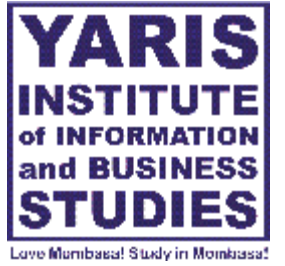




MaDaFu



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TOP NEWS

Pres. Ruto says no to violent protests

The government will from now not allow violent protests that have led to untold suffering in several parts of the country, President William Ruto has said.

The President said the government will take tough measures to protect lives and property of all Kenyans, and assured the country that firm security has been put in place to ensure no group threatens the prevailing peace.

Speaking at the Africa Gospel Church in Chebango, Bomet County, on Sunday, President Ruto pointed out that Kenya is a democracy governed by the rule of law.

"Going forward, we will protect the nation, lives and property. We will stop the looters, killers and anarchists," he said.

He added: "I want to tell you it's going to stop. Enough is enough. The country is more important than a few individuals."

At the same time, President Ruto asked those hiding under the youth to destabilise the country to come forward and provide their alternative plan for the country.

"Our plans to transform education, health, agriculture, energy, water and infrastructure, among others, are known. These others should tell us what their plans are instead of hiding behind violence," President Ruto said.

He said time has come for the so-called "leaderless, faceless and formless" group to present their alternative agenda instead of engaging in destructive demonstrations.

"We are going to be firm in protecting this country from anarchy. I want to challenge



those who are funding or sponsoring the violence to step forward and give us their views on how to take this country forward," he said.

The President went on: "We are a democratic nation and we cannot surrender our democracy to faceless, formless and anonymous anarchists who want to use violence to destroy our country."

He urged Kenyans to be wary of individuals using undemocratic means to destabilise the nation to attain their selfish ends.

He emphasised the need for Kenyans to jealously guard peace, saying some individuals were hiding behind the youth to cause anarchy.

Meanwhile, President Ruto assured Kenyans that plans were underway to hire Junior Secondary School interns on permanent and pensionable terms.

On Bomet County affairs, President Ruto announced that KSh1 billion has been allocated to provide electricity



to 15,000 households under the Last Mile Connectivity Programme.

"My administration will also build seven markets in this county to improve the work environment for small-scale traders, including Mama Mbogas and boda boda," he said.

Earlier, President Ruto assured religious leaders that public and State officers will continue to support

construction of churches and places of worship despite the recent ban on harambees.

The President, however, said this would be done under a new law. He said the proposed law has been taken to Parliament and it will guide how fundraisers will be conducted.

The President saying the law will ensure that all officers remain transparent and accountable.

"Through public participation, Kenyans will have an opportunity to give their views on that piece of legislation," President Ruto said.

He urged Christians to continue praying for him and the government so that they can serve Kenya better.

President Ruto urged the media to report protests responsibly, cautioning journalists not to celebrate

anarchy. The President said the media would have nothing to be proud of if the country were to descend into anarchy and chaos.

"Encouraging violence, destruction of property, anarchy and mayhem is irresponsible. If the country is destroyed, you'll have nothing to report and nowhere to report from," President Ruto said.

President William Ruto has urged politicians to stop popularity contests

The President told leaders to embrace unity and teamwork to push forward the country's development agenda.

He emphasised that despite coming from different political formations, leaders need to put the interests of the country ahead of their own.

"We must always put the unity of the country and the interests of Kenyans first and not our own as leaders," he said.

The President spoke during the opening of Pwani School for the Mentally Challenged tuition block and the laying of the foundation stone for Nyali Technical and Vocational

Education and Training (TVET) in Nyali, Mombasa County.

At the same time, President Ruto said the government will increase acreage under irrigation in arid and semi-arid areas to address food insecurity in the country.

He said KSh450 million has been allocated to Bura and Tana Delta irrigation projects to boost food production.

"We are committed to producing enough food and eliminating the shame of hunger in our country," said President Ruto.

Speaking at Ngao Secondary School in Garsen, Tana River County, the President said KSh400 million will be used to connect 6,000 households

to power under the Last Mile Electricity Connectivity Programme in the area.

Saying Tana River was prone to floods during the rainy season, President Ruto announced that affected residents will be moved to safer areas.

