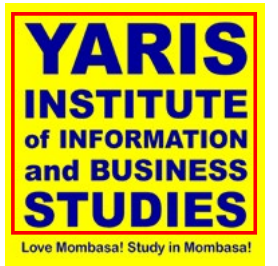


The Socio-Economic **Newspaper** with Anything & Everything from **Kenya**



Issue 068 / AUGUST 2025

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

Rishi Foundation Borehole



Rishi Foundation (RF) - Kikambala Borehole Handover Invite on 30/08/2025 at 10am to 10.30am. Guruji and Partners from US with RF had a short and sweet ceremony to handover the Free Water Borehole to the Area Community. The Area Chief, Mzee wa Mtaa (Village Elder), NPS OCPD Mtwapa Mr. Hassan Kochale & Team, Elders, Parents and Children all celebrated the handover of the Borehole. It is our proud privilege as RF; to facilitate & donate this borehole to the community of more than 1200 families in the area. We also take this opportunity to Thank all our Donors (Guruji, Rishi Foundation - Nyali Walk of 1st June 2025) and those who wish to remain anonymous. The Children thank Mzuri Sweets Ltd - Mr. Berry; for the wonderful and tasty cakes that disappeared in record time! We thank our Part and Partners PCAK, IPA & CDMRV.

Celebration of 79th Independence Day of India



On 15th August 2025, the Assistant High Commission of India in Mombasa celebrated the 79th Independence Day of India in the presence of over 200 Indian diaspora members and friends of India with a great pride and enthusiasm. The Assistant High Commissioner of India, H.E. Mr. Rama Kant Kumar hoisted the Indian flag, followed by the soulful rendition of the National Anthem, a vibrant Cultural programme and traditional Indian refreshments. The AHC then read out the Hon'ble President of India's address to the nation - a heartfelt blend

of gratitude, pride, and a compelling call to action. The message reinforced India's aspirations for a future built on strength, unity, and progress. It touched upon several important themes, including a tribute to India's Freedom Fighters, economic progress, national security, and the vision Jai Hind. The address also highlighted the significance of education and innovation as pillars of the nation's growth. Furthermore, AHC spoke about the operation Sindoori highlighting India's unwavering resolve in combating Terrorism. The flag hoisting ceremony was followed by a vibrant cultural program showcasing the rich



heritage of India. Community members and their children performed Indian classical and folk dances, alongside melodious patriotic songs - a true expression of love and dedication to the great nation. This event was a heartfelt celebration of India's past, present, and the bright future the nation continues to strive toward together.



NEWS

Nationwide biometric registration for patients begins

The Ministry of Health has launched nationwide biometric registration through which patients seeking Social Health Authority (SHA) services will be identified, President William Ruto has announced.

The President said the SMS code used to identify patients will no longer be used because it has become susceptible to fraud.

The use of biometrics at Level 4 (sub-county), Level 5 (county referral) and Level 6 (national) hospitals is aimed at enhancing patient identification and getting rid of fraud and fake claims that threaten the health sector.

"Today, Health Cabinet Secretary Aden Duale has launched the biometric registration of citizens at Levels 4, 5 and 6 hospitals so that we can positively identify every citizen and get rid of fraud and fake claims that have threatened the health sector for far too long," he said.

Addressing a leaders' delegation from Tharaka-Nithi County at State House, Nairobi, on Monday, President Ruto said biometric registration for services at Level 2 (dispensaries) and Level 3 (health centres) facilities will be done later.

"Biometric registration will ensure that no one steals from us again," the President said.

At the same time, he put on notice hospitals that are charging out-patients for primary healthcare services.

The President explained that the National Government has set aside funds for such services in the health reforms.

He said KSh13 billion has been set aside for outpatient services in dispensaries, health centres and sub-county hospitals.

He explained that these health facilities should offer the services for free because they are being fully paid for



by the Social Health Authority (SHA).

"It's wrong for some hospitals in the counties to continue charging for such services," he said.

Another KSh8 billion, for the Emergency and Critical Fund, the President announced, has been allocated for emergencies.

President Ruto assured Kenyans that the reforms that have been undertaken in the health sector are ensuring that every citizen gets access to health services irrespective of their social status.

On the defunct National Health Insurance Fund (NHIF), he explained that it failed because cartels had taken it hostage, saying some hospitals had more accountants than health staff to "manufacture fraud and fake claims".

"But with the reforms in the health sector, we will get rid of fraud and fake claims," the President said.

In the 10 months since SHA was launched in October 2024, it has paid KSh52 billion

compared to NHIF that used to pay about KSh20 billion a year.

The President commended the leadership of Tharaka-Nithi County for a good job in ensuring residents registered for SHA.

"It's impressive that the county has so far registered 201,000 people to SHA. This translates into 52 per cent of the total population," the President announced.

On education, President Ruto said the government is progressively transforming schooling to ensure that all learners get access to quality and affordable education.

At public universities, he noted that the government has reduced fees by between 15 and 40 per cent.

Additionally, he announced that the government has increased funding for universities from KSh45 billion to KSh85 billion as a commitment to quality and affordable education for all.

The President explained to



the leaders that the affordable housing programme was ideal for the country, noting that 50 per cent of the country's population will be living in urban areas by 2050.

"If we don't plan for an urbanising Kenya through the Affordable Housing Programme, most of the people in urban areas will continue living in slums," President Ruto pointed out.

He said 170,000 affordable housing units were being built across the country with more than 600,000 people working on the projects.

At the same time, President Ruto said the government has set aside funds construction of the killer Nithi Bridge and the tender for a contractor will be advertised on Tuesday (tomorrow).

"Procurement for the

construction of Nithi Bridge will begin tomorrow (Tuesday) and will be completed before the election in 2027," he said.

Saying it will cost KSh7 billion, he pointed out: "It's an expensive bridge but we must build it to save lives."

Additionally, President Ruto told the leaders that Kenya is negotiating with the Africa Development Bank for KSh40 billion for construction of dams in the county.

Meanwhile, the government will spend KSh1.4 billion on water and sanitation projects in Tharaka-Nithi County.

The President also disclosed that the government has increased funding for roads in the county from KSh400 million to KSh1.4 billion.

Governor Muthomi Njuki commended President Ruto for timely disbursement of

shareable revenue to county governments since he took office in 2022.

Mr Njuki, who is also the chair of the Health Committee of the Council of Governors, expressed satisfaction with SHA, saying it was working and alleviating the challenges many patients have had for long.

He asked Kenyans to ignore those claiming that SHA does not work.

"I want to make it clear today that SHA is working well and our people, including those from poor family backgrounds, are accessing health services. This is why we are asking those who are yet to register to do so," Governor Njuki said.

Present at the meeting were MPs, MCAs and other grassroots leaders.

President Ruto Champions Africa’s Vision at TICAD 9

President William Ruto had a hectic schedule in Yokohama, Japan, ahead of the official opening of the 9th Tokyo International Conference on African Development (TICAD) on Tuesday.

The President started the day by meeting Japan Prime Minister Shigeru Ishiba. At the meeting, he said Kenya and Japan have a strong and cordial partnership that goes back 60 years.

“Our trade has grown exponentially in that period, with trade growing by 33 per cent in 2024. However, the trade relationship is heavily in favour of Japan,” said President Ruto.

He expressed the need for Japan to deal with tariff and non-tariff barriers so that Kenyan agricultural produce, including avocados and tea, can get more access to the Japanese market.

“Our trade has grown in the past six decades, but it heavily favours Japan at \$1 billion against \$70 million,” President Ruto said.

In response, Prime Minister Ishiba pledged that his

administration would look into market access issues raised by President Ruto, while non-tariff barriers would be studied and responded to.

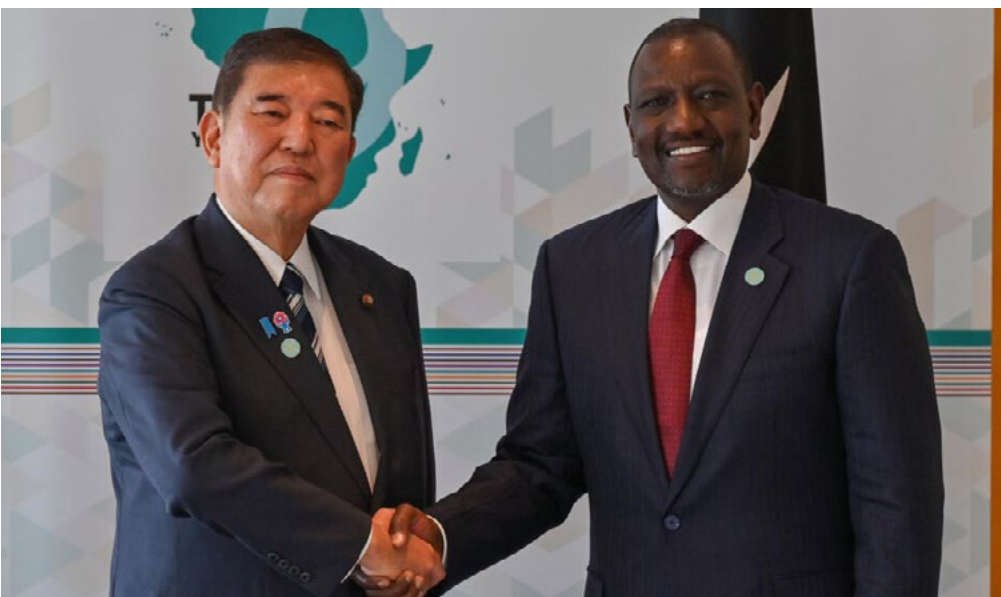
The President commended the signing of a statement of intent on the Samurai Bond that Kenya would like to issue in the Japanese financial markets, saying this is a move to diversify Kenya’s resource mobilisation.

“There is, therefore, need to agree on a list of priorities, especially in enhancing e-vehicle mobility. We have had discussions with Toyota Corporation on expanding this opportunity,” he said.

At the same time, President Ruto commended Japan for the support it has extended to Kenya over the years in infrastructure development, including at the Port of Mombasa, renewable energy, and education.

President Ruto also urged the Japanese private sector to tap into Kenya’s young and talented workforce, saying they are knowledgeable, well-educated and hardworking.

On peace and security, he commended Japan for the instrumental role it plays in



the Eastern Africa, including support of the Tumaini Initiative on South Sudan and peace efforts in Somalia.

“We also appreciate the role Japan plays in the Multi-national Support Mission in Haiti that is led by Kenya. We urge you to support the mission in getting predictable financing,” he said.

He also cited the immense role the Japanese private plays in the Kenyan economy,

saying the 120 companies in Kenya create jobs and enable technology transfer.

At the multilateral level, Kenya and Japan hold common positions on various issues, especially the reform of the United Nations Security Council to make it more representative, democratic and reflect the current global realities. Prime Minister Ishiba expressed interest in working with Kenya on universal

healthcare, especially in the use of satellite technology.

Later, President Ruto addressed the Yokohama City Assembly, noting that Yokohama is not only a thriving industrial hub and a magnet for foreign direct investment, but also an internationally recognised centre of commerce, culture, and innovation. “Honourable members, as a smart city, Yokohama demonstrates

how research, innovation, and human ingenuity can transform societies and build resilient, future-ready communities,” he pointed out. Yokohama City Council President Shibuya Takeshi and Mayor Takeharu Yamanaka accompanied the President during his address.

Later, President addressed a Kenya Investment Forum in Yokohama. He said Kenya has a long-standing economic partnership with Japan, anchored by strong trade and investment, and development cooperation.

“Japan is today Kenya’s third-largest source of Foreign Direct Investment, contributing over \$205 million (KSh26 billion) in 2024 alone,” he said.

This investment, President Ruto said, is visible in transformative projects such as the Mombasa Port, the Olkaria Geothermal Plant, and automotive assembly plants.

“Today, there are 123 Japanese investors operating in Kenya across diverse sectors from manufacturing and infrastructure to renewable energy and technology,” he said.

Ruto Advocates for Boosted Trade Within Africa

President William Ruto has called on African countries to trade more among themselves, saying this would be the most effective weapon against extreme poverty.

The President regretted that African countries continue to trade more with the outside world, saying there was need to reverse the trend.

He said intra-African trade stands at a low of 15 per cent of the continent’s total trade compared to 60 per cent in Europe and Asia.

“For our continent to unlock its vast potential, create opportunities and wealth for citizens, and drive inclusive prosperity, Africa must trade more with itself,” he said.

