growth



(L-R) Penda Health Director of External Affairs Salome Mwaura, Head of Quality Improvement Dr. Sarah Kiptiness and General Manager Kenya, Marion Kago during a ceremony to formally open Penda Health's in-network referral center in Nairobi. The referral center located in Nairobi's Central Business District will provide specialist services such as pediatric, gynecology, dental consultations, advanced ultrasound, diagnostics and laboratory tests.

Penda Health, a medical services provider operating 21 medical centres in Nairobi and its environs has officially opened an in-network referral center offering specialist services to its clients as it expands its affordable health care model currently targeting to serve more than 400,000 patients in 2021.

The referral center located in Nairobi's Central Business District will provide specialist services such as pediatric, gynecology and dental consultations, and advanced ultrasound, diagnostics and laboratory tests. This is in addition to the primary care services offered by Penda Health.

Penda Health General Manager Kenya, Marion Kago, says the new referral center is part of the firm's goal of expanding access to quality primary health care to Kenyans. It will serve as a hub for advanced clinical support to patients who will now not have to seek services in other referral health facilities thus offering convenience.

"The new referral center has high quality clinical and diagnostic services and a supportive team ready to walk the journey with our clients to achieve and maintain good health," said Dr. Kiptiness, Penda's Head of Quality Improvement. "Our goal is to offer a one-stop-shop where patients, both insured and uninsured, can get quality specialist clinical and diagnostic care. The latest move comes as Penda Health continues to strengthen its tech-enabled



(L-R) Penda Health General Manager Kenya, Marion Kago, Head of Quality Improvement Dr. Sarah Kiptiness and Director of External Affairs Salome Mwaura during an event to formally open Penda Health's in-network referral center in Nairobi. The referral center located in Nairobi's Central Business District will provide specialist services such as pediatric, gynecology, dental consultations, advanced ultrasound, diagnostics and laboratory tests.

clinical health platform dubbed 'Pigia Penda' as part of its telemedicine strategy, to deliver quality care to patients virtually, regardless of their location which also includes a Whatsapp bot.

"Early on, we realized that telemedicine will be an essential component of healthcare. We are currently receiving over 1,500 calls monthly, making over 2000 plus proactive outreach calls to our patients and coordinating home drug delivery, while supporting electronic medical records," Ms. Kago explains.

Telemedicine is a method of using technology to deliver health care to patients at a

distance. While the concept has been around for years, the Covid-19 pandemic has amplified its value as an innovative health care model. Apart from remotely linking doctors and patients, telemedicine improves efficiency and reduces health care delivery costs.

To achieve its strategy of tech-enabled quality health care delivery, while sustainably expanding its network, Penda Health is currently reviewing its organizational structure, which involves consolidating roles, outsourcing some functions and reviewing skill sets required to perform certain jobs.

This also involves letting go of some employees under a comprehensive program that will also see as many as possible offered options to prevent loss of employment.

"To achieve a sustainable and stable company, we need a leaner and more cost-effective organizational structure. Also, the tough economic times due to Covid-19 containment measures enhance the importance of creating a lean business model," stated Ms. Kago

Penda is also pursuing direct partnerships with corporates for wellness packages, digital health offerings, and low-cost capitated cover for their employees.

PHOTO STORY



Hindu Council Nakuru and Lions Club of Nakuru donated sanitary pads and diapers to over 200 girls at Kaptembwa Police station. OCPD Mr Samuel Obara thanked HCK chairman Mr Shailesh Sheth for the donations, as the girls had dropped out of schools and many were pregnant. Teenage Pregnancy Mitigation program was also carried out simultaneously by various NGO's



Divya Nitin Shah, Chairlady of Visa Oshwal community handed over several wheelchairs to Deputy Governor Nakuru, Mr Erick Korir, to be further distributed to members with PWD



Hindu Council Nakuru and Lions Club Nakuru organised Occupation Health and Safety sensitization program for all Nakuru Traders on 22nd June 2021 at Shri Krishna Temple Nakuru. OHS Regional Coordinator Mr Ondimu Simba thanked HCK Nakuru Chairman Mr Shailesh Sheth for hosting the forum on regular basis, and it was key to brief traders on the various new acts that are in place. (The last forum was held in the year 1992!!). Mr Ondimu briefed members on the procedure for registration, how and where to report an accident, which forms to fill and submit within specific period. Various other acts regarding specific health matters of employees were also presented during the event.

WHEN SELF-CARE ISN'T WORKING

By AHLAM MANSUR.
#HopeBeyondLimits
#MentalHealthAwareness

How are you doing this week? I'm here if you want to talk or get something off your chest!

I get a lot of messages from people that are along these lines:

"I've been trying so hard to do self-care but I can barely get out of bed most days. I'm scared I'm going to lose my job soon but this just makes things worse. I don't know what to do, I'm numb to everything and no matter how much I try the things you suggest, I just can't manage them."

If you're feeling like that right now then I'm so, so sorry.

That part of depression is a horrible and severe stage of the illness.

And what I tend to think of as the non-functioning stage of depression.

This isn't official medical information or anything like that, but in my experience depression can be loosely split into functioning and non-functioning.

Non-functioning is similar to what I described above, where we're really struggling and unable to do the things we have to do in life (like work, taking care of ourselves and that sort of thing.)

When we're in a non-functioning state of depression our number one goal shifts away from finding happiness, and instead we need to focus on getting to functioning again (because in my experience, it's virtually impossible to be happy when you're in the non-functioning part of depression.)