"The government is also building four markets in the county at a cost of KSh250 million to improve the working environment for small-scale traders, including mama mboga and boda bodas," he said.

President Ruto was accompanied by Tana River Governor Dhadho Godhana, several MPs and MCAs.



LG Team Plants 300 Indigenous Trees in Nairobi's Karura Forest

The activity, part of LG's annual environmental protection and sustainability plans, was held under the theme 'Optimism Your Environment' drawing from the ongoing LG campaign 'Optimism Your Feed' which has the company collaborating with influencers to populate social media timelines with positive and encouraging content.

Sixty of LG's employees planted five indigenous tree seedlings each in the Sigiria block of the forest, with the company committing to support the care of the planted trees for three years.

The exercise was conducted in partnership with Friends of Karura (FKF), a Community Forest Association that is dedicated to the preservation of the Karura Forest.

"LG is honored to contribute to the preservation of Karura Forest, an ecological treasure for Nairobi. Today's tree-planting exercise reflects our shared commitment to safeguarding our environment. We also aim to use such engagements to inspire positive change and promote a greener, more sustainable future," said LG's Managing Director for East Africa, Dongwon Lee.

Karura Forest, the largest of Nairobi's three main gazetted forests (the others are Ngong and Ololua), covers 2,526 acres. It features three rivers, a 49-foot-high waterfall, bamboo groves, caves, wetlands, and 31 miles of walking trails.

LG's commitment to the preservation of natural environments goes beyond tree planting; the company has a sustainability and environmental policy that stipulates key environmental goals, including the reduction of carbon emissions generated by both its processes and products.

LG OLED TVs for example, have a simpler structure and fewer components, making them lighter than the LCD's. The LG 65-inch OLED evo is made of ultra-light composite fiber, and requires only 40 percent of the plastic typically used in an LCD TV of the same size screen. It also weighs 20 percent less.



As a result, and based on the estimated sales of LG OLED

“ LG is honored to contribute to the preservation of Karura Forest, an ecological treasure for Nairobi

TVs this year, the total amount of plastic used in LG OLED TVs from 2022 to 2024 is expected to be 45,000 tons lower than that of LCD TVs sold during the same period. This reduction in plastic usage in LG OLED TV construction will lead to a decrease in carbon emissions of approximately 234,000 tons a year, equivalent to the carbon dioxide absorbed by a 30-year-old pine forest, a number that translates to about 55,000 acres of land or nearly the entire Mombasa County.

Recycled plastics also account for about 20 percent of the plastic used in the manufacturing of all LG TVs, including OLED TVs, equal to around 4,000 tons of recycled waste plastic annually. All other LG products including refrigerators, home entertainment systems, air conditioning units, and laundry machines, amongst others, have similar considerations for an all-round impact in environmental transformation.

Meanwhile, LG Electronics is on the path to a 100% transition to renewable energy by 2050 and to achieve completed carbon neutrality by 2030. This is accelerated by the introduction of energy-efficient facilities and carbon emission reduction devices throughout the company's production process.

IPOA



The DD-IMPS Munene Mugambi today represented the Authority in extensive discussions with Githurai Social Justice Centre coordinators. The meeting deliberated the alleged police excesses meted on the residents during the ongoing "Occupy Protests." Mr. Mugambi assured the Centre of the Authority's clear focus

on ensuring that the police are held accountable in the performance of their functions. He also empathised with the victims injured during last Tuesday's incident dubbed "Githurai Massacre" and further appreciated the Centre for sharing information that will contribute to the report on monitoring of operations affecting members of the public during the protests.

Biro Pens

In 1930, a Hungarian inventor encouraged children to play with marbles in a puddle, noticing that the balls left a trail of water in their path. So an idea came up: why not use a ball-shaped metal tip to write? Thus the pen was born. László József Biro presented his idea with his brother György, a chemist, and together they sought research and experience to create a new type of pen based on this concept. I finally got the perfect combination: a viscous ink and a tip with a ball that rotated freely, preventing the ink from drying out and controlling its flow.

