

The Socio-Economic **Newspaper** with Anything & Everything from **Kenya**

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# IPA KENYA CHAPTER



On 18th June 2025 - IPA Kenya Chapter (International Police Association) Members and Blessed Donors presented Road Steel Security Barrier to the National Police Service - Mombasa International Airport Police Station that was received by Senior Officers of NPS and DCI. The barriers will be used at the Main Entrance Gate to the Airport. They were donated by IPA Coast Members led by the Coast Chapter Vice Chairman Mr. Nahid Moosa and fabricated / branded by Graphic World (Msa) Ltd.

## Independent Medico Legal Unit IMLU



The #SilencedButUnbowed report offers key recommendations to address the grave human rights violations during the 2024 Gen Z-led protests. Among them:

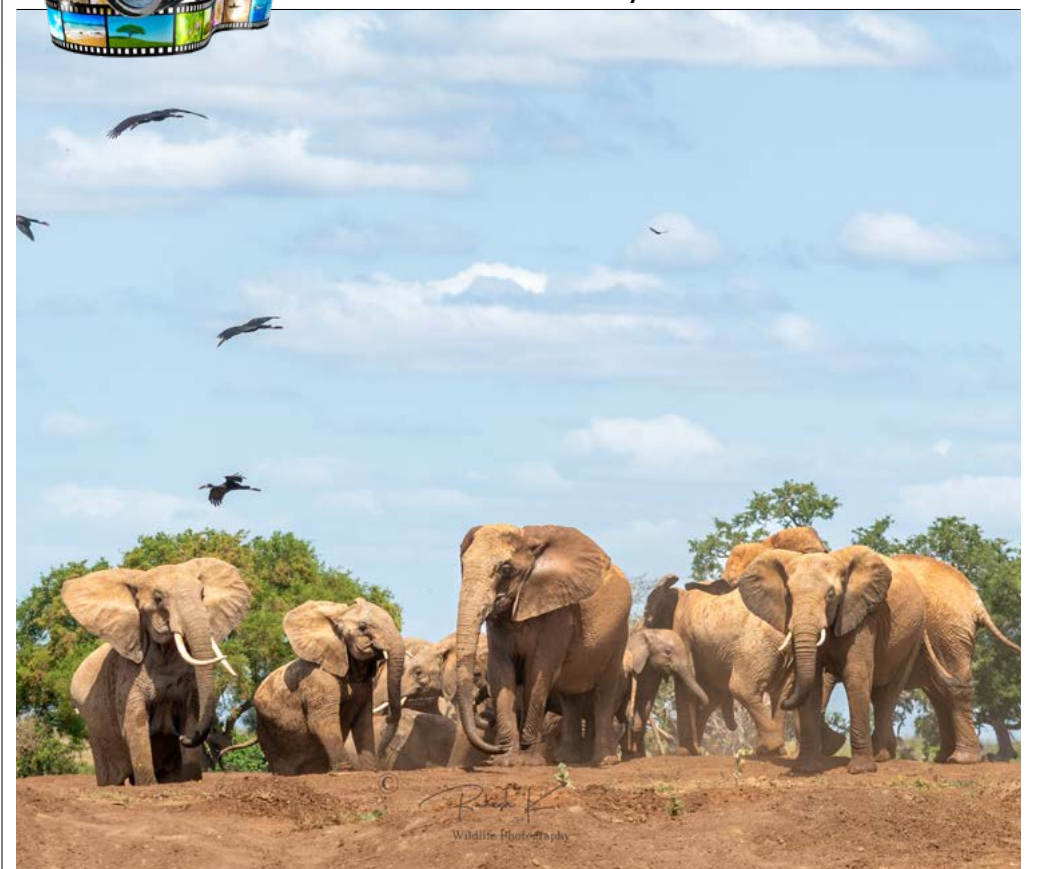
- Independent investigations into all protest-related deaths
- Full operationalization of the National Coroners Service Act
- Ratification of the International Convention on Enforced Disappearances

These are critical steps toward justice, accountability, and the protection of the right to protest.



## WILDLIFE PHOTO

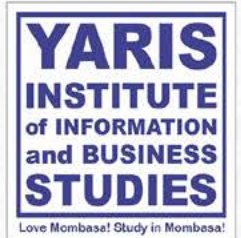
By Rakesh K







**St John**  
Ambulance



## COAST REGION EMERGENCY CONTACTS

### MOMBASA COUNTY

Kenya Red Cross - 0700395395  
ST John's Hospital - 0706777077  
ST John's Hospital 2 - 0718422522  
AAR Health - 0729933559  
AAR Health 2 - 0725225225  
AAR Health 3 - 0734225225  
CGM Fire Dept. - 0738222555  
County Control Room - 0776922922  
County Control Room 2 - 0707911911  
Premier Hospital - 0714400099  
Mombasa Hospital - 041-2312191  
Mombasa Hospital 2 - 0733333655  
Mombasa Hospital 3 - 0722203755  
Agakhan Hospital - 0415051000  
Pandya Hospital - 0722206424  
Jocham Hospital - 0722207664  
Seiffee Foundation Clinic - 0720730430  
Coast Gen Makadara H. - 0722207868  
Bomu Hospital - 0722574755  
KPA Fire Dept - 0710870000  
Mewa Hospital - 0716292798  
Al Farooq Hospital - 0787114455  
Emer. Response - 0203893522  
KRCS Mr. Rajab - 0721849088  
KRC Mombasa - 0703037040  
KRC Mombasa 2 - 0703037041  
KRC Mombasa 3 - 0725292000  
KRCNational EOC - 0728602502  
Coast Diver Mr.Kyalo - 0725 654192  
Coast Guard - 0707430108  
Tudor Hospital - 0788 959 626  
Josmori - 0700767664  
Counselling Line - 0800724540  
Haki Africa - 0755000555  
Sayyida Fatima Hosp. - 0729410016  
Ganjoni Hospital - 0768860000  
Bomu Hosp Oldtown - 0746980040  
Nyali West hospital - 0722917140  
Bay leaf Hospital - 0702249005  
Bay leaf Hospital 2 - 0733249005  
Memon Med Centre - 0727872979  
Memon Med Centre - 0735872979  
Msa Eye Hosp - 0735727271  
Msa Eye Hosp 2 - 0751340583  
KPLC MAIN - 97771  
KRCNational EOC 2 - 1199

### KILIFI COUNTY

Kilifi Fire Dept. - 0733550990  
Disaster Emergency - 0800730044  
Khairat Clinic - 0712403509  
Khairat Clinic 2 - 0112003003  
Khairat Clinic 3 - 0113003003  
Pwani Clinic - 0202622444  
KRCS - 0721681730  
kilifi county. Shallo - 0720678275  
Kilifi Ambulance - 0701184854  
Kilifi Ambulance - 1535  
Kilifi EOC - 1535

### KWALE COUNTY

Msambweni Hospital - 0111781852  
Diani Hospital - 0700999999  
Palm Hospital - 0722410695  
Kwale Fire Dept. - 0710119191  
Kinondo Hospital - 0769364747  
RCS Kwale - 0720093019

### LAMU COUNTY

Emergency Operation - 0714888889  
King Fahd Hospital - 0779783880

### TAITA TAVETA COUNTY

Taita Taveta Fire Dept. - 0113087070  
Taita Taveta Fire Dept. 2 - 0789712286  
KRCS Taita Taveta - 0790508925

### TANA RIVER COUNTY

Jaffa B. Jillo Fire Dept CFO - 0721408854

### COAST REGIONAL DMRT VOLUNTEERS

Rishi Arun Parikh - 0722326245  
Asaad Sumra - 0731360005  
Isaya Tulula - 0721438342  
Nicholas Songora - 0712 747656  
Imran Mughal - 0720206999  
Stacy Sululu - 0727468056  
Vincent Onyango - 0702039222  
Manpreet Singh - 0731 112020  
Trey D'Souza - 0721772665

### NATIONAL GOVERNMENT HOTLINES

MIA - 0726318515  
JKIA - 0206822111  
KWS - 0800597000  
KWS 2 - 08002215566  
KWS 3 - 0726610509  
DCI - 0800722203  
NTSA - 0709932000  
NTSA 2 - 0709932300  
NTSA 3 - 0797556354  
KENHA - 0204954000  
KENHA 2 - 0700423606  
KURA - 0717105233  
KURA 2 - 0202722222  
Kenya Railways - 0711777577  
Kenya Navy - 0725563844  
ATPU hotline - 0729999988  
IPOA Mombasa - 0799019998  
EACC Mombasa - 0710600308  
EACC Mombasa 2 - 0710768706  
National Police S. - 0789999395  
Kenya Coast Guard S. - 0743430430  
National Police S. 2 - 999  
National Police S. 3 - 112



St John  
Ambulance



**Errors, Omissions, Updates, Amends Accepted. Contact Mr. Rishi: 0722 326 245**

**Let's Be Safe ! Kenya ni Kwanza !**  
**Should one wish to include more Emergency Numbers**  
**inbox any of the Coast DMRT Volunteers!**



# 25th June Demo's





TOP NEWS

# President Ruto urges Kenyans to safeguard peace and unity



President William Ruto has urged Kenyans to keep and safeguard peace and unity in the country.

The President said leaders should take the lead in embracing peace instead of inciting Kenyans and dividing them along tribal lines.

Speaking during the funeral of Kilifi Governor Gideon Mung'aro's father Gideon Baya Mung'aro Senior in Daboso on Wednesday, he said it is important for citizens and leaders to understand that everyone needs Kenya to be peaceful and united.

"It is the responsibility of all of us to safeguard peace by engaging in activities that do not jeopardise our stability," President Ruto said.

He told organisers of demonstrations to do so in accordance with the Constitution and the law.

"Those engaging in

demonstrations should ensure they demonstrate peacefully and should not destroy life or property," he said.

The President urged leaders to put aside their political differences and take a common stand on matters of development.

"Unity among leaders is critical for the transformation of the country," he said.

He went on: "We may have different opinions, but as leaders we must unite for the prosperity of the nation."

At the same time, President Ruto said the government will erect an electric fence round the Tsavo East National Park to contain elephant invasion in the county.

Responding to local leaders, the President assured them that an electric fence is the lasting solution to the problem.

On the land issue at the Coast, he explained that the government is working to

resolve the squatter problem and ensure residents receive title deeds.

"We are making progress in sorting out the historical land issues in the region and eradicating the squatter problem. Forty thousand title deeds are ready for Kilifi County," he said.

President Ruto linked the government's broader development agenda to the country's improving economic outlook.

He commended former Prime Minister Raila Odinga, who was present, for working with him in the efforts to unite the country.

"I thank my brother Raila Odinga for accepting to work with me in uniting our country for prosperity. Time for elections is over and it's an opportunity to build the country," he said.

President Ruto described the late Mungar'o senior as a respected, progressive and

industrious leader.

"The family, friends and the people of Kilifi are in our prayers at this painful time," he said.

Mr Odinga criticised those engaging in endless politicking and dividing Kenyans on tribal bases, saying it was time to solve the problems facing the country.

"Some leaders are engaging in politics of shares and division, threatening to remove others from office. It is Kenyans who vote out leaders and not an individual," he said.

The former Prime Minister emphasised the need for Kenyans to demonstrate peacefully without destroying

property.

Senate Speaker Amason Kingi commended President Ruto's development agenda in the Coast region, saying the region had been sidelined by previous governments.

"The projects being initiated not only at the Coast, but also across the country touch the lives of ordinary Kenyans," Mr Kingi said.

He told President Ruto not to be distracted by critics as he implemented his development agenda for the country.

"You are being fought because you are a strong leader. No weak person can be fought. The same critics will soon come and praise what you are currently doing to transform the country," he said.

The Speaker said Coast leaders will rally behind President Ruto in the 2027 General Election.

Other leaders present were Cabinet Secretaries Hassan Joho (Mining and Blue Economy) and Salim Mvurya (Sports), Governors Abdulswamad Nassir (Mombasa), Issa Timammy (Lamu), Gladys Wanga (Homa Bay), Dhadho Godana (Tana River) and Andrew Mwadime (Taita Taveta), and several MPs.

## Kisumu's Moi Stadium to be upgraded at a cost of KSh700 million

The President pointed out that the government is keen on upgrading the stadium to an ultra-modern sports facility that can accommodate various sporting activities.

Speaking when he hosted Kisumu County leaders led by Governor Anyang Nyong'o at State House Nairobi on Wednesday, the President also announced that KSh700 million has been set aside to install solar energy at Ahero Irrigation Project to boost rice production.

Rice farming in Kisumu County, the President said, would also benefit from a KSh3.5 billion programme with the Japan International Corporation Agency.

"We are modernising the rice growing in an effort to increase production in the country," he said.

The delegation included MPs, MCAs, professionals, clergy and elders, among

others. On transport in Lake Victoria, he disclosed that the Kenya Shipyard Ltd will build a second ferry to boost local and regional trade.

Furthermore, President Ruto said the Cabinet has approved the elevation of Kisumu's Jaramogi Oginga Odinga Teaching and Referral Hospital to Level 6 or national referral status.

He said the hospital has been allocated KSh 3 billion in the next financial year.

At the same time, President Ruto said the regional Lake Victoria Search and Rescue Centre is under construction, adding that 35 per cent of the work is complete.

He regretted that 4,000 lives are lost in Lake Victoria every year, saying the centre will help reduce the fatalities.

On the blue economy in the Lake Victoria Basin, the President cited the ongoing works for the KSh1.3 billion Kabonyo Fisheries and Aquaculture Centre in Kisumu,



saying it will be growing between 25 million and 30 million fingerlings a year when complete.

On the whole, the President said he was confident that Kenya is moving in the right direction with a transformative development agenda.

He said the government is painstakingly implementing policies that will create prosperity for all residents.

"We are committed to our resolve that no region or community will be left behind in the endeavour to transform

Kenya. Inclusive development powers our country's energies in all sectors and all value chains," said President Ruto.

He said the broad-based government has helped to make the difficult decisions necessary to effect transformation in Kenya.

"Our broad-based government is neither the creation of former Prime Minister Raila Odinga nor myself; it is a God-seny," he said.

He explained that transformation of a nation

is difficult and requires immense political goodwill to implement inclusive and meaningful development.

The President assured Kenyans that no part of the country will be left behind in development.

President Ruto took the delegation through the agenda the government is implementing.

He said reforms in the agricultural sector have seen the production of maize increase from 44 million bags in 2022 to 65 million last year, and is expected to rise to 75 million bags this year.

"We have also reduced maize imports by 90 per cent and sugar imports by 75 per cent because of increased production, courtesy of our reforms in the agricultural sector," he said.

On health, President Ruto noted that 23.7 million Kenyans have registered with the Social Health Authority (SHA) as opposed to 7 million

in the defunct National Health Insurance Fund.

"In the past eight months, SHA has paid claims worth KSh41 billion to public, private and faith-based hospitals. NHIF could only pay KSh25 billion a year," the President explained.

On the Affordable Housing Programme, the President announced that 700,000 housing units are in the pipeline and in different stages of construction and procurement across the country. "We are not only providing decent homes for Kenyans, but we are also creating jobs for young people 250,000 of whom are working in the programme," he said.

The President also enumerated the gains made through reforms in the education sector, citing a record 76,000 teachers employed in the past two years. Another 24,000 teachers will be recruited before the end of the year.



# Ruto: Criminals posing as protesters will face justice



President William Ruto has met the country's top security chiefs and administrators and directed them to ensure the lives and property of all Kenyans are protected.

The President also directed the security chiefs to bring to book all those who perpetrated heinous crimes, including looting, robbery, rape and arson, during riots earlier this week and ensure they are prosecuted.

Hosting regional and county security and National Government Administration bosses at State House, Nairobi, on Saturday, he said: "If those behind the riots that led to looting and destruction of people's property are not arrested and prosecuted, we will be breeding impunity."

