

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

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Anant Pandya Award 2025



MOMBASA SATURDAY CLUB - FOUNDING SATORDIAN MR. ANANT PANDYA YEARLY AWARD 2025 TO MR. RISHI ARUN PARIKH OF MOMBASA.

On Sunday 21st September 2025 the Saturday Club of Mombasa; hosted the Prestigious Annual Anant Pandya Nite at The Mombasa Club famously known as Chinni Club thats located next to Fort Jesus, Mombasa. During the colourful event, Mr. Rishi Arun Parikh was awarded the Prestigious Anant Pandya Awardee for his outstanding social services accorded to him on behalf of the various Communities of Mombasa in various and numerous social aspects; which was also duly recognized by the Executive Saturday Club Management for his kind valuable and selfless contribution towards the welfare of the Kenyan Citizens in Mombasa and Coast. His work was recognised in Education, Media, Social Services, Criminology & Security, Community Policing / Patrolling, Waterpan / Borehole Projects, Feeding the Needy Programs, Medical Camps, Youth Empowerment Programs, Local Area Leadership, County / Coast Disaster Management & Response, County Traffic Management Solutions, Mental Health Aid Initiatives, Sanitary Pad Distribution, Girl Child Education Programs, Sporting Events, Wildlife Nature Conservancy Projects, Prisons Correctional Initiatives for Young Boys and General Socio Political Engineering Initiatives in various Gazetted Positions. Mr. Rishi Arun Parikh duly acknowledged the Award with great pride and thanked the Chairman Mr. Rao and the Saturday Club of Mombasa fraternity and membership for their kind gesture and rightful acknowledgement.



WILDLIFE PHOTO

By Rakesh K



PHOTO STORY



On the 3rd of October 2025 , their was a Zefe of Moons area , followed by Mulid , the zefe started at 4.30pm , when round Tononoka, Stadium and back at Moons by 6pm .

Farewell to an Enigma

RAILA ODINGA

FOREVER IN OUR HEARTS



HAPPY Diwali

FESTIVAL OF LIGHTS



NEWS

Govt to cover health fees for 2.2M vulnerable Kenyans



The government will pay Social Health Authority (SHA) contributions for more than 2.2 million Kenyans from vulnerable households, President William Ruto has announced.

Saying healthcare is a right for all and not a privilege for a few, the President pointed out that the government has made an irrevocable commitment to deliver universal healthcare for all Kenyans.

“Today, we have taken another significant step in fulfilling that pledge,” he said.

In the new SHA sponsorship programme, the government will pay for more than 2.2 million vulnerable Kenyans who will access medical care, including specialised services.

President Ruto also pointed out that the government will continue identifying more vulnerable citizens for support, ensuring they benefit from a healthcare system that is

robust, responsive, and truly equitable.

The President made the remarks when he launched the SHA Sponsorship Programme for vulnerable households at State House Nairobi on Friday.

Pointing out that the SHA contributions are equitable at 2.75 per cent of income, he said this has helped raise more funds to offer services even for those who do not have the ability to pay.

Unlike the defunct National Health Insurance Fund, which covered those who could afford and those who were in employment, President Ruto said SHA is for all Kenyans.

During the function, the government handed over a KSh4.4 billion cheque to SHA to cater for vulnerable citizens.

Pointing out that many partners are supporting vulnerable households to pay for SHA, President Ruto commended governors and MPs who have committed resources in the health

endeavour.

He cited Governors Gladys Wanga (Homa Bay), Irungu Kang’ata (Murang’a), Abdullswamad Sheriff Nassir (Mombasa), Mahmoud Mahmoud (Marsabit) and Issa Timamy (Lamu).

He also thanked MPs Odiwuor Jalang’o (Lang’ata), Naisula Lesuada (Samburu West), Eve Obara (Kabondo Kasipul), David Gikaria (Nakuru Town East), Janet Sitienei (Turbo) and Kareke Mbiuki (Maara).

President Ruto said the government has made a “deliberate and conscious decision” to ensure all Kenyans get access to healthcare.

“We want a country that works for all of us irrespective of our social backgrounds. We all matter,” he said.

Once again, the President warned against health facilities demanding payment for outpatient services at dispensaries, health centres and sub-county hospitals.

“Citizens should not pay for outpatient treatment at dispensaries, health centres or sub-county hospitals because the government pays for primary healthcare,” he said.

He said a number of measures have been taken to improve health services, including equipping of all hospitals across the country.

Other measures being implemented in the health system, President Ruto said, are ensuring all health facilities have drugs round the clock, hospitals embrace digital services and biometric identification of patients and hiring of qualified health personnel, including Community Health Promoters and UHC staff.

Health Cabinet Secretary Aden Duale said 25 counties have gone digital on digitisation of services, pointing out that the remaining 22 are in process of going paperless.

President Ruto receives credentials from nine new envoys



President William Ruto received credentials from eight newly-appointed ambassadors at State House Nairobi on Wednesday.

The envoys who presented their credentials were Ambassadors Farid Ouahid Dahmane of Algeria, Katalin Nyirati (Hungary), Catherine Moe (Norway) and Yurii Tokar (Ukraine).

Others were Ambassadors Gisele Fernández Ludlow of Mexico, Hatem Yousri Hosni (Egypt), Kristina Radej (Slovenia) and Abdusalom Khatamov (Uzbekistan).

At the ceremony, President Ruto welcomed them to Kenya and wished them well in their new responsibilities.

He assured the envoys that

the Government of Kenya would work closely with them to boost cooperation and stronger relations between Kenya and their respective countries.

“My very best wishes as you take up your responsibilities,” he said.

On their part, the ambassadors assured the President that they would endeavour to promote trade and investment, development cooperation and cordial ties between Kenya and their nations.

Deputy President Kithure Kindiki and Prime Cabinet Secretary, who is also the Cabinet Secretary for Foreign and Diaspora Affairs, were among senior government officials at the ceremony.

PHOTO STORY



Prime Cabinet Secretary spouse and the Ushiriki Wema Patron Tessie Musalia in company of Mudavadi Girls' High school-Madzuu in Vihiga County chief Principal Jenipher Otolo lead students in planting fruit trees at the school farm on October Friday 10th as they participated in a nationwide tree planting exercise to mark Mazingira Day. This year's theme was: Citizen-Centric Tree Growing and Environmental Stewardship. Tessie also led learners at Chekombero Special school for the hearing impaired in the county in a tree planting drive.

Pres. Ruto hands KSh2.65B to KTDA from collapsed banks

President William Ruto has handed over to the Kenya Tea Development Authority (KTDA) KSh2.65 billion recovered from collapsed banks.

The money, recovered from Chase Bank and Imperial Bank that collapsed with farmers' funds five years ago, is now being returned to tea growers across the country.

Through the Kenya Deposits Insurance Corporation, tea farmers are being compensated for the loss occasioned by the collapse of the two banks.

Addressing representatives of more than 600,000 tea farmers at State House, Nairobi on Thursday, President Ruto told the managers of KTDA to ensure the money reached farmers.

"Please, this money must get to the farmers," he said.

Citing the achievements of the government in the agricultural sector, the President said prices of tea have been increased in the past two years, thanks to reforms introduced in the sub-sector.

President Ruto said his

administration has placed agriculture at the very heart of the country's national transformation agenda, saying it remains the pillar of the economy.

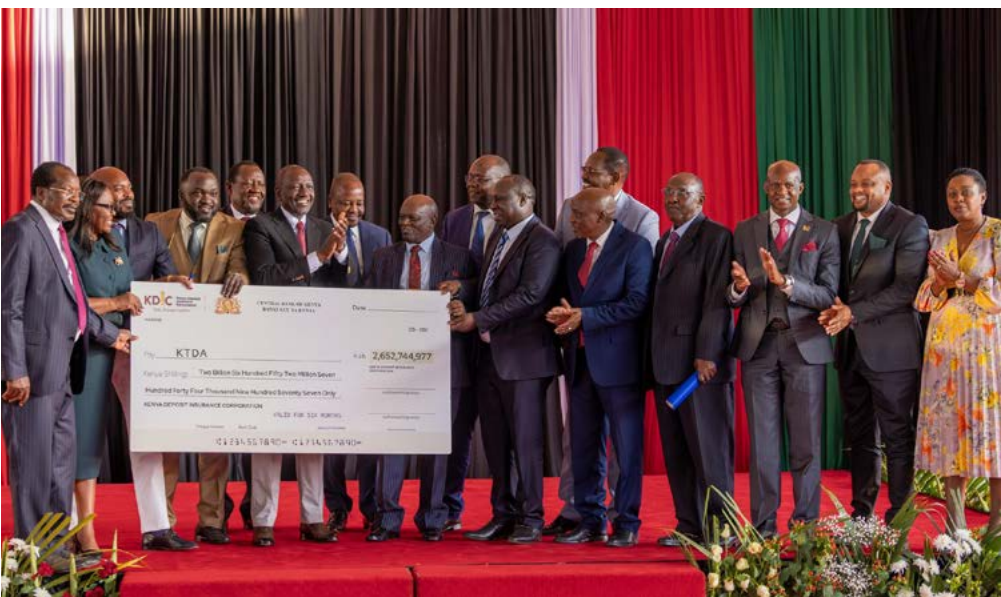
Agriculture, he pointed out, contributes nearly half of the country's GDP, creating millions of jobs, driving exports, and ensuring food security.

"Through bold, deliberate and targeted reforms, we have registered 6.5 million farmers, distributed 21 million bags of subsidised fertiliser, dismantled cartels, streamlined sector management, opened up new markets, and expanded support systems," he said.

The President explained that the impact of the reforms in agriculture are visible across the sector, with tea standing out as a powerful success story.

He said tea earnings have risen from KSh138 billion in 2022 to KSh215 billion last year, adding that it was possible to push this to KSh280 billion by 2027.

"Prices have risen from an average of KSh51 to KSh64 a kilo, while export earnings



have surged from KSh138 billion to Sh215 billion. With continued value addition, the modernisation of factories and branding of tea, we project that earnings will reach KSh280 billion in two years," President Ruto said.

At the same time, the President pointed out that there would be no going back on the digital procurement of government goods and services, saying it will be

implemented to prevent corruption and the theft of public funds.