They made their invention at the Budapest International Fair in 1931 and patented it in 1938, although they were unable to commercialize it immediately. With the start of World War II, the brothers emigrated to Argentina, where they founded a company in a garage. Although it was initially unsuccessful due to the high cost of the product, it was awarded a contract with the British Air Force, which

increased its popularity. In 1943, his invention was leased to Eversharp Faber, in the United States, for US\$2 million. In 1950, Marcel Bich acquired the rights and, on the recommendation of a publicist, removed the "h" from his surname and founded the company BICGroup. That year they launched the first Crystal BIC, one of the most perfect designs ever created, of which more than 20 million units are sold every day around the world. Since 1953, more than 100 billion Crystal BICs have been manufactured, making it the best-selling pen of all time.



NEWS

LG Academy Continues To Increase Technical HVAC Expertise in Kenya

Here's Difference Between Death Sentence & Life Imprisonment

LG Electronics' (LG) will in 2024 train 37,000 individuals globally, on its Heating, Ventilation and Air Conditioning (HVAC) systems. This is in a bid to build a network of skilled installation and service engineers to support the management of LG equipment as the brand's popularity continues to thrive globally.

Operating in 62 locations worldwide, the LG HVAC Academy provides comprehensive training on installing and maintaining LG's residential and commercial HVAC systems, including its high-efficiency chillers. In Kenya, the LG HVAC Academy is run as a partnership with the University of Nairobi. The academy enhances the skill-and knowledge-base of local technicians, equipping them with the ability to ensure the optimal set-up and performance of the company's advanced HVAC solutions – which is crucial in delivering the differentiated customer experiences LG is known for.

The Nairobi LG HVAC



Academy features an integrated showroom and training rooms where attendees can gain hands-on experience with the company's products. Along with product installation and maintenance training, the academy introduces the company's new HVAC solutions and offers specialized regional training programs, technical forums, and customized on-site classes at clients' offices.

"The LG HVAC Academy plays a key role in enhancing the capabilities of engineers in each region," said

James Lee, head of the Air Solution Business Unit at LG Electronics Home Appliance & Air Solution Company. "We will continue to increase customer engagement to deliver more value and drive our global HVAC business forward."

Meanwhile, LG is targeting continued growth in the global HVAC market – which had an estimated value of approximately USD 58.4 billion in 2023* – with its high-efficiency heat pump HVAC systems, which have been designed with the latest electrification and

environmental trends in mind. This is as it seeks to capture a growing market that is emerging from the growing need for high-efficiency, high-performance cooling systems in AI data centers and semiconductor plants where effective heat management is essential for maintaining server efficiency. Moreover, the company aims to more than double the revenue generated by its residential and commercial HVAC business by 2030 and reinforce its position as a worldwide leader in air conditioning.

PICTORIAL

Tree Planting



Nurture early and they reap good fruits and environment later. Keep Kenya Green and Clean! Students of St Augustine School in Tudor planting seedling and promised me that they would water and nurture them to full size.

World Albinism Day in Mombasa



World environmental day



NCBA Group Managing Director, John Gachora(left), a youth Aidan Gachora (wearing watch), Ahadi Kenya CEO Dr Stanley Kamau, Group Director Marketing Communication and Citizenship, Nelly Wainaina (right) and pupils from Kimathi Primary in Nakuru County participate in a clean-up exercise within the institution as they mark World Environmental Day on June 5, 2024. Ahadi Kenya Trust also launched a campaign to plant trees in all public primary schools within Nakuru County.

Dr. Manoj Shah elected as International Third Vice President of Lions Clubs International

At the 105th International Convention of Lions Clubs International, Held in Melbourne, Australia, Dr. Manoj Shah achieved a historic milestone by being elected as the International Third Vice President. This prestigious election marks the first time in the organization's 105-year history that an individual from Kenya, and the entire continent of Africa, an Oshwal has ascended to such a high level of leadership. Dr. Manoj automatically becomes the 1st Lions International president in 2027.

Lions Clubs International, founded in 1917, boasts a global membership exceeding 1.5 million, with representation in over 210 countries. For more than a century, Lions have dedicated themselves to serving their communities with exceptional kindness, always prioritizing the needs of their neighbors and the broader world. The collective efforts of Lion and Leo members, supported by the association and its Global Foundation, continue to address critical needs worldwide.

Dr. Shah's election is a testament to his outstanding leadership and service.

Understanding the concept of Rizq in Islam

And what does the Quran teach us about increasing it?