The functioning state is when we're not particularly happy

(and possibly still far from happiness) but we're able to look after ourselves, go to work and that sort of thing.

When we're functioning there are loads of things we can do ourselves to improve our mental health (like self-care.)

Now, that's not to say things like self-care can't be a benefit when we're non-functioning, but it's so difficult to implement them that the impact can be lost.

So right now if you recognise yourself as being in the "non-functioning" part of depression then the goal needs to be to get to a "functioning" level.

One where you're able to go to work and keep up with things.

You may not be happy as such, but you're able to do the things we need to do in life.

Because once we're at a functioning level that's when we can start



(successfully) implementing self-care and figuring out how we want our life to change to spark that happiness again...

How to go from non-functioning to functioning?

To go from non-functioning to functioning is really where doctors, medication and medical professionals (including therapy) come in.

Think of it this way. Right now your mental health is the equivalent of a broken leg. You're trying to walk on it but it keeps giving out on you and REALLY hurts.

At the moment you need a doctor to check it's a normal leg break, to plaster your leg up and give you some crutches to get around.

That's going to take your broken leg from non-functioning to functioning.

It's not going to be

completely healed yet (that will take time and some leg related self-care that you need to do) but you can at least go to work and look after yourself now.

It's at this point that you take the reins a little in the healing process by not overdoing things, keeping your cast clean, eating a healthy diet so you have nutrients for your body to heal, getting enough sleep etc.

You know, broken leg related self-care.

See how it's like a two step process, first we go from non-functioning to functioning, then we can go from functioning to healed (or happy if we go back to mental health.)

So if you've recognised yourself as non-functioning right now (or even just suspect it because I know it can be difficult to know which stage you're in, so err on the side of caution!) I would 100% recommend you seek therapy and I promise you it can get better, and you really can move away from just feeling like you're existing.

It takes time but you really can get there.

Then when you feel you're in more of a functioning space, that's where the magic of self-care and other similar actions can really help you get your happiness back and stop you from sliding back into non-functioning again.

Sending love and prayers.

P.S : I would love to hear feedbacks and critics on my articles, feel free to email me at mansurahlam@gmail.com

Primary Teachers awarded for good performance in the last KCPE Exam



Ahadi Kenya Trust CEO and Patron of Karung'e Primary School in Mathiyo Constituency in Muranga County Stanley Kamau (right) awards the 15 teachers from the school during a ceremony to recognize and appreciate them following the good performance in the last KCPE exam in which the school was ranked among the most improved in the county. The event also featured the handing over an ablution block for the pupils funded by Toilet Africa Initiative and the commissioning of the construction of a Ksh 4 million multi-purpose hall funded by CDF.

2-3

Ahadi Kenya Trust CEO and Patron of Karung'e Primary School in Mathiyo Constituency in Muranga County Stanley Kamau (2nd right) in company of local Mp Peter Kimari (right) awards the 15 teachers from the school during a ceremony to recognize and appreciate them following the good performance in the last KCPE exam in which the school was ranked among most improved in the county. The event also featured the handing over an ablution block for the pupils funded by Toilet Africa Initiative and the commissioning of the construction of a Ksh 4 million multi-purpose hall funded by CDF.

NEWS

South African companies invest KES 10 billion at Tatu City

The 19th edition of the Microsoft's Imagine Cup competition brought together thousands of students from 163 countries across the globe



Lina Githuka, MD, KWAL, leading a guided tour for H.E. Mr. Mninwa Johannes Mahlangu, High Commissioner of South Africa to the Republic of Kenya, at their new facility at Tatu City. The commissioner reiterated South Africa's continued commitment to invest in Kenya by announcing that South African companies had invested KES 10 billion at Tatu City.

Investment by South African companies has topped KES 10 billion at Tatu City. The 5,000-acre Special Economic Zone - located 30 minutes from central Nairobi - represents one of the largest concentrations of South African foreign direct investment in Kenya and East Africa.

South Africa's High Commissioner to Kenya, Mninwa Johannes Mahlangu, toured investments by leading South African companies at Tatu City on Tuesday. His stops included Crawford International school, a 20-acre, multi-billion-shilling investment by ADVTECH, the Johannesburg Stock Exchange-listed education group; Kenya Wine Agencies Ltd (KWAL), which is majority owned by South African beverage conglomerate Distell; and Cold Solutions, an investment by ARCH Emerging Markets Partners, which is backed by South African businessman Patrice Motsepe.

"I am delighted to witness these transformational investments South African businesses are making in Kenya," High Commissioner Mahlangu said at a ceremony to mark the naming of Crawford Road, which leads to Crawford International School in Tatu City. "The South African and Kenyan governments are committed to strong bilateral trade and investment, and our private sector businesses are

natural partners to grow capital flows and knowledge exchange." Jenny Coetzee, Managing Director, Crawford International, said that ADVTECH's first Crawford International school had experienced a surge in enrolment in Kenya since opening in 2019 in Tatu City.

"Our primary and secondary schools are close to being full, and I am pleased to announce that we have completed the designs to construct our new high school building, creating room for more students," Coetzee said. "Crawford and ADVTECH have received such a warm welcome in Kenya, from parents, the government and the business community, and we are pleased to have been ranked recently as one of the top ten leading schools in Kenya."