President Ruto also warned against attacks on the police, saying those who do so are threats to peace and stability and must face the full force of the law.

"We cannot have a country where criminals run after our police officers. If a policeman's life is in danger, how can our families be safe?" he said.

The President went on: "This trend must change. The criminals that attacked our officers and destroyed property in the Wednesday mayhem will be held to account."

He pointed out that the government will stand by every man and woman in uniform, and protect them as they discharge their duties.

"Only when the police keep our country safe will we have

a more secure and stable Kenya where meaningful development occurs," President Ruto pointed out.

At the same time, the President expressed the government's commitment to reforming the security agencies to cope with emerging threats associated with terrorism and cybercrime, among others.

He said crime had become more sophisticated and it was critical to enhance the capacity and improve the tools of work of law enforcement agencies.

Consequently, the government is investing in training to boost the capacity of the police in fighting modern-day crime.

Saying security was the foundation on which peace, stability and development were anchored on, the President expressed the government's commitment to ensuring that it was enhanced in all parts of the country.

"We are investing in the modernisation of police equipment and training of officers besides providing a conducive environment for them to operate," he said.

Meanwhile, President Ruto called on Parliament to enact legislation to regulate demonstrations and balance the constitutional right to assembly with public order and safety.

He noted that while Article 37 of the Constitution guarantees the right to assemble, demonstrate, picket, and petition, this can be regulated to ensure the rights of others are respected



and to maintain peace.

The President proposed that the legislation should provide a framework for identifying the organisers, venue of demonstrations

and the specific time of demonstrations as well as address potential public safety concerns.

"We want a situation where the organisers can present

their petitions, state their reasons for the demonstration and where it will be held and at what time," he said.

President Ruto also briefed the officers on the

progress of the government's programmes in stabilising the economy, job creation, universal healthcare, housing and agriculture, among other sectors.

He assured them that 20 percent of the affordable houses will be ring-fenced for members of the security agencies.

Interior Cabinet Secretary Kipchumba Murkomen wondered why critics, including religious and civil society, have not condemned the brutality criminals meted on police officers last Wednesday.

"When a police officer is attacked or a police station burned, no religious leader, foreign envoy or Law Society of Kenya official speaks," he said.

Present were Interior Principal Secretary Raymond Omollo, Inspector-General of Police Douglas Kanja, Deputy IG Gilbert Masengeli, and Director of the Directorate of Criminal Investigations Mohamed Amin, among others.

Meanwhile, President Ruto has commended the country military for their commitment to safeguarding security in the wake of rapidly evolving threats.

Speaking during the investiture of the new Kenya Defence Forces leadership at State House Nairobi, the President said: "We implore the new leadership to discharge its responsibilities with professionalism and integrity. You have our full support."



TOP NEWS

# Ruto: Affordable Housing plan unstoppable despite criticism

No amount of criticism by detractors will derail the implementation of the Affordable Housing Programme, President William Ruto has said.

The President said he won't be defined by election terms or by how long he serves in office. His focus, he pointed out, is on the implementation of his development agenda projects that directly impacts on the lives of Kenyans.

Speaking during the Second Kenya Urban Forum in Naivasha, Nakuru County, on Tuesday, he pledged to continue uplifting the lives of Kenyans, especially those at the bottom of the economic pyramid and informal settlements.

"Leadership is not defined by how long someone serves in office, but by the foundation put in place for a better future," President Ruto said.

"We should be defined by how much we are impacting on the lives of the people and the difference we are making for the next generation," the President said.

He regretted that leaders have for a long time wasted time and energy on election issues at the expense of decisions and policies aimed at transforming the lives of Kenyans.

"Transformation of a nation doesn't take a flash. It takes

deliberate steps, plans and patience, and having the courage to overcome bumps and challenges," he explained.

The President noted that the implementation of the Affordable Housing Programme is enabling many Kenyans, especially those in slums, own decent homes and live dignified lives like other people. Saying he is a man on a mission to transform the country, President Ruto added that no amount of noise by detractors will stop him from implementing his agenda.

"I won't accept to be disrupted. I am willing to pay the price by ensuring that we give Kenyans decent homes," he stated.

The President announced that 700,000 housing units are in the pipeline and in different stages of construction and procurement across the country.

He said he was impressed that the housing programme has transformed the lives of Jua Kali artisans, among other small and medium enterprises. In Soweto, Nairobi, President Ruto noted that Jua Kali artisans have a contract up to a tune of KSh720 million.

"Today, Jua Kali people are winning major construction contracts. This is the new Kenya we want for all of us, a reality we envisaged in our manifesto," the President explained. He explained that affordable housing is a national



transformation programme that is leaving no community or region or nobody behind.

"Bottom-Up is not a slogan; it is a reality," he said.

At the same time, the President said Kenya is rapidly urbanising at an annual growth rate of 4.3 per cent, pointing out that by 2050, half of the country's population will be living in towns and cities.

"As a result, we are

implementing bold and strategic measures to shape this urban future, ensuring that every Kenyan has access to planned, dignified and decent housing," he said.

Kenya World Bank Country Director Qimiao Fan praised the Affordable Housing Programme, saying it will transform the lives of Kenyans in informal settlements.

He noted that decent

housing plays an important role in economic growth, jobs creation and sustainable urban development.

"When urbanisation is well managed, it becomes a powerful engine for economic growth," he said.

United Nations Habitat Director Anna Claudia, who spoke via video link, said Kenya's housing programme was in line with the urban

agenda.

She urged partners to continue financing models in urban areas to cope with the increasing number of people leaving the rural for urban areas.

Lands, Public Works, Housing and Urban Development Cabinet Secretary Alice Wahome and Nakuru Governor Susan Kihika also addressed the forum.

## Africa

Africa!!! We should go back to our roots of Agriculture and Traditional Religious Norms to Repair our Society from what it is to what We Want it to be! Lets be Original in bettering our Current and Future Generations! Africa needs to be the World Food and Minerals Basket where Value Addition and Export is by default.

United Boundary System and Open Borders for Regional Trade and Shared Development is concentrated upon with Tariffs and Price Control.

Its Time to go back to Our Roots and Sit with Elders for Guidance, Knowledge and Respect.



## Lions Bahari Activity

In a compassionate gesture of community support, Lions Club of Mombasa Bahari donated 240 pcs Adult pampers to George Okech, an 18-year-old living with Cerebral Palsy. The donation, which took place recently, is part of the club's ongoing efforts to uplift and assist vulnerable individuals within the Mombasa community.

George's family expressed heartfelt gratitude to the Lions Club for the much-needed support, which will help improve his daily comfort and ease the burden on his caregivers. The club reaffirmed its commitment to continue supporting those with special needs and promoting dignity and inclusion for all and shall support the boy in times to come.





# M-PESA Sokoni Festival in Mombasa Review

Held at the Mombasa Sports club, The festival was part of the M-PESA @ 18 celebrations that saw customers delighted with various gifts including shopping vouchers, merchandise, cash prizes and electronics, among others.



On the Mombasa Sports club grounds as thousands of visitors wandered by, a few M-Pesa and Safaricom mascots swayed and danced, bouncing up and down. They were a strange, disruptive and oddly joyous presence especially for the young crowd. Thousands of visitors and Mombasa residents were treated to amazing product deals and a concert like no other on Saturday at the first-ever M-PESA Sokoni Festival, held at the Mombasa Sports Club in Mombasa County.

This year, the eclectic lineup includes a number of both Nairobi based and local Mombasa acts, mcees and deejays. Billed as the ultimate festival for the best discounts, the festival showcased both local and national service providers and merchants in a vibrant market-style setting, with incredible discounts on devices, electronics, household items, beauty



and fashion products, travel packages, and more. On stage, Royal Media Services's dynamic duo Inspekta Mwala na Munai General had the crowd in stitches and at some point on the edge through the popular game show "M-PESA or the Box." Among the winners

was Elizabeth Makokha from Changamwe, the grand finale winner who walked away with KES 180,000. As the light rain showers faded away, Mombasa based DJ Lenium took the stage from DJ Pierra Makena. His set conjured a singular, mesmerising atmosphere setting up the high energy billing for MC Gogo and DJ Daffy duo. A pregnant Nadia Mukami who performed with her dancers left a rousing performance of her hit singles. Her medley of hits resonated. We witnessed Mombasa's Echo 254, MCee BM Shaxxy and Masauti greatness on stage. Dreamy and commanding, these homegrown talents delivered and their loyal fans cheered them on. Elsewhere at the festival there were more installations and engagements. From Safire Connect, a forum that brought together like-minded individuals to exchange ideas on entrepreneurship, personal branding, community

opportunities, and financial wellness, to the launch of Wezesha Mama, a programme by the M-PESA Foundation that brought together women's groups from the region for financial and digital literacy training, along with access to seed capital to help boost their business ventures. "It has been an amazing week interacting with our customers in this region, as we appreciate them for walking with us for the last 18 years. We are extremely happy with

the turnout, our customers have come out in large numbers with their families to shop and enjoy incredible offers on various products including smartphones, electronics, household items among others. They have also been treated to electrifying entertainment from our DJs and artists," said Safaricom's Chief Financial Services Officer, Esther Waititu. The two-month campaign is part of the ongoing M-PESA at 18 celebrations, marking

M-PESA's transformative role in Kenya's digital and financial landscape and the positive impact it has had on the lives of millions of Kenyans. With the Coast Region done, the M-PESA Sokoni Festival now heads to Nairobi, with the caravan tour set to run from Monday, 16th June 2025.

Photos sourced from Twitter, Facebook and Instagram: @SafaricomPlc via Instagram!





INITIATIVE

# Minet Plants 20,000 Seedlings in 500K Tree Initiative

**M**inet has edged closer to its large scale reforestation effort of planting 500,000 trees in Kenya by 2030, having sowed 20,000 tree seedlings at the Matathia block of the Uplands Forest in Lari Constituency, Kiambu County. This has brought the total number of trees planted by the firm to 46,000 over the past three years, even as it plans to ramp up its annual targets further over the next five years.

The Thursday event marked a significant milestone in the company's commitment to environmental restoration and sustainable development. It responded to Kenya's alarming deforestation rates, with the country losing approximately 84,716 hectares of forest and seeing an additional 14,934 hectares degraded annually, as reported by the Kenya Forest Service (KFS) in its 2024 Forest Status Report[1]. These environmental losses, driven by logging, charcoal burning, agricultural expansion, and encroachment, are estimated to cost the nation KSh534 billion each year. The losses emerge from the reduced carbon storage capacity of forests, reduced agricultural productivity, and decreased water resources, all leading to lower crop yields, diminished hydropower generation, increased water treatment costs, and a reduction in the



**Minet CEO Sammy Muthui (second right) is flanked by Joseph Macharia, Deputy County Forest Conservator, Kenya Forest Services- Kiambu (Right), Dr. Jedidah Wanyeki, CEO Greens of Africa Foundation (second left) and Salome Wairimu a resident of Matathia, Lari during a tree planting event.**

carbon sequestration capacity of forests.

Addressing participants during the tree planting drive, Mr. Sammy Muthui, CEO, Minet, emphasized the urgency of reversing the destructive trend.

"The drivers of deforestation are clear, and so are its devastating impacts—from biodiversity loss and soil erosion to food insecurity and climate volatility. This is, therefore, not just an environmental issue, but a humanitarian one and one that requires urgent attention," he said.

Minet's reforestation effort aligns with Kenya's national targets under the Forest Ecosystem Landscape Restoration Strategy, which aims to plant 15 billion trees and restore 10.6 million hectares of degraded land by 2032. It also supports Sustainable Development Goal (SDG) 15 on protecting, restoring, and promoting sustainable use of terrestrial ecosystems.

In 2023, Minet, a leading risk advisory firm in Kenya, pledged to plant half a million trees by 2030, the landmark year when all SDGs should

have been achieved. The organization planted 26,000 trees in 2023, and although efforts paused in 2024 due to a landslide at the intended planting site, activity resumed this year following clearance from KFS.

The 2025 Economic Survey by the Kenyan National Bureau of Statistics reveals a remarkable surge in Kenya's reforestation efforts, with new areas planted more than doubling to 4,900 hectares in 2024 from 2,400 hectares the year before[2]. Minet's reforestation efforts are a testament to this national



commitment, contributing to the broader goal of enhancing Kenya's tree cover and combating climate change.

This year's event saw collaboration with more than 100 local community members, who played a central role in preparing the land and have pledged to nurture the seedlings to maturity, having understood the immense benefits of forest cover. When fully grown, the newly-planted trees will, for example, produce enough oxygen for more than 10,000 people every year[3] and absorb over 440,000Kgs of carbon dioxide from the atmosphere[4], contributing to climate change adaptation and mitigation efforts in the

region and beyond.

"Sustainable solutions must be community-driven, and that is why, to us, this is not a photo-op but a long-term partnership for change."

Held under the theme "Contreebuting to a Better World", the event encapsulated Minet's belief that each tree planted is a step toward a more resilient, sustainable, and hopeful future.

"Let this not be the end," the CEO concluded. "Let it be the beginning of more action, more collaboration, and more commitment to Kenya's forests and future. This is because, when you plant a seedling, you are contributing to a sustainable future and a better world."



## MADAFU NEWSPAPER KENYA VALUED OUTLETS:

### NAIROBI:

**Parklands and Westlands:**  
Anga Cinema (Diamond Plaza 2)  
Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)  
Bajrang (Sky Mall)  
Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)  
Kumar Brothers (Diamond Plaza)  
Microcity (Sarit Centre)  
Onn The Way Supermarket (all branches)  
Sona Shoppe (Wesgate Shopping Mall)  
Taste of China (3rd Parklands)

**INDUSTRIAL AREA:**  
Bunny Industries Limited (Dakar Road)

**LANGATA:**  
Sona Shoppe (Galleria Shopping Mall)

**KAREN:**  
Sona Shoppe (Karen Crossroads)

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

**KITALE:**  
Milli Hardware Ltd Main Road

**ELDORET:**  
Kenya Jalaram Co Ltd – opp CBK

**VOI:**  
Abbas Aluminum Supplies

**MOMBASA:**  
Blue Room Restaurants  
Nyalil Cinemax  
Nyalil Centre – DKL  
Umoja Rubber Shoes Shops

Nyalil – Chandarana Supermarket  
Quickmart Bandari Supermarket  
Naivas Likoni Mall Supermarket  
Yaris Institute – Haile Selassie Avenue  
Mombasa Afrigas – Nyerere Avenue  
Hakimi Stationaries – Moi Avenue  
AudioAsh Coolers – opp Sapphire Hotel  
Various Hospitals & News Vendors  
Hand Delivery via Newspaper Vendors

**KISUMU:**  
Western Emporium

**DIANI:**  
Palm Beach Hospital  
Aasan Solutions Auditors  
Moiz Supermarket  
Various Restaurants & Hotels  
Chandarana Supermarket

**MALINDI:**  
Uzima Training Centre – CBD  
Various Hotels & Restaurants

### NEW DISTRIBUTION SOON:

**MERU**  
**EMBU**  
**LAMU**  
**MACHAKOS**

### LOOKING FOR NEW OUTLETS IN:

**TURKANA**  
**ISIOLO**  
**NAROK**

Kindly contact the Editor – Mr. Rishi Arun Parikh on [editor@madafu.biz](mailto:editor@madafu.biz) for interest to distribute Madafu Newspaper Copies!

## MADAFU NEWSPAPER

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P. O. Box 80518 - 80100 GPO Mombasa.