President Ruto, however, noted that Africa is taking steps to improve trade within itself, especially with the coming into force of the

African Continental Free Trade Area. “It is estimated that intra-African trade could exponentially rise to 50 per cent by 2035, creating immense wealth, generating millions of decent jobs, increasing opportunities for small businesses and opening new markets for local goods and services,” the President pointed out.

For this to materialise, he said, Africa must reform and revitalise agriculture, reform the global credit rating system in addition to setting up an African one, and provide a platform for the private sector to play a progressive role.

President Ruto was speaking at the Economic Pillar on Trade and Investment at the 9th Tokyo International Conference on African Development (TICAD 9) in Yokohama City, Japan, on Thursday, the second day of the summit.

He explained that the current global credit rating system often overlooks Africa’s unique economic realities, unfairly penalising countries in the continent during periods of global distress.

“Progressive reforms are essential to unlock affordable, predictable, and sustainable financing for development. I therefore support the proposal to establish an Africa Credit Rating Agency, complemented by reform of the global credit rating system to address structural inequities,” he said.

At the same time, President Ruto called for more investments in agriculture to unlock its vast potential and achieve food security and economic growth.

He pointed out that the agricultural sector employs more than 60 per cent of Africa’s population, and contributes nearly a quarter of

GDP, yet its promise is far from realised.

“With 65 per cent of the world’s remaining arable land, Africa should not only feed itself, but also feed the world,” President Ruto explained.

He said deploying technology, financing farmers, investing in rural infrastructure, and increasing trade among African countries would transform agriculture in the continent from subsistence into a powerful driver of industrialisation, job creation, and shared prosperity.

“This is not a failure of potential, but of investment, infrastructure, and integration,” he said.

He underscored the role played by public-private partnerships in Africa’s economic prosperity.

On the role of the private sector in African transformation, President



Ruto said it played an indispensable function as the driver of innovation, industrial transformation, and job creation.

He said it was the responsibility of governments to ensure a favourable environment with sound macroeconomic policies, modern infrastructure, and strong institutions that inspire investor confidence.

“A vibrant private sector brings not only capital to bridge financing gaps, but also innovation, technology, and efficiency critical to sustainable growth,” he said.

The President emphasised that transformation cannot be achieved through endless strategising, planning, or prevarication, saying it demands action.

“We must have the courage to make difficult decisions today, even if inconvenient in the short-term, would be beneficial to the people and countries in the long-term,” he said.

Meanwhile, President Ruto witnessed the signing of various development cooperation documents at the ongoing TICAD meeting in Yokohama City.

The Future of Car Technology: A 100-Year Outlook



Introduction

The last century transformed the automobile from a mechanical box with wheels to a connected, electrified, semi-autonomous machine. From the Ford Model T (1908) to the Tesla Model S (2012), the leap is massive. But what lies ahead in the "next 100 years"? We're looking at a future dominated by AI, autonomy, sustainability, and human-machine integration*.

1. Autonomous Vehicles (AVs): From Level 3 to Full Autonomy

- ***Current Status (2025)*:** Most vehicles are at ***SAE Level 2*** (e.g., Tesla Autopilot, GM Super Cruise), offering partial self-driving with driver monitoring.
- ***Next 20–30 years*:** Level 4 & 5 autonomy becomes mainstream in urban centers and highways. Expect:
 - Robotaxis like ***Waymo One*** and ***Cruise*** scaling across major cities.
 - 90% reduction in human-error-related accidents (94% of current accidents).
 - Insurance models shifting from driver-based to manufacturer-based risk.
- ***By 2100*:** Human-driven vehicles may be banned in high-traffic zones for safety reasons.

2. Electrification & Sustainable Energy

- ***Current Trend*:** EVs

- (Electric Vehicles) projected to make up ***65% of new car sales by 2035*** (IEA).
- ***Solid-State Batteries*:** Replacing lithium-ion. 3x energy density, 10 min full charge, no fire risk (Toyota prototype by 2028).
- ***Hydrogen Fuel Cells*:** Used for long-haul and commercial vehicles—e.g., ***Toyota Mirai***, ***Hyundai XCIENT***.
- ***Long-Term Outlook*:**
 - Zero-emission fleets across nations.
 - ***Self-charging cars*:** Via embedded solar tech or ***wireless charging roads*** (Israel & Sweden pilots).
 - ***Energy-sharing networks*:** Cars acting as power banks for homes and grids (V2G—Vehicle-to-Grid systems).
- **3. Connected & Smart Cars (IoT Integration)**
 - ***Vehicle-to-Everything (V2X)*:** Cars will communicate with traffic lights, emergency services, other cars, pedestrians' phones.
 - ***5G/6G-Powered Data Sharing*:**
 - Real-time hazard warnings
 - Predictive traffic rerouting
 - Crowd-sourced road condition updates
 - ***By 2080+*:** Cars will auto-coordinate traffic like flocking birds—minimizing congestion without stoplights.
- **4. Artificial Intelligence & Personalization**
 - Cars become ***intelligent co-pilots***, not just machines.

- AI recognizes driver mood, fatigue, and stress.
- Adjusts lighting, music, route, and even speed to calm or energize you.
- Voice and gesture-based controls eliminate buttons.
- AI copilots like ***Mercedes MBUX***, ***Apple Car***, and ***Google's Android Auto AI*** will become hyper-contextual.
- ***Future*:** Car learns your daily life—syncs with your calendar, suggests errands, pre-orders coffee, and auto-schedules maintenance.

5. Bio-Integration & Neuro-Car Interfaces

- ***Neural interfaces*:** Research by Neuralink and MIT suggests drivers could control basic car functions with thoughts by 2070s.
- ***Biometric Security*:** Fingerprint, retina, or heartbeat-based car access.
- ***By 2125*:** Drivers might never touch a steering wheel again—entirely driven by thought or pre-set AI patterns.

6. Materials & Design Evolution

- ***Nano-materials & 4D printing*:** Cars that self-heal dents, change shape in motion (airflow adaptation), or adapt color via e-ink.
- ***Biodegradable parts*:** Plant-based panels or recyclable interiors—zero-waste vehicle design.
- ***Trend*:** Minimalist, modular vehicles that can be repurposed every decade.

7. Flying Cars & Multi-Modal Mobility

- ***EVTOLs*** (Electric Vertical Take-Off and Landing):
 - Already tested: ***Joby Aviation***, ***Volocopter***, ***Archer Aviation***.
 - By 2050, expect air taxis in cities like Nairobi, Tokyo, and LA.
- Future vehicles will ***switch between land, air, and water***, especially in megacities with space constraints.

8. Software-Defined Vehicles (SDVs)

- Cars become ***smartphones on wheels***.
- Features updated via OTA (Over-The-Air) updates.
- Performance upgrades, UI changes, and even "driving styles" downloadable.
- ***Key Players*:** Tesla, NIO, Rivian, and legacy OEMs shifting to SDVs (GM's Ultifi, VW Cariad).

Conclusion: The Next Century of Cars

- By 2125, cars won't just take us from point A to B—they'll:
 - Predict our needs
 - Operate independently
 - Produce zero emissions
 - Integrate with cities and ecosystems
 - Be safer than ever (virtually accident-free)

The car is no longer a machine—it's an intelligent, adaptive, and ethical companion.

PHOTO STORY



Ahadi Kenya CEO Stanley Kamau join women in a Giriama dance at Pingilikani, Chonyi, Kilifi County where he distributed assorted foodstuff and other basic essentials to hundreds of widows. Kamau called on the government to give support widows facing succession challenges with legal aids.



Ahadi Kenya CEO Stanley Kamau hand over food packages at Pingilikani, Chonyi, Kilifi County where he distributed assorted foodstuff and other basic essentials to hundreds of widows. Kamau called on the government to give support widows facing succession challenges with legal aids.



Ahadi Kenya CEO Stanley Kamau gift a widows with a kikoi scarf at Pingilikani, Chonyi, Kilifi County where he distributed assorted foodstuff and other basic essentials to hundreds of widows. Kamau called on the government to give support widows facing succession challenges with legal aids.

GRAND OPENING



The LG Electronics East Africa and Opalnet Ltd. team cut a cake to celebrate the grand opening of the new LG/Opalnet Brandshop at Selelo Mall, Kitengela. The sixth LG Brandshop in Kenya comes as Kitengela experiences rapid population growth and urbanization, making it a strategic hub for premium electronics and home appliances.

Kitengela's Boom Draws LG/Opalnet's 6th Store

Kitengela's population has nearly quadrupled over the last 15 years, and its fast urbanization is attracting new establishments, including LG/Opalnet's sixth Brandshop

LG Electronics (LG), in partnership with its main distribution partner in Kenya, Opalnet Ltd, has today officially opened its sixth Brandshop in Kenya at the Selelo Mall in Kitengela, cementing its position as a trusted provider of premium electronics and home appliances in one of the country's most dynamic urban growth centres.

The new store arrives at a time when Kitengela, a town in Kajiado County, is undergoing remarkable transformation. Over the past 15 years, the town's population has grown more than 268%, from about 57,000 in 2009 to 210,000[1] currently, driven by its proximity to Nairobi, affordable land, and rapid infrastructure development.

Located just 30 kilometres from the country's capital, Nairobi, Kitengela has become a magnet for middle-class families, young professionals, and entrepreneurs seeking modern housing, better amenities, and strong transport links. County-wide, Kajiado's population is projected to surpass 1.32



(L-R) Peter Wanjohi, Head of Go-to-Market, LG Electronics East Africa; Donghun Lee, President, LG Electronics East Africa; and Rakesh Singh, Managing Director, Opalnet Ltd., during the launch of the new LG/Opalnet Brandshop at Selelo Mall, Kitengela. The sixth LG Brandshop in Kenya reinforces the company's commitment to expanding its physical retail presence in high-growth urban centres such as Kitengela, one of the country's fastest-growing towns

million in 2025[2], highlighting the region's significance as a retail and business hub.

For LG and Opalnet, this demographic surge makes Kitengela a strategic location for expanding their physical retail footprint. This is especially because despite the growth of e-commerce, Kenyans continue to favour brick-and-mortar outlets for electronics and appliances,

drawn by the ability to see, touch, and test products before making high-value purchases[3]. Physical stores also offer immediate service, trusted after-sales support, and the reassurance of product authenticity, critical factors in a market where quality and reliability drive buying decisions. For LG, a brand that commands about 80% of Kenya's electronics



(L-R) Donghun Lee, President, LG Electronics East Africa, and Rakesh Singh, Managing Director, Opalnet Ltd., officially cut the ribbon to mark the grand opening of the new LG/Opalnet Brandshop at Selelo Mall, Kitengela. The sixth LG Brandshop in Kenya underscores the company's commitment to bringing innovative and energy-efficient home solutions closer to consumers.

market, physical outlets are a vital component of its sales strategy, with nearly 75% of its product sales happening in-store. The company expects to open 10 new brandsshops across the country over the next 5 years.

The Kitengela Brandshop will showcase LG's full range of premium products, including its latest televisions, Audio, Portable speakers, refrigerators, washing machines, microwaves, built in appliance and air solutions, all under one roof. It is designed to deliver an immersive shopping experience, combining modern display layouts with knowledgeable staff ready to offer personalised guidance.

"The LG/Opalnet Brandshop in Kitengela, brings our innovative, energy-efficient products closer to a fast-growing customer base. We are committed to ensuring that every household in Kitengela and its environs can enjoy the perfect blend Life's Good through AI innovation, efficiency, and reliable after-sales service for years to come," said Donghun Lee, President of LG Electronics East Africa.

Opalnet's Managing Director, Rakesh Singh, added: "Our mission has always been to bring quality electronics closer to home, and Kitengela is the perfect location. Together with LG, we aim to offer not only premium products but also exceptional service and memorable

shopping experiences."

The launch comes against a backdrop of steady market expansion. Kenya's household appliance sector is projected to grow at a compound annual rate of 5.84% between 2025 and 2030[4], while television sales are expected to reach nearly 980,000 units

by 2029[5].

For Kitengela, the new LG/Opalnet Brandshop is poised to serve as both a retail anchor and a community hub, while reaffirming the belief that in a market where personal service, authenticity, and trust matter, physical retail remains essential.

PHOTO STORY

Busia youth empowerment



Nature Target Initiative Executive Director Nancy Owino (lady in jeans skirt) takes youth under the umbrella "Friends of Ruto" through a hands-on training on orange Fleshed sweet potato (OFSP) planting, management, harvesting, and value addition opportunities organized by Nature Target Initiative Forum at Demo Farm 1 Nambale in Busia County on Friday September 5th, 2025. The youths called other youths to shun crime and misuse by politicians for personal gains and embrace agriculture as a source of livelihoods.