He explained that the e-procurement platform is a cornerstone of the government's strategy to enhance transparency in the procurement of goods and services.

He hit out at those opposed to e-procurement, saying they benefit from the inefficiencies of the current manual

processes.

Emphasising that no amount of resistance would deter his administration's plans, he warned that officials unwilling to adapt to the digital platform should resign.

"We lose 40 per cent of government money through procurement. That's why we must embrace e-procurement by all means," the President explained.

He said time had come for

the public to be informed through a publicly available digital platform what was being supplied to the government and at what cost.

"We are putting e-procurement in place so that everybody can know how much an item was bought for and who sold it to the government. This is part of transparency and accountability," President Ruto said.

Agriculture Cabinet Secretary Mutahi Kagwe commended Parliament for its commitment to addressing issues affecting farmers.

KTDA Chairman Geoffrey Kirundi thanked the President for his intervention that had led to the recovery of KSh2.65 billion that would now be returned to the farmers.

"Without your intervention, we could not have gotten the money," Mr Kirundi said.

Senate Agriculture and Livestock Committee Chairman David Wakoli, his National Assembly counterpart John Mutunga and Kenya Deposit Insurance Corporation CEO Hellen Chepkwony also spoke at the meeting.

Food Donation

On Saturday 6th Sept 2025, LCM Bahari visited Islands Muslim Girls Orphanage in Nyali. The orphanage is home to 40 underprivileged & orphaned girls aged 1 year to 12 years.

The orphanage was blessed with a food donation thru W-Foundation, Canada, in liaison with LCM Bahari, from parents of a 4yr old boy who requested to celebrate his birthday of 28th August by sharing with other children in orphanages.

The foodstuff consisted of rice, maize meal, green grams, porridge flour, sugar, dates, 10ltrs cooking oil, 10kgs washing detergent & others

The girls were very thankful & sang thanksgiving prayers, which were recorded to be sent to the young boy who was *United in Service* with other children in Africa.



Food Donation Activity

Saturday 13th September
for 40 Girls at Island Muslim Girls Orphanage



CEO gets honey bee sting therapy



Bellafam's Founder and CEO Stephen Kimani gives his counterpart at Ahadi Kenya Trust Stanley Kamau a honey bee sting to experiences the healing power of bee venom apitherapy in Murang'a town during the launch of Murang'a Young Professionals (MYP) attended by 1500 local youth. MYP aims at bringing youths together for mentorship and networking. Apitherapy is an ancient practice, rooted in Egyptian and Chinese traditions that harnesses the potential of honeybee products like honey, bee venom, and propolis to offer a holistic approach to overall well-being.

HEALTH

Why Buy Harm?

Written by SAFIA
MOHAMED BASHIR

Walking around the streets we see many homeless, needy and destitute people. No shelter, no clothes and no food, all they are left to, is begging – a day’s meal is what they long for. On the other hand, there are others who are prosperous or have enough and are buying “harm”. These people come from respective and well-educated families. How funny, do we call it ignorance, arrogance or stupidity. In my point of view, its stupidity. A person who is sane of mind cannot willing buy harm for oneself. Just because this harm has become common in social and recreational settings, it does not mean that it is safe.

By “Harm” here I refer to vape pens/shisha, miraa (khat), mawo, weed, energy drinks and other substances of abuse. Merely drugs. When we hear the word “drugs”, we often think of substances like heroin, cocaine or prescription medicines. However, a drug is any substance other than food, that changes the way the body or mind works. By this definition, vapes, miraa, mawo, weed and energy drinks all qualify as drugs - usually referred to Psychoactive drugs. These drugs alter the brain’s functioning, affecting mood, perception and consciousness. Every purchase of these substances is not just a lifestyle choice—it is an investment in long-term harm for a few minutes of excitement, relaxation, alertness, improved mood, reduced tiredness, increased confidence and euphoria. All of them bring short-term pleasure, stimulation or relaxation, while the health risks and chances of dependence are long-lasting. Hence, this person should be insane to waste ones earning on purchasing harm- this does not only affect oneself but the family and children. They willing invest in future misery.

As for those who are ignorant; below I have highlighted the ingredients of these drugs and the harm they cause. I sincerely hope and pray, by reading these health hazards majority of those using them will put in serious effort to abstain.

Vapes - Vapes (e-cigarettes) are just like cigarettes - contain nicotine, propylene glycol, vegetable glycerin and



various flavoring chemicals. Some also release heavy metals from the heating coils. Nicotine is highly addictive and increases the risk of heart disease, high blood pressure, and lifelong dependence. A particularly serious condition linked to some vape flavorings is “popcorn lung” (bronchiolitis obliterans). This irreversible disease scars the small airways of the lungs causing chronic coughing, wheezing and breathing difficulties.

Miraa (Khat) - Miraa contains the stimulants cathinone and cathine which act like amphetamines. While users may chew it for alertness its harms are clear: insomnia, anxiety, digestive issues, tooth decay and gum disease. Long-term use increases the risk of high blood pressure, heart disease and it can also affect mental health stability.

Mawo - Mawo is a mixture of tobacco (nicotine) and betel nut (arecoline) often with lime or flavorings. Both substances are addictive.

This mixture is strongly linked to oral cancers, gum disease and tooth loss. Over time, it also raises the risk of cancers of the mouth, throat and digestive tract as well as cardiovascular illness.

Weed (Cannabis/Marijuana) contains THC (tetrahydrocannabinol - the drug that makes people “high” Euphoria). It is Plant based - Dried leaves, flowers (buds), stems, seeds. It can be smoked, vaped, eaten, or brewed; but carries serious risks for the brain including anxiety, paranoia, panic attacks (in some users), poor memory, reduced motivation, learning difficulties (especially in teens). For the lungs,

chronic cough and bronchitis, while mental health issues include risk of depression amongst others.

Energy Drinks – Energy drinks may give a quick “rush,” but they overload the body with caffeine and sugar leading to serious health risks. Continuous use of energy drinks can seriously harm the body. The high caffeine levels strain the heart, increasing the risk of high blood pressure, irregular heartbeat and even heart attacks. The excess sugar contributes to weight gain, tooth decay and diabetes. Over time, the body can become dependent on caffeine leading to withdrawal headaches, constant fatigue and poor concentration without the drinks. Worst of all, poor sleep from overuse weakens memory, focus, and overall mental health.

For the young generation – the GEN Z – these kids are usually proud of doing acts that initiate excitement. Do something productive, but do not harm yourself in name of being cool, trying once, not to be left out or being a GEN Z. Do not attempt to try these drugs and be proud of causing harm to yourself. Your life has just begun, do not start planning an end for it. Study, pray and work hard. If stressed use other ways of relieving the stress. Exercise or gym are better healthier options. Make sure to have a good friends circle who support your growth. Engage yourself in productive activities like community volunteering services, some online business, learning new skills or languages. An active mind and body leave little room for destructive habits.

Focus on your education and career goals which will be a long-term benefit. Be well aware of the risks these drugs cause; keep off and encourage your friends to keep off.

For the older generations, who are well to do, then please do not waste your money buying these, instead assist the needy and the destitute, give in charity and use your money wisely. For those who are highly addicted to these drugs, seek medical advice, adopt healthy habits like exercise and meditation.

Yet again there are those who have fallen prey to these habits due to peer pressure. Sometimes they may not have enough cash to buy the drug, end up in borrowing money from friends to enjoy those few hours at the expense of family meals. Refrain, its all in your hands and mind. Think for yourself and take responsibility of your health and your life.

In conclusion these drugs cause more harm then good, waste of money, firstly buying them for consumption and then later large amounts needed for treatment. The pain and agony caused is at another level, for the user and the family.

Many people have lost their lives to these drugs, love yourself and do not intentionally buy harm with your own hands. However small the puff, sip or chew may be, but each is a step towards harm. Do not attempt.

Drugs are the only purchase where you pay with money—and lose your health, money, dreams and future in return. Then why buy harm?”

MOBILE: 0718 853 335

PHOTO STORY

Bar



Wishing you all a happy World Tourism Day 2025 from Mombasa’s Oldest Bar at 117 years! Kilindini Bar A.C.De Souza & Co. The iconic historical bar that hosts Tourists from all over the World.

Standard chartered Nairobi marathon sponsorship



KWAL Head of Marketing Dr. Senorine Wasike (right), Senior Brand Manager-Beers Prudence Mutembei (Centre) present a Ksh. 10 million sponsorship cheque for the 21Km run in upcoming Standard Chartered Nairobi Marathon, to the Standard Chartered Head of Brand & Marketing Kenya Neema Gitau during sponsors breakfast at Carnivore Simba saloon in Nairobi on Thursday October 2nd, 2025. The Marathon will be held on October 26, 2025.

KASIB Cryptocurrency



From left to right: Pierce Vaughn, Seth DuBois, both from Chainalysis, Naomi Ducat from the U.S. Department of State, and Dominic Mutinyu from the Kenya Association of Stockbrokers and Investment Banks (KASIB) in a discussion during a two-day Cyber Security Workshop on managing crypto risk for Africa’s cryptocurrency community organized by CRDF Global and sponsored by the U.S. Department of State in Nairobi on Thursday September 11th, 2025.

The Father Of Mother Nature



By Fahmi Basalim
Founder EMOTIVE

Life is an existential parable that raises more questions than answers. Its origin and destination are fascinating yet equally frightening. We find ourselves yearning to unravel the fabric of creation from evolution to present living. It is mind boggling how we traverse to the ends of earth in search of meaning and purpose. Laden with curiosity, we train a handful of astronauts to blast off to open skies in risky expeditions to discover the unknown. Mankind has always been captivated by the mysteries of time and space. Our journey of discovery leaves us wandering aimlessly in the mirage of fallible existence.