As Muslims, we understand the significance of rizq (provision or sustenance) in our lives.

It's a concept deeply intertwined with our faith, reflecting Allah's provision for His creation.

However, in our journey to seek more rizq, it's essential to align our efforts with the teachings of the Qur'an. We're delving into some Quranic guidance on increasing rizq, offering insights that go beyond mere material wealth.

What Is Rizq: A Quranic Perspective

Before we explore ways to increase rizq, it's crucial to understand its Quranic context.

Rizq is not limited to financial prosperity but encompasses all forms of sustenance provided by Allah – health, knowledge, time, opportunities and even the people we have in our lives.

Allah says in the Qur'an, "There is no moving creature on earth whose provision is not guaranteed by Allah. And He knows where it lives and where it is laid to rest. All is written in a perfect Record." (Qur'an 11:6).

This verse reminds us that our sustenance is preordained, and Allah is fully aware of our needs and circumstances.

1. Seeking Rizq through Tawakkul (Reliance on Allah)

The concept of tawakkul, or reliance on Allah, is fundamental in Islam. The Qur'an says, "And whoever relies upon Allah - then He is sufficient for him." (Quran 65:3).

Placing our trust in Allah for our provision is a form of worship and

acknowledgement of His omnipotence. It doesn't mean abandoning effort but pairing our endeavours with faith in Allah's plan. When we place our trust in Allah, we're increased tenfold!

2. The Power of Dua (Supplication)

Making dua for rizq is a profound act of worship. The Prophet Muhammad (peace be upon him) taught us specific duas for seeking increase in rizq.

One such dua is, "O Allah, I ask You for knowledge that is beneficial, a good provision, and deeds that will be accepted." (Mishkat al-Masabih 2498).

Regularly supplicating, especially during times of distress, keeps us connected with Allah and reinforces our faith in His provision.

3. Being Grateful: A Key to Increase Rizq

Gratitude (shukr) plays a pivotal role in increasing rizq. Allah says, "If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe." (Quran 14:7).

This verse clearly links



There is no moving creature on earth whose provision is not guaranteed by Allah. And He knows where it lives and where it is laid to rest

gratitude with the increase in Allah's blessings. Cultivating an attitude of gratitude for what we already have opens doors to more blessings.

4. Earning through Halal Means

One of the most emphasized aspects in Islam is earning and consuming halal.

The Holy Qur'an is clear about this: "O mankind, eat from whatever is on earth [that is] lawful and good..." (Qur'an 2:168).

Engaging in halal business practices and avoiding haram sources of income is crucial in seeking Allah's blessings in our rizq.

5. Giving Sadaqah (Charity)

The act of giving, especially in the form of sadaqah (voluntary charity), is a powerful means to increase rizq.

Prophet Muhammad (peace be upon him) said, "Charity does not decrease wealth." (Sahih Muslim).

By giving, we purify our wealth, help those in need, and trust Allah to replenish and multiply our rizq.

6. Strengthening Family Ties

Maintaining kinship ties is another way to increase rizq. Prophet Muhammad (peace be upon him) said, "Whoever would like his rizq to be increased and his life span to be extended, should uphold the ties of kinship." (Sahih Bukhari).

This hadith highlights the importance of family relationships in the context of rizq.

7. Performing Good Deeds

Good deeds, whether it's regular prayer, fasting, or helping others, these all count

towards our provision.

Allah rewards righteous actions in various forms!

8. Seeking Knowledge

Pursuing knowledge, particularly religious knowledge is also vital.

Prophet Muhammad (peace be upon him) said, "Seeking knowledge is an obligation upon every Muslim." (Sunan Ibn Majah).

Knowledge empowers us to make better decisions and opens doors to various forms of rizq.

9. Patience and Contentment

Lastly, patience (sabr) and contentment (qana'ah) are crucial in our pursuit of increased rizq.

The Qur'an says, "And be patient, for indeed, Allah does not allow to be lost the reward of the good-doers." (Quran 11:115).

Being content with what Allah has provided and patient in adversity are attributes that draw divine blessings.

Increasing our rizq isn't just about seeking more wealth but about aligning our lives with Quranic principles.

It involves a combination of faith, effort, ethical conduct, and trust in Allah's wisdom.