EDUCATION

Restoring Mombasa’s ECDE Foundations

The initiative empowering vulnerable communities, restoring broken foundations

In a marginalized rural settlement within Jomvu constituency in Mombasa County, dreams of access to education are often shattered by poverty, stemming from the harsh economic times, negatively affecting families and subjecting them to making hard decisions for essential needs like feeding the young or taking them to school. Such a family is Mama Mwanatumu’s, with three children and a last-born daughter, Mwanatumu, enrolled at Jomvu ECDE Center.

Coming from a very humble background, mixed with disparities such as family disputes among in laws and relatives, and financial challenges forcing them to lead lives below the poverty belt, Mama Mwanatumu is forced to run a small unsustainable business of selling some samosas and porridge, with returns that can only be used to provide one meal a day for her family, commonly half a kilo of maize flour for “ugali” and some “Sukuma wiki.” A similar case is young Ezekiel’s family, stemming from a highly vulnerable background. Being the third born son out of four, Ezekiel and his immediate elder brother are also enrolled at the Jomvu ECDE center. Ezekiel’s father, a local fisherman and part-time mason, struggles on a daily basis as the ever-changing climatic conditions affect his



daily catch, making it difficult to have any if not enough fish to sell at the local markets.

On extremely bad days, he finds ways to source for “kibaru” at construction sites as a builder or mason, solely relying on his hands to feed his family. His rewards rarely meet sustainability, making it hard to fully enroll his children to school, as well as provide for his family. His wife, Mama Ezekiel, also solely relies on her husband as well as short-end domestic works, known as “vibaru” such as laundry

services. This household has faced challenges in providing for their children.

With the only hope of enrolment to public schools paired up with far stretched distances of 2 KM to the school, Ezekiel and his brother walk to school every day to get a chance at literacy, even on hungry days. Education has been a far desired dream, often darkened by the poverty levels that they face. Many such families have been similarly affected, making it impossible to enroll their children at Early

Childhood Development Education Centers for basic education.

However, under the administration of Mombasa County Governor, H.E. Abdulswammad Sheriff Nassir, the ECDE Support Program seeks to cater to these marginalized communities in order to provide access to basic rights such as food and quality education for the children of Mombasa. In an effort to not leave any child behind, the ECDE Support Program provides free education to all ECDE learners in public centers across all six sub-counties.

Moreover, the fund allocated to sustain their academia provides learning and teaching material such as crayons, manilla papers and more, for illustrative teaching through “talking walls.” Pairing this initiative with the already existing Food 4 Education School Feeding program, the young learners in public ECDE centers can now find a new hope to brighter education and smoothened learning environments. This thoughtful initiative has sought over 10,000 beneficiaries with enrolments on going every day, as parents are encouraged to now take their children to schools at no costs. With this weight lifted off many parents’ shoulders, they can now focus on expanding their sources of livelihoods and other domestic matters.

The art of transforming your house into a home



By Fahmi Basalim
Founder EMOTIVE

A house is a dwelling and a place of abode. For centuries, the astuteness of man led him to seek refuge in shelters he later modified to suite his impending requirements. Necessity is the mother of invention which explains why the cave domicile underwent a gradual transformation. The quintessential edifice has undergone gargantuan modifications in layout and structure. Contemporary housing is a panorama contrived by man through his avant-garde efforts for idyllic sanctuaries.

Naturally, home is where the heart is. A proverbial haven that kindles a deep sense of belonging and tranquility of mind, body and soul. A home needs to be nurtured with affection and preservation as ideally provided in a family setting. The sagacity to embellish a house by converting it into a home is to depict our identity and distinctive lifestyles. So how do we find the knack to transform our house into a home? We habitually have to rack our mental gears to come up with the rejoinder.

Many people remain agape and yearn for the awesome trappings of copious homes as depicted in print and media. Here are some tips to ponder as you embark on renovating your home. Floors; A wide range of flooring materials are available in the market to suite your persona. The common

norm is to lay carpets or cast rugs in order to fill floor spaces. However, you should explore pertinent options that facilitate ease of cleaning and hygiene. The market offers infinite choices of flooring materials. Budget constraints can influence your choice as you sample the array of tiles, granite and marble.

Floor claddings that match with the intended theme will give an enhanced and sophisticated look. Walls; Apart from the conventional picture frames, you can make your dull walls breath a new lease of life. The lackluster surfaces can do with refreshing paint coats of vinyl silk.

The colour scheme should compliment existing décor and take into consideration elements of space and light. For the classic ambience, try mirrors, wainscoting or fixing polyurethane or plaster décor such as wall lights, frames, niches, pilasters and columns. Ceilings; This is the sky of any home where eyes soulfully beacon and wander. You can decorate your ceiling with intricate paint textures and gypsum false ceilings.

Alternatively, you opt for ornamental trimmings such as cornices, ceiling frames, medallions, chandeliers, tataruga paint and so on. Dream homes are conceived and can become reality when you embark on the optimum journey to transform your house into a home. For counsel and renovation efforts, it is advisable to contact a professional interior decorator near you. Creative Mouldings is an Interior Decorator Company based in Mombasa with 25 years industry experience. They have mastered the art of transformations to customise your projects into classic masterpieces. Contact Creative Mouldings on +254722414918 Email: creativemouldings@hotmail.com

Motivation Corner



By Fahmi Basalim
Founder EMOTIVE

- Tolerance is a gesture of humility and truly reflects your boundless humanity.
- Writing from the heart liberates the mind and rejuvenates the soul. It is a literary gift of garb that pens our existence.
- The world is a chatterbox of events past, present and future. Embrace your

identity and maintain your authenticity. Do not let people undermine or define your true mettle and self-worth.

- We wither when we lose hope as we reap what we sow in the field of life.
- Speak to an avid listener and listen to an ardent speaker. Pursue the substance therein as opposed to frequency of interaction.
- Confidence emanates from self-reflection and deep analysis. A complete dress down of one’s character, etiquette and composure is essential in order to comprehend and acknowledge your worth and role in each and every environment.



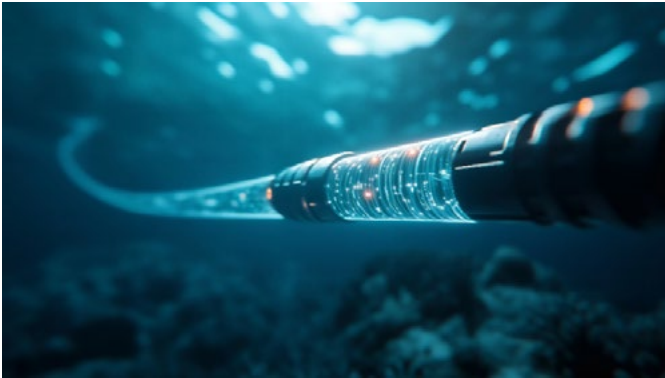
CABLE PROJECT

NCRRA Engages on Daraja Cable Project

North Coast Ratepayers & Residents Association (NCRRA) represented by Committee Member & Hon. Treasurer Kurt Huwiler, along with member Victriano Odoro, recently attended a consultative meeting on 31st July 2025 with Environmental Resources Management Ltd (ERM) on the Daraja Fibre Optic Cable Project, led by Safaricom and Alcatel Submarine Networks. The internet cable from Oman will land at Nyalil Beach, near Costa Rica Lounge, and connect to inland infrastructure via Mamba Roundabout to join with Safaricom Infrastructure. Installation is expected in February 2026, with permits ready by November 2025.

A Beach Manhole (BMH) will be constructed at the beach to link the underwater cable to inland infrastructure.

The project, aligned with Kenya Vision 2030 and Africa Agenda 2063, will support the country's growing demand for 4G, 5G, and broadband



services.

Environmental and Social Impact Assessments (ESIA), conducted by Environmental Resources Management Ltd (ERM), have been completed and submitted to NEMA. Key safeguards include avoiding the turtle nesting season and ensuring minimal disruption to marine habitats, beach users, and tourism.

NCRRA raised concerns about potential poor-quality trenching and recommended post-installation inspections. ERM assured stakeholders of environmental safeguards, including protection during turtle nesting season and

clear communication with the community. NCRRA also recommended being involved once the contractor completes the canal ditch works, emphasizing the need for clear communication, orderly worksites, and respect for the natural environment.

ERM assured stakeholders that mitigation measures and a grievance redress system will be in place throughout the project.

NCRRA will continue engaging with the project team to ensure proper implementation and minimal disruption to residents and the coastal environment.

Farm

An Integrated Farm System (IFS) is a holistic agricultural approach that combines various farming practices and enterprises to optimize resource use, enhance productivity, and promote sustainability. This system integrates crop production, livestock rearing, aquaculture, agroforestry, and other agricultural activities to create a synergistic environment where the outputs of one component serve as inputs for another.

Key features of an integrated farm system include:

1. Resource Efficiency: By utilizing waste products from one enterprise as inputs for



another (e.g., using livestock manure as fertilizer for crops), IFS minimizes waste and maximizes resource efficiency.

2. Biodiversity: IFS promotes biodiversity by incorporating a variety of crops and livestock, which can enhance resilience against pests, diseases, and climate variability.

3. Economic Viability:

Diversifying farm activities can provide multiple income streams, reducing financial risk for farmers and improving overall economic stability.

4. Sustainability: IFS emphasizes sustainable practices that protect the environment, such as soil conservation, water management, and reduced reliance on chemical inputs.

5. Community Resilience: By fostering local food systems and reducing dependence on external inputs, IFS can enhance food security and community resilience.

Overall, integrated farm systems represent a sustainable approach to agriculture that aligns economic viability with environmental stewardship, making it a valuable model for modern farming practices.

~NGA AgroClimate Tech

Murang'a Youth Group Takes Initiative, Creates Own Opportunities

By Andrew Kilonzi

A youth group in Murang'a County is choosing to create their own opportunities rather than wait for government jobs. Calling themselves the Friends of Ruto, the group recently participated in a one-day training session on fruit tree seedling grafting in Maragua. This is part of a larger effort to be proactive and productive.

Ambrose Manyeki, a member of the group, emphasized that they're focusing their energy on activities that can help them succeed instead of complaining about the government. "So many youths have benefited from these programmes but those who sit back and wait for formal jobs will continue to be bitter while hurling insults at leaders on social media," Manyeki stated. He believes that many young people waste time criticizing the government instead of taking advantage of initiatives designed to create jobs.

Manyeki highlighted several government programs that have already created opportunities for young people. He pointed to the ambitious plan to plant 15



Murang'a youths under the umbrella Friends of Ruto (FOR) during a one-day training on fruit tree seedling grafting at Shitam Farm in Punda Milia village, in Maragwa constituency Murang'a county.

billion trees by 2032 and the Nairobi Rivers Regeneration project, which he says has employed around 62,000 youths in roles such as cleaning rivers, building sewer lines, and constructing affordable housing.

Another group member, Virginia Wahu, believes it's important for young people to align with government policies that promote technical jobs. She noted that thousands of young Kenyans have secured jobs abroad through government placements, and over 320,000 youths have been employed in affordable housing projects across the

country. "The government has made clear efforts to empower Kenyans. It's now upon us to take advantage of the opportunities to better our lives," Wahu said.

The group also sees opportunity in the agricultural sector. Member Elizabeth Gathoni explained that by investing in fruit trees, they are not only creating a sustainable income for themselves but also supporting national food security. The group plans to continue with training sessions to further improve their skills and increase their chances of benefiting from government programs.



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LG’s New Fridge Helps Families Save Money, Reduce Waste

LG Electronics (LG) East Africa has today introduced the LG InstaView Bottom Freezer refrigerator to the Kenyan market, presenting it as a practical solution to food waste, one of the region’s most pressing challenges.

At the launch event in Nairobi, Donghun Lee, President of LG East Africa, described the new refrigerator as a product designed with African households in mind, where high electricity costs and power outages often limit access to reliable refrigeration. Studies show that nearly 40 percent of the food produced on the continent is lost before it reaches the table, with inadequate storage cited as a key factor. “This product is a response to the realities of African families who need food to last longer and who must be conscious of their energy use. It keeps groceries fresher for up to seven days and consumes less power than its other brand equivalents, helping reduce waste and deliver more value for every shilling spent,” Lee



(L-R) LG Electronics East Africa President, Donghun Lee; Head of Marketing, Jane Kariuki; and Home Solutions Product Director, KH Jeong during the launch of the new LG InstaView Bottom Freezer Refrigerator in Nairobi. The appliance, designed with African households in mind, helps reduce food waste by keeping groceries fresh for up to seven days while lowering energy consumption through its Smart Inverter Compressor and ENERGY STAR certification.

said. The new 349-litre model incorporates LG’s InstaView panel, which lights up the interior with two knocks, allowing users to check contents without opening the door and losing cold air. Other innovations include advanced cooling technologies that maintain even temperatures across every shelf, a Smart Inverter Compressor that lowers energy consumption while enhancing durability, and full integration with the LG ThinQ

app, which enables remote monitoring and maintenance alerts. For LG, the launch is both an expansion of its product line and a statement of intent. “Innovation is only meaningful when it makes life better. This product is a direct reflection of that philosophy by combining functionality, style, and sustainability,” said Jane Kariuki, the Head of Marketing at LG East Africa. The LG InstaView Bottom Freezer refrigerator, which carries ENERGY STAR



certification, is designed to ensure that every hour it runs, it does so with less strain on both grid and off-grid power supplies.