Civilizations came and went in bygone eras like giant waves serenaded by sandy shores. What is left is anthropolatry personified through erection of iconic statues meant to impose a semblance of victory and posterity. The timeless quest for supremacy and mortality is forever endearing to those of greed and ambition. Power is alluring to the elite seeking to assert total dominance. Alas! Perennial wars are a direct product of a cauldron of repressed anger from loss of power, fame and glory. It is evident these lofty aspirations are unattainable by mere mortals who easily fall prey

to malice, disease and mental affiliations. It is a futile race bound by time with the finish line marked by our untimely demise. Dreams transcend human expectations to cross virtual boundaries and reach enchanting destinations. The climax of the wandering mind is shattered by an abrupt awakening. Concurrently, reality knocks hard on the door of subconscious. Just like an intruder, it enters uninvited and rummages through our cognitive disposition. We struggle in our attempts to decipher the essence of self and environment. What is our role in the circle of life? Who

holds the keys that unlock our memorable past, bustling present and untold future? Mother nature is spectacular in adorning our world with richness of flora and fauna. Mountains and valleys usher in breathtaking landscapes that beckon lush and exotic scenery. Where sparkling rivers steadily flow into vast azure blue seas. Do these ecosystems exist on their own merit and terms? If mother nature is credited for these topographical marvels then surely her "Father" reigns mighty and supreme. We are left to ponder as to who engineered species and human intelligence. Who controls the perpetual dawn of days and onset of nights? In the absence of a higher authority, how can the measure of accountability and the scales of justice prevail? Certainly, we should fathom that a supernatural and enigmatic entity exists. He has to be absolute without rivals or partners to avoid conflict of interest, maintain harmony and divine equilibrium. One who holds infinite powers of creation, life and death. The bestower of health, wealth and sustenance. He is God, the master of universe and architect of fate and destiny. Indeed, there is plenty to mull over as we acknowledge our vulnerabilities and anticipate meeting our maker in a grand and final day of reckoning.

Motivation Corner



By Fahmi Basalim
Founder EMOTIVE

- Inhale positivity and embrace reality. Exhale negativity and deflate adversity.
- Walk barefoot in the path of life. The imprints of your struggle will lead you the destination of achievement.
- An inquisitive mind is a factory of intellect. It

- queries the conventional and broadens horizons.
- Build your character with universal values of good etiquette and honesty.
- Appreciation will come from those who see your true worth. The blind will always judge without moral authority.
- Success is a product of countless attempts, trials and failures.
- Empowerment is a transformative tool that turns ordinary people into extraordinary leaders.
- Your past journey matters as it drives your present ambitions and provides you with a roadmap of lessons for the future,

Mental Health Service Week & World Service Day activity with DG Of District 411a.

The Lions Club of Mombasa Bahari proudly celebrated the Lions International Mental Health Service Week (4th-12th October) which is also World Mental Health Month, in conjunction with the Lions World Service Day observed on 8th October 2025. The club held its joint activity on Friday, 3rd October 2025, at the Mombasa Women Empowerment Network – Mental Rescue Unit, which currently houses 162 mental health patients supported by 24 dedicated caregivers. A total of 13 Lions members and 4 non-Lion volunteers (Community Health Providers) participated in the service activity. The program commenced with the planting of three fruit trees, followed by the screening of documentary videos highlighting patients' progress and recovery stories. Members were then taken on a guided tour of the facility, viewing the various rehabilitation and vocational training programs available to



the residents. The club made a donation of assorted foodstuffs to support the center's ongoing care efforts. The day concluded with joint cultural dances and entertainment involving both patients and Lions, followed by a communal lunch. Each participating Lion and volunteer dedicated four hours of quality service time during the visit. The event was honored by the presence of District Governor Lion Ambassador Simon Njoroge, accompanied by his spouse, First Vice District Governor Lion Inderjeet Singh Main, Region Chairperson for

Mombasa Clubs Lion Rashida Pirbhai, District Officer for Disaster, Lion Tony D'Silva, and Assistant Cabinet Secretary Lion Dr. Margaret Stower. This was a heartwarming & impactful activity, successfully promoted mental health awareness, combated stigma, and reinforced the Lions' core belief that every individual deserves dignity, compassion, and equal opportunity regardless of circumstance. We say a big THANK YOU & CONGRATULATIONS to our Convenors Lion Mary Mwami & Lion Kamaljeet Kaur and their teams. It was an excellent activity and an eye opener.



HISTORY

Saturday Club

The second World War had ended. People of the world were enjoying the blessings of peace again and were rediscovering tranquility and the year 1947 has ushered. A few young men had returned from their studies in lands far off. In their heart there was that youthful urge of creative activities.

The Rotary Club of Mombasa was already in existence and was the first club of Rotary International who invited membership of young men from all races and religion even though it was sponsored from the Rotary Club of Nairobi within the Rotary District No: 51 from South Africa which had then a pure racial system of APARTHEID.

Mr. Anant J. Pandya, belonging to a very prominent family in Mombasa had also returned from India after qualifying as a Barrister-at-law, had his membership invitation to the Rotary Club of Mombasa refused. Mr. Anant Pandya was very much disheartened by this and thought of forming his own club.

He and a few of his friends used to meet over a glass of beer every Saturday at the then known place as ANCHOR BAR, on Kiliindini Road. This is where he proposed the idea of forming their own club on the basis of Rotary. The idea was accepted and because they used to meet every Saturday, the Club was known as THE SATURDAY CLUB OF MOMBASA. Thus, the club was officially constituted, confirmed and launched at a meeting on 22nd March, 1947 with 10 members and Mr. Anant Pandya as its first President. The first speaker at this meeting was Dr. S. D. Karve. The 10 members present listened to him

with joy and happiness with Sat. Anant Pandya, the first President, thumping a spoon on the table thanked the speaker and the infant club came into existence.

The club started moving rather very fast, as the founder President appointed his Hon. Secretary and the Publicity Officer to structure the club and started having meetings of his managing committee where the matters of putting the club on its firm foundation were discussed and adopted. The membership started growing, but this membership was restricted to male members of the society who had to be between the age of 21 to 40 as President Anant Pandya wanted the Saturday Club to be a training ground for future leaders of good standing in the society and have the urge to serve the community at all levels and the reason it was called THE UNIQUE CLUB.

The following were the 10 founder members of the Saturday Club:

Mr. A. J. Pandya, Mr. N. C. Mandalia, Mr. C. A. Patel, Mr. D. P. Shankardaas, Mr. D. D. Doshi, Dr. I. S. Patel, Mr. U. K. Doshi, Mr. M. R. Hosangady, Mr. C. J. Patel, and Mr. V. K. Doshi.

Once the Club was settled down, the members adopted the ASHOKA CHAKRA as its emblem and UNION IS STRENGTH" as its Motto.

By the year 1963, the Club was thriving with its membership and the service to the community, especially in the field of education. The Club had given bursaries to the needy students of community for primary and secondary education, and by this time President Sat. Anant Pandya had also been invited to join the fellowship of Rotary

Club of Mombasa of which he was later nominated as the District Governor of District 920 for the year 1965-1966. This District was the largest district geographically consisting of countries Kenya, Uganda, Tanzania, Ethiopia, Djibouti, Zambia, Zimbabwe, Mauritius, Seychelles and the Re-Union Islands.

The year 1972 celebrated the Club's 25th Jubilee anniversary and the Saturday Club Charitable Trust was created to provide education and other assistance to the community of Mombasa. The trust has a capital fund and uses the interest from it to help the deserving students to complete their education locally. The capital fund has grown from time to time with the help of philanthropic members of the club, namely Mr. Yusuf Mamujee, Dr. Kanubhai Babla



and Mr. Lalitchandra Doshi. The members of the club also from time to time pledge their donations to the Trust, which is an additional benefit.

As mentioned above, the Club adopted the ASHOKA

CHAKRA of the Great Indian Emperor Ashoka, and also runs on the basis and fundamentals of the same great emperor who also wrote the following:

“ALL RELIGIONS DESERVE REVERANCE; BY THUS

ACTING, A MAN EXALTS HIS OWN RELIGION AND AT THE SAME TIME, DOES SERVICE TO THE RELIGION OF OTHER PEOPLE.”

The club still follows the same philosophy.

PHOTO STORY



Prime Cabinet Secretary spouse and the Ushiriki Wema Patron Tessie Musalia in company of Mudavadi Girls' High school-Madzuu in Vihiga County chief Principal Jenipher Otolo lead students in planting fruit trees at the school farm on October Friday 10th as they participated in a nationwide tree planting exercise to mark Mazingira Day.



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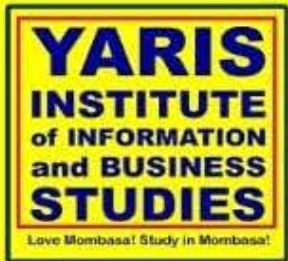
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4. GitHub Copilot	AI code assistant for dev environments	Auto-complete code, bug fixes
5. Wolfram Alpha	Advanced computations and data answers	Math, physics, finance, stats
6. Perplexity AI	AI-powered research engine with citations	Research, summaries, 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



DONATIONS

Giants Group & KRA Team Up for Book Donation

5 Schools in Dagoretti and Dandora benefitted from library books donated by Giants Group Twiga And Vanik Viashnav Mahajn in association with KRA on 30/9/25 and 1/10/25. Officers from KRA csr dept appreciated the donation by the two institutions and informed that this year 2025 KRA is celebrating 25 years and this partnership is ideal for the celebrations. The schools visited were Tom Mboya Primary , Ronald Ngala Primary, Wangu Primary, Mukarara Primary and Dr Muthiora Primary. The schools in the areas have large student population Ranging from 5000 students to 2500 students .



The project for library books continues in all area in Kenya.



Giants Group Twiga & Vanik Vaishnav Mahajan Mega Library Books

Distribution of 4700 Library Books to 12 Schools Mathematical Sets to 17 Schools - 1440 pcs Area Trans Nzoia County-Near Kitale Date 7/10 to 9/10/25 Library books were distributed to 12 schools courtesy of various Donors And mathematical sets to 17 schools courtesy of Premchandbhai Foundation The students and the School admin appreciated the generous donation which will improve the composition speaking skills and confidence among other benefits . The schools have a reading lesson once a week but library books were a challenge This donation has now opened the doors to the library lessons Thanks to all donors for being part of of Journey Off Service to Promote National Literacy and Reading Culture We will continue this project in 2026 .