As we implement these principles, we open ourselves to the abundant provision from the One who is the Provider, the Most Merciful, and the Most Generous.

It is important for us to remember, the true essence of rizq lies in its barakah (blessing) – not just in its quantity but in the peace, contentment, and benefit it brings to our lives.

May Allah Ta'ala increase us in good, halal, and beneficial rizq in this world and the Hereafter. Ameen!

30 of the world's greatest and best sayings



By Mr. Rishi Arun Parikh

1. "The only thing we have to fear is fear itself." – Franklin D. Roosevelt

2. "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Ralph Waldo Emerson

3. "The unexamined life is not worth living." – Socrates

4. "In the end, we will remember not the words of our enemies, but the silence of our friends." – Martin Luther King Jr.

5. "That which does not kill us makes us stronger." – Friedrich Nietzsche

6. "To be, or not to be, that is the question." – William Shakespeare

7. "I think, therefore I am." – René Descartes

8. "The only way to do great work is to love what you do." – Steve Jobs

9. "The best way to predict the future is to invent it." – Alan Kay

10. "Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world." – Albert Einstein

11. "Ask not what your country can do for you; ask what you can do for your country." – John F. Kennedy

12. "To love and be loved is to feel the sun from both sides." – David Viscott

13. "It is never too late to be what you might have been." – George Eliot

14. "Do what you can, with

what you have, where you are." – Theodore Roosevelt

15. "Success is not final, failure is not fatal: it is the courage to continue that counts." – Winston Churchill

16. "The journey of a thousand miles begins with one step." – Lao Tzu

17. "Happiness is not something ready-made. It comes from your own actions." – Dalai Lama

18. "You miss 100% of the shots you don't take." – Wayne Gretzky

19. "The only limit to our realization of tomorrow is our doubts of today." – Franklin D. Roosevelt

20. "The pen is mightier than the sword." – Edward Bulwer-Lytton

21. "We are what we repeatedly do. Excellence, then, is not an act, but a habit." – Aristotle

22. "Not all those who wander are lost." – J.R.R. Tolkien

23. "Life is what happens when you're busy making other plans." – John Lennon

24. "To live is the rarest thing in the world. Most people exist, that is all." – Oscar Wilde

25. "You must be the change you wish to see in the world." – Mahatma Gandhi

26. "What we think, we become." – Buddha

27. "The greatest glory in living lies not in never falling, but in rising every time we fall." – Nelson Mandela

28. "Believe you can and you're halfway there." – Theodore Roosevelt

29. "It does not matter how slowly you go as long as you do not stop." – Confucius

30. "The purpose of our lives is to be happy." – Dalai Lama

31. "We are here on a short journey; maximize usage of time, love & self-belief, for when misused for later...the journey ends..."

MINING

The most Expensive Minerals and Gemstones in the World

Note: Costs can vary significantly depending on quality, size, color, clarity, and market demand.