High Commissioner Mahlangu visited the site of Cold Solutions, a 15,000 sqm flagship facility, which will improve food and pharmaceutical security and promote economic development in Kenya and the region.

ARCH's Cold Chain Solutions East Africa Fund, which is undertaking the investment, is jointly owned by Africa Rainbow Capital, which is backed by South African entrepreneur Motsepe. "Cold Solutions' first facility in Kenya is on track to open next year and experiencing strong demand from tenants ranging from food to pharmaceutical companies," said Jared Irving, Managing Director of Cold Chain

Solutions East Africa Fund.

The high commissioner concluded his visit at KWAL, which broke ground on a KES 4 billion production and distribution facility at Tatu City on 12 February 2021.

In addition to Distell, the Kenyan Government is a significant shareholder through the Industrial and Commercial Development Corporation (ICDC).

"KWAL is the embodiment of partnership and trade between Kenya and South Africa," said Lina Githuka, KWAL's managing director. "The new KWAL facility will enhance our capacity to produce and distribute aspirational brands to meet the tastes of our customers."

Currently at Tatu City Special Economic Zone, more than 60 local, regional and multinational businesses have opened or started development. These include industry leaders such as Dormans, Cooper K-Brands, KWAL, Cold Solutions, Chandaria Industries, Kim-Fay, Davis & Shirtliff, Copia, FFK, Twiga Foods and Stecol, among others.

Residential developments at Tatu City include Unity Homes, Lifestyle Heights and Kijani Ridge.

More than 5,000 homes are completed or under construction and Crawford International and Nova Pioneer schools educate more than 3,000 students daily.

PHOTO STORY

World Environment Day

Lions Club of Menengai marked *World Environment Day* today on 5th June 2021. We were able to plant a few trees and take part in street cleaning. We did this in partnership with: Nakuru County government, Go green, Happy Cow, and Redcross. They say "Let's nurture the nature so that we can have a better future" and we highly support this. Let's strive to keep the environment clean not only today but everyday, because our surroundings portray a true picture of what kind of human beings we are. Are you an environment lover or are you here to make the future hard for everyone around you?



Eden Project sets example for G7

G7, the annual meeting of some of the world's richest nations, took place recently in Cornwall, UK. Coincidentally I grew up in the same area, so had more than one reason to tune in to the coverage.



Only a few Kenyans would know that when G7 leaders dined with Queen Elizabeth at the Eden Project, they were surrounded by one of the 21st Century's most important adverts for sustainable change. Eden was an ambitious millennial initiative which focused on reclamation of an enormous, disused quarry (the result of many years mining). Inland from its picturesque coastline, Cornwall is potholed with these massive china clay pits.

The objective was to turn an environmental disaster into something functional ... and sustainable. It was to be an example of reclaiming the desert to forge an oasis, where flora could flourish in abundance. Haller Park, near Mombasa, is a smaller version of the same wasteland-to-wonderland endeavour, which underpins

the value of handing something sustainable to our children, rather than something used and useless: the best we can offer, instead of the worst. And like Haller Park, Eden has been a resounding success.

If you visit Eden, you will join one million others each year, to view the enormous hi-tech, bio-domes at the base of the pit (gargantuan greenhouses one could say) and walk through those biomes to experience the ecology of different climates (desert and tropical for example). You might also wander miles of pathways that circle the pit, to see an incredible diversity of plant life from all over the planet.

A few years ago, I visited Eden with a group of Kenyans - teachers from The Rift Valley - as part of a spin-off project titled Gardens for Life. The goal was to take Eden to the world: out to schools in three countries (Kenya, India, UK), incorporating



gardens into the experience and education of young people. The Gardens project was - like Eden itself - a great success, but regrettably did not continue in Kenya. Fortunately, its parent body lives on, to spread the message of sustainable change ... even to the British monarch and US president.

So when the elite countries' leaders visited Eden, there were high hopes they too would be inspired to follow this example, rising to the challenges we face, such as Covid-19 and the Climate Crisis. But alas, those hopes were dashed: just one billion doses of vaccine, when the World Health Organisation (WHO) tells us 11bn are required; and any major climate action pushed back to COP26 in Glasgow, later this year.

If these leaders had wished to live up to their leadership name, they could have stolen from Eden's action plan and led by example, to forge a path which brings exceptional measures to bear in these extraordinary times. Our planet is ailing badly, but those at the pinnacle of politics still seem not to have fully grasped that fact.

G7 was a relatively convivial get together, but much more is required on a grander scale, from G20 in October and COP26 in November. We need inspired thinking along the lines of Eden to enable sustainable change on a planetary scale.