It also blends into modern kitchens while addressing the practical needs of families who must stretch the value of their groceries. At a time

when food prices remain high and power costs weigh heavily on household budgets, the refrigerator offers a way to conserve both. By minimizing temperature fluctuations and keeping produce fresh for days longer, it helps reduce the waste that so often forces families to throw away what they cannot consume in time. For many households, this means better food security and the reassurance that modern living can coexist with responsible energy use. The LG InstaView Bottom Freezer Refrigerator is now available for purchase at LG/Opalnet brandshops, partner outlets like Hotpoint Appliances, and leading supermarkets countrywide.

Standard Chartered Warm up Marathon winners



The overall winners of the 21 km warm up race for the 22nd Standard Chartered Nairobi Marathon Peter Mwangi (2nd right) and Fridah Ndinda (Centre) receive their awards from Heineken Brand Executive Mickella Mboya (2nd left) at Parklands Sports Club. Looking on is the Heineken Brand ambassadors Judy Kariuki (left) and Grace Dinah.

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<div><div><div>Was: 175 Now: Kes 139 Save: Kes 36</div><div></div><div>KELLOGGS 350G 5PK ASSORTED NOODLES Valid till: 30th Sept 2025</div></div></div>	<div><div><div>Was: 10800 Now: Kes 8590 Save: Kes 2210</div><div></div><div>RAMTONS RM/561 HN WDISPENSER BLK Valid till: 30th Sept 2025</div></div></div>	<div><div><div>Was: 31995 Now: Kes 20990 Save: Kes 11005</div><div></div><div>MIKA MRDCD86LSD FRIDGE 2DOOR 86L Valid till: 06th Oct 2025</div></div></div>
<div><div><div>Was: 69995 Now: Kes 43990 Save: Kes 26005</div><div></div><div>MIKA MSFU220IWG FREEZER 220LTRS Valid till: 06th Oct 2025</div></div></div>	<div><div><div>Was: 6100 Now: Kes 5149 Save: Kes 951</div><div></div><div>TRENDLINE 15KG ADULT DOG FOOD LAMB AND RICE Valid till: 25th Oct 2025</div></div></div>	<div><div><div>Was: 899 Now: Kes 739 Save: Kes 160</div><div></div><div>LATO 500G UN/SALTED BUTTER Valid till: 12th Oct 2025</div></div></div>
<div><div><div>Was: 885 Now: Kes 439 Save: Kes 446</div><div></div><div>HELLMANN'S 430G TOMATO KETCHUP Valid till: 30th Sept 2025</div></div></div>	<div><div><div>Was: 1150 Now: Kes 920 Save: Kes 230</div><div></div><div>LANDOR 320G 20 SLICES CHEESE Valid till: 30th Sept 2025</div></div></div>	<div><div><div>Was: 639 Now: Kes 415 Save: Kes 224</div><div></div><div>BARAKA DATES 525G Valid till: 30th Sept 2025</div></div></div>

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YOGA

A Decade of the International Day of Yoga (IDY)

Yoga for One earth, one Health



Ten years ago, the idea of a global day dedicated to “yoga” might have seemed far-fetched. But here we are—yoga mats unrolled across the globe, from bustling urban parks to silent, icy outposts in Antarctica. The International Day of Yoga (IDY) has become much more: a movement rooted in well-being, connection, and a shared sense of humanity.

The journey to make yoga a global movement started in the year 2014, when our Honorable Prime Minister Shri Narendra Modi addressed the UN General Assembly in September that year. His message was simple and powerful:

“Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment. It is not about exercise, but to discover the sense of oneness with yourself, the world, and nature.” On the directions of our Honorable Prime Minister, India’s permanent representative to the UN moved the resolution in the UN General Assembly on December 11, 2014, to observe June 21st as “International Day of Yoga,” which was approved by 177 member states of the United Nations General Assembly (UNGA).

In the resolution, adopted under the agenda of “Global Health and Foreign Policy,” the UN General Assembly recognised that yoga “provides a holistic approach to health and well-being”. For the wider dissemination of information about the benefits of practicing yoga for the health of the world population, the 21st of June is celebrated every year as International Day of Yoga (IDY) across the globe. The main significance of the UN declaring an “International Day” is to focus the attention of

the international community on the topic and to encourage activities among the member states to commemorate the day.

As we celebrate the 11th anniversary of International Day of Yoga, the 2025 theme, “Yoga for One Earth, One Health,” brings the message home. It’s a reminder that our health and the planet’s health are deeply intertwined. Yoga embodies the philosophy of holistic well-being – uniting the health of individuals with the health of the society and the planet. The principle of “One World, One Health” emphasizes the interconnectedness of human, animal, and environmental health, echoing the ancient yogic wisdom of unity (Vasudhaiva Kutumbkam – the world is one family). It is a philosophy that tries to foster an understanding that the whole of humanity is one family. It is a social philosophy emanating from a spiritual understanding that the whole of humanity is made of one life energy or Universal Consciousness.

Yoga is a code to connect people with life and to reconnect mankind with nature. It expands our limited sense of self to see our families, societies, and mankind as extensions of our own selves. Yoga is a journey from me to we. Yoga makes an individual a better person in thought, action, knowledge, and devotion. Once an individual develops an interest in yoga and starts diligently practicing it, it will always remain a part of his or her life. Yoga is the entrance point to one’s spiritual journey. By practicing yoga, a spirit of oneness is created—oneness of the mind, body, and intellect. Oneness with our families, with the society we live in, with fellow humans, with all the birds, animals, and trees with whom

we share our beautiful planet... this is yoga. Yoga has the potential to herald in a new Yuga (a new era) of peace, compassion, brotherhood, and all-round progress for the human race. Yoga is not only about Asanas. It is much more. It is a blend of Gyan (knowledge), Karma (action), and Bhakti (devotion). Yoga is a symbol of universal aspiration for health and well-being; it is health insurance on a zero budget. Yoga is not only about “Rog Mukti” (eradication of diseases) but also about “Bhog Mukti” (desisting from worldly greed). June 21, 2015, marked the first IDY celebration. In Delhi, nearly 36,000 people, including the Prime Minister, gathered on Rajpath for a mass yoga session. It wasn’t just a moment of national pride—it was the beginning of a global tradition.

Every year, Millions of people across the globe practice yoga, even during COVID-19. The theme was Yoga at Home, Yoga with family, and several people across borders participated in online yoga sessions. The Honorable Prime Minister also encouraged the countrymen to practice yoga during COVID times for community, immunity, and unity. Teleyoga guidelines were also released by the Ministry of Ayush during this year. The scale of participation led to several Guinness World Records, the recent one being around 3 Lakh people doing yoga across a 28 km stretch of beach road in Visakhapatnam, AP, along with our honorable Prime Minister. The scale of celebrations and reach has only grown over the years from the poles to the parks, from far off villages to the bustling urban jungles, from icy heights of the Himalayas to the deserts, from kids to elderly, from layman to the armed forces yoga is being practiced by all irrespective of

race, religion, geographies and age.

This is reflected in the growing participation numbers each year, reaching approximately 25 crore.

IDY is celebrated with different themes each year and innovative campaigns to reach out to the masses. This is celebrated using a whole-of-Government approach wherein all Ministries and Indian Foreign Missions take part in this global campaign. The Guardian ring of yoga starts from the coverage of

IDY events across cities from the first Sunrise in the eastern Hemisphere to the last sunrise in the western hemisphere. The Sagar Mala or Ocean Ring of Yoga is a calling to observe yoga at all the seaports among nations friendly to India. The Indian Missions also engage the citizens in their countries on yoga by conducting workshops, IDY Common yoga protocol training, seminars, competitions, etc. to spread the message of yoga.

The International Day of Yoga is now a global

movement that spreads the ancient Indian wisdom and culture among the comity of Nations with a call for Health, Harmony, and Well-being. Yoga isn’t just about touching your toes, but is about touching and transforming lives.

Author: Dr Raghavendra Rao M, BNYS, PhD (Yoga & Life Sciences), DSc (Yoga & Life Sciences) Director, Central Council for Research in Yoga and Naturopathy, Ministry of Ayush, Govt of India.

Morari Bapu’s Return to Mombasa After 34 Years Marks a Soul-Stirring Ram Katha

After a long-awaited 34 years, the coastal city of Mombasa was once again blessed by the divine presence of Pujya Morari Bapu, who held a spiritually uplifting Ram Katha from August 9th to 17th, 2025. His last visit to the city was in 1991, and ever since, hearts had been yearning for his return. This year, that longing was fulfilled — and in a manner that exceeded all expectations.

This Katha was more than just a narration — it was a spiritual renaissance. Bapu’s timeless message of *truth (satya), love (prem), and compassion (karuna)* resonated deeply with the hundreds of people who gathered daily. Devotees from many different parts of the world gathered in the Coastal City and once again Bapu did not disappoint them.

Over the course of nine day katha not only were the attendees fed Prasaad everyday, but also more than 15,000 local under privileged people were lovingly served prasaad, a sacred meal offered



in the spirit of seva (selfless Service).

In a particularly touching gesture on the final day, Bapu dedicated the entire nine days of Ram Katha to the local people of Mombasa, bestowing his heartfelt blessings upon them. He lovingly referred to them as the “Shyam Sunder” people — invoking Lord Krishna, whose name symbolizes beauty, grace, and divine playfulness. In this way, Bapu beautifully wove together the energies

of Ram and Krishna, offering a rare and profound spiritual synthesis.

This historic Katha will be remembered not only as a spiritual milestone but also as a heartfelt reunion — between a saint and a city, between divine stories and eager listeners, and between timeless wisdom and today’s yearning hearts.

The Ram Katha was hosted by Mr Aroonbhai and Mrs Pramilaaben Samani from Nairobi.

Jaisiyaram

The Origin of the Oshwal Community

The Oshwal community originally belonged to the Kshatriya (warrior) class. Our roots trace back to Rajgruhi and Pataliputra, though there is no concrete evidence to confirm this. Around 2,300 years ago, Alexander invaded India, and about 50-60 years later, Emperor Ashoka was crowned. During his reign, political conspiracies emerged, prompting our ancestors to migrate near Osian, close to Jaisalmer in Rajasthan, where they settled for nearly 400 years. During this time, they embraced Jainism and formed a distinct community.

In 120 CE (approximately 1,880 years ago), when King Kanishka ascended the throne, he issued anti-religious decrees. Later, in 375 CE, Emperor Samudragupta ruled, and by 450 CE, the Huns invaded India, leading to further political turmoil, oppression of women, and anti-religious policies. These factors forced the Oshwals to migrate again. Some moved to Punjab (where Oshwal Mills, a well-known woolen manufacturer producing shawls and sweaters, exists even today), while others went towards Sindh or remained in Rajasthan.

After nearly 700 years in Osian, the Oshwal community migrated towards Sindh due to their established trade connections. The Sindhi rulers had good relations with the Oshwals, allowing them to settle there. However, in 712 CE, the Arabs, led by Muhammad bin Qasim, invaded Sindh, establishing an Islamic rule



that prioritized the spread of Islam. This event, occurring about 1,280 years ago, posed a major threat to the Oshwal community.

At the time, the Oshwals were primarily engaged in the trade of grains and groceries, as well as international maritime trade. Due to their strong political and commercial connections, they had previously held advisory and economic positions in ruling courts. However, in Sindh, a new ruler named Hamir imposed strict regulations, including mandatory alcohol and meat sales and forced religious conversions. Despite repeated pleas and negotiations, the Oshwals were left with no choice but to leave Sindh.

To protect their religion and culture, the Oshwal leaders sought refuge in Vagad and Kutch, where they had good relations with King Dedaji. The first group of Oshwals from

Sindh settled in the Vagad region of Kutch, leading to the division of the community into two groups: Dasa Oshwals and Visa Oshwals. Since the cultures of Sindh and Kutch were similar, the Oshwals adapted quickly. This migration happened around 1,200 years ago.