Editor@madafu.biz  
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Mr. Nabil Sansool - Madafu Website Administrator

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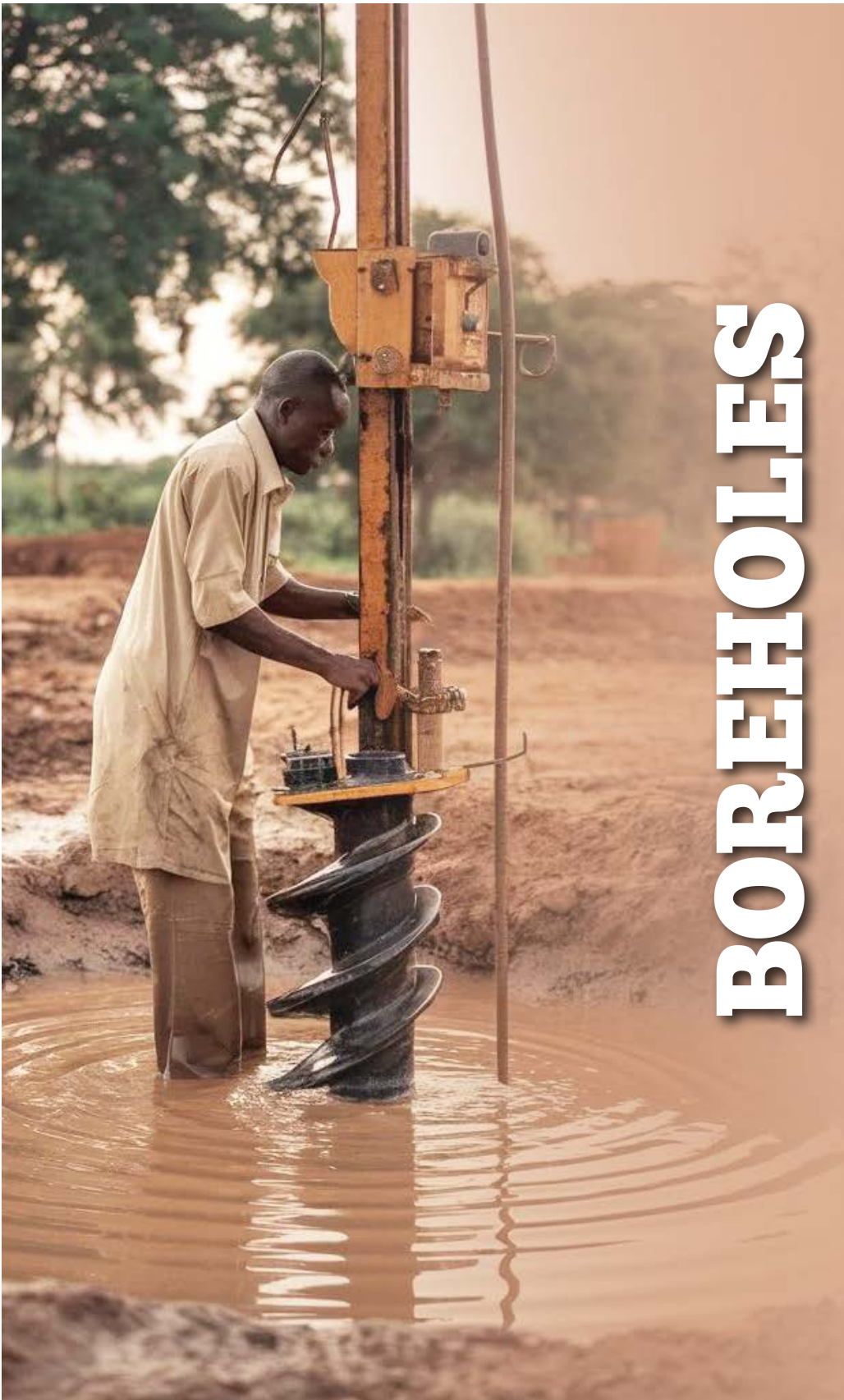
**SALES, MARKETING & OPERATIONS**  
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

**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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WATER SUPPLY



BOREHOLES

A borehole is a narrow shaft bored in the ground, either vertically or horizontally. A borehole may be constructed for many different purposes. They are constructed to extract a private water supply for businesses and domestic properties. Three main types: 1. A Dynamic Borehole: As the drill hits a break, water is ejected out from the hole in a pressurized spray. 2. An Average Borehole: As the operator removes samples of soil or rock drilled - water is evident. 3. A Residual Borehole: refers to a type of borehole where, after drilling to the intended depth, no signs of water are found in the samples taken, even though the operator has drilled past or through multiple “dry” breaks. In essence, it’s a borehole that is considered “dry” by the driller.

Water Boreholes are very necessary in rural and arid areas of any country. In Kenya, we have many such areas that have no piped water and will never have! Boreholes is the answer to such a scenario. Identifying productive borehole sites in arid and semi-arid regions requires a systematic approach combining hydrogeological, geophysical, and remote sensing techniques. Here’s a step-by-step guide to maximize success:

- 1. Desk Study & Preliminary Data Collection
  - Geological Maps: Study regional geology to identify potential aquifers (e.g., fractured basement, alluvial deposits, sandstone layers).
  - Satellite & Aerial Imagery: Use tools like Google Earth, Sentinel, or Landsat to detect:
    - Linear features (faults, fractures) that may channel groundwater.
    - Paleo-drainage systems (ancient riverbeds) that may host alluvial aquifers.

- Vegetation anomalies (lush green patches in dry areas may indicate shallow groundwater).
- Existing Well/Borehole Data: Analyze yields, depths, and failure rates of nearby boreholes.
- 2. Hydrogeological Field Survey
  - Geological Reconnaissance:
    - Identify outcrops of porous/permeable rocks (sandstone, limestone, fractured basements).
    - Look for indicators like seasonal springs, seepage zones, or water-loving vegetation (e.g., phreatophytes).
  - Lineament Analysis: Map surface fractures/faults that may extend underground and act as conduits.
- 3. Geophysical Surveys (Key Step)
  - Use a combination of methods to reduce uncertainty:
    - A. Electromagnetic (EM) Methods
      - Time-Domain EM (TDEM) or Frequency-Domain EM (FDEM): Detects conductive zones (saline or clay-rich layers may give false positives).
      - Very Low Frequency (VLF): Useful for locating deep fractures in hard rock.
    - B. Resistivity & IP (Induced Polarization)
      - Vertical Electrical Sounding (VES): Identifies layered aquifers (low-resistivity = clay; moderate = water-bearing sand/gravel).
      - Electrical Resistivity Tomography (ERT): 2D/3D subsurface imaging to locate fracture zones or alluvial channels.
    - C. Seismic Refraction
      - Helps differentiate between consolidated (low-yield) and unconsolidated (high-yield) formations.
    - D. Magnetic & Gravity Surveys
      - Useful in basement terrains to identify deep-seated faults or sediment-filled basins.
- 4. Remote Sensing & GIS

- Integration
  - SWAT (Soil & Water Assessment Tool) or GRACE (Gravity Recovery & Climate Experiment) data can indicate subsurface water storage.
  - Machine Learning Models: Combine geological, geophysical, and satellite data to predict high-potential zones.
- 5. Drilling & Yield Testing
  - Pilot Borehole: Drill at the most promising site (prioritize fault intersections or thick sediment deposits).
  - Pump Tests: Determine sustainable yield ( $\geq 0.5$  L/s is viable for communities).
  - Water Quality Tests: Ensure low salinity ( $<1000 \mu\text{S/cm}$ ) and no harmful contaminants (fluoride, arsenic).
- 6. Sustainable Management
  - Aquifer Recharge Zones: Identify and protect from pollution/over-extraction.
  - Solar-Powered Pumps: Reduce reliance on diesel in remote areas.
  - Key Indicators of High-Yield Aquifers in Arid Zones
    - Alluvial Deposits (Wadis, ancient riverbeds) – Shallow (20–100m), high yield.
    - Fractured Basement – Depths 50–150m, dependent on fracture connectivity.
    - Sandstone Aquifers – Deeper (100–300m) but reliable if confined.
    - Fault Zones – Often act as natural groundwater channels.
  - Challenges & Mitigation
    - Saline Intrusion: Avoid coastal/low-lying areas unless confirmed fresh.
    - Low Recharge Rates: Use managed aquifer recharge (MAR) techniques.
  - Best Geophysical Method for Arid Zones? Combination of ERT + TDEM provides the highest accuracy for deep aquifers. Would you like region-specific recommendations based on country/geology?

Mr. Rishi Arun Parikh  
Madafu Newspaper  
Editor

Handing Over Of Borewell Donated By W-Foundation, Canada

On Sunday 4th May 2025 the LIONS CLUB OF MOMBSASA BAHARI headed to South Coast. After handing over the first borewell members then proceeded to a village in Msambweni area in Kwale County to handover the second borewell. This borewell was sunk in memory of Zaibun Ganiwalla. Her sister Mrs Farida Saigar (from Canada) was present with the team to do the official handing over. Mrs Farida also happens to be the mother of one of the trustees of the

W-Foundation, Canada, who donated the said borewell. Project Convenor Lion Shoeb Ganiwalla told the villagers that “We are very fortunate to have with us today Mrs Farida Saigar to handover the borewell that had been dedicated to her late sister”. He further emphasized that the borewell should be well looked after for the long run of the supply. The people of villagers should start doing farming for self sustainability of their own selves. Mrs Farida in her address said that all those using the water should remember and

pray for her late sister. The village elders, head Islamic teacher thanked members and W-Foundation considering their request and giving them water. They prayed for the deceased (in whose memory this borewell is sunk) and prayed that may Allah rest the departed soul in peace. The madrasa students said a special prayer too in the memory of Late Zaibun Ganiwalla. After handing over the borewell, the members distributed bread, juices and sweets to all present.





BLUE ECONOMY



# The tide is turning: Status of Kenya's Blue Economy



By Dr.  
Melckzedek K.  
Osore, Research  
Scientist/KMFRI

As Kenya charts its course toward Vision 2030, one of its most promising frontiers is the Blue Economy — a diverse, resource-rich domain covering coastal, marine, and inland aquatic environments. While the country has made significant strides in policy formulation and community engagement, implementation gaps, infrastructural limitations, and human capacity challenges still stand in the way of fully unlocking the sector's potential.

A Multi-Sectoral Tapestry

Kenya's Blue Economy touches a wide array of sectors. Coastal and marine fisheries, which currently contribute 0.5% to the national GDP, involve over 60,000 artisanal fishers and support 1.2 million people through the broader value chain. Inland water bodies like Lake Victoria account for a staggering 80% of the country's fish production, hinting at vast untapped potential in the Exclusive Economic Zone (EEZ) estimated to be worth USD 300 million.

Tourism, particularly in the coastal belt, remains the powerhouse of Kenya's Blue Economy, contributing 5% to the GDP and generating 18% of the country's foreign exchange earnings. Maritime transport, anchored by the port of Mombasa — the busiest in East Africa — connects Kenya to neighbours such as Ethiopia, South Sudan, Uganda, and landlocked countries of Rwanda, Burundi, and the Democratic Republic



Crab cages in the mangroves



Women Group - in septicin seaweed harvest Credit MK Osore

of Congo.

Mariculture, coastal mining, oil and gas exploration and wave energy present exciting but underexplored avenues. While mariculture has a meagre monetary contribution of just 0.02%, initiatives like seaweed farming in Kwale County offer promising alternatives to traditional fishing livelihoods.

Harnessing a USD 4.4 Billion Marine Economy

Despite its natural advantages — a 640 km coastline, an EEZ spanning 230,000 km<sup>2</sup>, and numerous

lakes and rivers — Kenya's marine economy trails behind regional peers like Tanzania and South Africa. The combined annual value of Kenya's coastal and marine ecosystems is estimated at USD 4.4 billion. Yet, tourism alone accounts for 93% of this figure. This lopsided distribution reflects the country's underutilization of sectors like ports and harbors, mining, mariculture and biotechnology.

**Empowering Coastal Communities**  
Local communities are

increasingly at the heart of the Blue Economy story. Projects such as Mikoko Pamoja in Gazi Bay exemplify the grassroots embrace of sustainable marine resource management. By planting and conserving mangroves, the community sequesters approximately 3,000 tons of carbon annually — earning USD 12,000 through global carbon credits.

Similar success stories include Community Environmentally Sustainable Mariculture (COMENSUM) in Mtwapa, which is combining mangrove restoration with mariculture, apiculture and

eco-tourism to foster food security and livelihoods. The Dabaso Community Conservation Group known as Watamu Crab Shack in Kilifi County has created a thriving ecotourism hub centered around a community-run boardwalk and eco-restaurant, showcasing how cultural heritage and biodiversity conservation can coexist profitably.

In Kwale's Kibuyuni and Shimoni villages, seaweed farming has brought a new lease of life to former fishing-only economies. A recent harvest generated KES 1.3 million in revenue, illustrating how science-led community engagement can create sustainable economic ecosystems.

Institutional Momentum and Capacity Building

Institutional frameworks are gradually aligning with the Blue Economy agenda. The landmark Fisheries Management and Development Act (2016) laid the foundation, followed by the formation of the Blue Economy Implementation Committee and the revamping of KMFRI as well as three other strategic state corporations: Kenya Fisheries Service (KeFS), Kenya Fishing Industry Corporation (KFIC) and Kenya Fish Marketing Authority (KFMA).

Training and infrastructure remain critical bottlenecks. Kenya needs a surge in technical and academic capacity in maritime disciplines. Institutions like the Bandari Maritime Academy have begun to address this, significantly increasing the number of graduating seafarers.

Moreover, traditional knowledge systems — once the bedrock of sustainable marine resource use — are fast eroding. There is urgent need to integrate indigenous wisdom with modern scientific research in educational and policy frameworks.

Policy, Planning, and the

Path Ahead

The Sustainable Blue Economy Conference (SBEC) held in Nairobi in November 2018 placed Kenya at the global forefront. However, the momentum must translate into concrete gains. The Marine Spatial Planning (MSP) initiative, still in advanced stages, is expected to better coordinate the use of ocean space for competing activities while preserving ecosystem health.

As the country gears up for 2030, delays in policy enforcement and sectoral coordination could cost billions. Strengthening governance — especially in extractives, energy, and port logistics — will be essential. With global support and a dynamic coastal population, Kenya is poised to become a maritime powerhouse in Africa.

Conclusion: From Potential to Prosperity

The story of Kenya's Blue Economy is one of immense potential, gradually being transformed into practical prosperity. With the right blend of community-led initiatives, scientific innovation, and institutional support, the Blue Economy can become Kenya's game-changer — not just for economic growth but for equitable, sustainable development that uplifts people and preserves the planet.

*Dr. Melckzedek K. Osore is a Research Scientist with the Kenya Marine and Fisheries Research Institute (KMFRI), member of the national Board of the Association for Persons with Disability in Kenya (APDK) and Lecturer at Pwani University in Kilifi County. He is a key advocate for the sustainable development of Kenya's marine and coastal resources, and passionate about eliminating barriers in the work environment for people with disabilities.*



# To the sister whose feeling lost

By AHLAM MANSUR.

If you are feeling lost right now, unsure of which way to turn in life, please take a deep breath and pause. You are not alone in this feeling. Sometimes, the heart grows heavy and weary, and we find ourselves wondering where to go from here. In moments like this, try to offer yourself the same love and gentleness you would offer your daughter, your sister or your closest friend.

Ask yourself gently:

- Would I want my daughter to remain in the relationship I am in?
- Would I want her to work in the job I do every day?
- Would I wish for her to have the kind of friends I have around me?
- Would I want her heart to carry the same worries I carry? Take a moment. Reflect—not with harshness, but with softness and love. We often pour love into others and forget to leave a drop for ourselves. We are so quick to uplift those we love yet so slow to speak kindly to our own hearts.

- **Reflecting on Your Relationships:** Would you want your daughter to stay in the relationship you're in? Does it nourish her soul, honor her dignity, and bring peace to her heart?