Duncan Gregory
duncangregory@whittlourniche.com



BOOK REVIEW

What the night knows by Dean Koontz

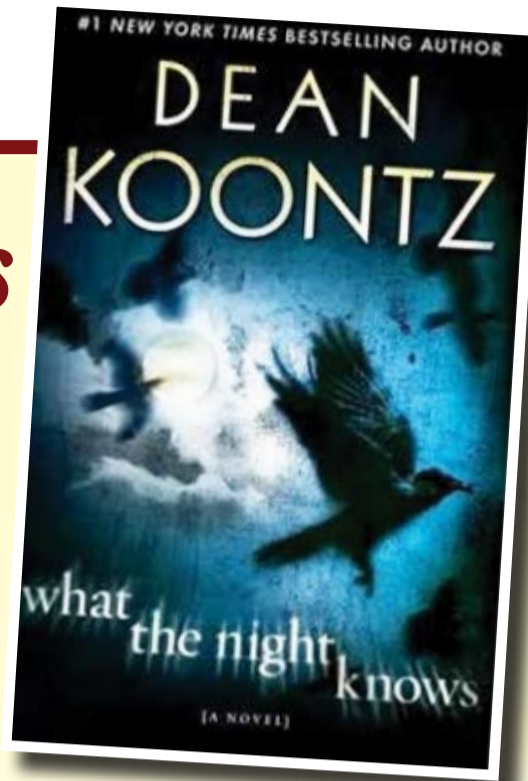
By Atiya Mughal

“What the night knows” a book by Dean Koontz, gives us that thrilling feel of what the book is all about judging from its title. It is a book about brutal murders committed by a man named Alton Turner Blackwood. Several years later murders are being committed again in the very same pattern as the Blackwood ones, making homicide detective John Calvino

begin to worry and bringing back those horrific memories of his family being murdered brutally by Alton himself. How could this be after John had killed Alton Blackwood?

Events take place in the Calvino house making the family of five feel something evil and strange was lurking within their house and something wasn't right. Indeed the evil spirit of Blackwood was back to seek its revenge and John Calvino

knew his family would be the next victims. We see possession of some of the minor characters commit these murders and get themselves killed. We also get to read Blackwood's journal, getting a peek into what his childhood was all about and what resulted to his evilness and the bravery of John's youngest daughter who helps rid the evil spirit for good.



Recipe Corner

Paneer Pakoras
(ideal dish for the cold season)



By Mr. Satyen Shah

Preparation Time: 10 minutes + 1 Hour marinating time
Cooking Time: around 15 minutes (until turns golden brown)
Serves: 6 - 8

Ingredients:

- 250g paneer sliced into rectangles / cubes (as per your choice) about 1inch wide (Around 30 pieces)
- 4 tbsp yoghurt, whisked
- 8 tbsp corn flour
- 1 tbsp fresh ginger paste (optional)
- green chilli, as per taste
- salt, as per taste
- 2 tbsp coriander, chopped

Preparation:

- For marinating the paneer: In a mixing bowl combine the yogurt, corn starch, salt, ginger (optional), green chili, and coriander. Mix well, to the consistency of a soft paste. Add the paneer pieces and gently coat them with the yogurt mixture. Set aside one hour or more.
 - For the batter: mix the gram flour and salt. Add water slowly to make a thick, pasty batter.
 - Heat some oil in a frying pan over medium high heat to deep fry the paneer pakoras. To test, put one drop of batter in the oil. The batter should form a small ball, sink and rise to the surface, but not change color.
 - Dip the marinated paneer slices in the batter one at a time. Slowly slide them into the frying pan. Fry the pakoras in small batches. The pakoras will take about four to five minutes to cook. Turn them occasionally, until both sides are golden brown.
 - Repeat for the remaining batches.
- The paneer pakoras can be served with either coriander, tamarind or chilli chutney; or all.
Enjoy your paneer pakoras while reading MaDaFu Newspaper!

PHOTO STORY



Nairobi County Woman Rep Esther Passaris (Right) receives hand written personal letters by survivors of Sexual Violence across the country from Grace Agenda Founder Jacqueline Mutere. The letters are meant for onward forwarding to President Uhuru Kenyatta and other government officials with the mandate to translate the reparative needs and hopes of survivors to a restorative and transformative reality. Looking on is Physicians for Human Rights Kenya Country Head Naitore Mathenge. The handover took place on Tuesday in Nairobi.

AAR Insurance Kenya Managing Director Nixon Shigoli (Right) and Safaricom Head of Department-Large Enterprise and Public Sector Joseph Wanjohi soon after signing a deal that will see the medical underwriter migrate its digital tools and core systems to the Amazon Web Services (AWS) platform, a move set to offer AAR Insurance Kenya clients more secure and efficient digital services.



HISTORY

Gede ruins: Digging through history

PART 1

By Lorna Likiza

Tucked within Kilifi County on the Kenyan Coast are the remnants of an ancient Swahili City dating back to the 12th century called Gede Ruins. I first visited the historical site on a school trip in 2002. So naturally, it was indeed exciting that I was getting another chance to be back after close to two decades. Thursday, 3rd June 2021, I set out at 8 in the morning from a Mombasa neighborhood via public means. I had an appointment with Prof. Chapurukha Kusimba, whose ongoing archaeological project at the site, I had heard of from a friend and instantly got interested in.

Currently managed by the National Museums of Kenya, Gede Ruins is a relic in its own right. Shielded by the Gede indigenous forest considered sacred by the local Mijikenda community, the area is mostly green with monkeys being a common sight. I arrived some minutes past 11am and found the professor seated in his work boots, a green T-shirt and khaki shorts, next to a dug out trench with the digging still ongoing. Friendly and down to earth, it was very easy to get a conversation going with him and here, I was able to gather the reasons for the excavation process.

The city of Gede is thought to have reached its peak of wealth in the 15th century which is evidenced by the remains of large, magnificent houses, mosques and pillar tombs. However, in the first half of the 17th century, the city was completely deserted, a curious phenomenon which has previously been subject to speculation and which Prof. Kusimba hopes to unveil.