Mineral/Gemstone	Source Locations	Cost (per carat/unit)	Uses
Diamond	South Africa, Russia, Canada	\$2,000 - \$16,000 per carat	Jewelry, cutting tools, electronics
Jadeite	Myanmar, Guatemala, USA	\$3,000 - \$20,000 per carat	Jewelry, ornamental carvings
Red Beryl (Bixbite)	Utah (USA), New Mexico (USA)	\$10,000 per carat	Jewelry, collectors
Alexandrite	Russia, Brazil, Sri Lanka	\$10,000 - \$70,000 per carat	Jewelry, optical applications
Painite	Myanmar, Tanzania	\$50,000 - \$60,000 per carat	Jewelry, collectors
Taaffeite	Sri Lanka, Myanmar, Tanzania	\$1,500 - \$2,500 per carat	Jewelry, collectors
Blue Garnet	Madagascar, USA	\$1,500 - \$2,500 per carat	Jewelry
Musgravite	Greenland, Antarctica, Sri Lanka	\$35,000 per carat	Jewelry, collectors
Grandidierite	Madagascar, Sri Lanka	\$20,000 per carat	Jewelry, collectors
Serendibite	Sri Lanka, Myanmar	\$18,000 per carat	Jewelry, collectors
Black Opal	Australia, Ethiopia	\$2,000 - \$15,000 per carat	Jewelry
Pink Star Diamond	South Africa	\$1,395,761 per carat	Jewelry, investment
Rubellite (Red Tourmaline)	Brazil, Nigeria, Mozambique	\$400 - \$1,000 per carat	Jewelry
Benitoite	California (USA), Arkansas (USA)	\$4,000 - \$5,000 per carat	Jewelry, collectors
Red Diamond	Australia, Russia, Brazil	\$2,000,000 - \$2,500,000 per carat	Jewelry, investment
Emerald	Colombia, Zambia, Brazil	\$500 - \$5,000 per carat	Jewelry, collectors
Ruby	Myanmar, Thailand, Sri Lanka	\$1,000 - \$15,000 per carat	Jewelry, industrial lasers
Sapphire	Sri Lanka, Madagascar, Australia	\$25 - \$11,000 per carat	Jewelry, watch crystals, electronics
Tanzanite	Tanzania	\$200 - \$1,500 per carat	Jewelry
Paraiba Tourmaline	Brazil, Mozambique, Nigeria	\$10,000 - \$50,000 per carat	Jewelry, collectors
Demantoid Garnet	Russia, Namibia, Madagascar	\$1,000 - \$10,000 per carat	Jewelry, collectors
Blue Diamond	South Africa, Australia, India	\$1,000,000 - \$3,930,000 per carat	Jewelry, investment
Serendibite	Sri Lanka, Myanmar	\$18,000 per carat	Jewelry, collectors
Poudretteite	Myanmar, Madagascar	\$3,000 - \$5,000 per carat	Jewelry, collectors
Pink Tourmaline	Brazil, Mozambique, Afghanistan	\$600 - \$1,000 per carat	Jewelry
Spinel	Myanmar, Sri Lanka, Tanzania	\$200 - \$2,000 per carat	Jewelry
Jade (Imperial)	Myanmar, China	\$1,000 - \$3,000 per carat	Jewelry, sculptures, cultural artifacts
Sapphirine	Greenland, Madagascar	\$500 - \$1,000 per carat	Jewelry, collectors
Sphalerite (Gem quality)	Spain, Mexico, USA	\$20 - \$200 per carat	Jewelry, mineral specimens
Padparadscha Sapphire	Sri Lanka, Madagascar, Tanzania	\$6,000 - \$30,000 per carat	Jewelry



Nurturing confidence by unveiling the importance of intimate skincare

By Alham Mansur

In the vast landscape of self-care and wellness, there's an often overlooked facet that deserves our attention – intimate skincare.

Our intimate areas play a crucial role in our overall well-being, and it's time to shed light on the significance of nurturing and prioritizing their health.

This blog post aims to raise awareness about the importance of intimate skincare, breaking down taboos and empowering individuals to embrace a holistic approach to self-care.

Breaking the Silence

Intimate skincare has long been shrouded in silence and societal discomfort. Breaking free from these taboos is the first step toward fostering a healthier relationship with our bodies.

Open conversations

provide a platform to discuss concerns, seek advice, and share experiences, creating a culture of understanding and acceptance.

A Vital Component of Self-Care

Intimate skincare is not just a hygienic routine; it's a fundamental aspect of self-care. Just as we pamper our faces with serums and moisturizers, our intimate areas deserve the same level of care and attention.

Prioritizing intimate health contributes to a sense of cleanliness, comfort, and confidence, ultimately enhancing our overall well-being.

Preventing Discomfort and Infections

Proper intimate skincare goes beyond aesthetics; it's about preventing discomfort and infections.

Regular cleansing and moisturization help maintain

a balanced and healthy microbiome, reducing the risk of infections.

This proactive approach ensures day-to-day comfort and contributes to a positive intimate experience.

Celebrating Diversity

Intimate areas, like the rest of our bodies, come in diverse shapes, sizes, and colors. It's essential to celebrate and embrace this diversity, dispelling unrealistic ideals and fostering a more inclusive perspective.

Understanding that there is no 'one-size-fits-all' standard encourages a positive body image and self-acceptance.

Empowering Inclusivity

Intimate skincare is not gender-specific; it is relevant to everyone. Fostering inclusivity ensures that individuals, regardless of gender identity or age, have access to resources, information, and products tailored to their

specific needs.

This inclusivity empowers individuals to take charge of their intimate health journey.