During this time, the Parsis also migrated to India from Persia (present-day Iran). Some Oshwals stayed in Kutch, while others moved to Halar (Saurashtra) or remained in Vagad. The Oshwals residing in different regions identified themselves accordingly:

- Those in Vagad called themselves Vagad Visa Oshwals.
- Those in Kutch became Kutchi Visa Oshwals.
- Those in Halar (Saurashtra) became Halar Visa Oshwals.

As time passed, the community continued to migrate in search of better opportunities. Today, the

Oshwal community has spread beyond Kutch, Halar, and Vagad to cities like Mumbai and even abroad.

Since the Oshwals have undergone multiple migrations due to fear, economic needs, and religious persecution, there is no formal historical documentation of their past. Instead, their history has been passed down through oral traditions. The primary source of this information comes from the Halar Visa Oshwal Mahajan's historical records.

It is essential for every Oshwal to share this history with their families and children, ensuring that their origins and struggles are remembered, even if they are not officially documented.

Today, the Oshwal community continues to thrive, having spread across India and the world in pursuit of new opportunities.

PHOTO STORY

Deputy President, Tatu City, discuss investment climate, mixed-use SEZs, and coffee



Stephen Jennings, Founder and CEO of Rendevour, owner and developer of Tatu City, greets His Excellency the Deputy President of Kenya, Prof. Kithure Kindiki, ahead of the investment and coffee sector reforms meeting at the Deputy President's Official Residence in Karen.

Old Mutual Launches Lady Anchor to Close Gender Gap in Financial Services



(L-R) Old Mutual Group Sustainability, Risk & Compliance Executive Carol Misiko; Microsoft Africa Development Centre Managing Director Catherine Muraga; Ashleys Kenya CEO Terry Mungai; and Old Mutual Group Company Secretary and Legal Counsel Nannette Miingi at the launch of Lady Anchor, Old Mutual's new women's proposition designed to close the gender gap in financial services.

Tsinghua University School of Journalism



(l-r) Preston Mendenhall, Group COO Rendevour and Country Head, Kenya, and Motto Ma, Director, Beijing Ritan China-Africa Cooperation Centre, sign an MoU to set up a Research and Teaching Base for Global South Communication in Tatu City, the first of its kind outside China.



(l-r) Dr. Kenneth Chelule, CEO Special Economic Zones Authority, Prof. Yuezhi Zhao, Director of the Research & Teaching Base for Global South Communication at the School of Journalism and Communication at Tsinghua University, Melody Hao, China Business Manager, Rendevour, & Preston Mendenhall, Rendevour Group COO & Country Head, Kenya, unveil a plaque commemorating the establishment of a Research and Teaching Base for Global South Communication in Tatu City.

VIKSIT BHARAT

India’s Journey towards Viksit Bharat

11 years of Development, Progress & Nation building

(Amb Anil Trigunayat)

As India embarked on its fast-paced human centric developmental journey to become a developed country “Viksit Bharat @2047” by the time it completes the century of the independence, the past decade has been exceptional across the national and strategic spectrum. PM Narendra Modi’s call to dispense with the slavish mentality and rise and shine with the mantra of reform, perform and transform has already begun to yield remarkable dividends. Over 1550 archaic and cumbersome laws were repealed and jurisprudence updated. At 130 in 2017 in the Doing Business Index of the World Bank India rapidly moved to 63rd place resulting in significant increase in Foreign Direct Investment. Innovation eco system has produced 1.6 Mn start ups from mere 500 ten years ago with 118 unicorns. From fragile five to become the 4th largest economy in a decade is a remarkable achievement by any standards. According to Bloomberg based on IMF data , China, India and USA are projected to be the three global growth engines from 2025-2030.

India has also emerged as a key proponent of fight against climate change and a spokesman against the ‘Green Apartheid’ .India has committed to ‘zero carbon’ by 2070 but by all accounts, it seems target may be achieved much earlier . In 2015 , India along with France launched the International Solar Alliance (ISA) perhaps the most consequential initiative after the NAM movement of the 1950s. A monumental achievement is that 50% of India’s installed electricity capacity now is attributable to non-fossil sources . This is integral to the quest for India’s energy security which is essential for it to continue to remain as the fastest growing major economy in the world. India is converting ambition and aspiration into action. Not only India launched another global initiative ‘The Global Biofuels Alliance’ during the Presidency of



G20 in September 2023 but also completed the ethanol mixing targets way before . Same applies to its Nationally Determined Contributions (NDCs) where India is the first and the fastest to comply with. The pandemic had hit the world hard in an unprecedented manner. But India’s response was unique since it was driven by its DNA dictum of ‘Vasudhaiva Kutumbakam’-world is one family . When the powerful countries were hoarding vaccines and medicines for geo political ends, India, not only manufactured its own but even for others from UK and Russia, provided billions of vaccines to over a hundred countries as part of its ‘Vaccine Maitri ‘– Vaccine Friendship outreach. More importantly, it had to cater for the one sixth of the world ’s population which inhabits India. Since health care became a fundamental priority, India launched the government financed insurance scheme, Ayushman Bharat–Pradhan Mantri Jan Arogya Yojana (AB-PMJAY), which is reported to have increased substantially since 2014. This is a government healthcare programme operated on a

massive scale. Under AB-PMJAY 345 million Ayushman cards have been issued, and 29,914 hospitals have been empanelled. More than sixty-five million authorised hospital admissions have taken place under the scheme. This has been further extended to include senior citizens above 70. India is essentially an agricultural country and farmers are the back bone of India and its food security. Hence, even at the Doha rounds of WTO, India has always stood for the cause and interests of large number of developing countries. PM Modi had announced doubling of farmers’ income through various initiatives and reforms at the grass roots level. Some of these include a scheme for soil health cards to all the farmers, National Agriculture Market (e-NAM), Pradhan Mantri Krishi Sinchayee Yojana (PMKSY), and Pradhan Mantri Fasal Bima Yojana (PMFBY) which provides very low premium for farmers.” The PMKSY scheme, launched in 2015, supports the use of micro-irrigation technologies- which is a crop insurance scheme. No wonder in past decade the food grain production increased from 252

Mn tonnes to 332 Mn tonnes. Fighting poverty has been one of the biggest tasks that the Indian Government has undertaken. Operating one of the world’s largest food security programs, the Targeted Public Distribution System under the National Food Security Act covers 81.35 (Over 800 million) beneficiaries, providing food grains to rural and urban populations. Recent decisions, such as extending free food grain distribution under Pradhan Mantri Garib Kalyan Anna Yojana for another five years, exemplify Government’s commitment. Self-Reliance (Atmanirbhar Bharat) has become the key to ‘Make in India for the world’ and local for global to be part of the global value and supply chains as it emerges as the smart manufacturing hub and services centre of the world. With its zero tolerance to terror policy the indigenous defence systems rained hell on the enemy during the Op-Sindoor action against Pakistan based terror hideouts. India has excelled not only in space exploration from first ever landing on the southern moon and Chandrayaan to Gaganyaan missions but

excelled through its Digital Public Infrastructure (DBI) and Unique Digital Identity Aadhar and exceptionally large number of bank accounts across India for distribution of the benefits and payments directly into accounts .By linking Aadhaar with Jan Dhan bank accounts and mobile umbers (the “JAM” Trinity), the government streamlined the By linking Aadhaar with Jan Dhan bank accounts and mobile By linking Aadhaar with Jan Dhan bank accounts and mobile numbers (the “JAM” Trinity), the government streamlined the delivery of social welfare programs, reducing fraud and ensuring that benefits reached the intended recipients directly and efficiently. This proved particularly crucial during the pandemic, enabling swift and targeted disbursement of financial aid to those most in need. numbers (the “JAM” Trinity), the government streamlined the delivery of social welfare programs, reducing fraud and ensuring that benefits reached the intended recipients directly and efficiently. This proved

particularly crucial during the pandemic, enabling swift and targeted disbursement of financial aid to those most in need. All these digital tools and Apps and digital public goods have been made available to the world especially the developing countries. AI for All, One earth one health, one grid one world are not mere slogans but policy directives of a resurgent India steeped in its civilizational ethos. In this fractured world order, India’s sane and value based foreign policy has become robust, resilient and result oriented as it seeks to comprehensively enhance its own power spectrum through strategic autonomy and multi-alignments entrenching reformed multilateralism and multi-polarity. This was evident recently when PM Modi was again invited by PM Mark Carney to G7 Summit in Canada, despite cooler ties with them, since he felt that it was important to have India at the table. It is increasingly becoming a rule shaper from G7 to G20 to BRICS and beyond. Interest of the Global South is served by example and advocacy and by being their credible voice while pursuing inclusivity and human centric approaches. (Amb Anil Trigunayat is a former Indian Ambassador and a Distinguished Fellow at Vivekananda International Foundation)

PHOTO STORY

Rotary Presidents installation Ceremony



Rotary Club of Nairobi Ngong Road new President Mwende Mulandi (left) and her counterpart at Rotary Club eClub 9212 Safari Kenya Michael Maurice ring Rotary club presidents’ bells with a gavel for the first time shortly after being installed as the presidents of the two Rotary clubs and their board members by Rotary Club 9212 Past Deputy Governor Leonard Ithau at an event in Karen, in Nairobi County on Saturday August 16, 2025. The bell and gavel are symbols of club’s president authority used to call a meeting to order, and signify the end of a session.

Pwani Oil Diversifies, Launches Sawa Lotion



(Second right) Pwani Oil Commercial Director, Rajul Malde, with (L-R) Faces Integrated CEO, Celestine Sadaka; Media Point Pharmaceutical General Manager, Martha Igaruria; and Talanta Kenya Agency CEO, Shiku Mwangi Gathigi, during the official launch of the new Sawa Lotion range at Argyle Grand Hotel. The innovative personal care line is part of Pwani Oil's KES 4.5 billion investment in diversification and quality personal care solutions.

Pwani Oil, a leading manufacturer of edible oils and soaps in Kenya, has unveiled its new range of Sawa Lotions, representing a significant step in the company's commitment to innovation and product diversification. This bold initiative follows a strategic investment of USD 4.5 million into its personal care product line, underscoring Pwani Oil's dedication to meeting the evolving needs of Kenyan consumers.

The investment has primarily focused on research and development, as well as establishing a state-of-the-art enclosed production facility. This facility operates under controlled air pressure, humidity, and temperature, ensuring that all the company products are produced in a bacteria-free environment. Pwani Oil's commitment to quality is further reinforced

by its ISO 22716 certification, which provided guidelines for Good Manufacturing Practices and compliance with SEDEX standards, positioning Sawa Lotions as a trusted choice for quality-conscious consumers.

"The launch of Sawa Lotions marks a pivotal moment for Pwani Oil as we expand beyond our traditional product offerings," said Rajul Malde, Commercial Director, Pwani Oil products. "We recognize the growing demand for quality personal care products in Kenya, and our market research indicates that the lotion category alone is currently valued at Kes. 8 billion, with an anticipated annual growth rate of 16%. We are excited to contribute to this thriving market and project that it will reach Kes. 20 billion by 2030."

The lotions come in four unique variants namely Sawa Glycerin & Sweet Almond Oil Body Lotion, Sawa Cocoa

Butter Body Lotion, Sawa Men Cool Burst Lotion and Sawa Men Cool Burst Lotion.

"Furthermore, we recognize that Generation Z demographic will increasingly dominate the market, making up 60-65% of consumers moving forward. We are excited to be at the forefront of this burgeoning industry and to meet their unique needs." He continued.

Sawa Lotions are meticulously formulated to cater to the diverse needs of the Kenyan consumer, blending high-quality ingredients with innovative technology. Each product promises exceptional hydration and nourishment, with clinical tests showing that they provide lasting moisture for up to 72 hours, while prioritizing skin safety through various rigorous manufacturing processes.

Pwani Oil's diversification into personal care is a vital component of its overall

business strategy, aimed at strengthening its market presence and responding to the increasing demand for holistic personal care solutions from the emerging Gen Z demographic. With its established brand reputation and a robust distribution network, Pwani Oil aims to position Sawa Lotions as a top choice in the competitive personal care market.

"We are not just launching a product; we are creating a new category that combines our heritage of quality with modern consumer expectations." "Our commitment to sustainability, safety, and innovation will be at the forefront of the Sawa brand." Concluded Malde.

Other Pwani Oil personal care products include: Detrex bathing soap, Sawa family bath soap, Diva beauty soap and Afrisense.