His project is aptly titled Exploring The Role Of Climate Change And Disease Pandemics In The Collapse Of Gede and is funded by the University of South Florida to which he is affiliated and National Geographic Society. Locally, he has collaborated with Drs. Gilbert Oteyo and Christine Ogola from the National Museums of Kenya and internationally, Drs. Kenda Sirak and David Reich of the Harvard Medical School to make the project a success.

But to better understand why the choice of Gede Ruins, you must first pay attention to the Professor's motivations.

Born in the early 60s, Prof. Kusimba cleared Form 6 in 1981 and was one of the best students in the country in his final exams. As he awaited admission to university, he taught at the Lake Nakuru High School in Nakuru County. It was here that he discovered his love for teaching and opted to switch from Law to Education as an Undergraduate Course to pursue. In his 3rd year of study at the Kenyatta University, Prof. Kusimba decided that he didn't



just want to be a teacher but an educator.

"Very few people at the time were doing this type of work." He says, while referring to archaeology. He further attributes the reason for this to be as a result of the misguided notion back then, that Africa had no history due to the lack of any written material from our ancestors. Reliance at the time was on what had been written by outsiders.

"The bulk of African history was being drawn from oral traditions. Things like archaeology, anthropology, ethnohistory and the likes." Prof. Kusimba muses.

"There was also a discussion by historians in those days on whether oral traditions could serve as history."

Therefore, he reckons that the question of representation was important because we did not have many voices before the Europeans set foot in Africa. His first visit to Gede Ruins was in 1981. He came in the company of

first year university students who were majoring in history and instantly fell in love with the site.

What quickly caught his attention though was the guide taking them round referring to Gede Ruins as the remnants of an Arab City. Indeed, the common belief then was the same. But what stood out for him was how a lot of the pillar tombs present resembled what he had seen in books. Tombs that were associated with the Oromo, a Cushitic group native to Kenya and Ethiopia.

At the main congregation mosque, and contrary to what the guide was saying about the city being Arab, instead of the Islamic symbol of a crescent and star at the entrance, the young Kusimba noticed a spear, an African symbol. So this ultimately fuelled his desire to concentrate on archaeology which he considers, does not lie.

Indeed, it was interesting for me to learn on this trip that Gede is an Oromo word. For a Swahili City with a name that's not native

to the Swahili people, I was curious why.

"Place names change. In addition, they further elaborate on the history of a place." Prof. Kusimba explains.

With the name, Gede, there is a probability that the Oromo might have been the initial settlers at the place.

Earliest evidence of Bantu people who had migrated from West Africa to the Coastal area of Kenya was around 150AD. It was at the time that there were sightings of them in Kwale, home to some tribes falling under the larger Mijikenda group. Later, Southern Cushites would follow which explains the probable presence of the Oromo in the area around Gede. It could also be the reason why the name for the Swahili City was retained.

After his 1981 trip to Gede Ruins, Professor Kusimba came back in 2002. However, his deeper study of Gede Ruins while trying to debunk the persistent myth that it was an Arab City dates back to 1997.

In the late 40s, James Kirkman

was the first person to conduct archaeological work at the site. Earlier in 1884, it had been visited by John Kirk, a British resident living in Zanzibar.

As a result of the 200 year presence of the Omani Arabs at the East African Coast, there was a deliberate attempt on their part to re-write history and present it as if they had always been there. Hence their culture had equally permeated the Coastal society so much that the British were likely to believe this as the truth. Unfortunately, this could have been the case when Kirkman engaged in the excavation process of Gede Ruins and came to the conclusion that it was an Arab City.

Archaeological evidence from later studies, some of it by Prof. Kusimba himself, however point to the fact that this is in fact wrong and the inhabitants of Gede were Swahili and African. Not Arab.

Indeed, the professor acknowledges that Africa has been robbed of so much in the last 500 years hence these kinds of inconsistencies in history. For majority of African countries,

they have only been fully independent for about 60 years or so with shorter periods for Zimbabwe, Namibia and South Africa. For 400 years out of the 500, Africans had to contend with slavery and later colonization by the Arabs and Europeans.

A consequence of this is losing the ability to plan for the future which happened to our ancestors. During that 500 year period, there was a lot of migration at the East African Coast.

"People were running for their lives." Prof. Kusimba notes.

Names of places changed in a bid to assert domination and mark territories and Africans were undermined to the point where they were not considered civilized enough to build a city like Gede. It is this distorted history that Prof. Kusimba, is intent on rectifying with facts.

In Part 2, the project is explained in further detail.

Kenya will host WRC Safari Rally for five consecutive years

Kenya will host the World Rally Championship (WRC) Safari Rally every year until 2026, President Uhuru Kenyatta has announced.

The President said the Government secured the hosting rights of the elite motorsport event from the International Automobile Federation (FIA) and the WRC after years of intense lobbying and preparations.

"It gives me great pleasure, therefore, to announce, that we have agreed, with the International Automobile Federation (FIA) and the World Rally Championship (WRC), to continue hosting the Safari Rally in Kenya, every year until 2026," the President announced.

At the same time, the President announced immediate Government plans to commence preparations for next year's WRC Safari Rally.

"In this regard, my administration will immediately start preparations for the next Safari Rally event, and I commit the required financial investment towards another successful championship in Kenya," he said.

President Kenyatta spoke on Sunday at the Kenya Wildlife Service Training Institute

(KWSTI) in Naivasha, Nakuru County when he presided over the presentation of prizes to winners of the 2021 WRC Safari Rally.