Empowering Kenya's Laundry Sector as Demand Surges 25%



(L-R) LG Electronics East Africa's Assistant Manager for Home Appliances, Faith Njoroge, demonstrates the key features of the LG Commercial Washer to Opalnet Ltd Corporate Sales Manager, Abdalla Bohari, and Gilbert Isavwa, a Laundromat Owner in Syokimau, during the LG-Opalnet Commercial Washing Machine Seminar held in Nairobi.

The demand for commercial laundry services in Kenya has grown tremendously over the last three years, with data from Opalnet Ltd, the leading distributor of LG Electronics (LG) products, indicating a 25% leap in uptake. This surge is driven by rapid urbanization, currently estimated at 4.5% annually[1], alongside an increasingly enlightened population supported by a 35% internet penetration rate[2]. Improved access to electricity has also been a key enabler, with the country recording a 42% rise in connectivity over the last decade to reach 79% today[3]. Eager to align with modern lifestyles, which include fast-paced jobs and limited time for household chores, Kenya's upwardly mobile and youthful population is increasingly embracing commercial laundry services. The growth of the hospitality and medical industries has also contributed to an increase in demand for commercial laundry services, creating

unprecedented revenue generation opportunities for entrepreneurs. Today, a single 8-machine laundromat can earn revenues of between KES 250,000 and KES400,000 per month depending on the location and foot traffic, with the initial investment recouped within 12-18 months for well-placed laundromats. To further strengthen capacity within this thriving sector, LG, in collaboration with Opalnet Ltd, hosted a Commercial Washing Machine Seminar in Nairobi on 29 August 2025. The event brought together approximately 60 industry professionals, entrepreneurs, and key stakeholders to explore the latest trends, technologies, and best practices in commercial laundry operations. LG's Home Solutions Product Director for East Africa, KH Jeong, noted that the company remains committed to supporting entrepreneurs who are investing in the laundromat business.

"Commercial laundry services are today an essential solution in urban Kenya. Through this seminar, we equipped operators with knowledge and technology that improve efficiency, reduce costs, and ultimately deliver better service to customers," he said. LG, a global leader in home and commercial appliances, continues to innovate in the laundry segment by providing high-performance, energy-efficient washing machines designed for businesses of all sizes. The company's commercial washers and dryers feature advanced technologies such as energy-saving Inverter Direct Drive motors, TurboWash™ cycles, and smart diagnostics. LG washers and dryers, for example, reduce energy costs by up to 40%, offer faster wash cycles, and have a lifespan of over 10 years, making them the most recommended choice for laundromats, apartments, hotels, hospitals, and boarding schools. These machines allow businesses to maximize throughput

while delivering premium convenience to clients. Speaking during the seminar, Opalnet's B2B Business CEO, Brian Kitui, reaffirmed his company role in ensuring availability, after-sales support, and tailored solutions for local entrepreneurs. "We recognize that commercial laundry solutions are becoming an important part of the Kenyan urban economy, and our role is to work closely with LG in delivering equipment and services that allow investors to maximize returns while maintaining world-class standards," said Opalnet's B2B Business CEO, Brian Kitui. The seminar also provided participants with case studies of successful laundromat businesses in Kenya, highlighting strategies for profitability, customer retention, and sustainability. Sessions covered topics ranging from machine maintenance and energy management to digital payment solutions that align with Kenya's mobile-first economy.

Daikin Air Conditioning Office Inauguration



L-R, Mr. Kanwaljeet Jawa, Chairman & Managing Director of Daikin India and Board Member of Daikin Industries, Ltd., Mr. Shogo Ando, Deputy Managing Director of Daikin India, Mr. Omori Junichi, General Manager, Global Operations Division, Daikin Industries, Japan, inaugurate the new Daikin office in Nairobi. The new office space houses a state-of-the-art showroom to showcase Daikin's product strength and innovative solutions, while providing a platform for the company's ambition to achieve market leadership in the country within the next three years.



L-R Mr. Akihisa Yokoyama, Head of Daikin Africa, Mr. Kanwaljeet Jawa, Chairman & Managing Director of Daikin India and Board Member of Daikin Industries, Ltd., Mr. Shogo Ando, Deputy Managing Director of Daikin India, Mr. Omori Junichi General Manager, Global Operations Division, Daikin Industries, Japan and Mr. Paul Wanjohi, Sales Manager, East Africa, at the opening of the Nairobi office. The new office space houses a state-of-the-art showroom to showcase Daikin's product strength and innovative solutions, while providing a platform for the company's ambition to achieve market leadership in the country within the next three years.



L-R, Mr. Shogo Ando, Deputy Managing Director of Daikin India, Mr. Omori Junichi, General Manager, Global Operations Division, Mr. Kanwaljeet Jawa, Chairman & Managing Director of Daikin India and Board Member of Daikin Industries, Ltd., Mr. Paul Wanjohi, Sales Manager, East Africa, address the media on the Launch of the new Daikin office in Nairobi. The new office space houses a state-of-the-art showroom to showcase Daikin's product strength and innovative solutions, while providing a platform for the company's ambition to achieve market leadership in the country within the next three years.

FAMILY

Importance of family

A family is basically travelers in one's journey of life that we have no choice over. Some people get family members who support them and help them grow to their full potential, while some people are pulled down by their own families. Familial ties plays one of the most important roles in a person's life and in most cases help define a person's nature. A sharing family produces individuals who easily share their foods, experiences, success and are not afraid to face their failures. Families who have a lot of disruptive energies tend to pull each other down in forms of bickering, nagging, unnecessary long lectures and fear to accept any form of failure. A person is alive only until their graph has ups and downs, a flat line would mean the end of life, similarly, a person's life NEEDS to have some ups and downs for them to live it, a flat or constant

life is like a monotonous chore that one performs day in day out. We don't need to be afraid to openly discuss most of our most pressing issues with our families, in cases where this seems like an impossible task, group discussions, therapy, self-motivation and astrology can help guide and

energize on to become strong enough to face any downs that they might be going through. A friend once rightly commented that a family makes a person want to come home, in some cases, the families are the cause for all the crowds at bars after work. Whatever kind

of family you may be in, some are thankless about it and some are dying to get out of their families, everybody has struggles, we need to understand an approach accordingly for peace and harmony. The bottom line is that we have to accept and know how to maneuver ourselves.



PHOTO STORY



Olympia Capital Group CEO Mr. Felix Kimanthi receives Rwanda's High Commissioner to Kenya Amb. Earnest Rwamucyo, who paid a courtesy call to Avon Innovation and Industrial Park. The park houses a number of startup Companies in the tech and engineering industry.



One World Media Project Manager Natalia Preciado alongside the group CEO of Olympia Capital Holdings Mr. Felix Kimanthi, and Alex Kimani the Managing director of Kalahari Floor Tiles during an interview at their offices in Mogoditshane, Gaborone. The interview was aimed at discussing the possible partnerships on how to have the Olympia group reaching international investors. It was also aimed at sharing how the company is meandering through the economical challenges that manufacturers in the southern region are experiencing and how they are overcoming them.



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Bajrang (Sky Mall)
Bhagwanji Sweet & Farsan (3rd Parklands Kusi Lane)
Kumar Brothers (Diamond Plaza)
Microcity (Sarit Centre)
Onn The Way Supermarket (all branches)
Sona Shoppe (Wesgate Shopping Mall)
Taste of China (3rd Parklands)

INDUSTRIAL AREA:
Bunny Industries Limited (Dakar Road)

LANGATA:
Sona Shoppe (Galleria Shopping Mall)

KAREN:
Sona Shoppe (Karen Crossroads)

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

KITALE:
Milli Hardware Ltd Main Road

ELDORET:
Kenya Jalaram Co Ltd – opp CBK

VOI:
Abbas Aluminum Supplies

MOMBASA:
Blue Room Restaurants
Nyalil Cinemax
Nyalil Centre – DKL
Umoja Rubber Shoes Shops
- Nyalil – Chandarana Supermarket
Quickmart Bandari Supermarket
Naivas Likoni Mall Supermarket
Yaris Institute – Haile Selassie Avenue
Mombasa Afrigas – Nyerere Avenue
Hakimi Stationaries – Moi Avenue
AudioAsh Coolers – opp Sapphire Hotel
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SALES, MARKETING & OPERATIONS
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The Digital World



Dennis Ritchie quietly built the digital world — then watched as almost no one outside of computer science even knew his name. In October 2011, news broke that Steve Jobs had died. The internet mourned, timelines flooded with tributes. But just a week later, another giant passed away in near silence — Dennis Ritchie, the man who gave every tech visionary the language to even begin. No stadium lights, no product launches, no TED Talks. Just a quiet obituary: “Dennis Ritchie, creator of the C programming language, co-creator of Unix, dies at 70.”

To most people, that sounded technical — forgettable. But to anyone who’s ever touched a computer, it was like saying the man who invented electricity had died. In the early 1970s, working out of Bell Labs, Ritchie helped build Unix, a minimalist, elegant operating system that became the DNA of everything — from macOS and Linux to Android and the servers that run the entire internet. Alongside that, he created C, the programming language that would go on to father every major language we use today: C++, Java, Python, and beyond. In other words — if Jobs built the gadgets, Ritchie built the laws of physics they run on. Yet Ritchie never sought fame or money. He wore flannel, drank

coffee from paper cups, and spoke so softly that even his peers leaned in to hear him. When Bell Labs nominated him for awards, he often skipped the ceremonies. He once told a colleague, “I’m not into big statements. I just like things that work.” The hidden story—the one few outside of his circle ever heard — was how profoundly modest he was. When the world’s tech billionaires were selling dreams, Ritchie was debugging reality. He believed in simplicity, not spectacle. His personal life was private to the point of mystery. No scandals, no empires, no brand. Just clean code — and a quiet belief that clarity was a moral duty. Even his death reflected who he was: unnoticed, understated, and utterly foundational. A few engineers tried to rally tributes online with the

message, “Ritchie’s code runs your world.” But by then, the world had already moved on to flashier innovators. Ken Thompson, his longtime collaborator, once said, “What Dennis did is everywhere — invisible, because it works so well.” That’s the paradox of Ritchie’s life: his brilliance was too pure for fame. He created the tools everyone else used to change the world, and then stepped aside, satisfied to have built something permanent. If the tech revolution were a cathedral, Steve Jobs carved its stained glass, Bill Gates built its business, and Mark Zuckerberg sold tickets at the door. But Dennis Ritchie? He designed the stone. And long after the lights fade, his work — unseen, quiet, and immortal — will still be holding it all up.