Sometimes, we accept things for ourselves that we would never want for someone we love.

Considering Your Work:

Would you want your daughter to remain in your current job? Does it light her up, honor her values, and allow her to grow? Or would you gently tell her, "There's something better for you, my love." Remember, rizq (provision) comes from Allah, not from the job itself.

وَفِي السَّمَاءِ رِزْقُكُمْ وَمَا تُوعَدُونَ  
"And in the heaven is your provision and whatever you are promised."  
— Surah Adh-Dhariyat (51:22)

Reassessing Friendships:

Would you want your daughter to have the kind of friends you currently do? Do they bring light into her life? Or drain her spirit? Choose to surround yourself with those who remind you of Allah and bring out the best in you.

الْأَخْلَاءَ يَوْمَئِذٍ بَعْضُهُمْ لِبَعْضٍ عَدُوٌّ إِلَّا الْمُتَّقِينَ  
"Close friends, that Day, will be enemies to each other, except for the righteous."  
— Surah Az-Zukhruf (43:67)

Challenging Your Worries:

Would you want your daughter to worry about what you worry about?



So many of our fears are rooted in past pain or imagined futures. Can we whisper to ourselves what we would whisper to her? "Allah is enough for you. You are safe. You are held."  
اللَّهُ وَلِيُّ الَّذِينَ آمَنُوا  
"Allah is the Protector of those who believe."  
— Surah Al-Baqarah (2:257)  
Sweet sister, it's okay to feel lost. It's okay not to have it all figured out. Life is not a straight path. Sometimes, feeling lost is what brings us back to Allah.  
وَعَسَى أَنْ تَكْرَهُوا شَيْئًا وَهُوَ خَيْرٌ لَكُمْ

"Perhaps you dislike something and it is good for you..."  
— Surah Al-Baqarah (2:216)  
Speak gently to your soul. Hold yourself like you would hold your child—softly, tenderly, patiently. You are trying. You are learning. And you are still deeply loved by the One who created you. Let your du'as rise from the ache in your chest. Let your tears fall in sujood. Let your healing begin with the truth that you matter—not for what you do, but for who you are. You are not weak because you are struggling. You are

human. Even the Prophets felt deep sadness and cried out to Allah with trembling hearts.  
وَالْيُوسُفَ إِذْ لَدَىٰ رَبِّهِ أَتَىٰ مُشْكِيًّا وَكَانَ أَزْهَمَ الْكَرَّاجِمِينَ  
"And [mention] Ayyub (Job), when he called to his Lord, 'Indeed, adversity has touched me, and You are the Most Merciful of the merciful.'"  
— Surah Al-Anbiya (21:83)  
When you feel you can't move forward, pause and turn to Allah. He sees the tears that no one else sees. He understands the aches you can't put into words. Even in your silence, He listens.  
وَنَحْنُ أَقْرَبُ إِلَيْهِ مِنْ حَبْلِ الْوَرِيدِ

"And We are closer to him than [his] jugular vein."  
— Surah Qaf (50:16)  
Sweet sister, please know this:  
You are not behind in life. You are not failing. You are simply unfolding. Healing takes time. Growth is silent. And peace comes slowly—but it does come. So speak kindly to your heart. Replace the voice of self-criticism with the voice of du'a and dhikr. Return to the One who never left you, even when you wandered far from yourself. And when it gets heavy again, whisper:

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

"Allah is sufficient for us, and He is the best disposer of affairs."  
— Surah Al-Imran (3:173)  
Ya Allah,  
For every sister who feels lost, empty, or unsure, Fill her heart with Your Light. Calm her restless soul. Replace her confusion with certainty, her sadness with ease, her fear with trust. Guide her gently, the way You guided the Prophets. Remind her that she is never alone. Aameen.

## The psychology behind crime



By Mr. Rishi Arun Parikh

In Kenya, based on real societal challenges, cultural dynamics, and the psychology behind crime:

**1. Human Psychology Behind Crime in Kenya**  
- "Hustling" Culture Turned Desperate\*: Many Kenyans, especially youth, grow up believing in \*kujibamba\* (getting by any means). When opportunity is limited, crime feels like a smart hustle.  
- \*Corruption Normalization\*: Seeing public officials enrich themselves with impunity creates psychological justification for petty theft,

fraud, or bribery: "Kama wao wanaiba, mbona si mimi?"  
- \*Idleness and Frustration\*: High unemployment, especially in informal settlements, feeds mental distress, anger, and vulnerability to radicalization or gangs.  
- \*Loss of Ubuntu\*: Traditional African values of community, respect, and shared responsibility are eroding—replaced by a "me-first" survivalist mindset.

**2. Political & Governance Interventions**  
- \*Transparent Leadership\*: Strengthen IEBC, enforce lifestyle audits, and digitize procurement to reduce theft of public funds.  
- \*Civic Education\*: Teach youth from school level about rights, accountability, and ethics—not just during elections.  
- \*Active Citizenry\*: Encourage \*Wanjiku\* to

participate in barazas, report misconduct, and vote wisely—not just along tribal lines.

**3. Tackling Poverty & Youth Disempowerment**  
- \*Skill-Based Empowerment\*: Fund TVETs, digital bootcamps, and creative arts programs. E.g., train boda boda riders on business management and road safety.  
- \*Local Industries\*: Incentivize agro-processing, clean energy, and crafts in counties. Create value and jobs within communities.  
- \*Safe Spaces for Youth\*: Build more community centers, art hubs, and sports programs in informal settlements like Kibera, Mathare, and Majengo.

**4. Fighting White-Collar & Economic Crimes**  
- \*Public Shame & Legal Action\*: Publicly name convicted economic



criminals—restore the cultural value of \*aibu\* (shame).  
- \*Corporate Ethics Training\*: For banks, Saccos, NGOs—instill ethical culture beyond compliance.  
- \*Digital Traceability\*: Expand use of blockchain and mobile money tracking in government projects (just like \*Huduma Namba\* was intended to do).

**5. Community & Psychological Interventions**  
- \*Mental Health Outreach\*: Invest in local counselors, church-based therapy groups, and radio talk shows that

normalize seeking help.  
- \*Rehabilitation for Offenders\*: Prisons should offer skill training, mentorship, and reentry support—not just punishment.  
- \*Cultural Revival\*: Use music, spoken word, and community elders to reawaken values of \*utu\*, integrity, and brotherhood.

**6. Strengthen Security & Trust**  
- \*Community Policing\*: Make police friendly, local, and accountable. Officers must come from the communities they serve.

- \*Women & Youth Involvement\*: Let them sit on security committees—many crimes are prevented by listening to silent voices.

**\*Final Thought\*:**  
To prevent crime in Kenya, we must blend justice with empathy. It's not just about locking people up—but unlocking their potential. Crime is a symptom. Let's fix the disease: inequality, poor leadership, and loss of dignity.

**PCAK Director of Comms / PR**  
**\*#CrimeMusFall\***



INNOVATION

# LG Summit Boosts HVAC Pros' Skills for Innovative Air Solutions

Africa's air conditioner market is experiencing rapid growth. According to the Africa Air Conditioner Market Forecast Report 2025–2033 by Research and Markets, the market was valued at US\$ 7.29 billion in 2024 and is projected to reach US\$ 12.23 billion by 2033, growing at a compound annual growth rate (CAGR) of 5.32%. This growth is driven by key factors such as rapid urbanization, rising middle-class incomes, increasing temperatures, and an urgent need for energy-efficient solutions in commercial, industrial, and residential sectors.

Against this backdrop, LG hosted 30 participants, including consultants and its team members in heating, ventilation, and air conditioning (HVAC) from East, West and Southern Africa in a seminar to explore the latest innovations in air solutions. The workshop, held in Mombasa, was part of LG's global HVAC Leaders' Summit 2025, a series of conferences aimed at reinforcing its leadership in the HVAC market. Building on the success of its inaugural event in Seoul last year, LG expanded the summit's reach this year, starting with Africa (May 14-16) and the Asia and India Summit (May 19-22), followed by sessions in major markets around the world, including the Middle East and Latin America.

The LG HVAC Leaders' Summit is a key initiative in LG's strategy to establish itself as a global HVAC thought leader. The summit also serves as a platform to deepen collaboration with LG's global network of technical consultants, foster customer loyalty and strengthen regional partnerships through impactful engagement. It underscores LG's broader commitment to delivering smart, eco-conscious, and high-performance HVAC solutions, while offering



(L-R), LG Electronics East Africa Air Solution Product Director, Tony Yun, presents an award to Devin Droomer from South Africa during the LG HVAC Leaders' Summit held in Mombasa. The summit brought together industry professionals from across Sub-Saharan Africa to explore LG's latest air solution technologies.

personalized networking opportunities, immersive cultural activities and branded engagement programs, enabling consultants to forge deeper connections with LG representatives and peers.

"The expanded LG HVAC Leaders' Summit reflects our commitment to working closely together with key partners to drive growth in the global HVAC market and lay the foundations for sustainable success," said James Lee, president of the LG ES Company. "Through continuous technological innovation and customer-focused approach, LG will keep delivering optimized HVAC solutions that ensure stable and efficient operations."

In Mombasa, participants engaged with LG's latest technological innovations tailored for the African market. They had the opportunity to explore LG's vast portfolio of HVAC solutions, including Variable Refrigerant Flow (VRF), Single Commercial Air Conditioners (CAC), ventilation systems, ceiling fans, and Residential Air Conditioners (RAC), amongst others. These technologies are designed with a keen focus on energy efficiency and adaptability

to Africa's diverse climates and infrastructural contexts. To enhance the overall experience, LG curated a customer care program, designed to foster long-term loyalty and trust.

Participants were also given insights into LG's strategic vision for Africa, which includes partnerships with governments, developers, and commercial players to deploy customized HVAC systems that align with local environmental conditions and energy regulations.

"Africa is a very dynamic market and we are seeing increased interest in modern HVAC solutions. As a leader in the production of sustainable technologies we are eager to showcase our innovations to professionals in the continent, as we look towards playing a role in Africa's urban development, industrial growth, and climate adaptation strategies," said Donghun Lee, the President of LG Electronics East Africa.

In particular, urbanization is a critical driver with the proportion of Africans living in towns and cities projected to grow from 36% in 2010 to 50% in 2030. This urban expansion, coupled with rising disposable

incomes, is accelerating the demand for air conditioning across Africa's cities. However, this demand comes with a responsibility to manage environmental impact.

"There is a growing urgency across Africa to address climate change through smarter energy use," noted Shawn Chang, LG's Africa Eco Solutions Business Lead. "That's why LG's HVAC innovations are centered on maximizing energy savings and reducing greenhouse gas generation."

Indeed, LG has been at the forefront of integrating sustainable practices into its product design and manufacturing, supporting the bold commitment by countries to achieve Net Zero by 2050. It is in recognition of its global leadership in the transformation that the company has earned the prestigious Performance Award from the Air-Conditioning, Heating & Refrigeration Institute (AHRI) for seven consecutive years. This award recognizes the company's consistent excellence in product performance, reliability, and innovation.

## CRIME PREVENTION IN KENYA A HUMAN-CENTERED APPROACH

### WHY DO PEOPLE COMMIT CRIME?



- Mindset Triggers
  - Wako-na connections, sisi tunahustle
  - Normalized corruption, "Kila mtu analba"
- Idleness + frustration = anger & crime
- Eroding community values (no more utu)

### POLITICAL & GOVERNANCE SOLUTIONS



- Lifestyle audits for leaders
- Digitize public procurement (e.g. eCitizen, Huduma)
- Empower Wanjiku to speak up
- Civic education in schools & churches

### ENDING POVERTY-DRIVEN CRIME



Empower the Hustler Nation

- Free training: tech, trades, farming
- County-level industries (create jobs locally)
- Fund youth in boda boda, art tailoring, art
- Safe zones: sports, music, coding hubs

### STOPPING WHITE-COLLAR THEFT



Make it Risky to Steal

- Name & shame corrupt officials
- Encourage whistleblowing
- Corporate ethics training (banks, Saccos)
- Use mobile money & blockchain to trace cash

### PSYCHOLOGICAL & SOCIAL INTERVENTIONS



Affordable mental health services in CTS


Rehab for prisoners (skills + mentorship)

Anonymous crime reporting tools

### BUILDING SAFER COMMUNITIES



- Friendly, trained local police
- Women & youth on Nyumba Kumi teams
- Anonymous crime reporting tools

 **CORE MESSAGE:** Crime is a symptom. Fix leadership, inequality & broken values—and we fix fix society.



By Mr. Rishi Arun Parikh

- ### 1. WHY DO PEOPLE COMMIT CRIME?

\*Mindset Triggers\*

  - \*Wako na connections, sisi tunahustle\*
  - Normalized corruption: \*Kila mtu anaiba\*
  - Idleness + frustration = anger & crime
  - Eroding community values (no more \*utu\*)
- ### 2. POLITICAL & GOVERNANCE SOLUTIONS

\*Fix the System\*

  - Lifestyle audits for leaders
  - Digitize public procurement (e.g. eCitizen, Huduma)
  - Empower \*Wanjiku\* to speak up
  - Civic education in schools & churches, masjids and temples.
- ### 3. ENDING POVERTY-DRIVEN CRIME

\*Empower the Hustler Nation\*

  - Free training: tech, trades, farming
  - County-level industries: create jobs locally
  - Fund youth in boda boda, tailoring, art
  - Safe zones: sports, music, coding hubs.
- ### 4. STOPPING WHITE-COLLAR THEFT

\*Make It Risky to Steal\*

  - Name & shame corrupt officials
  - Encourage whistleblowing
  - Corporate ethics training (banks, Saccos)
  - Use mobile money & blockchain to trace cash.
- ### 5. PSYCHOLOGICAL & SOCIAL INTERVENTIONS

\*Heal the Mind & Soul\*

  - Affordable mental health services in counties
  - Rehab for prisoners (skills + mentorship)
  - Community storytelling: revive \*Ubuntu\*
  - Radio & social media: teach ethics, hope.
- ### 6. BUILDING SAFER COMMUNITIES

\*Trust-Based Security\*

  - Friendly, trained local police
  - Women & youth on Nyumba Kumi teams
  - Anonymous crime reporting tools
  - Focus on prevention, not just arrests.

**CORE MESSAGE:**  
\*Crime is a symptom.\*  
Fix leadership, inequality & broken value and we fix society in the entirety from Bottom Up!

**PCAK Director of Comms / PR**  
\*#CrimeMusFall\*





By SAFIA MOHAMED BASHIR

If you're reading this, release your shoulders from your ears, unclench your jaw and cease pressing your tongue to the roof of your mouth.

Lips gently touching and teeth slightly apart.

We physically tend to hold onto stress in the least noticeable ways. Do a quick body scan and relax.

Browsing through social media pages, the above post usually pops up. Suddenly you find yourself doing as stated and yes, you feel relaxed. Clearly proving that you have been carrying stress.

The question here arises; why in the first place do we carry that stress?? Is it for this worldly life, possessions or is it for a life hereafter?

The answer- Ofcourse, these are worries of our day to day chorus, our family, our basic needs, possessions, businesses, people around us basically - this life. But if we carry this burden we will fall because of the heavy weight. Hence in some situations we have to let go, drop it and let it be.

Letting go is not about giving up. It's about accepting that there are things that cannot be.

Letting go gives us freedom to attract positivity, happiness, joy, success, health and enlightenment. If we cling to anything - anger, anxiety, thoughts or possessions - we cannot be free. Stop holding on, release it and be free.

We have to let go of expectations; these are predictions or outcomes that are created in our minds eye. These may be either from ourselves or others. If met, we feel happy, nevertheless; if not matched by reality, we feel disappointed, sad, angry, frustrated, resentful and unhappy. Hence why hold

onto a prediction? Let it go.