The Sawa Lotion range are available in leading retail outlets across Kenya

SPACE EXPLORATION

PHOTO STORY

Rishi Foundation



MARITIME

India’s Maritime Vision: SAGAR to MAHASAGAR

A decade ago, on 12 March 2015, while commissioning in Mauritius the gleaming Offshore Patrol Vessel Barracuda, built in Garden Reach, Kolkata to Mauritian specifications, Prime Minister Modi outlined India's policy towards the Indian Ocean Region (IOR): SAGAR – Security and Growth for All in the Region. The Indian Ocean, he pointed out, was critical to the future of the world bearing two-thirds of the world's oil shipments, one third of its bulk cargo and half of its container traffic. The forty states that are on its littoral host nearly 40% of the world's population.

SAGAR policy emphasized five aspects: safety and security of the Indian mainland and island territories and ensuring a safe, secure and stable IOR; deepen economic and security cooperation with friends in the IOR particularly maritime neighbours and island states through capacity building; collective action and cooperation; seek a more integrated and cooperative future towards sustainable development for all; and increased maritime engagement in the IOR as the primary responsibility for the stability and prosperity of IOR lay with those living in the region. If SAGAR was the external outreach of India, in the national context it was complemented by the Sagarmala port-led development initiative.

For long, India has been criticized for its continental bias, that it was focused on

its northern and north west frontiers to the neglect of its vast maritime interests. However, this has been changing. Since the launch of its Look East policy in 1992 which evolved into the proactive Act East policy in 2015, India has reclaimed its maritime legacy. PM Modi recently released a special coin commemorating 1000 years of Emperor Rajendra Chola's naval achievements.

The Indian navy has been in the forefront of maritime diplomacy through capacity building initiatives, joint exercises, plurilateral conferences, Humanitarian Assistance and Disaster Relief (HADR) and Search and Rescue (SAR) activities. The 2004 Tsunami established India's credentials in disaster relief operations. India came to be recognized as the first responder and net security provider in the IOR, particularly to states in its neighbourhood. India's prompt assistance to Myanmar in the aftermath of the devastating Cyclone Nargis in 2008 and being the first country to deliver drinking water to the Maldives after a freshwater crisis in that country in end 2014 consolidated that image. In March, 2025 India mounted a huge relief and rescue Operation Brahma to earthquake hit Myanmar.

India has now graduated to becoming a preferred security partner in the Indo-Pacific region forming defence partnerships that not only include joint exercises and capacity building but also exports of defence equipment either as a grant or under a defence Line of Credit at the request of the partner state.

Trilateral maritime security cooperation with Sri Lanka and Maldives which began in 2011, has extended to other Indian Ocean states including Mauritius and Bangladesh with Seychelles as observer under the Colombo Security Conclave that now has a charter and a secretariat in Colombo. The Indian Ocean Naval Symposium (IONS) which began as an initiative of the Indian navy in 2008 is an inclusive platform to discuss maritime issues and to work out effective response mechanisms. IONS has 25 participating countries from South Asia, West Asia, Africa, southeast Asia and European countries with Indian Ocean territories as well as nine observers and a rotating chair (India will take over as chair, at the end of 2025). MILAN is a biennial multinational exercise hosted by Indian navy in harmony with India's vision of SAGAR and Act East policy.

A crucial facet of maritime security is enhanced maritime

domain awareness. Towards this, India has also been pursuing white shipping agreements with several countries (22 have been concluded till now) and established a state-of-the-art Information Fusion Centre (IFC – IOR) in Gurugram that facilitates sharing of maritime information among member states.

India has a long history of development partnership going back to the period prior to its Independence. Its approach to development partnership has been shaped by its independence struggle, solidarity with other colonized and developing countries and the inspiring leadership of Mahatma Gandhi who declared that “my patriotism includes the good of mankind in general”. It is thus that India has been sharing its developmental experiences and technical expertise in a spirit of Vasudhaivaakutumbakam (the ancient belief that the World is One Family). As PM Modi stated in his address

to the Ugandan Parliament in 2018, “Our developmental partnership will be guided by your priorities, it will be on terms that will be comfortable for you, that will liberate your potential and not constrain your future...” The Indian model of developmental cooperation is comprehensive and involves multiple instruments including grant-in-aid, concessional lines of credit, capacity building and technical assistance. Above all, it is unconditional, transparent, sustainable and financially viable.

In June, 2018 at the Shangri La conference, PM Modi outlined India's Indo-Pacific vision. For India, the Indo-Pacific stands for a free, open, inclusive region that “embraces us all in a common pursuit of progress and prosperity”. He emphasized ASEAN centrality, a rules-based order, freedom of navigation, unimpeded commerce and peaceful settlement of disputes in accordance with international law. There is great synergy between the Indian approach and the ASEAN Outlook on the Indo-Pacific. In November 2019 at the East Asia Summit in Bangkok, India launched the Indo-Pacific Oceans Initiative (IPOI) a coherent initiative comprising seven pillars of practical cooperation built

on the SAGAR vision. India's active participation in the QUAD (Australia, India, Japan and US) is part of our Indo-Pacific vision. Earlier, in 2014, India established FIPIC (Forum for India-Pacific Islands Cooperation), a strategic initiative for strengthening diplomatic and economic engagement with islands in the Pacific ocean.

It was in 2023, during India's presidency of G-20, whose leitmotif was inclusivity, that the African Union was invited to join the grouping. India's presidency, inter alia, revived multilateralism, amplified the voice of the global south and championed development. India has hosted three editions of the Voice of the Global South summit since then.

Ten years after SAGAR, during an official visit to Mauritius in 2025, PM Modi announced MAHASAGAR (Mutual and Holistic Advancement for Security and Growth Across Regions), an updated doctrine. If SAGAR is the sea, then MAHASAGAR denotes 'ocean' in Hindi and several other Indian languages. MAHASAGAR marks a strategic evolution from a regional focus on the Indian Ocean to a global maritime vision, with particular emphasis on the global south. PM Modi's recent engagements with Mauritius, Maldives, Trinidad and Tobago, Ghana and now the Philippines are aligned with the MAHASAGAR vision.



Tuktuks, traffic and mayhem

The ridiculous story of Mombasa’s 3- wheeled outlaws

By Muhammad Ali

Make no mistake, the Tuktuk industry is part and parcel of Mombasa’s identity. The coastal city was synonymous with kahawa tungu and viazi karai, not anymore. Enter the three wheeler beast that stole the show in a spectacular fashion.

Tuk Tucs, Traffic & Tangawizis: The Wild Ride of Mombasa’s Three-Wheeled Kings

Introduction: Why the TukTuk? Picture this: It’s a sweltering afternoon in Mombasa. The air smells of coconut oil, grilled fish, and just a hint of diesel fumes. A matatu blasts reggae music while swerving past a donkey cart. And then—vroom-put-put-put!—a brightly painted tuk-tuk zips by, dodging potholes like a ninja on wheels. How did these three-wheeled chariots of chaos become the unofficial kings of Mombasa’s streets? Buckle up (or just hold on tight, because most tucs don’t have seatbelts), as we take a hilarious, bumpy ride through the history of Mombasa’s tuk-tuk industry.

Chapter 1:

The Birth of the Beast – How Tucs Invaded Mombasa

The Early Days: Boda Bodas vs. The Unknown Contender

Before tuk-tuks, Mombasa’s streets were ruled by boda bodas (motorcycle taxis). But let’s be honest—climbing to a boda while your life flashes before your eyes isn’t everyone’s idea of a good time. Enter the tuk-tuk, a three-wheeled wonder that promised (keyword: *promised*) safety, shade, and a slightly lower chance of death. The first tuk-tuks arrived in the late 1990s and early 2000s, smuggled in through the port like contraband candy. Locals stared at these strange vehicles, wondering: “Is this a car? A bike? A metal cockroach?”

The Name Game: Why “Tuk-Tuk”? Some say it’s the sound



the engine makes (*tuk-tuk-tuk*). Others claim it’s because passengers *tuk* (knock) on the roof to tell the driver to stop. The truth? Probably just because “three-wheeled death trap with a roof” was too long to say. —

Chapter 2:

The Golden Age – When Tucs Ruled the Streets The Rise of the Paint Job Wars. A tuk-tuk isn’t just a ride—it’s a *statement*. Drivers began decorating their rides with everything from: – *Football club logos* (Because nothing says “professional transport” like Arsenal vs. Man Utd debates at 60km/h). – *Reggae legends* (Bob Marley’s face staring at you while you haggle over 20 shillings). – *Random English phrases* (*“God’s Time is Best”* next to *No Stopping, Police Ahead*—pick a struggle). *The Great Fare Wars* Early tuk-tuk pricing was... creative. Fares were decided by: 1. How sweaty you looked. 2. How much the driver liked your face. 3. Pure, unfiltered guesswork. Passengers quickly learned the art of *Tafadhali, bana, hiyo ni pesa nyingi!* (Please, bro, that’s too much!), while drivers perfected the *Mimi sina change* (I don’t have change) trick. —

Chapter 3:

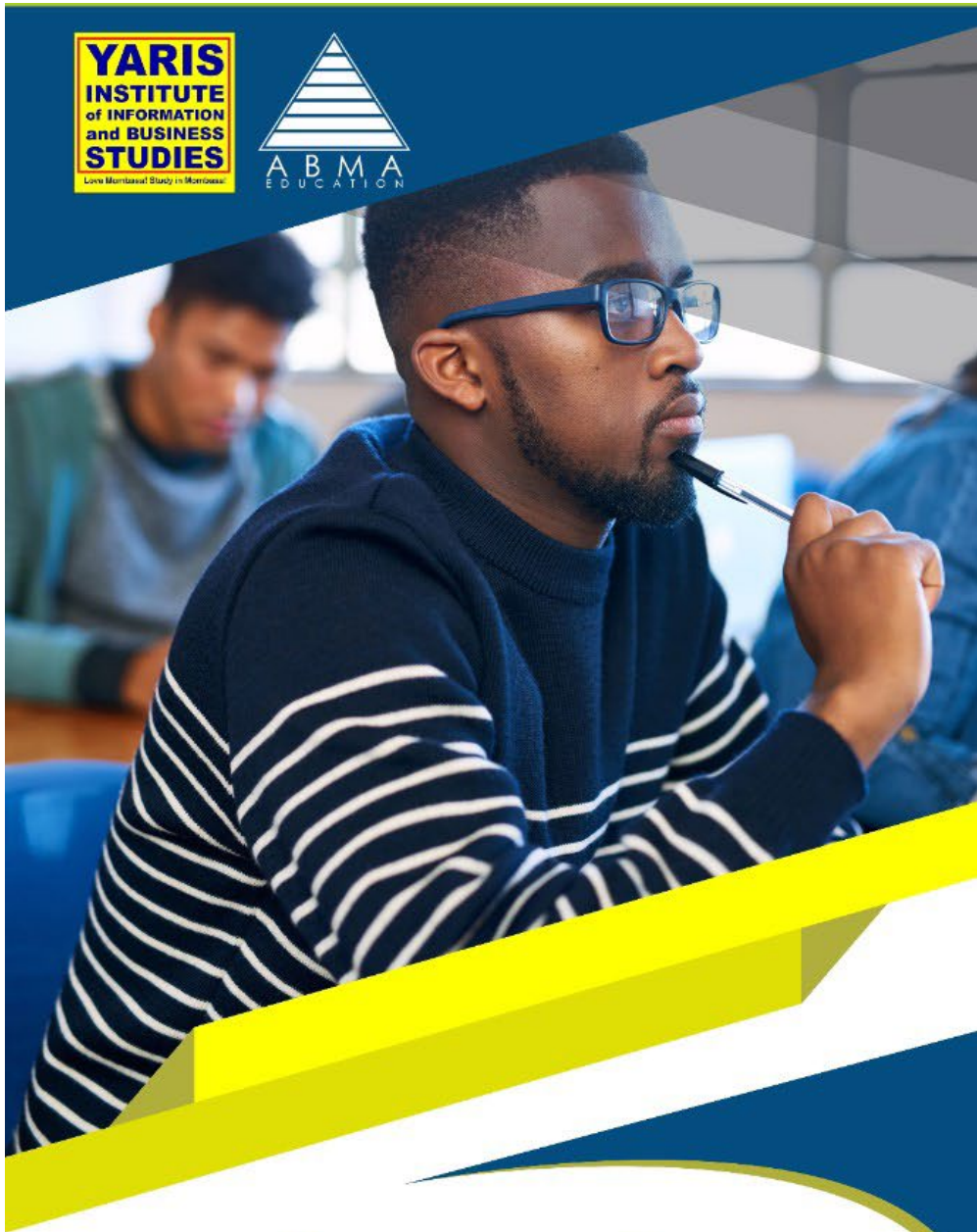
The Dark Ages – Tuk-Tuk vs. The Law ***City Council vs. The Three-Wheeled Rebels* As tucs multiplied like rabbits, the government panicked. *These things have no rules!* they cried. Soon, regulations came:

– *Speed governors* (which most drivers “accidentally” disabled). – *Operating licenses* (which some tucs got... others just painted a number and hoped for the best). – *The Great Helmet Debate* (Do passengers need helmets? “Only if the police are watching”). *The Infamous “Tuk-Tuk Gang” Era* For a brief, glorious period, rogue tuk-tuk drivers formed alliances—blocking traffic, staging go-slows, and once, legend says, outrunning a traffic cop on foot. (The cop retired shortly after.) —##

Chapter 4:

Modern-Day Tuk-Tuk – Uber for the Brave *Digital Tucs: The Bolt & Uber Invasion* Now, you can hail a tuk-tuk with an app! But old-school drivers still prefer the classic method: *Eh, boss! Tuk-tuk? Mombasa nice and cool!* *Tuk-Tuk Tourism: The Ultimate Safari* Tourists now pay extra for “authentic tuk-tuk experiences,” which basically means getting lost in Mikindani while the driver asks for directions from a guy selling mangoes. — *Conclusion: Long Live the Tuk-Tuk!* From its shaky, smoke-filled beginnings to its current reign as Mombasa’s favorite way to almost die in traffic, the tuk-tuk isn’t just a vehicle—it’s a way of life. So next time you squeeze into one, remember: You’re not just paying for a ride. You’re buying a story. *(And maybe a chiropractor visit later.)* —

THE END MATATU CHRONICLES COMING SOON



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HEALTH



Perimenopause

By Safia Mohamed Bashir

Hello Readers,

Hope you are all well. My write ups are usually addressed to the entire community. Nevertheless, looking at the subject matter of this article, most men would not want to continue reading it assuming it is for women only.

Dear men, I truly believe this is a topic that should be understood by both genders – though it is more related to females, but at a certain age in a man's life it may have an impact. There comes a time in a man's life when he is fully involved with his wife or mother or a female relative's health. Therefore, this is a very crucial and important topic the entire community should be well informed about.

What is this perimenopause?

Perimenopause is the time usually a few years before menopause. Menopause is a full year of missed period (the monthly cycle) in the life of a woman. Perimenopause usually starts in the late thirties and may go on to 5-10 years, hence usually most women go into menopause between the age of 45-50 years. We are generally told there will come a time the periods will stop. Oh!! Wow!!! What a nice way to phrase this. But we are not told what comes prior to this. We are not educated or informed about the symptoms, effects and the influence this phase of a woman's life has on herself, her family and friends.



This is not discussed, usually ignored and no one warned the ladies what midlife crisis is all about. We should make sure our daughters never feel this blindsided. It is the most important phase when a woman needs support – of course from her husband and family.

Perimenopause is a roller-coaster of hormones. Just like teenagers going through puberty and their attitude changes, we are told its hormones. Similarly, at a later stage in life these hormones start their foul play. Unfortunately, here no one is ready to understand what this woman is going through. Just like every woman has different symptoms during her periods and pregnancy, likewise

perimenopausal symptoms also vary from woman to woman; they are individual based, every journey is unique thus every woman's experience is different – though the majority of them do experience similar symptoms out of the many.

So dear women, this is not to scare you; instead prepare you for what is expected. Set a positive mindset of how to work through this phase. Perimenopause is just not hot flashes, cold sweats and irregular periods, it can feel like a total system reset. It feels like a glitch in your nervous system. You are just not getting older, you feel like you are falling apart while still standing and smiling. Your body looks and

feels different, it's harder to recognize you in yourself. Why do I look so ugly? A question that pops up every morning as you look at yourself in the mirror. You are tired of feeling like a stranger in your own body. You feel alone like you are not coping with life as you used to feel sharp, motivated, like you used to trust your body to show up for you every day, same enthusiasm and energy, you knew how to pull yourself together when things fell apart, but now - you are falling apart. The tasks you enjoyed doing feel like a punishment. The brain and body are tired after a night's sleep. You have been juggling through the cold/hot night, blanket on/blanket off. The body is full of rage, you want to shout, thoughts all jumbled. The smallest mix-up sends you into a spiral of anger, you are crying for no reason, anxiety creeping in from all corners. You forget things and zone out mid-sentence – symptoms referred to as brain fog!! you are tired of being tired. You are overwhelmed with feelings or completely numb. You feel guilty for not behaving yourself and somewhere deep down you are wondering – what has happened to me? Why don't I feel myself anymore? You try to push through. You try to keep it in because it is hard to describe how you feel. Nevertheless, it is getting harder to pretend that everything is fine. The worst part is you had no knowledge of this coming. You are surviving a season no one prepared you for.

Amongst the emotional symptoms come in the physical health symptoms. A minimal sneeze gives you muscle cramps. You complaining of body pain, fibromyalgia, headaches and migraines, insomnia, frozen

shoulder, extreme exhaustion, hair loss, burning sensation in the legs, stiff lower back, pins and needles, constipation, weight gain, burning tongue, bleeding gums, bloating, itchy or crawly skin, ringing ears, heavy periods sometimes leading to fibroids and anemia – just a few to mention.

So this roller-coaster ride is no fun. When hormones shift, the body changes, so does the brain, the nervous system and the emotional regulation. So the hormone estrogen doesn't just decline; it fluctuates widely. Some days its high - hello anxiety and irritability, heavy periods and painful cramps other days it crashes - the low moods and tears

When progesterone, which is the calming hormone, declines - you might feel more anxious, overwhelmed, or just not yourself and when estrogen and progesterone shift hand in hand, stress hormones go off balance too. This hormonal shift messes with melatonin, making deep restorative sleep harder to come by. Less sleep equals more mood swings.

Low cortisol leads to chronic fatigue, feeling burnt out, feeling light headed, random low blood sugar. The gradual decrease in Testosterone impacts motivation, confidence, strength, stamina and libido.

Now this woman is completely confused. The next question is what should she do? What can help?

- Balanced diet - mostly more protein and fiber foods, less sugar, this keeps blood sugar stable and mood steady
- Movement and strength training – 10 -15 minutes of exercise or wall Pilates to keep body moving and muscles active – this boosts mood and balances hormones
- maintain a better sleep hygiene – no screen time before bed
- prioritize stress management like walking, breath work or just saying NO more often to reclaim her peace
- Magnesium calms the nervous system, supports melatonin, helps hormone metabolism and many women are deficient. Thus, get a blood count and start taking supplements
- Talk to someone, be it a friend or your husband - talk it out

I wish every woman to know at this stage, you are not broken, you are not faulty, you are not overacting, you are not difficult or unstable, you are not dramatic - this confusion is real, you are not just aging but you are in transition through a hormonal transformation that touches every part of the body and mind.

You do not have to push through it alone, you need

support, care and love. Perimenopause is not the beginning of the end; it's the end of a chapter – just a phase in life which with knowledge and support, you can and have to move through it and come out stronger.

It is easy to mistake hormone driven symptoms for disconnection or conflict in your marriage. It is usually in this phase that most divorces happen due to misunderstandings. As hormones shift, women often experience emotional withdrawal, heightened sensitivity to conflict, identity confusion and deep resentment from years of unmet needs. It's now when she will lose her patience and perseverance. Some symptoms may look like marriage issues, but they are signs that the body and brain are overwhelmed, not that love is gone. If things feel different, it doesn't mean that your marriage is broken, it might mean hormones are interrupting the connection. The bond is still there, it just needs a new kind of support.

Dear husbands, your support and care are mostly needed here. She seems different, tired, distant, easily overwhelmed and no one is prepared, either of you for this shift. Her brain gets overwhelmed faster. She used to juggle a dozen things without blinking and now even small tasks can feel too much. It takes more energy for her to keep calm and steady. Her emotional reactions feel bigger because her brain is working harder to stay balanced. Husband, this is when she needs you the most. She may not know how to ask, she may seem quiet, overwhelmed but underneath it, all she still wants is connection. She still needs safety, comfort, and she needs you.

Your support won't fix her hormones, but your presence will make this transition feel lighter. Be there for her, listen without judgement, learn the signs of hormonal imbalance; when she snaps – stay calm. When she is quiet; do not force conversations.

What you are seeing is not a loss of effort or love, it's a biological transformation affecting her brain, body and emotions all at once and she still tries to make sense of it herself.

And while you cannot fix her hormones, your support is what she needs. It tells her you don't have to go through this alone. When couples understand what's really going on, they can stop fighting the symptoms and start fighting for each other. Hold on to each other, be there for each other. Love each other.

Detrex Brings Sanitation to Nyahururu Women’s Prison

Recent data from the World Prison Brief reveals that Kenya’s prison system is operating well beyond its intended capacity. With a cumulative accommodation limit of 34,000, current figures show that the country’s correctional facilities are housing approximately 58,887 individuals[1], which is equivalent to 173% of their designated capacity.

This population includes a small but notable group of children who reside in facilities with their mothers. According to the African Early Childhood Network, nearly 200 children currently live in correctional environments[2].

Such figures highlight the growing importance of targeted health and hygiene support within custodial environments, particularly as institutions work to maintain wellness and dignity under increasing demand.

Against this backdrop, Pwani Oil Products Limited through its Detrex Antibacterial Soap,

teamed up with with Cleanshelf Supermarkets and the Kenya Progressive Nurses Association (KPNA) in a wellness outreach at Nyahururu Women’s Prison to promote hygiene awareness. The event focused on sanitation education and the distribution of essential hygiene supplies to inmates and staff.

The initiative reached approximately 60 women and children at the facility, along with 15 correctional staff, offering hands-on training in key hygiene practices, such as effective handwashing and safe food handling. These measures are considered important in minimizing the risk of communicable infections in high-occupancy settings.

According to a study by the Kenya National Commission on Human Rights (KNCHR), managing hygiene in confined, shared spaces can be challenging, and efforts to enhance sanitation protocols are beneficial in protecting both inmates and staff from



Pwani Oil team poses for a group photo during a hygiene outreach initiative at Nyahururu Women’s Prison. Held in partnership with Cleanshelf Supermarkets and the Kenya Progressive Nurses Association (KPNA), the event focused on educating inmates and staff on proper hygiene practices and included the distribution of Detrex Antibacterial Soap and other essential supplies.

preventable diseases[3].

The outreach included a demonstration of Detrex Antibacterial Soap, a Pwani Oil product formulated to support daily hygiene needs. As part of the event, the company committed to supplying the soap to the Nyahururu facility for two months, in support of

ongoing sanitation efforts.

“We recognize the significance of hygiene in maintaining overall health, particularly in settings with a large number of residents. That is why we have made the deliberate effort to support the access to basic sanitation tools and training on simple

practices that can make a difference,” said Pwani Oil’s Commercial Director, Rajul Malde.

The event also highlighted nutritional practices, with the team showcasing the use of Salit low-cholesterol cooking oil, another Pwani Oil brand. Meals prepared on the day

included demonstrations of cooking with Salit to encourage low-fat food preparation, a point of interest as institutions look for ways to support wellness through diet.

In addition to the educational objectives, the initiative sought to create a sense of community between the private sector, healthcare professionals, and correctional institutions, aligning with broader national goals of health promotion and rehabilitation.

Representatives from the Kenya Progressive Nurses Association noted that these outreach efforts, though limited in scale, complement institutional healthcare systems and reinforce public health messaging.

Cleanshelf Supermarkets also played a key role in the initiative, supporting logistical coordination and providing supplies to participants. The retailer affirmed its commitment to corporate social responsibility programs that promote community welfare.

Hotel Review: Allamanda Boutique Hostel, Diani

A new boutique hostel in Diani Beach, Kenya offers character, comfort, and excellent value in a beach town where prices have soared!

Diani Beach, Kenya, is one of those places where hotel prices have steadily climbed, making budget-friendly options increasingly rare. So when you stumble upon a new boutique hostel—clean, comfortable, and inviting—with an opening rate of just Ksh 1,700 (B&B) for a mixed dorm, it’s a breath of fresh air. Allamanda Boutique Hostel breaks the mold of traditional Diani hostels and backpacker stays.

Located in Galu, directly opposite the luxurious Almanara Boutique Hotel & Villas off Sunset Road, Allamanda features eight private rooms, a mixed dorm, and a female-only dorm—each designed with comfort, simplicity, and a splash of coastal charm.