PCAK NPS



National Police Service - NPS Constable Mohammed from the Likoni Ferry Police Station paid a courtesy call and Membership to the Professional Criminologists Association of Kenya - PCAK; at the Coast Regional Office and was received by Mr. Rishi Arun Parikh, the PCAK National Communications & Public Relations Director & Coast Office Coordinator. Mr. Mohammed has been a Officer close to 20 years and also writes for a column in the Madafu Newspaper. #CrimeMustFall.

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ENTERTAINMENT

A Space to Connect: The R&B Brunch Winning Kenyan Clubbers

Whether you came to dance, reminisce, or simply soak up the vibe, the Old School R&B Brunch at Sarova Whitesands Mombasa had something for everyone. A week-end of singalongs and soulful nostalgia that reminded us of the days when slow, sensual R&B was the heartbeat of our youth.

If you're a fan of old-school R&B, hip hop anthems, and modern R&B bangers, this was the party to be at – Old School R&B Brunch (OSR). A little after 5 p.m., we pulled into Sarova Whitesands Mombasa after the drive up from the south coast in Diani. At first, we were a bit disappointed — last year's edition had been staged right on the beach, and this time the garden setting didn't quite have the same instant wow factor.

But once we stepped inside, any doubts melted away. The crowd — seated, drinks in hand — was already singing outrageously along to Joe's classics. It wasn't just the music filling the space; it was the people. The audience became the soundtrack. And that's when it clicked: this was less about a perfect venue and more about shared energy.

The DJ kept the flow tight — slipping from 90s hip hop to dancehall and back to silky R&B. The vibe lifted with every track. It was my first time, though my friend was on her second round after attending last year's debut in Kenya.

According to the OSR team, the brunch began six years ago in London as a small gathering and has since grown into a global movement across 45+ cities in 15 countries, from New York and Dubai to Tokyo and Sydney.

Co-founder Reiss summed it up best:

"From the very beginning, Old School R&B Brunch was about more than just music – it was about creating a space where people could connect, be themselves, and celebrate a culture that shaped us. Bringing that energy to Kenya feels like coming home."



This wasn't just another DJ set. The night unfolded in layers: A games corner where Jenga drew in both strangers and friends. Rum punch, pizzas, and skewers fueling the crowd. A spontaneous karaoke takeover, where the mic passed from hand to hand and the room roared with choruses. That sense of community was exactly the point. OSR, born from Nigerian heritage and a love for soulful gatherings, has grown from 250 guests in 2019 to a global cultural touchstone.

One reveller captured it perfectly:

"What would life be without this music? Hearing songs I hadn't heard in years. It's always a great night when you can sing your heart out and dance with your babes."

As the night closed, we found ourselves driving back to Diani with full hearts. The event felt like more than



nostalgia—it was a celebration of the music that raised us, the culture that shaped us, and the communities that still gather for it.

With Kenya now firmly on OSR's global tour and Nairobi

already slated for a return edition in December 2025, East African audiences can look forward to more days and nights of rhythm, connection, and pure old-school R&B magic.



Lions Club of Mombasa Pwani Marks Childhood Cancer Awareness
The Lions Club of Mombasa Pwani held a Childhood Cancer Awareness activity on 20th September, attended by 35 children and their parents. The event was graced by Club President Lion Solanki, FVDG Lion Inderjeet, District Childhood Cancer Convener Lion Mary, Club Secretary Lion Altaf Ali, and Charity Conveners Lion Anjuman and Lion Prithy. Guest speaker Dr. Riaz Kasmani and the Mombasa Cancer Center team shared valuable insights, while children enjoyed games, a magician's show and a jumping castle.

Kamlesh



We can lie to others - but lying to ourselves is far worse. Why? Because self-deception is the most insidious prison of all. When we lie to others, we play a role. When we lie to ourselves, we rewrite the script of reality and start believing in a fantasy of our own making.

Lying has become disturbingly acceptable. We pad our résumés, inflate our achievements, and mask our insecurities behind filters and curated lives. We say, "I'm fine," when we are breaking inside. We insist, "I know what I'm doing," when in truth we are fumbling in the dark. Society nods along, because truth has become inconvenient - too sharp, too exposing, too costly.

But what is the price of this convenience? Trust is eroded. If everyone is lying, we stop believing in one another. Politicians promise reforms they have no intention of delivering. Corporations market "sustainability" while exploiting loopholes. Leaders preach transparency while practicing secrecy. And the public shrugs, as if dishonesty is just the cost of doing business in the modern world.

Authenticity collapses. When we lie to ourselves - pretending to be happy in jobs we hate, relationships that suffocate, or lives that don't inspire - we pay with our peace of mind. Self-deception numbs us in the short term but steals our courage to change in the long term. We



stay stuck, settling for less, rationalizing mediocrity.

Intellectually, lies rot our thinking. When we build arguments on false premises, we can't solve real problems. A society that tolerates dishonesty breeds leaders who confuse image with impact and citizens who mistake appearances for truth. The result? Collective stagnation.

The mirror never lies. It reflects back not just who we are, but who we pretend to be. And if we keep polishing the mask instead of facing the truth, we risk becoming a society addicted to illusions - one where trust is bankrupt, authenticity extinct, and progress impossible. The hardest truth is this: lies don't just protect us from reality - they slowly dismantle it. And when reality finally crashes through, it leaves no place to hide.

The truth matters!
KLP

SBM Bank Diani Customers' Appreciation Dinner



SBM Bank Branch Manager Diani Basil Onyango (left) presents a token of appreciation to bank's client Sita Ram Saini and his wife Kiran Saini during the bank's customer appreciation dinner for their Diani elite customers at Southern Palms Beach Resort in Kwale County on Wednesday September 17th, 2027.

ENVIRONMENT

Restoring Nyali's Old Glory

Nyali, once known for its charm, clean streets, and serene environment, is today grappling with challenges that threaten its very identity. The unchecked growth of roadside vendors, mushrooming high-rise developments, mkokoteni waste collectors, and a worrying rise in noise and smoke pollution are slowly eroding the quality of life for residents.

Walking or driving through Nyali, one cannot miss the many challenges on our roads. Vehicles release thick smoke from poorly maintained exhaust systems, road shows blast deafening music, and County Government escorts vehicles often blare sirens long after arriving at their

destinations for example, at the gates of the Tamarind Village.

Even ambulances, during "happy hour," seem to compete with traffic by endlessly wailing their sirens, as if motorists can miraculously levitate their cars to make way. On top of this, bumper-to-bumper driving has become the norm, instead of keeping a safe distance, creating unnecessary congestion and confusion on the roads.

Equally concerning is the state of the Neem Avenue/Mvita Road junction. The corner has been overtaken by pop-up eateries, vegetable stalls, and shoe vendors, creating filth, unhygienic conditions, and a constant stench of fish and waste — unfit for a residential area. Despite 3-4 years of

complaints, no action has been taken, and what was once a clean road now resembles a slum. To worsen matters, the road is riddled with potholes.

While residents have tried filling them with rubble, the rains quickly washed it away. The County's promise to repair the road remains unfulfilled, and a proper resurfacing is urgently needed for a more permanent solution. Other concerned areas with roadside vendors are; Nyoka Road/Tumbili Road junction, Tumbili Road, Oleander Drive, Nyati Road, Coral Drive/ Greenwood Drive, Simba Road/Nyoka Road junction & Moyne Dive/Jomo Kenyatta Road.

These challenges, if left unaddressed, risk undermining Nyali's livability and the comfort of its residents. Amid these

concerns, however, North Coast Ratepayers & Residents Association (NCRRA) has continued to play an active role in safeguarding the area's wellbeing. Over the years, NCRRA has worked in partnership with the County Government of Mombasa to support road cleanups, restoration of street lighting, and consistent engagement with key service providers such as MOWASSCO, KPLC, and the Police. These collaborative efforts are aimed at ensuring that Nyali retains its old glory while adapting to the pressures of urban growth. The results are encouraging.

More than 200 metric

tonnes of litter have been collected under NCRRA's watch by hiring 2 casuals who collect litter on a daily basis for the past 7 years, in addition to organizing regular beach cleanups that have kept our shoreline cleaner and safe. And most importantly, all this work has been self-funded through the unwavering support and subscription of NCRRA members — residents who believe in taking ownership of their community's wellbeing.

Looking forward, NCRRA committee tirelessly continues working on new projects that, in the coming months, will transform

the face of Nyali. From infrastructure improvements to enhanced security and environmental management, the association's commitment is proof that real change is possible when communities come together. Nyali deserves better. And with NCRRA leading the way, there is hope that our beloved neighborhood can once again reclaim its pride — a place of order, beauty, and livability.

PHOTO STORY



L-R : Kenya Revenue Authority (KRA) Commissioner General, Humphrey Wattanga, MSMEs Principal Secretary, Susan Mang'eni and SBM Bank Director, Consumer Banking Beth Muthui during day one of the KRA summit 2025 at the Edge Convention Centre Nairobi. The theme of the two day summit is: KRA Beyond the frontiers: Advancing Digitalised, Inclusive & Customer-Centric Revenue Administration on Tuesday 14th, 2025.



Kenya Revenue Authority Ag. Commissioner Micro & Small Taxpayers George Obell, Susan Mang'eni and SBM Bank Director, Consumer Banking Beth Muthui and Kenya Revenue Authority (KRA) Commissioner General, Humphrey Wattanga during day one of the KRA summit 2025 at the Edge Convention Centre Nairobi. The theme of the two day summit is: KRA Beyond the frontiers: Advancing Digitalised, Inclusive & Customer-Centric Revenue Administration.

Demise of Mr. George Mcknight



Last year in April, the Pharmaceutical industry lost one of its icons, Mr. George McKnight, Chairman and founder of Macnaughton Limited

Mr. McKnight used to work for Phillips Pharmaceuticals as the Managing Director. He then retired

In 1983, he bought a small company by the name Nairobi Dental Supply Co. Ltd from

three Dentists who were mainly dealing in Dental products. He transformed the small company to a giant pharmaceutical & medical company and renamed it Macnaughton Ltd.