Let go of having control over everything. Some things are out of our hands and we cannot change. We may instead focus our energy on what we can change. Accept that uncertainty is part of life, make room for new possibilities. Let go of what we cannot change; what we expected to happen; instead just accept and move on.

Let go of the past traumatic experiences. We cannot change or influence what already happened. This trauma baggage will impact the present situations, carrying these unresolved emotions not only makes moving on difficult/impossible but leads to various complications like depression and anxiety. Let go of the burden, forget the past.

Let go of holding grudges and bad behaviours of some people, surely you cannot change them - instead leave them, ignore them. Be at peace for yourself.

Let go of explaining yourself in some situations; it's done - no explanation will change the situation now.

Let go of holding on to guilt - what has been done is in the past, learn from mistakes, make amendments where possible and move forward with renewed focus on the present and future. Be kind to yourself and forgive yourself.

Let go of holding on to people who do not appreciate you - instead appreciate and love those who do.

Let go of your ego. In simple words ego is defined as a view a person has of him/herself. It's an exaggerated sense of self-importance or pride, the self-esteem of oneself. When overly dominant, it leads to pride, arrogance, and a distorted sense of self-importance. Sometimes this ego is the source of friction, conflict and unnecessary drama. Hence drop the 'e' and let it 'go'.

Let go of comparing your situation to others. You are exactly where the Almighty wants you to be. Comparison will lead to complaining constantly which eventually brings negativity- let it loose - instead think of ways to make a positive change and learn to accept the present situation. It will make life easier.

Let go of worry about the past; it cannot be changed; do not worry about the future who has seen what is yet to come. Do your best in the present and leave the rest on the Lord.

Let go of perfectionism; it does not exist. No one is perfect, everyone makes mistakes. Perfectionism is usually associated with people pleasing and eventually cause of fear. Fear of not being capable. But the truth is you can't please everyone, so why not just focus on pleasing yourself? Thus do the much you can, do it well and to the maximum effort; leave the rest on the Almighty and it shall all be well.

Let go of overthinking. It just makes the scenario worst, leads to unnecessary assumptions and draining the positive energy thus preventing you from taking the next step forward. Press the slow motion button not fast forward one. Relax and go slow.

Let go of the life you had planned and accept the one that is coming. It makes life easier and worth living. This life is temporary; what's the need to carry the load when we shall leave it here and go.

In conclusion, there is great power in letting go and there is great freedom in moving on. Live a life of compassion, humility, gratitude, love, kindness and care for others. Move on and let it be. In that you will find peace, here and in the hereafter.

# His Holiness Syedna Mufaddal Saifuddin CGH arrived in Mombasa with a Warm Welcome

His Holiness Syedna Mufaddal Saifuddin CGH, the 53rd leader of the worldwide Dawoodi Bohra community, arrived in Mombasa on 8th of May from Cairo. He was received with high honors at the Presidential Pavilion of Moi International Airport by His Excellency Hon. Abdulswamad Sheriff Nassir, Governor of Mombasa, along with other senior government officials.

During his visit, Syedna will deliver a sermon at Burhani Masjid in which he is expected to counsel the community on cultural and socio-economic matters impacting their lives.

"Syedna's deep affection for Mombasa is evident through his frequent visits to the city. said Hamza Shura, a member of the Dawoodi Bohra community in



Mombasa. "We look forward to attending Syedna's sermons and participating in other programmes organized as part of his visit."

During Syedna's last visit to Mombasa in May 2024, Governor Nassir conferred upon Syedna the Key to the City—a symbolic gesture recognising his leadership and the Dawoodi Bohra community's longstanding contributions to the city's development, harmony and

social welfare." With over a century of deep-rooted history in Mombasa, the Dawoodi Bohra community has built a legacy grounded in faith, unity, and entrepreneurship in the scenic coastal city.

The community in Mombasa contributes to the economy through diverse businesses in construction, glass, hardware, stationery, and services, while also supporting socio-welfare initiatives like tree planting and clean-ups under Project Rise.



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LIFE

# Tradition?



The Family Tradition... Or So They Thought

One evening, a man stood in the kitchen, curiously watching his wife cook dinner. As she prepared to fry some sausages, he noticed something odd—before placing them in the pan, she cut off both ends and threw them away.

Frowning, he asked, “Honey, why do you always cut off the ends before frying them?”

She shrugged. “I don’t know. That’s just how my mother taught me.”

Now even more intrigued, the husband suggested, “Let’s

ask her.”

**Seeking Answers from Mom**

The next day, they visited the woman’s mother.

“Mom, why do we cut the ends off the sausages before frying them?”

Her mother thought for a moment and said, “Well... I don’t actually know. That’s just how my mother taught me to do it.” Now even more curious, she added, “Maybe we should ask Grandma.”

**Grandma’s Turn**

The mother and daughter headed to visit the

grandmother, eager for an answer.

“Grandma, we’ve been cutting the ends off our sausages before cooking them for years. Why do we do that?”

The grandmother chuckled. “I don’t know, dear. That’s how my mother always did it. I just followed the tradition.”

She paused, then suggested, “Let’s ask her! She’s still in the retirement home.”

**The Truth, At Last**

Now with three generations of women on a mission, they finally arrived at the great-grandmother’s room.

“Great-Grandma,” the

woman asked loudly, as the elderly woman was a bit hard of hearing, “why did you always tell us to cut the ends off sausages before frying them?”

The great-grandmother looked utterly confused.

She squinted at them, then burst out laughing.

“Wait... you’re still using that tiny pan?!”

**Moral of the Story:**

Not all traditions have a deeper meaning—sometimes, they’re just the result of a really small frying pan! (Ends are cut so that the sausage would fit in the small pan)

## PHOTO STORY

### Dance Life festival Nairobi



Kenya’s most anticipated professional dance festival is back! Dance Life Festival 2025 will take place from July 4 - 6in Nairobi, bringing together a bold line-up of choreographers and performers from around the world.This year, the Festival maintains its commitment to diversity and inclusion, giving center stage to a wide spectrum of choreographic voices with the deliberate inclusion of women choreographers, people with disability, and artists from indigenous communities. The line-up breaks down the silos in the professional dance community by including a dynamic mix of genres spanning from hip hop to ballet, contemporary to cultural dance, and everything in between. Importantly, the Dance Life Festival also remains devoted to nurturing the next generation of professional performers through a series of community-based dance workshops in Kangemi, Kibera, and Jericho. These sessions aim to equip emerging artists with technical skills, mentorship, and exposure to the world of professional dance.For the first time, the Festival will present a public, site-specific performance on the streets of Nairobi – at Hilton Square in Nairobi’s Central Business District, one of the city’s busiest pedestrian intersections. This intervention into public space is designed to broaden visibility, invite new audiences, and underscore the Festival’s commitment to cultural accessibility beyond conventional venues.

## The Need in Life

By Mary Nelson

Every day, Leonie dropped off mail at apartment 3B, where 82-year-old Mrs. Lisa lived alone. Leonie, a postal worker in her late 30s, had noticed the widow’s thin frame hunched over her mailbox, her hands trembling as she sorted letters. Their small talk over the years had always been polite “Lovely day!” or “How’s the garden?” but one icy afternoon, Leonie saw Mrs. Lisa struggling with a heavy grocery bag.

“I’ll take that for you,” Leonie said, stepping forward. Mrs. Lisa hesitated but handed it over. “Thank you, dear. I’m just.. not as spry as I used to be.”

Inside, Leonie found Mrs. Lisa’s tiny kitchen sparse, with a single apple and a loaf of bread. “You’re not eating well,” Leonie blurted, guilt twisting

her stomach. “I have extra meals sometimes. Let me bring you some?”

Mrs. Lisa’s eyes glistened. “I’d like that. Though I’m not much company these days.”

Over weeks, Leonie left soups and casseroles, and their chats deepened. Mrs. Lisa revealed she’d been a third-grade teacher for 40 years until her husband’s illness drained her savings. Now, she felt “useless.” One evening, Leonie confessed her own worry, her son, Jake, was failing reading. “He hates books,” she sighed.

Mrs. Lisa perked up. “Let me try. I’ve got old flashcards in my drawer.” The next morning, Jake reluctantly sat with Mrs. Lisa. By week’s end, he’d read a full chapter aloud. “She’s like my grandma,” he grinned, “but cooler.”

Inspired, Leonie proposed a community program, retired



teachers mentoring kids after school. Mrs. Lisa rallied her former colleagues, and soon, a local library hosted weekly sessions.

At the first event, Leonie watched Mrs. Lisa, now surrounded by laughing children, light up like a child herself. “This is why I taught,” she whispered. Leonie never

expected a bag of groceries to spark such change. But kindness, she learned, often begins with a small, unexpected gesture, a hand held out, a door opened.

Now, when she delivers mail to 3B, Mrs. Lisa’s smile says it all “We’re all still needed.”

Let this story reach more hearts...



# Muranga Health promoters gets a boost



Ahadi Kenya CEO Dr Stanley Kamau and Community Social Worker Jane Muthoni (white top purple trouser) examining Margaret Wakonje (80 years), Margaret Wanjiku (65 years), Isabella Wanjiru (83 years) and Lucy Njoki (90 years) for blood pressure exercise during the launch of door to door community service outreach targeting the elderly and persons with disabilities in Gaitega village, Mbiri Ward, Kiharu Constituency in Murang'a County. Ahadi Kenya Trust target to distribute more 1200 blood sugar and pressure kits to community social workers in Murang'a County to compliment Community Health Promoters

Ahadi Kenya Trust has launched a door-to-door community service outreach targeting the elderly and persons with disabilities in Murang'a County. The initiative aims to complement the work of community health promoters in the county and improve the welfare of the community who lack easy access to health facilities.

During the launch event held in Gaitega village, Mbiri Ward, Kiharu Constituency, Ahadi Kenya Trust CEO Stanley Kamau revealed that the organization will distribute over 1,200 blood sugar and pressure kits to community social workers in the county. These kits will enable the social workers to monitor the health of the elderly and persons with disabilities during their visits.

"We are committed to supporting the most vulnerable members of our community," Kamau said. "Through this initiative, we will be able to reach out to the elderly and persons with disabilities in the comfort of their own homes, providing them with essential health services and support."

The social workers, led by Jane Muthoni, will visit the homes of the elderly and persons with disabilities, carrying assorted foodstuff to distribute. During the launch, Kamau and the social workers visited the homes of several elderly women, including 90-year-olds Lucy Njoki and Isabella Wanjiru, 80-year-old Margaret Wakonje, and 65-year-old Margaret Wanjiku.

According to Kamau, the initiative will cover all eight sub-counties in Murang'a County, with the 1,200 social

workers playing a crucial role in reaching out to the target population. "We are confident that this initiative will make a significant difference in the lives of the elderly and persons with disabilities in Murang'a County," he said.

The launch of the door-to-door community service outreach is a significant step towards improving the health and welfare of vulnerable members of the community. Ahadi Kenya Trust's initiative demonstrates the organization's commitment to supporting those in need and promoting community development.

By providing essential health services and support, the organization aims to improve the quality of life for the elderly and persons with disabilities in Murang'a County.

## PHOTO STORY



This evening, I received 300 footballs from the Oshwal Education and Relief Board at their offices in Parklands. The donation was presented by Mr. Nirmal Shah, the Honorary Secretary of the Board. Our NCP Community Development and Humanitarian Program Director, Mr. Kiran Shah, facilitated this project and ensured the availability of the footballs. This follows a letter sent last week to the Board through the Siakago Emergency Response & Rescue Team, requesting footballs for 29 schools in Mbeere Siakago.

The Oshwal Education and Relief Board now joins the list of our valued partners who continue to support our mission to reach more communities, particularly in remote areas. The team in Embu has been consistently proactive in seeking support for their people—a spirit I encourage other counties to emulate says Mr. Ngari - Chairman NCP

Chandarana

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# The World in 2029

A 5-Year Socioeconomic, Technological, and Financial Forecast



By Mr. Rishi Arun Parikh

Introduction

The years 2024-2029 will be marked by rapid technological developments, geopolitical reforms, economic instability, and social transformation. As a financial professional, socio-economic commentator, and technologist, I will examine the core trends shaping the global economy, financial markets, technological progress, and social models.

1. Global Economic Outlook: Growth in Uncertainty

The post-pandemic, post-globalization era is shifting towards an era of “Polycrisis”—an overlapping set of shocks (geopolitical tensions, climate change, debt crises, and AI disruption).

A. Macroeconomic Trends

- Slower but Resilient Growth:
- Advanced economies

(US, EU, Japan) will see 1.5–2.5% annual growth, while emerging markets (India, Vietnam, Indonesia) can anticipate 4–6% growth.

- China growth slows to 3.5–4.5% due to demographics and debt loads.

- Debt & Inflation Challenges:

- High sovereign debt (US >\$35T, Japan >250% debt-to-GDP) will require fiscal discipline.

- Inflation stabilizes at 2.5–4% in the West, but food/energy shocks remain threats.

- Geopolitical Fragmentation:

- De-dollarization accelerates (BRICS+ expands, CBDCs expand).

- US-China decoupling continues in semiconductors, green tech, and AI.

B. Labor Markets & Inequality

- AI & Automation Displacement:

- 40% of jobs (especially white-collar work) will be augmented or replaced by AI.

- Universal Basic Income (UBI) pilots expand in Europe/Asia to cushion job displacement.

- The Great Wealth Divide:

- Top 1% to own >50% of global wealth (up from ~45% now).

- Gig economy workers demand greater protections (EU’s Digital Labour Act).

2. Financial Markets: The New Investment Paradigm

A. Stock Markets & Asset Classes

- AI & Tech Supremacy:

- Big Tech (NVIDIA, Microsoft, Meta) continues to rule markets.

- Semiconductor wars favor Taiwan/Korea equities but introduce volatility.

- Commodities & Energy Shift:

- Oil is \$70–100/barrel as OPEC+ keeps grip and green transition lags.

- Lithium, copper, and rare earths rocket (electric vehicles, AI data centers).

- Private Credit Boom:

- Banks retreat; private lenders fill the gap (expected \$2T+ market by 2029).

B. Cryptocurrency & Digital Finance

- Bitcoin (\$100K+) & Ethereum (ETH 2.0):

- Institutional adoption increases (BlackRock, Fidelity ETFs).

- CBDCs (Digital Dollar, Digital Euro) are rolled out but struggle with privacy pushback.

- DeFi & Tokenization:

- Real-world assets (RWAs—real estate, bonds) shift on-chain.

C. Real Estate & Housing Crisis

- Commercial Real Estate Collapse:

- Office spaces crash (~30% in major cities), converted to residential.

- Global Housing Shortage:

- Millennials/Gen Z demand affordable housing—modular homes & co-living rise.

3. Technological Disruptions: AI, Biotech, and Energy

- A. Artificial Intelligence (AGI by 2029?)

- AI Productivity Boom:

- 50% of knowledge work automated (coding, legal docs, marketing).

- AI-first startups dominate (no-code tools, hyper-personalized services).

- Regulatory Battles:

- US/EU impose strict AI laws (similar to GDPR).

- China leads in AI surveillance tech (Social Credit 2.0).

B. Biotechnology & Longevity

- Gene Editing (CRISPR 2.0):

- First approved gene therapies for aging (2027–2028).

- Mental Health Tech:

- AI therapists, neural implants for depression (Elon Musk’s Neuralink).

C. Green Energy Transition

- Renewables (Solar/Wind):

- 50% of global electricity from renewables by 2029 (up from ~30% today).

- Nuclear Fusion Breakthroughs:

- First commercial fusion reactor (2028–2030).

4. Sociopolitical Shifts: The New World Order

A. Geopolitical Realignment

- US vs. China Cold War 2.0:

- Tech bans, semiconductor blockades, and Africa/Latin America as battlegrounds.