The grueling three-day event was won by French driver Sebastien Ogier followed by his Toyota teammate Takamoto Kasutsa of Japan while Hyundai's Ott Tanak of Estonia finished third.

Onkar Rai navigated by Drew Sturrock was the highest ranked Kenyan driver in position seven followed by Karan Patel and Carl 'Flash' Tundo in eighth and ninth positions respectively.

With the successful hosting of the 2021 WRC Safari Rally, the President said Kenya had demonstrated to the world that it was prepared to host global events despite the logistical challenges posed by Covid-19.

President Kenyatta reminded Kenyans that he had fulfilled his 2013 promise to bring back the WRC Safari Rally after years of absence.

"I am proud to say that after a 19 year-long pause, the Safari Rally is back home! Our efforts have paid off. We have staged a remarkable 2021 World Rally Championship (WRC) Safari Rally that has challenged both man and machine, and which will be remembered for many years to come," he said.

The President, who is the

patron of the 2021 WRC Safari Rally, noted that the Kenyan leg of the world series event had confirmed the huge potential held by the country as a global motorsport destination.

"We dreamed and we delivered. We planned and we succeeded. Through all of our collective efforts, it is now certain that 'the greatest show in motorsport in Africa' will continue to thrill and inspire long into the future," the President said.

The Head of State congratulated the 2021 Safari Rally participants and encouraged those that didn't succeed to press on for better results in future events. He wished quick recovery to those injured during the three-day showpiece and invited them to participate in next year's event.

Sports CS Amina Mohamed expressed satisfaction with the running of the 2021 WRC Safari Rally saying, the motorsport event had met international expectations.

"We want to thank you, Your Excellency. Your initiative to return the rally to our country and your support towards the planning and the hosting of the 2021 WRC Safari Rally has enabled this iconic and memorable event to take place," CS Amina said.

Other speakers at the 2021 WRC Safari Rally closing ceremony included FIA Deputy President Graham Stalker and Kenya Motorsports Federation Chairman Phineas Kimathi. Mr Kimathi doubles up as the CEO of the WRC Safari Rally Kenya.

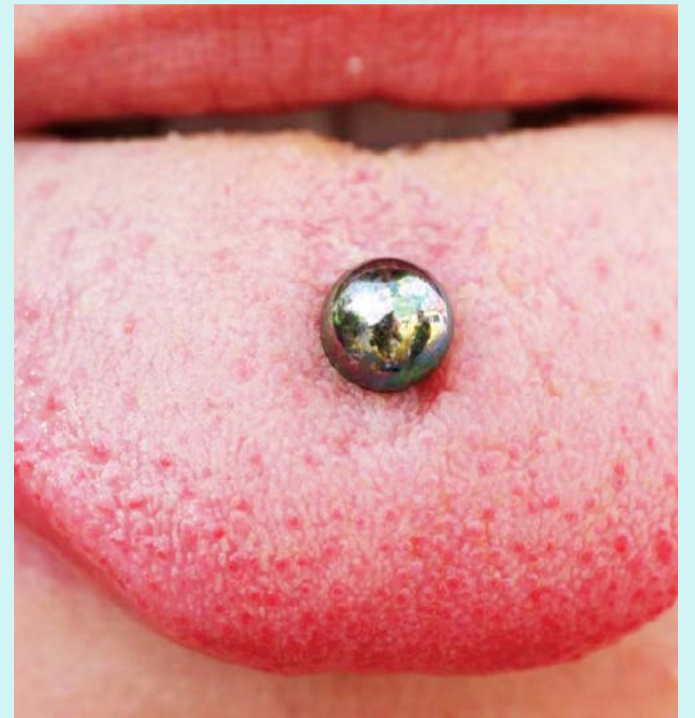
Earlier, President Kenyatta was joined by several national leaders among them former Prime Minister Raila Odinga, former Vice President Kalonzo Musyoka and Nakuru Governor Lee Kinyanjui at the Power Stage Finish of the WRC Safari Rally at the competition's Hells Gate Circuit.

At a separate event, President Kenyatta officially opened KWSTI's pavilion at the institute's grounds in Naivasha, Nakuru County.



Dental Health: Oral Hygiene Care and Maintenance

DENTAL HEALTH: Oral Piercing



Introduction

Body piercing is a popular form of self-expression. Modifications of the body such as tattooing and body piercing have been performed by many populations for a long time with distinct cultural and social meanings.

Oral piercings are piercing of the tongue, lips, cheeks or the uvula which is the tiny soft tissue that hangs at the back of your throat. Oral piercing or tongue splitting may look cool, but they are dangerous to your health. Piercing around the oral area can interfere with speech chewing or swallowing.

Risks and Complications

Your mouth is filled with tons of bacteria therefore oral piercing can lead to infection and swelling around the piercing site. Excessive bleeding can arise during the piercing procedure. Other complications include;

- 1) Tooth fracture - Studies have shown that this is the most common side effect of oral piercing. The teeth may chip or fracture. In worst cases, these teeth may have to be extracted. Crowns and restorations can also get damaged when wearing oral jewelry.
- 2) Speech impediment - the insertion of the barbell may interfere with the movement of the tongue and eventually affecting the speech.
- 3) Aspiration of the jewelry - the jewelry used in oral piercing consists of two parts, therefore, there is a risk that the jewelry could get separated and be inhaled by that person.
- 4) Infection and allergy - Inadequate care of the piercing may cause blistering, pus and redness around the jewelry.