Macnaughton has been supplying Pharmaceutical products to government institutions, chemists and Private hospitals

His demise left a big gap in the Pharmaceutical industry

Political Advice



1.The people that vote don't chase aspirants left, right, and centre for handouts and never-ending problems. When you see a person approaching with demands for handouts or requests for help over this or that, know that is a red flag; that is not a voter but an exploiter or extortioner. Find a way to ignore or help and forget.

2.The people that believe in you don't hang with you and on you 24/7; they instead invite others to believe and associate with you, but the people that hang with you are your most dangerous orderlies, who record all your mistakes and/or gains, which they meddle out to your enemies or competitors at the most convenient time. In fact, they are your best distractors and possible killers; be on the lookout.

3.The people that are busy promising you votes today, two years before the general elections, are mostly the jobless busybodies with nothing to do to make money. They have become experts at making political music for you to soothe your psychological nerves so that as your ego is massaged, they offload their problems to you. They live on you, but since human beings are creatures of change, they will be singing the song of another suitor after you get tired of shouldering their problems. Watch out.

4.Politics in Africa and Kenya is not about issues but about greed, selfishness, and

tribal hatred, so if you want to be elected, look for fault lines between your tribe and the other tribe and mobilise the elders motivated by hatred to do your bidding in stirring negative emotions of us vs. them. If your side has numbers, you are sure to be elected, but don't talk about issues or pretend you can solve problems. Africans love problems and hate anyone who tries to solve the problems. In fact, problems are to be solved by white people through charity and religion, not you. Stop talking about issues; they are boring.

5.The people that believe in you raise lots of funds to support your bid; the people that don't believe in you frustrate you with their never-ending problems; they con you because they argue that if you get it, they won't get you again, so it's better to finish with you now. Therefore, stop assuming everyone begging from you is your voter or friend; they are only eating you.

6.The voter that will vote for you will invite you to their home, school, church, mosque, or social club—you name it—and you make your presentation, while the voters that won't vote for you will hold you on the road, in the streets, at weddings, or at matanga, where they demand you talk and nothing is to be seen as they justify conning you out of a donation to fund the event. They know you are foolish; therefore, they charge you for making zero appearances at their mourning event, where

they don't bother about you, but you think they do because they clapped. Stop cheating yourself.

7.The people that will vote for you without demanding anything from you are many, but you shall never meet them anywhere; they know more about you than you know about them. Those are the voters you should struggle to impress and maintain, not the brokers and hangers-on you spend most of your time with; they are your worst enemy.

8.The praise singers in the name of campaigners and bloggers are not your best allies; in fact, at any instant they are your immediate liabilities and most portentous risk. They can turn against you at the smallest instigation because of a small favour by your competitors, and you are doomed. Today they are praising you; tomorrow they are bombarding you with lots of gusto and besmirch. Today they look like your friends; tomorrow they are your worst enemies. Be careful; don't allow them too much space lest they scorpion you.

9.The world has changed; you must appreciate there are eaters without farms or offices to earn from. When they leave home, they tell their spouses they have gone to walk; when they get to town, that work is you, mheshimiwa. Their work is to sell you their company, to make you comfortable, to advise you, to beat others because of you, etc. Their tool for work is the smartphone (simu janja); therefore, when

it gets to be evening, don't let them remind you they have been at work. Just use your brain and manage them so that their coming back tomorrow is easy. By the way, has it not crossed your mind there are almost no beggars begging from the street these days? We now have smart baggers by smartphone, and they make more money from social media intrusion.

10.The super screamers are the super screamers; they have slogans like "mapema ndio best." That's a lie. Incumbents lose elections, and underdogs win from nowhere. It doesn't matter when you start. Raila started 30 years ago; he has never become president. Ruto tried for the first time; he is president. It's about planning for a sprint or marathon; it's up to you, but they incite you, Mapema, so that you start feeding them for a long period. Their work is to scream for you, as well as fight your political wars, real and imagined. Understand that is employment, not loyalty. The only loyal voter doesn't even walk anywhere near you.

Take it or leave it; that's the reality of the African siasa. After elections, pray you are the winner; if not, that is when reality will activate your mind. In most cases, you wake up only to see around you your true voters: the mother, father, wife, relatives, and some neighbours. The rest are gone; you are dry; there is nothing to eat from you.

Matapu & Madafu Chronicles

Political Trickery



Dear Kenyan Political Brokers / Aspirants.

Kenyan s don't want Multiple Football Tournaments, Boreholes in Piped Water Areas, Free Medical Camps for Basic Ailments, Transport Lunch Money for Zero Empowering Events, Free Baseless Unrecognised Courses for Youth, Free Food Rations like a combo of Flour, Sugar and Oil, Sanitary Pads for Young Ladies. You need to grow out of such dignity hurting events and Empower Kenyans with Good Economic Governance Systems, Bills and Legislation for Increasing the Standard of Living for Kenyans, End Corruption and Habit of Pre Event Handouts, Baseless Paid Blogging to Self Glorify, Tons of Photos for Paid Social Media Campaigns!

A Young Lady should be able to Buy Her Own Pads proudly and discreetly in Kenya!

A Young Man should be able to Pay for the Course of His Choice instead of begging Politicians for Fees!

A Youth should be able to Play Any Sport in Kenya in a Modern Equipped Sporting

Arena or Stadium!

A Mother should have Clean Piped Water, Healthcare, Security, Safety in Kenya!

A Father should be able to Thrive in Business and Empower His Family in Kenya!

A Leader should Make and Enable an Environment of Good Governance in Kenya to bring about Progress and Wealth!

The Parliament, Senate, Judiciary and The Executive should ENABLE THE ABOVE points without Fear or Favour in Kenya!

Are We All Kenyans Ready to Do That? Lets leave out Crafty Diplomacy and Public Relations and Do the Do! A Public Elective Seat is NOT a Money Making Goldmine; Its a Legislative Responsibility that Majority of the Elected Politicians to date in Kenya have Failed to Honour their Sworn Mandate of Public Selfless Service! We have less than Two Years to Wake Up and be Self Aware of the above.

God Bless Kenya and Kenyans!

Mr. Rishi Arun Parikh
The Next Public Servant.

PHOTO STORY

Tree Planting



Today we celebrate the strength, resilience, and endless possibilities of bamboo; nature's gift that supports our environment, communities, and future. Let's keep planting, protecting, and promoting bamboo for a greener, healthier world.

WILDLIFE



WILDLIFE PHOTO By Nadir Salyani



N. Salyani



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SEPTEMBER 2025

LG, Opalnet Ltd and Naivas unite in football tournament



(L-R), LG Electronics East Africa President, Donghun Lee, presents an LG XBoom portable Bluetooth speaker to Naivas' David Omondi, awarded as the Top Defender of the Match, during the LG/Opalnet vs Naivas football tournament at Sameer Business Park.



(L-R), Naivas Chief of Administration, Charles Mukuha, LG Electronics East Africa President, Donghun Lee, and Opalnet Limited Chief Finance Officer, Harsha Kumar Nandina, present an LG UHD 55" TV to Opalnet's Griffin Ayika, who was honored as the Man of the Match, during the LG/Opalnet vs Naivas football tournament at Sameer Business Park.

Electronics manufacturer LG Electronics, its distributor partner Opalnet Ltd and retail giant Naivas met on the football pitch in the spirit of friendly competition at Sameer Business Park, showcasing the power of football to unite.

The high-tempo match saw Naivas triumph with a 4-1 victory over the combined LG/Opalnet team. Despite the scoreline, players on both sides displayed grit, teamwork and plenty of flair on the pitch.

"Sports bring out the best characteristics that embody corporate ideals such as determination and teamwork. Today, we were reminded that competition can be a good platform for connection. This tournament has gone a long way to strengthening our partnership with Naivas and helped both our teams to bond further," said Donghun Lee, President for East Africa, LG Electronics.

Naivas echoed the same sentiments with Chief of Administration, Charles Mukuha, emphasizing that the tournament reflects the company's philosophy of community and collaboration.

"This was a football match in celebration of unity and

togetherness. When our teams met on the pitch, they did so with the values that drive us every day to deliver value to our customers while uplift each other. We are thrilled to have shared this platform with LG East Africa and look forward to many more opportunities that bring us closer together," said Mr. Mukuha.

Winners took home a variety of prizes from LG Electronics including 4K UHD TV and the XBoom portable Bluetooth speakers. The spectators were also winners thanks to the lively entertainment and interactive zones where spectators sampled products and offerings from Bio Foods, Naivas and LG Electronics.

"This is the first of many initiatives that bring us closer to our partners and create a wider ecosystem that also embraces their partners. By coming together in this way, we are only strengthening our business relationships and building a culture of collaboration that benefits everyone involved. Activities like today's match give us the opportunity to showcase products in complementary categories and spark fresh ideas on how we can deliver even greater value to our customers," added Mr. Lee.



LG_Opalnet and Naivas teams after the match.

CRICKET

SMB Cup

SMB T20 Week 4 – Records, Reality & Resilience

By FTDO Sports – Kutub Gulamabbas

Week 4 of the Burhani T20 SMB Cup was historic. It welcomed Annadil Burhani Tanga (ABT) from Tanzania onto the big stage and delivered a festival of cricket at the Burhani Sports Club Ground, Mombasa.

Tanga's debut was a baptism of fire: first running into a record-breaking Mombasa Sports Club (MSC), then facing the aggressive Jaffery Sports Club (JSC) in the afternoon. While the scorecards reflected tough losses, their energy and fight hinted at a team that will grow into the tournament.

Match 1: MSC vs Tanga – Ashish Karia's Record-Breaking Brilliance

14th September 2025 – Morning
MSC won the toss and elected to bat.

The debutants from Tanga looked energetic but struggled to acclimatize to the humid weather and hard pitch conditions. That lack of familiarity was ruthlessly exposed by Ashish Karia, who played one of the greatest SMB T20 innings ever.