- Rise of the “Global South”:

- India surpasses Germany as 3rd largest economy.

- Africa’s population explosion (2.5B by 2050) fuels new consumer markets.

B. Social Unrest & Polarization

- Misinformation Powered by AI:

- Deepfake elections (2024 US, 2027 EU) unleash pandemonium.

- Youth Protests:

- Climate protests, anti-AI job automation riots (French-style unrest goes global).

5. Strategic Recommendations for Investors & Businesses

- A. Investment Strategies

- AI & Robotics ETFs (QQQ, ARK Invest).

- Commodities (Copper, Lithium) for green energy.

- Emerging Markets (India,

Vietnam, Mexico).

- Avoid Overvalued US Tech (Tesla, Apple risk regulation).

B. Career & Business Moves

- Upskill in AI prompt engineering, biotech, cybersecurity.

- Remote work remains dominant—build global teams.

- ESG compliance is non-negotiable for corporate survival.

Conclusion: A Decade of Disruption

The next five years will be the most transformative since the Industrial Revolution. The winners will be the ones who can learn to adapt to AI, geopolitical shift, and climate tech. The losers will cling to old models (fossil fuels, traditional finance).

Key Takeaways:

1. AI revolutionizes jobs, finance, and war.

2. Debt crises enforce austerity in the West.

3. Weakening of dollar supremacy.

4. Technological leap for climate tech & nuclear fusion energy.

5. Social unrest escalates as inequality widens.

**Last Thought:** The 2020s will be the decade that human history either fell into chaos or leaped into a techno-utopian future. The next five years decide which path we take.

Would you like a deeper dive into a specific area (e.g., AI regulation, crypto, or emerging markets)? Let me know!





# Mental health



By Mr. Rishi Arun Parikh

Mental health is indeed a critical issue in today's fast-paced, high-pressure world. As a psychiatrist, I'll provide a detailed, structured approach to managing mental stress, anxiety, and trauma, along with practical examples.

### 1. Understanding the Problem

Before managing mental distress, it's essential to recognize its forms:

- Stress: A response to external pressures (e.g., work deadlines, financial issues).
- Anxiety: Excessive worry about future uncertainties (e.g., health, relationships).
- Trauma: Emotional response to a severely distressing experience (e.g., abuse, accidents, bereavement).

### 2. Step-by-Step Coping Strategies

A. Immediate Grounding Techniques (For Acute Stress/Anxiety)

In overwhelm, the brain enters "fight-flight-freeze" state. Grounding techniques help take control back.

#### Examples:

1. 5-4-3-2-1 Technique:

- Name 5 things you see, 4 things you touch, 3 things you hear, 2 things you smell, 1 thing you taste.
- Example: An examination-anxious student prior to an exam uses this to restore calm.

### 2. Deep Breathing (4-7-8 Method):

- Inhale for 4 secs, hold for 7 secs, exhale for 8 sec.
- Example: A public speaker with social phobia uses this before a public speech.

### 3. Cold Water Splash/Temperature Change:

- Stimulates body's "dive reflex," slowing down heart rate.
- Example: A trauma survivor has an ice cube to stay anchored when having a flashback.

### B. Cognitive-Behavioral Strategies (For Chronic Anxiety & Stress)

Distress feeds on negative thinking. Cognitive restructuring rearranges them.

#### Examples:

1. Identify Cognitive Distortions:

- "I failed one interview; I'll never get a job." → All-or-nothing thinking.
- Challenge: "Many succeed after multiple tries. This is one step, not the end."

### 2. Behavioral Activation:

- Break tasks into small steps to avoid paralysis.
- Example: A depressed person schedules a 5-minute walk instead of an "impossible" workout.

### 3. Worry Time Allocation:

- Spend 15 minutes daily writing worries, then "put off" them.
- Example: Worrisome parent of financial caps rumination on a certain time.

### C. Trauma Processing (For PTSD & Emotional Wounds)

Trauma disrupts the brain's threat-processing (amygdala) and memory (hippocampus)

networks.

#### Examples:

### 1. Narrative Exposure Therapy:

- Retell the trauma successively in a safe setting to reduce its emotional impact.
- Example: A combat soldier keeps a diary of experiences under a therapist's guidance.

### 2. EMDR (Eye Movement Desensitization & Reprocessing):

- Bilateral stimulation (such as eye movements) aids reprocessing of traumatic memories.
- Example: A car accident survivor relives the accident while following a therapist's finger.

### 3. Somatic Experiencing:

- Focuses on release of bound-up physical tension as a result of trauma.
- Example: A rape survivor practices body scans mindfully to reconnect safely.

### D. Lifestyle & Long-Term Resilience Building

Mental health is inextricably linked to biological, psychological, and social factors.

#### Examples:

1. Sleep Hygiene:

- Aggravated anxiety by insomnia. Maintain a consistent schedule, no television or computer screens prior to bedtime.
- Example: An insomniac follows a "no caffeine after 2 PM" policy.

### 2. Social Support:

- Isolation worsens distress. Continuously reach out to trusted individuals.
- Example: A widowed woman attends a bereavement support group.

### 3. Physical Activity:

- Exercise releases endorphins (natural mood lifters).
- Example: An over-stressed executive takes lunchtime walks daily.

### 4. Mindfulness & Meditation:

- Reduces over activity of amygdala. Apps like Headspace or Calm might be helpful.
- Example: A nurse with high risk of burnout practices daily meditation for 10 minutes.

### 3. When to Seek Professional Help

Self-help can work for mild-moderate, but see a therapist/psychiatrist if:

- >2 weeks
- Impacts daily life (e.g., unable to work, socialize).
- There are suicidal thoughts or self-harm.

#### Treatments may include:

- Therapy: CBT, DBT, psychodynamic therapy.
- Medication: SSRIs (for anxiety/depression), beta-blockers (for acute anxiety).

#### Key Takeaways

1. Ground yourself in the moment during acute distress.
2. Reframe thoughts to break anxiety cycles.
3. Process trauma safely with professional guidance.
4. Build resilience through lifestyle changes.
5. Reach out—mental health is not a solitary battle.

Would you like some tips that are tailored to a particular scenario (e.g., work stress, death of a loved one)? I'd be more than happy to clarify.

Remember: Recovery is not a straight line—improvement happens with patience and consistent effort?

## NCRRA meeting



NCRRA Hon. Chairman Ali Taib, Committee members today met and held lengthy deliberations with senior officials from CGM's Transport and Infrastructure Dept. led by Dan Manyala. The meeting formed part of the continued efforts by the association in finding prompt solution for the drainage challenge being experienced outside Quick Mart on Links Road, Nyali.



GRADUATION

# Former First Lady Margaret Kenyatta attends Brookhouse School’s 17th Graduation



Former First Lady Margaret Kenyatta poses for a group photo with the Brookhouse School Class 2025 Graduates during the graduation ceremony at the Karen Campus.



Former First Lady Margaret Kenyatta presents certificates to the graduating Class of 2025 during the 17th Graduation Ceremony at Brookhouse School, Karen Campus.



Former First Lady Margaret Kenyatta has some interaction moments during the 17th Graduation Ceremony at Brookhouse School, Karen Campus.

## Old man

**M**y father had grown old now and used to take support of the wall while walking. Slowly, his fingerprints started appearing on the walls—marks that silently told the story of his

dependency and weakness. My wife did not like this at all. She would often complain that the walls were getting dirty. One day, father had a headache, he applied oil on his head and used the wall as support while walking, due to which oil stains also got on the walls. My wife got angry at me for this. I scolded father in anger, told him in harsh words not to touch the wall. Father became silent. There was pain in his eyes. I was also embarrassed, but could not say anything. After that day, father stopped taking support of the wall. One day, he lost his balance and fell. His hip bone broke. Surgery was done, but the body did not cooperate... and in a few days he left us. There was deep regret in

my heart. I could never forget those looks of his—neither could I forgive myself. After some time, we thought of getting the house painted. When the painters came, my son, who loved his grandfather very much, did not want to paint the parts of the wall where grandfather's marks were. The painters were very understanding and creative. They assured that they would not erase those marks, but would make beautiful round designs around them so that they become a part of the wall decor. And so it happened. Gradually those marks became the identity of our house. Whoever came to the house could not stop praising that part of the wall - without knowing that there was a story

behind it. Time passed. I too had become old now. One day while walking, I too had to take support of the wall. Then I remembered what I had told my father, and I tried to walk without support. My son was watching this. He immediately came to me and said, "Papa, take support of the wall, you may fall." And then my granddaughter came running and said, "Dadu, you take support of my shoulder." Tears started rolling down my eyes. I wish I had done the same for my father... maybe he could have stayed with us a little longer. They made me sit on the sofa. Then my granddaughter brought her drawing book. She showed me—her teacher had praised her painting a lot.

The picture was on the same wall—the one with Grandpa's fingerprints. The note below was: "We want every child to love their elders like this." I went to my room, apologized to dad... and cried a lot. One day we will all be aged too!!! If you have elders in your house right now, take care of them. Give them love, respect. And teach your children the same lesson through your behavior. This story touched my heart deeply. I want to share it with all those friends who are now at that age when the previous generation is being left behind. We all have probably made some mistake at some time or the other. Now is the time to improve.



AIR TRAVEL

# Air France Adds A350 to Paris-Nairobi Route

Air France has introduced the Airbus A350-900 on its Paris-Nairobi route, reinforcing its strategic commitment to increase seat capacity in response to growing demand for both business and leisure travel. The new aircraft replaces the Boeing 787-9, which has hitherto been flying the route, with a 16% increase in seat capacity.

Over the past three years, Air France has recorded a steady rise in passenger numbers on this route, in response to which it welcomed the Airbus A350-900 on Monday at Nairobi's Jomo Kenyatta International Airport, marking the aircraft's maiden voyage to the Kenyan capital. This development signals a significant expansion of Air France's footprint in East Africa and forms part of the carrier's broader fleet modernization strategy.

"This aircraft brings about 16% more seats to Kenya and this implies that we can accommodate further growth in the Kenyan market against increasing demand for Paris and Europe as travel destinations," said Joris Holtus, Air France-KLM's General Manager for East and Southern Africa, Nigeria, and Ghana.

The Airbus A350-900 offers enhanced passenger comfort, greater capacity, and consuming lesser fuel than equivalent-sized previous-generation aircraft. The introduction of the new aircraft underscores Air France's intention to provide a superior travel experience while meeting the increasing market demand.

"This aircraft perfectly aligns with two pillars of our strategy. The first is premiumisation—that is, bringing premium products to our customers. The Airbus A350 symbolizes this by introducing premium business, premium-economy and economy classes. The second pillar of our strategy is decarbonization and the Airbus A350 consume up to 25% less fuel than an equivalent-sized previous-generation aircraft," said Holtus.

The Airbus A350's unveiling coincides with renewed momentum from



Joris Holtus, Air France-KLM's General Manager for East and Southern Africa, Nigeria, and Ghana (left), and Hildabeta Amiani, Country Sales Manager for Kenya, explore the cabin of the state-of-the-art Airbus A350-900 following its inaugural flight landing at Jomo Kenyatta International Airport. The introduction of this modern aircraft on the Paris-Nairobi route highlights Air France's strategic commitment to increasing seat capacity to meet the growing demand for both business and leisure travel.

the Air France-KLM Africa office, in Nairobi, which has since inception, in 2023, been instrumental in driving regional growth and reconnecting with East African travellers. As the airline deepens its commitment to the region, the deployment of aeroplane marks both a technological upgrade and a strategic milestone in Air France's ongoing investment. Currently about 25% of Air France's fleet comprises next-generation aircraft against plans to increase this to 50% by 2025 and 80% by 2030. And with just over 38 of the Airbus A350 currently in its fleet, Air France's decision to assign one to Nairobi, a route now served with three daily flights, highlights the city's rising status as a key African hub.

"We are enhancing passenger comfort and operational efficiency, while laying down a vital link that supports the region's growing demand for world-class air travel. This move also reflects our long-term commitment to the African market and our belief in Nairobi's pivotal role in shaping the next chapter of aviation across the continent," said Hildabeta Amiani, Air France-KLM's Country Sales Manager, Kenya.

The global airline industry is poised to carry a record 4.99 billion[1] passengers by the

end of this year, according to new projections by the International Air Transport Association (IATA), signalling a full recovery and renewed growth five years after the coronavirus pandemic brought air travel to a halt.

The expected figure marks a 4.4 percent increase over 2024 and 9.4% over pre-pandemic levels. The growth also comes despite a broader economic slowdown. While global GDP growth is projected to fall from 3.3 percent in 2024 to 2.5 percent in 2025[2], airlines are on course to profitability, driven largely by operational efficiencies and a surge in passenger demand. Load factors—an industry measure of seat occupancy—are expected to reach an all-time high of 84 percent, even as aircraft manufacturing continues to be hampered by supply chain constraints.

The momentum is especially strong in Africa, where revenue per kilometer rose by 13.2 percent last year[3]. The continent has seen a resurgence in business and tourism travel, as markets rebound from the long tail of the pandemic.

Meanwhile, the introduction of the A350-900, one of the most fuel-efficient long-haul aircraft in operation, reaffirms Air France's dual focus of meeting growing

passenger demand while cutting its environmental footprint. The A350-900, which carries up to 44%[4] more passengers than its predecessor (A330-200), offers significant environmental gains, consuming 25 percent less fuel, translating to just 2.5 liters per passenger per 100 kilometers[5]. This is thanks to an ultralight design that includes 53 percent composite materials and 14 percent titanium[6]. Its aerodynamic profile also reduces noise by 40 percent[7], helping ease pressure on airport-adjacent communities.

Inside, the aircraft is designed with passenger comfort in mind. It features a reconfigured cabin layout across all classes, 30 percent larger windows, enhanced air pressure systems for improved cabin ambiance, and adaptive lighting to reduce jet lag. It also boasts one of the quietest twin-aisle cabins in the sky.

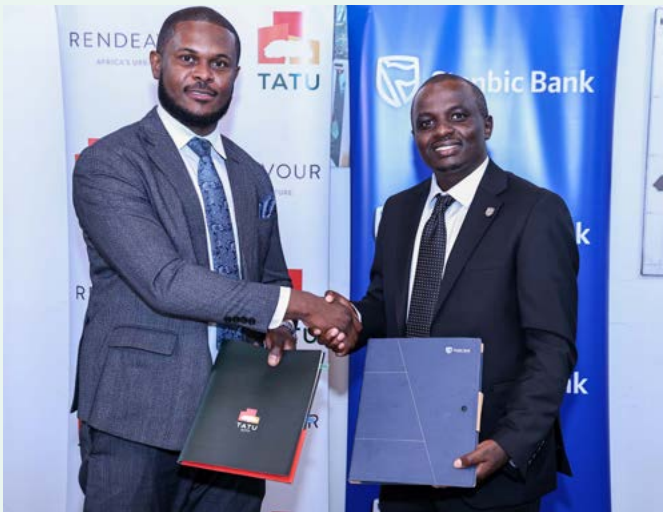
Across the world, Air France's broader modernization strategy aims for more than half of its fleet to consist of new-generation aircraft by the end of 2025, a shift the airline describes as essential to meeting international climate targets. Other sustainability efforts include eco-piloting techniques, onboard recycling, and the phase-out of single-use plastics.

## PHOTO STORY

### Tatu City and Stanbic Bank partner to make property ownership easier for Kenyans



(l-r) Cherop Cherono, Legal Counsel, Tatu City, Erskine Kiliru, Sales Director, Tatu City, and Mwaura Mwangi, Head of Products, Personal and Private Banking at Stanbic Bank, and Stella Kingori, Head, Legal, Personal and Private Banking, during the signing of an MoU to facilitate financing for home purchases in Tatu City.