Inadequate sterilization of the jewelry can lead to an increased risk of transmission of highly infective diseases. A person may suffer from an allergic reaction to the metal alloy used the jewelry.

5) Gingival recession/trauma - the gums may recede where the oral piercing has been done leading to sensitivity and poor aesthetic appearance.

6) Alteration of salivary flow - oral piercings cause an increase in salivary production and flow inside the mouth leading to drooling of the saliva.

7) Nerve damage - after a piercing, one may experience a numb tongue that is caused by nerve damage that is usually temporary, but can sometimes be permanent. The injured nerve can affect your sense of taste or the movement of your mouth.

Conclusion

As oral piercing is increasing in popularity, it is important that one is aware of the risks associated with the insertion of the jewelry in and around the oral region.

If you have decided to get the piercing, it is advised to be up to date on vaccines for hepatitis B and tetanus. Ensure the jewelry used is sterile and placed in a sterile environment in order to avoid further complications. Report any signs or symptoms arising from oral piercing to your oral healthcare professional.

Don't pierce on a whim! The piercing will be an added responsibility requiring constant attention and upkeep.

Dr. Luvay Hamid
Dental & Implant Surgeon
at Royal Crown Dental Care (Mombasa)
For enquiries: luwayhamid@hotmail.com

PHOTO STORY



Visa Oshwal Mahila Mandal Chairlady Smt Divya Shah, donated various items such as wheel chairs, food ration and facemasks to needy people



EVENTS

PHOTO STORY



Hindu Council Nakuru, Nakuru Yoga Group and Lions Club of Nakuru organised to celebrate 7th International Yoga Day in Nakuru. HCK Nakuru Chairman Shri Shailesh Sheth thanked Nakuru Yoga Group head Smt Anilaben Thakar and team ((who have been performing Yoga in Nakuru for last 22 years)) for organising the event at Lohana Hall Nakuru on 21st June 2021. The event was also live streamed through Indian High Commission Facebook page to worldwide audience.



Visa Oshwal chairlady Divya Shah handed over wheelchairs to Mr Edward milgo, and Janeth Chekemoin Kiptagich and Olunguruone town



President lion Rani Ramchandani travelled to Kericho County with Kennedy Kitur (DCI Officer Nairobi Headquarters). We were able to pay a visit to the Deputy Governor Lily Ngok. Additionally, we visited Charera Special School, Roret, where the lady governor accompanied us. Accompanied by her, we were able to donate: some sanitary material, masks, 6 wheelchairs, Crutches, other devices and Blankets. We promised them that we will take more donations their way once we were ready. We were able to carry out some tree planting and spend quality time with the kids. "Disability is not inability" they say, and this was made clear when we visited these kids.



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CLASSIFIEDS

Mombasa & Coast Event Guide July 2021 - presented by wh@t's on mombasa

NIGHTLIFE & ENTERTAINMENT
Mondays
Mint Lounge Bamburi Afro Beat Monday with DJ Teekay DJ Aga
Tapas Cielo Nyali Easy Mondays with DJ Dennz
Tuesdays
Hypnotica Bar & Restaurant Nyali Wet & Pool Party with DJ Hans DJ James Naira Banking
Mint Lounge Bamburi Turn Up with Issa Platinum
Wednesdays
Club Legend Mtwapa Afrobum Twerk with DJ Ken MC Chapatizo
Club The Place Bamburi Bango Music Live with Afro tambo Band
Club Zero 4 Moi Avenue Girls & Cocktails with DJ Sammy Blez
Derrick's Beach Bar & Grill Woman Crush Wednesday
Eckolab Mtwapa Midweek Rave with DJ Phauz
Hypnotica Bar & Restaurant Nyali Gin And Amapiano Night - John Vuli Gate Dance Challenge with DJ Grandson DJ Hans MC Kangetah
Kingston Beach Lounge Nyali Queen's Cocktail with DJ Sir Ric
Mint Lounge Bamburi Ladies Night with DJ Moha 001
Thursdays
Hypnotica Bar & Restaurant Nyali Bum Bum Thursday with DJ Ciara MC Kangetah DJ James DJ Hans DJ Granson
Mint Lounge Bamburi Throwback Thursday with DJ Kslin

NIGHTLIFE & ENTERTAINMENT
Fridays
Club Legend Mtwapa Afro Bum Twerk Competition with DJ Ken MC Chapatizo
Club The Place Bamburi Ital Reggae with MC Warrior Dr. Fred VDJ Scratch-3 DJ Supa Mega
Club Zero 4 Moi Avenue Whiskey Fridays with DJ Mems DJ Sammy Blez
Derrick's Beach Bar Mtwapa Reggae On The Beach with Tha Bishop MC Blackcross DJ Edu
Hypnotica Bar & Restaurant Nyali Wet And Wild Pool Party with DJ James DJ Hans DJ Grandson
Mingles Lounge Nyali Amapiano Fridays with Jean DJ
Mint Lounge Bamburi Ultimate Friday with DJ Kslin DJ Moha 001