Ashish smashed 165 runs off just 73 balls (18 fours, 11 sixes, SR 226.03), overhauling Steve Tikolo's long-standing record of 153 runs to set a new tournament benchmark

With support from Khush Shah (41 off 34), MSC piled up a daunting 249/2 in 20 overs.

Tanga's batting effort was led by Huzeifa Khanbhai (40 off 26) and skipper Alaqmer Hassanali (22 off 19), but MSC's bowlers were relentless. Abbas Raza (3/28) and Arif Shaikh (2/2 in 3 overs) crushed the chase, dismissing Tanga for 109 in 20 overs

Result: MSC won by 140 runs.
A record-smashing show of power hitting and a wake-up call for the debutants.

Match 2: JSC vs Tanga – Fighting Spirit Despite Dropped Chances

14th September 2025 – Afternoon
JSC won the toss and elected to bat.

If the morning was about lessons, the afternoon was about resilience. Tanga regrouped quickly and came back strong against JSC.

Hassan Raza led from the front for JSC, blasting 70 off 40 balls with five fours

and five sixes, supported by Mohammed Murtaza (33 off 35) and skipper Mehdi Zaidi (22 off 10). Their total of 195/7 in 20 overs was boosted by 26 extras,

But dropped catches at crucial stages cost Tanga dearly, allowing JSC's middle order to escape pressure. Despite bowling efforts from Huzeifa Timber (2/21) and Taha Karamali (2/32), Tanga's chase fell short at 136/6

Tanga's reply began brightly, with captain Alaqmer Hassanali (27 off 14) setting the tone, while Mohammed Murtaza (33 off 35) and Huzeifa Khanbhai (26 off 23) kept them in the chase. At 111/5 in the 17th over, the match was still alive.

Result: JSC won by 59 runs.
A much-improved fight from Tanga game was on the wire until fielding lapses swung it away.

Week 4 Stars

- Ashish Karia (MSC): 165 (73) – new SMB T20 record.
- Hassan Raza (JSC): 70 (40) – power-packed innings.
- Khush Shah (MSC): 41 (34) – steady support role.
- Abbas Raza (MSC): 3/28 – spearheaded the bowling.
- Huzeifa Khanbhai (ABT): 40 (26) – standout debut knock.
- Alaqmer Hassanali (ABT): 27 (14) + inspired captaincy.

Week 4 Summary

Match Result
MSC vs Annadil Burhani Tanga MSC won by 140 runs (Ashish 165 – record)
JSC vs Annadil Burhani Tanga JSC won by 59 runs (Hassan Raza 70)

Week 4 gave fans both history and heart. MSC celebrated a record-breaking innings, JSC survived a scare, and Tanga showed spirit that promises more competitive days ahead.

SMB T20 Week 7: Burhani Rise, Tanga Falter – Heat, Heartbreak, and Heroics at Burhani Sports Club

By FTDO Sports – Kutub Gulamabbas

Week 7 of the SMB T20 2025 brought raw passion and defining performances as the battle for Super 8 qualification reached fever pitch. The Burhani Sports Club ground was the centre of all the drama — hosting back-to-back matches that assessed endurance, skill, and sheer willpower under the scorching 36°C Mombasa heat.

Two teams Burhani Sports Club (BSC) and Annadil Burhani Tanga (ABT) entered the weekend knowing it was



make it or tear it. By sunset, one had survived, and the other bowed out, hearts heavy and spirits drained.

Game 1: Burhani Sports Club Triumph in a Near Classic

Burhani Sports Club, 5th October 2025 – Morning Match
In what felt like a local derby steeped in pride and rivalry, Burhani Sports Club (BSC) outclassed Annadil Burhani Tanga (ABT) by 42 runs to keep their Super 8 dreams alive.

First Innings – Mwendwa sets the tone

BSC's top order stood firm after being put to bat first. Gerard Mwendwa (59 off 30) unleashed a flurry of strokes, punishing anything loose with five sixes and two boundaries. Captain Moiz Esmailji (26 off 29) and Nsubuga Siraje (29 off 23) anchored the innings smartly, taking BSC to 152/6.

Tanga's bowlers tried to contain:

- Taher Noman (2/21) bowled intelligently with line and flight.
- Sefu Athumani (1/16) kept the pressure early.

But 17 extras and inconsistent death bowling inflated BSC's total to a competitive 152.

Second Innings – Moiz magic seals it

Tanga's chase wavered despite Sefu Athumani's 42 off 42 and Huzeifa Khanbhai's 24 off 25. BSC's bowlers, led by their captain, were relentless.

- Moiz Esmailji (4–0–19–4) destroyed Tanga's middle order with precision.
- Support came from Gerard Mwendwa (2–0–7–1) and Ammar Jamali (1–0–6–1).

Tanga's innings collapsed to 110/9, handing BSC a 42-run victory and a glimmer of Super 8 hope.

Player of the Match: Moiz Esmailji (4/19 & 26 runs)
Umpires: Kutub Gulamabbas & Bhavin Panchal
Scorer: Jasmeer Singh

FTDO Sports View

A commanding win that

restored belief at BSC. Their captain led by example, while the team's cohesion in fielding and bowling marked a notable shift from earlier rounds. For Tanga, the loss meant their qualification would depend entirely on defeating Pakistan Cricket Club (PCC) — and doing so convincingly.

Game 2: Ahmad Raza Ends Tanga's Super 8 Dream

Burhani Sports Club, 5th October 2025 – Afternoon Match

With the mercury soaring to 36°C, Tanga returned to the same venue just hours after their morning defeat. Fatigue was evident, but hope lingered — beat PCC with a strong NRR, and the Super 8 door would still open. Ahmad Raza, however, had other plans.

First Innings – Grit in the heat

Tanga's batters fought bravely against a top-tier PCC bowling attack.

- Alaqmer Hassanali (27 off 23) and Mohammed Issa (23 off 16) gave a bright start.
- Mohammed Murtaza (26 off 21)* held firm at the end, pushing the total to 122/7.

But fatigue set in — timing was off, and running between wickets became laboured under the sweltering sun.

PCC's bowlers, disciplined as ever, kept the screws tight:

- Affaq Khan (2/24) and Taha (2/29) ensured no big partnership developed.

Second Innings – Raza masterclass

Ahmad Raza walked in and transformed the contest. In just 22 balls, he smashed 57 runs with six towering sixes and two fours — a knock of effortless dominance.

- Supported by Shehroz Imdad (28 off 23), PCC coasted to 123/5 in 12.5 overs, winning by 5 wickets.

Tanga's bowlers gave their all, with Sefu Athumani (3/25) and Taha (2/29) again leading from the front, but Raza's brilliance ended their hopes.

Player of the Match: Ahmad

Raza (57 off 22)

Umpires: Kutub Gulamabbas & Bhavin Panchal
Scorer: Jasmeer Singh

FTDO Sports Reflection – Heat, Heart, and Hard Lessons

The Week 7 double-header at Burhani was a test of endurance and character.

- Burhani SC rediscovered form when it mattered most.
- Tanga showed immense courage but paid the price for fatigue and tight scheduling.

Tanga's campaign now ends in heartbreak — two matches, one valiant fight, and a dream extinguished under the Mombasa sun.

SMB T20 Week 7 will be remembered for its raw emotion — a tale of survival and exhaustion, led by two captains who gave everything on a field where the temperature was as high as the stakes.

SMB T20 Week 8: Run Storms, Royal Finishes & The Road to the Super 8

By FTDO Sports – Kutub Gulamabbas

Both Mombasa Sports Club (MSC) and Kings Cricket Club (KCC) signed off their group campaigns in emphatic style, delivering statement victories that not only entertained but sent a clear message ahead of the Super 8 showdown.

Game 1: Mombasa Sports Club Crush Jaffery in a Record-Breaking Run Fest

Venue: Burhani Sports Club | Date: 12th October 2025 | Result: MSC won by 98 runs

The morning game turned into a run avalanche as Mombasa Sports Club (MSC) dismantled Jaffery Sports Club (JSC) by 98 runs in a match that shattered scoring records and left the Burhani crowd spellbound.

Karia's Fireworks Light Up BSC

After being put to bat, MSC unleashed one of the most destructive batting displays in SMB T20 history. Sagar Karia's breathtaking 152 off 67 balls — studded with 13 sixes and 11 fours — was pure batting theatre. He was ably supported by Ashish Karia (52 off 23) and Ghazi Zaidi (36 off 24) as MSC stormed to a colossal 269/6, the highest total of the season.

Despite best efforts from Adnan Ali (3/33) and Bilal Zaidi (1/40), JSC had no answer to the carnage.

Bowling Brilliance Seals It

Chasing 270, JSC began brightly through Hassan Raza (41) and Alex Obanda (31), but the chase derailed when Arif Shaikh (4/3) produced an

extraordinary spell, supported by Ghazi Zaidi (2/31) and Ashhad Zaidi (1/27).

JSC managed 171/9, falling 98 runs short — a result that confirmed MSC's status as a tournament powerhouse heading into the Super 8.

Player of the Match: Sagar Karia (MSC) – 152 (67), 13x6, 11x4
Umpires: Kutub Gulamabbas & Bhavin Panchal | Scorer: Moin Khatri

Game 2: Kings Rule the Afternoon as Sami Butt Steers a Regal Chase

Venue: Burhani Sports Club | Date: 12th October 2025 | Result: Kings CC won by 6 wickets

The afternoon sun bore witness to a composed display of leadership and temperament as Kings Cricket Club (KCC) outplayed Coast Gymkhana (CG) by 6 wickets, bringing the curtain down on the league stage with style.

Gymkhana's Grit Keeps Them Competitive

Batting first, CG compiled 168/8, built on collective effort. Ragesh Komath (32) and Dina Shankar (33 off 21) anchored the innings, while Joms Joy (25) provided early momentum.

KCC's bowlers kept control through Muhammad Khizar (4/37), who claimed vital wickets, supported by Saghir Abbas (1/12) and Pratheesh Ponveli (1/17).

Sami Butt's Class Leads the Chase

Kings' reply was guided by a batting clinic from Sami Butt, who struck 80 off 52 balls with precision and patience. Supported by Saghir Abbas (27 off 19) and Munir Iqbal (22 off 14), Kings chased down the target in 18.3 overs, reaching 173/4 to seal victory and top Group B standings.