The space cleverly reinvents the typical hostel experience. There’s an outdoor bar, games area, lounge space, and even

dogs and pets allowed, lending the property a relaxed, pub-like vibe. Despite its laid-back feel, the hostel doesn’t compromise on aesthetics.

The rooms are tastefully curated: modern artwork, white and blue vinyl-accented walls, antique décor, and eye-catching macramé pieces elevate the interiors. Diani’s leading travel planner and tour agent, Eve Njambi of Explore With Eve, puts it best:

“You can tell the design and thought that went into the space comes from someone who’s experienced hostel life firsthand.”

Guests can prepare their own meals or hire a private chef for Ksh 2,500 per day. Meals can be enjoyed wherever you please—at the bar, in the garden, in the lounge, or around the communal dining table near the kitchen.

Allamanda is designed with the modern young traveler in mind. It offers a warm, social space for guests to unwind,



meet others, and reconnect with nature. It’s the kind of place where you can wake with the sun, stroll to the beach, and ease into the unhurried rhythm of coastal living.

The beds are solidly built, the mattresses thick and

firm, and the whole place is immaculately clean. Every room has personality. Every corner feels intentional.

Shilling-for-shilling, dollar-for-dollar, pound-for-pound — Allamanda Boutique Hostel offers superb value.

Skal International Kenya



Skal International Kenya Coast recently celebrated its 53rd anniversary with a cake-cutting ceremony at Tamarind Restaurant. The event was attended by notable figures, including ¹: Club President Janet Chamia, along with the club’s entire Executive team Skal Kenya National President*: Maureen Ogola Skal Nairobi President*: Dan Umberto CECM Trade, Investment & Tourism Mombasa County*: Mohamed Osman Chairman, Tamarind Group*: Martin Dunford Skal International Kenya Coast has been actively involved in local initiatives, such as monthly beach cleanups, under Janet Chamia’s leadership. The club’s commitment to sustainability and community engagement is reflected in its involvement with Skal International’s Sustainability Committee As part of the Skal International network, Skal Kenya connects travel and tourism professionals worldwide, offering benefits like business development opportunities, social events, and networking



AUGUST 2025

Coast Volleyball League 2025



How Verstappen set the fastest lap in F1 history



It came about through a confluence of circumstances.

The current cars have less drag than those in 2020, so are faster on the straights, and at Monza cars spend longer at full throttle than anywhere else.

On top of that, Monza was resurfaced before last year's race, and the new surface has more grip than the old, worn-out one on which Hamilton set the previous record.

Verstappen said: "Honestly, I didn't even think about that when I crossed the line, but it's nice. It didn't feel too bad. The cars have been fun.

"They are pretty decent in the high speed (corners). They're quite quick in a straight line.

"Of course, the low speed (corners), that's where we lose out compared to the previous generation (of cars). And yeah, on some tracks you can do these lap records now.

"Also, the new Tarmac helps around here, kerbing (too). Like, the kerbs opened up a little bit.

"I think the 2020 Mercedes is still quicker if you would put it on the track now, but it's been good. At some tracks it's more fun than others."

The fastest of the fast

Verstappen's time is the latest in a long line of fastest-ever laps, many set at Monza. Before Hamilton, Kimi Raikkonen held the record with his pole for Ferrari from 2018.

That beat the previous record that had stood for 14 years - a lap Colombian Juan Pablo Montoya set in a Williams with a V10 BMW engine in 2004 at an average speed of 162.95mph.

Some in F1 still get misty-eyed over the sound of those V10 engines, which were naturally aspirated, so the noise was not reduced by turbos or hybrid systems, or both as now, and revved to 20,000rpm.

This is partly what is behind the current push off-track from FIA president Mohammed Ben Sulayem for a return to naturally aspirated engines - on which there has been a development this weekend in Italy.

Montoya first returned the record to Monza in 2002. Before that, the fastest ever lap was an iconic performance from Keke Rosberg in a Williams at the 1985 British Grand Prix, the last race on a long-lived Silverstone layout, which was the first to break the 160mph barrier at 160.938mph.

Remarkably, the Finn, the 1982 world champion, performed that lap on a rear tyre that was developing a slow puncture.

It is unlikely Verstappen's record will be broken for some time. Next year sees the introduction of new chassis and engine rules and the cars are expected to be slower than currently by about a couple of seconds a lap - although they may well be faster on the straights.

Verstappen has not won since the Emilia-Romagna Grand Prix in May.

One might have expected the four-time champion to be pessimistic of turning this into a win, as the McLaren has generally had a much bigger advantage in races this year than in qualifying, because it is so good on its tyres.

But Verstappen was relatively optimistic after qualifying.

"I don't sit here and think it is going to be easy to be in front of McLaren," he said. "The whole season has shown that.

"This season we have had a few good qualifying but in the race we always seem to struggle a little bit compared to them.

"I am going to give it a good go. Friday, my long run was nice. I'm not sure it is going to be enough but if we can do something similar and they don't improve too much then I have a feeling that maybe we have a chance.

wh@ts on mombasa & coast - event guide AUGUST 2025 - all data without warranty - www.whats-on-mombasa.com

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SHOWCASE LIVE ACTS	SHOWCASE LIVE ACTS
Tuesdays Safari Inn Shanzu Serena Rd Maranda & Band	Fridays Club Golden Gate Mtwapa Ricky Mulolo & Idologia Intern. Band	Sundays The New Big Tree Bamburi Beach Mombasa Roots Band	Saturday 09 08 Butterfly Pavilion Mombasa Brunch Til'dawn	Saturday 16 08 Nomad Beach Bar Diani Beach Live Music with Kevin Munyi
Wednesdays Blue Marlin Restaurant Mombasa Rhumba Party with Ricky Mulolo & Idologia International Band	Safari Inn Shanzu Serena Rd Jambo Africa Band	Maasai Utange Amitie Musica Live On Stage	Kesra Gardens Nyali Park & Vibe Presents Wyre Live In Mombasa	Moonshine Nightclub Nyali Afro Carnival with Official Mjaka Ken Mafioso Mista C Saul Bucho DJ Lenium DJ Warda DJ Envy The Great DJ Lenium DJ Kidd Jade The D
Sky Lounge Bamburi Julio Diatos with Big Band	Screenshot Lounge Mtwapa Live Band Fri with Faces Of Africa Band	FESTIVAL	Prideinn Flamingo Beach Resort Shanzu Beach Old School Bongo Concert With A Touch Of Kenyan Classics Edition 5 with Jua Cali Rubeka DJ Shinah Jaka Black BM Shaxxy DJ masha DJ Ronyle VJ Chris DJ Lenium Sir Ric	Saturday 23 08 Kiembeni Pefa Church Tukuza The Band Launching
Yacht Lounge Mtwapa Rhumba Night with Ambro La Musica	Saturdays	Saturday 16 08 Mamba Village Links Rd Nyali Mombasa Colour Festival	Saturday 16 08 Pirate Beach Park Mugithi Saturday with DJ Giant Prof Kalash	Sunday 24 08 Kiembeni Pefa Church Tukuza The Band Launching
Thursdays Kusini Tavern Kilifi The Muziki Band	Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band	ART EVENTS & EXHIBS	www.whats-on-mombasa.com	Saturday 30 08 The Tamarind Restaurant Mombasa L-Boogie All-White Old School Affair with DJ Adrian DJ Frankee Walker
Club Mios Bamburi Ambro la Musica Live	Maasai Utange Amitie Musica Live On Stage	04 07 to 25 08 Fort Jesus Mombasa Swahili People's Life In The Early 1900s		
Thursdays Kusini Tavern Kilifi Live Band	Sundays Kusini Tavern The Muziki Band	23 07 to 22 10 Peponi Hotel Lamu Art Exhibition by Ismael Kataregga		

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SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	ART EVENTS / EXHIBS	TENNIS
Saturday 09 08 The Alchemist Westlands Circus In The Wild West	Sunday 17 08 The Garden Hotel Kasarani Chills And Breeze	Saturday 30 08 The Carnivore Simba Saloon Back & Forth - Rhumba Edition with Les Wanyika Band Bana Mazembe Band DJ Marto Sibuur DJ Vic	14 07 to 18 08 Ceatives Gallery @ Nairobi National Museum Janam The People Of The Lake by Marius Frank Ajuma	04 to 15 08 Sadili Oval Sports Academy Langata East Africa Safari Junior Tennis Camp
Ballpoint Social Club Acoustics & Beats Femme Fusion	Friday 22 08 Druids Lounge Kangundo Rd Ohangla Night with Tony Nyadundo	Sunday 31 08 Safari Bowling Green Restaurant City Park Parklands A Live Band Open Mic, And A Featured Poet	23 07 to 22 08 Circle Art Gallery Paintings For An Anxious Age by Sybilla Martin	COMEDY
Friday 15 08 Small World Country Club The Almarized Experience - Hidden Gem #003	The Radix Hotel Karen LA FIE\$TA	Saturday 23 08 The Carnivore Simba Saloon Maridadi fashion Week	Saturday 30 08 Trademark Hotel Limuru Road A Contemporary Art Affair: Emerging African Voices	Tuesday 12 08 Nairobi CBD Nairobi International Comedy Festival
The 1865 Pub Karen Village Benga & Beyond with Benga-Captain OdeQ & Tamasha Beats Band	Saturday 23 08 Vibanda Village Not The Plan Fest	FASHION & BEAUTY	Karen Village Ngong Rd Art Exhibition	COMEDY
Terminal 4 Lounge Kiambu Toxic Love Night with Samidoh VDJ Sizlaa	Friday 29 08 KODA Nairobi Kenrail Towers Friends Of Mongoma with Afula Kamushez Tina Ardor Mr. Arkiteck	Saturday 16 08 Best Western Plus Meridian Hotel East Africa International Fashion Week	DOGS	Saturday 09 08 Braeburn Theater Gitanga Road Because You Said So: Wuuehh!
Saturday 16 08 KODA Nairobi Kenrail Towers Koda Presents Hyenah with Hyenah Foozak Vidza Tina Ardor Rheina Breathrenn Scalarbane Ng'at Maler Mawe	Saturday 30 08 HMP Lounge & Venues August Hangout Masquerade Edition	Saturday 23 08 The Carnivore Simba Saloon Maridadi fashion Week	JOIN OUR WHATSAPP CHANNEL	Tuesday 12 08 Nairobi CBD Nairobi International Comedy Festival
Nomad Platinum Lounge Kitengela Mugithi Night with Josse Gatutura	Muze Club Westlands Ghedibae	THEATRE	STAY UP TO DATE WITH OUR SHOWTIMES UPCOMING MOVIES AND SO MUCH MORE..	CONCERT
		15 to 17 08 McMillan Memorial Library John Sibi Okumu's Elements	SCAN HERE	Saturday 16 08 Braeburn Schools Gitanga Road Nanjala's Sonic Seance

FORTHCOMING ATTRACTIONS

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SCAN HERE

AI TOOLS TRAINING COURSE

AI TOOLS	FUNCTION	USE CASES
1. ChatGPT (OpenAI)	Text generation, planning, code help	Essays, lesson plans, problem-solving
2. Claude AI (Anthropic)	Long document analysis, safe reasoning	Reading long PDFs, writing reports
3. DALL-E (OpenAI)	Text-to-image generation + editing	Art, design, educational visuals
4. GitHub Copilot	AI code assistant for dev environments	Auto-complete code, bug fixes
5. Wolfram Alpha	Advanced computations and data answers	Math, physics, finance, stats
6. Perplexity AI	AI-powered research engine with citations	Research, summaries, academic queries
7. Notion AI	AI in note-taking and planning app	Auto summaries, task tracking
8. Elicit.org	Research assistant for literature review	Finding papers, data structuring
9. Canva AI	Design assistant inside Canva	Social media graphics, flyers
10. Copy.ai	AI for marketing content generation	Ad copy, product descriptions
11. Quillbot	Paraphrasing and grammar checker	Rewriting essays, fixing grammar
12. Runway ML	AI-powered video editing & visual effects	Short films, automatic video editing
13. Khanmigo (Khan Academy)	AI tutoring for students	Math help, personalized study support
14. Replit Ghostwriter	AI code writing and explanation	Building apps, learning programming
15. Google Gemini (Bard)	AI assistant for writing, search, coding	Google Docs, content generation
16. Synthesia	Create videos using AI avatars	Corporate training, explainer videos
17. Google Analytics + AI	Tracks website data, offers insights	Digital marketing, business analysis
18. Tidio / ManyChat	AI chatbot builders for websites/social	Automating support, lead generation
19. Gamma.app	AI presentation & document creator	Instantly generate clean, engaging slides