NIGHTLIFE & ENTERTAINMENT
Saturdays
Club Brazuca Ukunda Classic Reggae Satos with Mc Warrior DJ Benz
Mint Lounge Bamburi Saturday Connect with DJ Teekay
Moonshine Beach Bar Moonshine Signature
Xana's Restaurant @ Cowrieshell Beach Apartments The Joly Sundowner Music Show
Sundays
Apollo Club Changamwe Jamrock Reggae Sundays with Daddy Sil DJ Allanze MC Max
Club The Place Bamburi Sunday Rave with VDJ Scratch 3 DJ Supa Mega
Club Zero 4 Moi Avenue 165 Sunday School with VDJ Danny Burn DJ Mems
Eckolab Mtwapa Sunday Groove with DJ Phauz
Kingston Beach Lounge Nyali Soul Sunday with DJ Frankee Walker
Mint Lounge Bamburi DJ Kalonje Sunday Brunch

KARAOKE
Mondays
Club Zero 4 Moi Avenue Corporate Mondays Karaoke & Talent Showcase with DJ Mems Soniment & Carter
Tuesday
Club Legend Mtwapa Karaoke Tuesdays
Thursday
Derrick's Beach bar & Restaurant Mtwapa Beach Karaoke with Carter

LIVE MUSIC
Fridays
Divas Lounge Bamburi Rhumba Nostalgia with Ambro La Muzika
Sundays
Divas Lounge Bamburi Rhumba Nostalgia with Ambro La Muzika
FUN & FAMILY
Sundays
Amigos Beach Bar & restaurant Diani Beach Sunday Family Outing
Mingles Lounge Nyali Family Funday

All Events Without Warranty

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NIGHTLIFE & ENTERTAINMENT
Saturday 03 07
Club Zero 4 Moi Avenue Zero 4 Jams with DJ Mellow DJ Mems DJ Sammy Blez

LIGHT SHOW
Thursdays Fridays, Saturdays & Sundays
Fort Jesus Mombasa Enchanting Sound & Light Show with Fireworks

ECONOMY / ENVIRONMENT
Sunday 13 to 17 07
Mombasa - Multiple Venues Blue Economy Week 1st Edition

SPORTS
Sunday 04 07
Mombasa County Kayaking And Bike Ride Challenge

BOAT CRUISING
Sunday 11 07
Tamarind Mombasa Sunday Dhow Cruise

Nairobi Event Guide July 2021 - presented by wh@ts on nairobi

CONFERENCE
05 to 09 07
Convent International Hotel Lavington JO & AL Article and Academic Writing Conference

BOOKS
Saturday 03 07
Village Market, Ballpoint Social Club Books & Wine
03 & 04 07
Westgate Mall The Author Spotlight - Book Reading with Charles Chanchori Ndugu Abisai

All Events Without Warranty

AUCTION
Saturday 03 07
Tamambo Karen Blixen Antique Auction

FITNESS
Saturday 24 07
Jay's Gym and Dance Studio, Komarock Champagne Breakfast Challenge

FESTIVAL
19 to 25 07
Two Rivers Mall Somali Cultural Festival

BUSINESS
Friday 09 07
Muthaiga Golf Club Africa Golf & Leadership Summit

LIVE MUSIC
Fridays
Mawimbi Seafood Restaurant The Gogosimo Band
Saturday 24 07
Captain's Terrace Restaurant Kidum Livel
Sunday 11 07
Sax And Violins The Gogosimo Band

Sundays
K1 Klubhouse The Untamed Band
Wasafi Lounge Kidum Live
La Cascada Rhumba Afrique Band
Que Pasa A Magical Acoustic Live with Haston Kombo & The Utu Band Trio

SHOPPING
Saturday 03 07
Kilimani Primary School Kilimani Organic Farmers Market
Fridays
Village Market Rooftop Maasai Market
Sundays
K1 Klubhouse K1 Flea Market
Adams Arcade Shopping Centre Halal Sunday Brunch & Open Air Market

EAT & DRINK
Sundays
K1 Klubhouse Sunday Brunch
Karen Country Club Curry Sundays
Sunday 11 07
Karen Camp And Hotel Backyard BBQ

SHOWCASE
Saturday 03 07
Two Rivers Mall Made In Kenya Experience with Mwalimo Rachel Dittoz Worldwide Kahush Otile Brown Meija DJ bash Trio Mio DJ Alveen Movaz Nyashinski Femi One
The Carnivore Nairobi Reggae In The Sun with Cathy Matete Miriam Ngoma Bire The Vocalist Roots Connection Band MC Philipo Princess Wakesho MC Galgaloh DJ Ebony Seleka DJ Dimsey Bae DJ Miatan Muzikal Sheriff

SPORTS & ADVENTURE
Sunday 04 07
Kereita Forest Nairobi The Flying Fox Kereita Forest

FAIRS & EXPOS

01 to 03 07
Sarit Expo Centre, Karuna Road 9th Oil & Gas Kenya 2021
Sarit Expo Centre, Karuna Road 9th Power & Energy Kenya 2021
08 to 10 07
Sarit Expo Centre, Karuna Road Bakery & Pastry Expo 2021
09 to 11 07
Sarit Expo Centre, Karuna Road Food & Beverages - Food & Hospitality East Africa 2021
Sarit Expo Centre, Karuna Road iPlast Pack Africa 2021
Sarit Expo Centre, Karuna Road Agro & Poultry East Africa 2021
Sarit Expo Centre, Karuna Road HortiExpo Africa 2021
Village Market, Limuru Road Luxury Living and Design Expo

DANCE
Saturday 03 07
Park Place Hotel Zumba



XPLoSIVE GUMBALLS



Banana



Tutti Frutti



Energy



Strawberry



Pineapple



Orange



For trade enquiry please contact

+254 758 713210

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