Player of the Match: Sami Butt (KCC) – 80 (52), 13x4, 1x6

Umpires: Kutub Gulamabbas & Bhavin Panchal | Scorer: Moin Khatri

FTDO Sports Reflection – Statement Wins to End the Stage

Week 8 brought the perfect conclusion to the group phase,

- Mombasa Sports Club showcased batting supremacy, rewriting records, and building unstoppable momentum.
- Kings Cricket Club displayed poise, maturity, and structure — the hallmarks of champions.

• Jaffery Sports Club and Coast Gymkhana may have stumbled, but both sides remain strong contenders in the Super 8 mix.

The message heading into the next phase is clear: MSC and KCC are in top gear, while the rest must recalibrate fast if they hope to keep up.

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

WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	WEEKLY LIVE MUSIC	SHOWCASE LIVE ACTS	ART EVENTS & EXHIBS
Tuesdays Safari Inn Shanzu Serena Rd Maranda & Band	Thursdays Kusini Tavern Kilifi Live Band	Saturdays Soul Breeze Beach Resort Diani Tashingas The Band	Saturday 11 10 Don Bay Club Rabai Official Launch Of Kaya International Band with Kaya International Band 5 Stars Band Mwanzele	23 07 to 22 10 Peponi Hotel Lamu Art Exhibition by Ismael Kataregga
Wednesdays Sky Lounge Bamburi Julio Diatos with Big Band	Apollo Club Changamwe Rhumba Bakulutu with Coast Super Sound Band	Maasai Utange Amitie Musica Live On Stage	Saturday 18 10 Maasai Nyali Original Franco Luambo 36th Anniversary with Bana Mazembe Pdg Docteur Nico DJ Eddirah Ego The Entertainer	TALENT SHOW
Yul's Restaurant Nyali Rd Mkomani Live Music with Rafikis Band	Fridays Club Legend 2.0 Mtwapa Rhumba Mature with Ricky Mulolo & Idologia Internnational Band	Sundays Tamasha Downtown Sunday Vibes with New African Sounds Band	Saturday 25 10 The Club Cocobongo Mashujaa Weekend Extrav. with Okelo Max DJ Mufasa VJ Rick MC Konki	Friday 31 10 Mnarani Beach Club Kilifi Kilifi Gold Triathlon 2025
Golden Gate Lounge Mtwapa Ambro La Musica Live	Safari Inn Shanzu Serena Rd Jambo Africa Band	Maasai Utange Amitie Musica Live On Stage	Club Kavenya Kilifi Kipwani Night with Utamaduni Band Mijikenda Kings Band Kilifi Music Band	GOLF
Club The Place Bamburi Wednesday Vibes with New African Sound	Timez Super Lounge Bamburi Rhumba with Ben Sikatenda And International Golden Band	Tapas Gold Nyali Mombasa Roots Band	Friday 31 10 Nyali Nyali Party Night	Saturday 25 10 Vipingo Ridge Kilifi Kilifi Uganda Open
Soundwave Kilifi Octave Live Band	English Point Marina Solitaire The Band Live On Stage	The New Big Tree Bamburi Beach Mombasa Roots Band	SPEED DATING	INNOVATION
Club Legend 2.0 Mtwapa Bango with Jimmy Ngala & Asili Band	Germanic Mug Bar Diani Beach The Jam Band Live	Kusini Tavern Kilifi Pizza And Muziki The Band	Saturday 25 10 The Terrace Kilifi BK4K All Inclusive Speed Dating Event	27 to 31 10 Swahilipot Hub Foundation Mombasa Pwani Innovation Week
Balson's Bistro Shanzu Serena Rd Ben Skatenda And International Golden Band	Screenshot Lounge Mtwapa Live Band Fri with Faces Of Africa Band	Maasai Utange Amitie Musica Live On Stage		MOVIE NIGHT
Thursdays Kusini Tavern Kilifi The Muziki Band	Saturdays Apollo Club Changamwe MTU7 Saba & Sevens Afrobeat Band	Moonshine Beach Bar & Nightclub Nyali Live Band Sunday with Generation Band VJ Delph DJ Reddz DJ Niqboi		Monday 27 10 Swahilipot Hub Foundation Mombasa Pwani Innovation Week

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SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	BOXING	ART EVENTS / EXHIBS	ART EVENTS / EXHIBS
Sunday 12 10 Creative Spills Collective Miale by Cheche Sessions ft. Aisha Jemila	Sunday 19 10 Utopia Resort Ruiru Pool Party Bonfire	Monday 20 10 Redroom Kilimani Boxing And Dinner	08 to 31 10 National Museums Of Kenya Nairobi Journey Over A Million Footpath	Sunday 19 10 Oloolua Nature Trail Karen Paint And Connect
Friday 17 10 KODA Kenrail Towers Friends Of Mongoma with Afula Dylan S Kamushez Tenson Tindi	Muze Club Kenrail Towers Konpa Night with DJ D-Cure DJ Brann DJ Ricks	OPERA	24 to 26 10 Nairobi National Museum The Kenya Museum Society Presents The 19th Affordable Art Show	Every Sunday Ardhi Gallery Faces Group - Exhibition ft. James Dundi, Coster Ochieng, Clinton Odhiambo, Chester Nyamosi
Sunday 19 10 Ax Sports Bar & Grill Karen Amavibes	Thursday 30 10 Cheche Bookshop And Cafe Sister Salons	25 & 26 10 BOK Creative Hub Lavington A Celebration Of Opera	15 08 to 18 10 The African Arts Trust Victoria Square - Riara Road Forms Of Fray by Anita Kavochy, Jonathan Sölanke Gathaara Fraser Liz Kobusinge & Darlyne Komukama	Every Sunday Karen Village Ngong Rd Sip And Graffiti
KODA Kenrail Towers We House Sundays	Friday 31 10 Hp Lounge Ngong Rd Behind The Curtains halloween Party	CONCERT	Saturday 18 10 The Mall Westlands Bring Your Own Brush	TALENT SHOW
Creative Spills Collective Miale by Cheche Sessions ft. Tugi Waiyaki	Gigiri Lion Villas 2 Murder Mystery Dinner Party - Every- one's A Suspect	25 & 26 10 Ukumbi Mdogo Kenya National Theatre The Next Verse		Friday 17 10 Glee Hotel Northern Bypass Kenya Fashion Week 2025

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Motivating self & others
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Leadership
Coaching and mentoring
Networking

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To be the best provider of quality higher education in various fields for all Kenyans.

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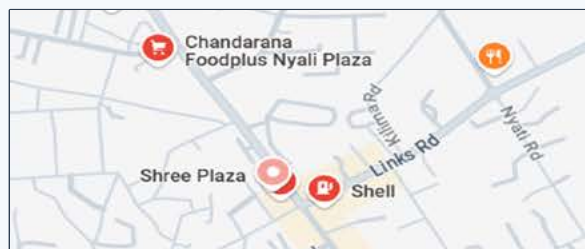
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PROSPECTUS



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THE OFFICE PROFESSIONAL

MODULES

BASICS - Basic concepts of Information Technology
WIN - Operating system
WORD - Word processing
EXCEL - Electronic spreadsheets
ACCESS - Database management
PPT - Computer presentations
INTERNET - Online Information & communication

DURATION: 7-8 weeks
FEE: KShs 14,500

PROJECT MANAGER

MODULES

MS EXCEL - Electronic spreadsheets
MS PROJECT - Project Management

DURATION: 3-4 weeks
FEE: KShs 14,500

THE COMPUTER PROGRAMMING / CODING

MODULES

Programming using Visual Basic /Java / Python

DURATION: 8 weeks
FEE: KShs 35,000

THE WEB DESIGNER

MODULES

CDRAW - Vector illustration & page layout using CorelDRAW
PSD - Image manipulation using Photoshop
FPAGE/DRMWVR - Web design using FrontPage/Dreamweaver
INTERNET - Online presence & research

DURATION: 7-8 weeks
FEE: KShs 21,500

THE COMPUTERIZED ACCOUNTING

MODULES

SAGE/QUICKBOOKS - Computerised accounting using SAGE or QuickBooks

DURATION: 3-4 weeks
FEE: KShs 12,500

ARTIFICIAL INTELLIGENCE (AI) TOOLS & APPLICATIONS

MODULES

Generative AI Essentials - Use ChatGPT, Copilot & Gemini for smart writing, coding, and ideas.
Creative AI Design - Create stunning visuals with Canva AI, Midjourney & DALL-E.
Prompt Mastery - Master powerful prompts for accuracy & creativity.
AI Productivity Systems - Automate tasks & boost business efficiency.
Innovation in Action - Discover real-world AI applications in tech and marketing.

DURATION: 3-4 weeks
FEE: KShs 14,500

COURSE TIMING

Course Timing
For Application Course (MON - FRI)
8:00 am - 9:30 am
9:30 am - 11:00 am
11:00 am - 12:30 pm
12:30 pm - 2:00 pm (Only if organized)
2:00 pm - 3:30 pm
3:30 pm - 5:00 pm
5:00 pm - 6:30 pm (Evening time)
9:30 pm - 12:30 am (Only if organized)

For Career Courses (MON - FRI)
8:00 am - 12:00 pm
2:00 pm - 5:00 pm



ABMA CAREER COURSES

ABMA, a UK-based awarding body, offers globally recognized vocational qualifications across Europe, Africa, and Asia. Its diploma and certificate programs equip students with essential skills for career success and economic growth. ABMA ensures high standards of knowledge and professionalism through rigorous assessment, examinations, and moderation, adding value to students' profiles for employment or further studies.

Course	ABMA Fees (£)	YARIS Fees (Ksh)	ABMA Fees (£)	YARIS Fees (Ksh)	ABMA Fees (£)	YARIS Fees (Ksh)
Business Management	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000
Computer & Info. Systems	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000
Community Development	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000
Shipping & Logistics	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000
Computer Engineering	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000
HIV/AIDS Management	£39 per unit Total £195	65,000	£45 per unit Total £225	75,000	£50 per unit Total £250	85,000