(l-r) Erskine Kiliru, Sales Director, Tatu City and Mwaura Mwangi, Head of Products, Personal and Private Banking at Stanbic Bank during the signing of a memorandum of understanding that will facilitate financing for home purchases in Tatu City.

### LG & Hotpoint's Screen & Sound Festival



Emmanuel Njeru, Product Manager LG Electronics EA (Right) and Bidan Mashauri, Ecommerce lead Hotpoint (Left) award Adam Mcloude Wekisa (Middle), winner of the gaming tournament held at the inaugural Screen and Sound Festival by LG Electronics EA in partnership with Hotpoint.



DONATIONS



# Library Books Donation

**G**iants Group Twiga 7 Vanik Vaishnav Mahajan Mega library books donation. Giants Group of Nairobi Twiga and Vanik Vaishnav Mahajan donated library books to 5 Primary and 2 secondary schools in Samburu county. The schools thanked the institutions for the generous donation . The presentation was attended by Chetna Desai chairperson of Giants Twiga Nilay Modi chariman of Vank Vaishnav Mahajan , Dev Desai And Mukesh Desai along

with the MCA of Waso ward Hon Kelvin Lema . The library books are beinG donated by the two institutions to schools all over Kenya to promote reading culture and national litrecy. The priamry schools were also presented with mathematical sets courtesy of Premchandbhai Foundation. The county is facing many issues and one of them is mosquitos. 828 Persons were given mosquito nets to protect them especially the children from the mosquitos. These were also courtesy of Premchandbhai foundation.



## Sewa Kenya in conjunction with Giants Group of Nairobi Twiga Library book donations



Sewa Kenya in conjunction with Giants Group of Nairobi Twiga , Shree Vanik Vaishnav Mahajan and Deepak Ruparell Family Foundation of Canada Donated 26000 library books and 1100 wall charts to 65 Schools in Bamba and Ganze Area , Mombasa County , on Sunday 6th July 2025 Library Books are donated by the institutions to promote National Literacy and Reading Culture The presentation was attended by Madam Mariam , Education Director of sub county Ganze . She thanked the institutions for the generous donation which will help the students improve their reading skills .

### PHOTO STORY

## NEW PwDs Law Sensitization Event



Ahadi Kenya Trust CEO Stanley Kamau serves porridge to Florence Wanjiru, a disabled, when he hosted over 100 Persons with Disabilities (PwDs) and Caregivers of individuals with disabilities for a luncheon in Kiharu Constituency, Murang’a County on Friday May 23rd, 2025 to sensitize them on the PwDs Bill that President William Ruto assented to law recently that guarantees the rights of PwDs to education, employment, healthcare, political participation, and access to buildings and public spaces. Over hundred attendees also benefited from assorted food packages, blankets and mobility aids donation.



Ahadi Kenya Trust CEO Stanley Kamau serves porridge to James Kibara, a disabled, when he hosted over 100 Persons with Disabilities (PwDs) and Caregivers of individuals with disabilities for a luncheon in Kiharu Constituency.



Ahadi Kenya Trust CEO Stanley Kamau serves porridge to Stanley Njoroge, a disabled, when he hosted over 100 Persons with Disabilities (PwDs) and Caregivers of individuals with disabilities for a luncheon in Kiharu Constituency.



# Change Is A Must

By Atiya Mughal

Every once in a while we need to make a couple of changes in our lives so as to spice life up or simply add some excitement and joy. The world we live in today is constantly changing and we don't want to be left behind or made to feel we are so backward or old fashioned as they say. But being old fashioned is actually a plus point because certain changes we see and experience aren't exactly that great. Here when I say changes, I don't mean you have to become someone totally unrecognizable, I just mean a few changes here and there. For example, make

changes to how you dress, accessorize, how you carry yourself, couple of changes around your home and office – your set up, how you plan your weekends or what you do during your free time. Add new activities to your to-do lists.

These small alterations go a long way and also help in making one feel so much better from how one felt previously. A change of hairstyle-a new cut perhaps, can make one feel like a brand new person after shedding off all the excessive hair which was probably waying you down. This can make you feel lighter and more alert, styling your outfits differently with some brighter colors can help uplift that dull mood, making one feel so much happier. We can do so much with our appearances that can automatically change how we feel internally and add a glow to our faces.

Making changes at home or

at the office is also very much needed, because you keep seeing that same old boring desk and cabinets at work and all the papers piled up on the trays. This makes one depressed. So by adding some pieces of art work or potted plants, new blinds or curtains, a change in how the desk is placed, adding some colorful stationery and a few decorative pieces around the office can really have a big impact on your work and can uplift your mood towards those irritating and annoying co-workers.

The same can be done around the house, for those who love indulging into the DIY projects can actually work on some unique pieces and decorate their homes with them, using some brighter colors can add more light and life into a dull space, re-arranging the furniture can also bring about a great comfortable vibe that can

make one look forward to just getting home after that long stressful day and retreat into the calming space you created and relax for the rest of the evening.

Change is always a good thing for everyone because it brings out the hidden talents one may have. It's also a great way to feel happy from within and helps heal the depressing thoughts and feelings too. Look at yourself today and make a point to do at least one great thing to make a change for yourself to uplift your mood; whether it's a hair cut, change of hair color, new way of dressing, a new handbag or shoes, a paint work at the office/home, adding some cute decorative pieces in your space. Just go ahead and do it. You will see and feel the difference a change can bring about.

"Let the change be the new love in your life..."

# School culture matters

By Khaimia Akumu

A recent session with Mr. Cliff C. Olouch on school culture and its impact on learners'/students' years after school got me thinking, do we need school cultures?

Developing as a School Culture

Every school needs a unique culture — one that defines its identity and resonates with learners, staff, and the school community. Just like our national cultural diversity gives us its unique richness, schools, too, should cultivate cultures that reflect their values, aspirations, and identity.

## Why Should Schools Develop a Culture?

1. Identity and Belonging: A strong school culture fosters a sense of belonging among learners and staff. When learners identify with their school's values and traditions, it nurtures pride, motivation, and a positive attitude towards learning.

2. Consistency and Stability: Culture provides a consistent framework that guides behaviour, decision-making,



and school routines. It ensures that even as staff or learners change, the school's core identity remains intact.

3. Academic and Social Growth: A well-defined culture promotes discipline, engagement, and holistic development, enhancing both academic performance and co-curricular involvement.

4. Community Perception: School culture shapes how the school is viewed by parents, partners, and the public. A positive culture can become a key factor in attracting new learners and staff.

## How to Develop and Enhance School Culture

### 1. Identify What Makes Your School Unique

Look into the school's history, achievements, learner demographics, and community environment. Is it known for academic excellence, sports achievements, arts, innovation, or leadership development?

Build on these strengths.

### 2. Engage Learners in Shaping the Culture

Learners should have a voice in developing school values, routines, and traditions. Whether through student councils, clubs, or class projects, involving them creates ownership and sustainability.

### 3. Align Policies and Programs with the Desired Culture

Every school policy — from discipline to teaching methods — should reinforce the desired culture. Celebrate behaviours and achievements that reflect your core values.

### 4. Use Academic and Co-curricular Activities as Anchors

School culture can thrive through excellence in academics or strong co-curricular programs. Whether it's through sports, debate, drama, or community service, these avenues shape how learners and others perceive the school.

### 5. Establish Traditions and Symbols

Introduce school anthem and slogans, annual events, routines and ceremonies that promote unity, pride and build continuity and identity over time.

### 6. Train and Support Staff

Teachers and support staff play a vital role in modelling and reinforcing culture. Professional development and consistent communication ensure they embody and uphold the school's values.

### 7. Celebrate Success and Milestones

Recognise both academic and non-academic achievements regularly. This builds motivation and reinforces what the school stands for.

Call from the dark,

The wind doesn't whisper,  
But rather moans as it breaks apart  
the windows of the stand alone house  
The moon up above,  
hangs like a pale eye in the night sky

The air is damp and mildewed  
Something about the silence  
felt staged...something spooky?  
Dust hung around like suspended ash,  
Untouched for decades

The walls bled shadows as soon as  
someone blinked  
The mirrors cracked as they reminisce  
the good old times  
All seems to be forgotten by people but the  
house seems to remember

This is not a place  
where time passes—  
it folds, it curdles, it feeds.  
And if you listen too long,  
you'll hear your own name  
called back from the dark.

Alina Varvani



PERSONALITY

# Why are you... you

By Atiya Mughal

It is said that we are often defined by our parents and how we have been brought up, right from our behavior to our personality, which is absolutely true. Our upbringing has everything to do with who we are becoming or who we already are today. Although many may not agree and may say; who or what we are is because of the paths we choose to follow, that is also correct in some ways but the root of our being is linked to our family; parents and grandparents and other family members as well. Sometimes we feel there is something terribly wrong with us because of all the blockages, stagnancy and obstacles that suddenly appear in our paths, because we were probably sailing along smoothly and sudden, we bumped into one of those obstacles and everything stopped moving, causing us a lot of discomfort and disappointment. Many label this as sheer ‘bad luck’ but that isn’t true. There is obviously something that needs fixing. At times such may



be just a sign from God to stop and protect you from some sort of harm that you might be heading towards, that's if it's a one-time block. But if you start witnessing this pattern repeating over and over and that in most areas of your life you start experiencing more 'bad luck' then usual, then you need to step back and analyze this issue seriously. Because it isn't normal, there could be a message from God giving you a warning to save yourself from making a big mistake or from making a decision that could make things worse for you, or just to make you realize that you need to stop and change something about yourself or a certain pattern that you have

been following unknowingly. Now when I say you maybe following a pattern unknowingly this means a cultural or a family belief that has been there from your grandparents' time and has been passed on to you. For example, how to treat people with love and respect, building friendships, attitude towards money and time, valuing the relationships you have with your other family members and your work mates, how to treat children and understand their needs, knowing how to empower them, support their dreams, allowing them to grow into who they really should be instead of controlling them. We don't realize most of

us have grown up in homes where everything was limited, we weren't loved the way we wanted because our parents felt shy to truly express themselves, or the way we treated our siblings; we had to be willing to give up for them or let go of certain things for them, the freedom to tell our parents how we felt or what dreams we had been simply not allowed. A home where one cannot express themselves is bound to turn this person into a very reserved, resentful and angry human being. Because each time they tried to argue their point or express their hurt and pain they were silenced or told that it's not in their culture to do such things. So now this

person begins to struggle in almost every area of their life without ever realizing the issue until they come across videos on social media platforms discussing 'childhood traumas' and that's when it hits them that they are also suffering from this without ever knowing it. Once you feel this may be the case, sit down in a quiet space and take a memory jog to your childhood lane and let the memories flash back, you will be surprised at what you had suffered through. Begin writing the painful things you went through, all the unfairness and hurts. Recall your school days, friends you had-how they treated you, how your parents or grandparents treated you in regards to your studies and the time you spent after school, did they allow you to have many friends or limited them, think about love; were your family members loving towards each other and you or did they abuse and fight? What about their attitude towards the less fortunate people; did they treat them respectfully or not? Did they ever listen to you or ask how you really felt about life itself? If the answer is no, they never thought it was important as their culture didn't allow them or that their own upbringing was limited

and strict, then you know the answer... there was a problem and it was being carried out through various generations and because times have really changed, we need to change these beliefs and patterns, so that we can have more peaceful, healthy relationships with ourselves and all those around us. To change your life, write down everything that you feel is not right in all areas of your life, and at the end of each sentence write down, "I forgive myself, I forgive my parents, grandparents and each family member and I let go of the need to be stuck in the old patterns that caused blockages in my life today. Therefore, I set myself free. I am now free." You can create your own mantras in each area of your life so as to release those blockages and also set you free from the pain you may have been holding deep inside your heart. Free yourself and in time you will begin to feel the change within your life. This will lead you to a much peaceful, happier life. And most importantly... love yourself more than anything and you will begin to love all those around you in a whole new light, and life will become magical from thereon.

## What truly separates successful people from unsuccessful people

By Dr. Enock Alumasu Makanga, D.Div

In a world fixated on outcomes—wealth, status, and influence—many overlook the foundational habits and mindsets that actually separate successful individuals from unsuccessful ones. The infographic provided offers a powerful visual comparison between the habits, attitudes, and behaviors of successful people versus those who often fall short of their goals. It serves as both a mirror and a map: reflecting who we are and pointing to who we can become.

1. \*Mindset: Gratitude vs. Entitlement\*

Successful people operate from a place of gratitude. They appreciate what they have, remain humble, and acknowledge the efforts of others. In contrast, unsuccessful individuals often feel a sense of entitlement, believing the world owes them something. This mindset breeds dissatisfaction and blocks growth.
2. \*Relationships: Complimenting vs. Criticizing\*

People who succeed build others up—they compliment, celebrate victories, and forgive easily. They see collaboration as strength. Those who struggle, however, tend to criticize, hold grudges, and are often quick to tear others down in an attempt to elevate themselves.

3. \*Accountability: Responsibility vs. Blame\*

One of the most defining traits of a successful person is their willingness to take responsibility for their failures. They don't make excuses. On the other hand, unsuccessful individuals blame others and circumstances for their shortcomings, missing the opportunity to learn and grow.
4. \*Learning and Growth: Reading and Journaling\*

Reading daily, keeping journals, and continuous learning are hallmarks of successful people. They are lifelong learners. In contrast, unsuccessful people often consume unproductive entertainment, claim to be reflective without follow-through, and resist acquiring new knowledge.
5. \*Focus: Ideas vs. Gossip\*

Successful people talk about



6. \*Emotions and Energy: Joy vs. Anger\*

Exuding joy, even in tough times, is a trait of those who lead fulfilling lives. Their emotional energy uplifts others. Unsuccessful people often radiate anger, bitterness, or jealousy—emotions that repel opportunities and relationships.

7. \*Information: Sharing vs. Hoarding\*

Successful people understand that sharing knowledge multiplies value. They contribute freely and build trust. In contrast, unsuccessful people often hoard information, fearing competition or losing control, thus limiting collective progress.
8. \*Perspective: Transactional vs. Transformational\*

Interestingly, the infographic highlights how successful people operate from a transactional perspective,

9. \*Planning: Goals and Lists vs. Chaos and Confusion\*

The most accomplished individuals set clear goals, maintain “to-do” and “to-be” lists, and pursue life plans. They are intentional. On the flip side, unsuccessful individuals fly by the seat of their pants, never set goals, and often don't know

- what they want in life.
10. \*Team Spirit: Success for All vs. Secret Rivalries\*

True success is never selfish. Successful people want others to succeed, while unsuccessful ones secretly hope others fail, seeing success as a zero-sum game rather than a shared journey.
- \*Final Thoughts\*

Success isn't accidental—it's a result of conscious choices, disciplined habits, and the courage to transform. This chart provides a profound reminder: the path to success is not paved with perfection but with self-awareness, gratitude, consistency, and a deep desire to grow and uplift others. Whether you find yourself more aligned with the left or right side of this comparison, the good news is that change is always possible. Every new day offers a chance to shift our mindset, recalibrate our habits, and step closer to the person we were always meant to be. Because ultimately, success is not something you chase. It's something you attract by the person you become.
- Africa Leadership Training Center, Victory Global Impact Africa



# Second innings



By Safia Mohamed Bashir

A game of cricket is what comes to thought. Second inning as in context of cricket refers to the second time a team bats. This usually happens in longer format games like test matches or first class matches which go on for

two days or more. On the other hand, out of the cricket field; into real life"second innings" refers to a new phase or new start mostly later in life for people after retirement. In simple words a shift from a career-focused life to a more personal and leisure-oriented or a restful one. This comes for the elder who are retired and now their lives

evolve around their children and grandchildren. This is their harvest time, after the struggles of life they have endured. Ploughing the land, sowing, irrigation, fertilization, weeding, crop maintenance, harvesting and lastly enjoying the fruits of their labour. Thus during this last stage of their life is the SECOND INNING

- getting a chance to a relaxed stress free life. This is when they need the family around them, they need love, care, attention, support, respect and encouragement. Just like they provided for their children from birth to adulthood. Ofcourse these old parents toiled and worked their utmost best to provide for their families. When they were younger and energetic their life goal was to provide the best for their children. The busy working schedules, meetings, stress of achieving targets, office routine, travelling for work, overtime hours, missed lunches and more. A full time physical, mental, emotional and financial toll on the parents. Nevertheless they were still there for their kids. Nurturing them, providing for them, loving and caring for them - unconditionally. Then there comes a time to reciprocate. These parents are now old, they are not as physically fit as they used to be. Retired; financial status goes down and this leads to emotional stress. Their kids on the other hand; busy growing up often forget

their parents are growing old. They get so busy in their life that the parents are usually ignored or sadly taken as a burden. Unfortunately, they are mistreated or taken to homes for the elderly. Usually, when we are going on a holiday, we are told to make the most of it, enjoy and make memories because that time will end. Same with aged parents. Make the most of their time here. Talk to them, laugh with them, hug them, treat them with respect, patience, and plenty of love... Use their wisdom and experience. Take their advices; they are always willing to guide. Be Kind, Patient and Respectful, you may be more capable today or believe you know better, that does not give you the right to belittle or treat your parents with less consideration and respect. Don't tell them what to do and accept them for who they are. Fulfill all their needs; medical attention, special meals and professional care if need be. Pray for them. May the Almighty shower His mercies on them. Let them grow old with the same love that they gave you... let them speak and tell repeated stories, hear them with the same patience and interest that they heard yours as a child without complaining

let them win, like so many times they let you win ... let them enjoy their friends just as they let you go out and enjoy with your friends ..... let them enjoy the fun times with their grandchildren, because they see you in them ... let them be wrong do not argue, so many times you were wrong and they accepted... LET THEM LIVE, try to make them happy on this last stretch of life they have left to go; give them your hand, just like they gave you their hand when you started your path! They need your care and support. Remember they will not be around forever. The cricket match will end. TOMORROW MIGHT BE TOO LATE ! They need you now. Later there shall be only regrets and wishes that you could have done more. Do it when they are still alive. Make their second inning successful for them. Be a reason for their win and happiness. If not you then who?? One day you will be older. Once again, unable to care for yourself. Who will care for you? What goes around comes around. A wonderful quote by Tia Walker - "To care for those who once cared for us is one of the highest honors." Yes achieve this honor.

## Respect And Regard - Are They Different?

Regard and respect are different, contrary to popular belief. Regard is an external gesture of courtesies and protocols, given for people's roles and positions. Respect is internal, a feeling and vibration radiated for who the person is. Regard may vary, but respect should be equal for everyone. What are your parameters for respecting people and giving regard to them? How well do you treat someone who is junior to you by age or designation, or has achieved lesser than you? Do you believe regard is same as respect? Our roles and positions in society are different. We called the roles higher and lower. We also mixed respect and regard. Respect is a feeling for what a person is. Regard is an outer gesture for people's achievements, roles and possessions. We need to extend courtesies and follow protocols externally, according to people roles and positions. So regard is for people's role. Respect is for the being, for who we are. Since we are all equally pure, equally beautiful and equal beings, respect should not vary.

Every individual is to be equally and uniformly respected. Radiate nice thoughts, speak well and behave cordially with people. This is how respect radiates to them. Your regard can vary based on what they have, but your respect for them shouldn't. Respect is the foundation of your relationships, separate respect and regard. Give respect for the Being and give regard for their Doing. Extend regard for people's age, knowledge, achievements, wealth, roles or position. Do not equate regard with respect. Your respect should not change according to people's role. There can be differences of opinion but you continue to respect them. Respect yourself and radiate respect to all. Respect every individual for who they are, for their qualities, nature. Your every interaction should begin with a pure vibration to the individual. Before meeting anyone, first create a thought for them as Beautiful being or Peaceful person and then you talk to them and come into action. Respect everyone by accepting their behavior and not questioning it. Connect



to who they are and before connecting to the roles they play, build a foundation of authentic respect. Your vibrations of thoughts, words

and behaviour should be the same for everyone, your respect should be uniform for everyone, warm regards.

## PHOTO STORY



Rotary Club of Ngong Road members led by their President Fred Nyasaka (centre), incoming President Magdalene Mulandi (right) and KALRO Bio Technology Research Institute Human Resource Officer Martha Opondo plant 100 trees at Muguga Forest in Kiambu County on Saturday 24th, 2025 to commemorate Rotary's 100 years of its existence in Africa in an event dubbed "100TreesFor100Years: A celebration of legacy, community, and a shared hope for greener future".





JUNE 2025

# The Nomadic XC: a Tough Kick Off to the Kenyan Coast Triathlon Season

The Nomadic XC Triathlon, a spinoff from the renowned Chale Island Triathlon with a mix of tarmac, gravel, sand and grass is one of the toughest season opener down here on the south coast of Kenya – but also one of the most exhilarating...

By Embukane Libosso

**P**risilla Lecomte, a former The Mugie Triathlon winner, looped a 750m across the great Indian Ocean, out into transition and cycled through a mix of gravel and tarmac before running through the forest and across the finish line on the beach at the Nomads Beach Bar and Restaurant; to win this year's Nomadic XC individual women's category.

The Nomadic XC Triathlon is a spinoff from the renowned Chale Island Triathlon with two race categories namely individual and team challenge. With an 800m ocean swim, 30KM off-road cycle and 5.5KM beach run, the fun yet challenging event brought together triathletes, both young and old, from across Kenya.

Kruiter ingrid and Gemma McRae in second and third position consecutively rounded out the women's category podium. The women's category saw ten ladies go head to head. Cooler conditions during the week was not enough to overshadow the rain showers upon the gun start afternoon on the beach. Michael Kontos who finished fourth in the male category, which attracted over thirty three (33) men, was the first to exit the water in 00:11:10, with the showers faded off. Vivian Hiller became the first female contestant out of the water and into transition.

In the men's category, Boris Motte won in a time of 2hrs 06min. With a blistering bike and run, he set the pace for Luuk Brakel who came in second followed by Olivier



Kerneur in a time of 2hrs 21min.

Meanwhile, in the teams category, Mombasa-based Teams; Nyali Cycling Club and Team BMC owned the podium finishing third and first consecutively. Team Syke came in second in a time of 2hrs 15min. The team challenge saw a total of seven (7) teams registering for the event. Competition was stiff with each team putting their best foot forward.

The event closed off with a fun and engaging award

ceremony at Nomads Beach Restaurant that was supported and set up by DJ Lenium and DJ Ivory 254, Spring Valley Coffee, Jambojet and Amara Skincare.

It was a challenging and enjoyable coastal opener of the triathlon season. Triathlon is growing in popularity on the Kenyan coast line. After the carbs and recovery, all roads now lead to the north coast's Kilifi Gold Triathlon, Africa Triathlon in Kilifi as well, Vipingo Ridge Triathlon,

Lamu Triathlon and the year closer, 113 Shujaa Triathlon in December in Diani. The Kilifi Gold Triathlon hosted by Kilifi Gold Trust and Mnarani Beach Club is set for the end of September. The event will kick off with a 750m open water swim, followed by a 20KM off-road bike through the beautiful sisal plantations and close off with a 5KM off-road run. Registration will open in August with only 100 slots for individuals and 50 slots for teams on offer.

## Norris takes first Silverstone win in dramatic race



**M**cLaren's Lando Norris took his first home victory in a chaotic, dramatic, rain-affected British Grand Prix.

Norris benefited from a 10-second penalty handed to team-mate Oscar Piastri, who was found to have driven erratically during a restart after one of three safety-car periods at Silverstone.

Piastri had led the race calmly through a heavy shower of rain and series of incidents but was passed by Norris when he served his penalty at his final pit stop in the closing laps.

Norris appeared to be crying in his helmet on the slowing-down lap and described the win as "beautiful".

It reduces his deficit to Piastri in the drivers' championship to eight points.

"Apart from a championship, I think this is as good as it gets in terms of feelings and in terms of achievement, being proud, all of it," Norris said.

"The last few laps, I was just looking into the crowd. I was just trying to take it all in, enjoy the moment, because it might never happen again. I hope it does. But these are memories that I'll bring with me forever."

Nico Hulkenberg, 37, took his first podium finish at the 239th attempt - setting a new record for the longest time before finishing in the top three - after a strong race for Sauber.

The German managed to keep Lewis Hamilton's Ferrari at bay in the closing laps as Red Bull's Max Verstappen

came home fifth.

### Record crowd sees action-packed race

An all-time F1 record crowd - 168,000 on the day and 500,000 over the weekend - were treated to an action-packed race.

Perhaps the most extraordinary moment came when Verstappen spun before racing had resumed at the restart after the final safety-car period.

Verstappen appeared to have been distracted by what had happened a few seconds before in the incident that earned Piastri his penalty. But he said that was not the case, he had simply tried to accelerate and been caught out by cold tyres.

As Piastri prepared for the final restart on lap 22, he slowed on the Hangar Straight. Verstappen, partially unsighted in the wet conditions, briefly passed the Australian, and then complained over the radio that he had suddenly braked.

It carried echoes of an incident at the Canadian Grand Prix two races ago, when Red Bull protested against a similar action by race winner George Russell of Mercedes, but had it rejected.

This time, the stewards decided Piastri had contravened a regulation that demands drivers "proceed at a pace which involved no erratic braking nor any other manoeuvre which is likely to endanger other drivers from the point at which the lights on the safety car are turned off".



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WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SPORTS	MARTIAL ARTS	SHOWCASE LIVE ACTS
<b>Tuesdays</b> Safari Inn Shanzu Serena Rd Maranda & Band	<b>Fridays</b> Club Golden Gate Mtwapa Ricky Moloo & Idologia Intern. Band Screenshot Lounge Mtwapa Live Band Fri with Faces Of Africa Band	<b>Saturday 12   07</b> Mbaraki Sports Club Mombasa Opening Ceremony Exhib. Match Lulu Dream Team vs Rashid Dream Team	<b>Saturday 12   07</b> Miritini Martial Arts Acdemy Ready For The Tournament	<b>Saturday 26   07</b> Blue Marlin Beach Hotel Diani Chill Chapters Season opening Party with Avocado The DJ Cocoa Boutique Hotel Nyali Caribbean Brunch - Beach Soirée
<b>Wednesdays</b> Blue Marlin Restaurant Mombasa Town Rhumba Party with Ricky Mulolo & Idologia International Band Sky Lounge Bamburi Julio Diatos with Big Band Yacht Lounge Mtwapa Rhumba Night with Ambro La Musica	<b>Saturdays</b> Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band Soul Breeze Beach Resort Diani Tashingas The Band	<b>FILM FESTIVAL</b> <b>12 &amp; 13   07</b> Safari Beach Hotel Diani Diani International Film Festival	<b>FESTIVAL</b> <b>Saturday 16   08</b> Mamba Village Links Rd Nyali Mombasa Colour Festival	<b>Saturday 09   08</b> Butterfly Pavilion Mombasa Park & Vibe Brunch Til' Dawn
<b>Thursdays</b> Kusini Tavern Kilifi The Muziki Band Club Mios Bamburi Ambro la Musica Live	<b>Sundays</b> Kusini Tavern The Muziki Band Tapas Gold Nyali Mombasa Roots Band The New Big Tree Bamburi Beach Mombasa Roots Band Maasai Utange Amitie Musica On Stage	<b>ART EVENTS &amp; EXHIBS</b> <b>04   07 to 25   08</b> Fort Jesus Mombasa Swahili People's Life In The Earla 1900s	<b>SPORTS FUN</b> <b>Saturday 19   07</b> Miritini Martial Arts Acdemy Ready For The Tournament	<b>Saturday 02   08</b> Nyali International Beach Hotel Suns Sand Sound <b>Saturday 23   08</b> Kiembeni Pefa Church Tukuza The Band Launching
<b>Thursdays</b> Kusini Tavern Kilifi Live Band		<b>CLASSIC MUSIC</b> <b>25 to 27   07</b> Cleopatra Theatre Malinsi Classics At The Coast	<b>THEATRE</b> <b>Saturday 19   07</b> Swahilipot Hub Foundation Mombasa Unbroken Wings - " Behind Every Wheel Chair Is A Story Untold"	<b>Saturday 24   08</b> Kiembeni Pefa Church Tukuza The Band Launching

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SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	ART EVENTS / EXHIBS	POOL TOURNAMENT
<b>Friday 18   08</b> KODA Nairobi We get Deep with Iborian   Vidza   Braines   Henaya	<b>Saturday 19   07</b> The Mall Westlands Dancehall 2 Gengetone with Gavsborg & Arif   Snse   Cnctr Raf   Bizi Bingi   Sisian   Umoja Selektas Takeover	<b>Saturday 30   08</b> Vibanda Village Not The Plan Fest	<b>05 to 31   07</b> Nairobi National Museum Queens Of The Swahili Seas	<b>Saturday 26   07</b> Uptown Liqour Hub Lavington Cue & Crew Tournament
<b>Saturday 19   07</b> The Bull Karen Jambaka Live	<b>Muze Club Westlands</b> AfroKillerz with Hiribae   Paps DJ VI   Chyra	<b>CHORAL</b>	<b>05 to 31   07</b> Ardhi Gallery People & Places	<b>THEATRE</b>
<b>Saturday 19   07</b> KODA Nairobi Gawdtilla Reloaded with Citizen Deep   Thandi Draai   Dreamer Donna   Njeri Wa Babaa   Son Of Dennis   Ms Mika   Scalarbane   Boltanical   Jaydee	<b>Nairoi Street Kitchen</b> Urban Soul with Sanaipei   Sage   DJ E   Andy Capp	<b>02 &amp; 03   08</b> Kenya Cultural Centre The Next Verse - A Tribute To Modern Africa	<b>28   06 to 03   08</b> Hof Gallery Kibera Archives Of My Soul by Onesmus Okama	<b>01 to 03   08</b> Kenya National Theatre Fractured Ties by Martin Abuya
<b>The Carnivore</b> Ctrl + Oontz with Suraj   Dylan-S   Kareez Jnr   Big Nyagz   Mura   Keyloud   Foozak	<b>Sunday 27   07</b> Kosta Lounge Northern Bypass Notes & Noughties	<b>CHORAL</b>	<b>Saturday 30   08</b> Karen Village Art Exhibition	<b>TENNIS</b>
<b>Egesa Villa Umoja</b> Hadithi Njoo Edition with Steve Kay   Jabidi   Sammy Mangara	<b>Fiday 01   08</b> Muze Cub Westlands Konpa Night dala Festival Prelude	<b>02 &amp; 03   08</b> Kenya Cultural Centre The Next Verse - A Tribute To Modern Africa	<b>11   06 to 17   07</b> Circle Art Gallery The Past Will Be Like the Future	<b>04 to 15   08</b> Sadili Oval Sports Academy Langata East Africa Safari Junior Tennis Camp
	<b>Saturday 02   08</b> KODA Nairobi The Afro State Music   Fashion   Culture	<b>COMEDY</b>	<b>Saturday 30   08</b> Trademark Hotel Limuru Road A Contemporary Art Affair: Emerging African Voices	<b>FAIRS &amp; EXPOS</b>
		<b>Tuesday 12   08</b> Nairobi CBD Nairobi International Comedy Festival		<b>31   07 to 03   08</b> Village Market Rooftop Luxury Living & Design Expo 2025



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LIAM NEESON

**THE NAKED GUN**

THE LAWYER'S DREAM NEVER STRETCHED THIS FAR

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IN THEATERS



Disney

**FREAKIER FRIDAY**

COMING 2025

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