Seeking Professional Guidance

For those navigating intimate skincare concerns, seeking professional guidance is crucial. Dermatologists and healthcare professionals can provide personalized advice, addressing specific concerns and ensuring a safe and effective skincare routine.

Embracing intimate skincare is an empowering journey toward self-love, acceptance, and overall well-being. It's time to break free from the silence, prioritize intimate health, and celebrate the diversity of our bodies.

By raising awareness, fostering inclusivity, and encouraging open conversations, we pave the way for a society that values every aspect of self-care, leaving no room for taboos or

discomfort.

Let's nurture confidence and embrace the importance of intimate skincare as an integral part of our self-care routines.



30 Day Gym / Fitness Regime by (Non Expert) Rishi!



Day	Workout	Duration/Reps
1	Cardio: Brisk Walk/Jog	20 minutes
2	Upper Body Strength	Bench Press: 3 sets x 10 reps Dumbbell Rows: 3 sets x 10 reps Shoulder Press: 3 sets x 10 reps
3	Rest and Eat what you want	
4	Cardio: Cycling	20 minutes
5	Lower Body Strength	Squats: 3 sets x 10 reps Deadlifts: 3 sets x 10 reps Lunges: 3 sets x 10 reps
6	Core Workout	Plank: 3 sets x 30 seconds Russian Twists: 3 sets x 20 reps Bicycle Crunches: 3 sets x 20 reps
7	Rest and Eat Icecream!	
8	Cardio: Swimming	20 minutes
9	Full Body Circuit	Jumping Jacks: 3 sets x 20 reps Push-Ups: 3 sets x 10 reps Bodyweight Squats: 3 sets x 15 reps
10	Flexibility	Yoga or Stretching Routine: 20 minutes
11	Cardio: HIIT	15 minutes (30s high intensity, 30s low intensity)
12	Upper Body Strength	Pull-Ups/Assisted Pull-Ups: 3 sets x 8 reps Tricep Dips: 3 sets x 10 reps Bicep Curls: 3 sets x 10 reps
13	Rest & Eat what you want!	
14	Cardio: Elliptical	20 minutes
15	Lower Body Strength	Leg Press: 3 sets x 10 reps Calf Raises: 3 sets x 15 reps Romanian Deadlifts: 3 sets x 10 reps
16	Core Workout	Plank with Leg Lifts: 3 sets x 15 reps Side Plank: 3 sets x 30 seconds (each side) V-Ups: 3 sets x 15 reps
17	Rest Sleep Eat!	
18	Cardio: Stair Climbing	20 minutes
19	Full Body Circuit	Burpees: 3 sets x 10 reps Mountain Climbers: 3 sets x 20 reps Kettlebell Swings: 3 sets x 15 reps
20	Flexibility	Yoga or Stretching Routine: 20 minutes
21	Rest and Sleep	
22	Cardio: Rowing Machine	20 minutes
23	Upper Body Strength	Bench Press: 3 sets x 10 reps Pull-Ups/Assisted Pull-Ups: 3 sets x 8 reps Shoulder Press: 3 sets x 10 reps
24	Core Workout	Russian Twists with Medicine Ball: 3 sets x 20 reps Leg Raises: 3 sets x 15 reps Plank with Arm Raises: 3 sets x 10 reps
25	Rest and Eat Croissants	
26	Cardio: Jump Rope	20 minutes
27	Lower Body Strength	Squats: 3 sets x 10 reps Deadlifts: 3 sets x 10 reps Lunges: 3 sets x 10 reps
28	Flexibility	Yoga or Stretching Routine: 20 minutes
29	Full Body Circuit	Push-Ups: 3 sets x 10 reps Bodyweight Squats: 3 sets x 15 reps Plank: 3 sets x 30 seconds
30	Rest and thank me!	Ice Cream on Rishi!



By Mr. Rishi Arun Parikh

Here's a 30-day gym / fitness regime designed and researched (without implementation) by me to help you achieve overall fitness and strength. This program combines cardiovascular exercises, strength training, and flexibility work to provide a comprehensive workout

“ a balanced diet and staying hydrated are crucial components

routine. Remember to adjust the intensity and duration of exercises based on your fitness and comfort level and consult a fitness professional (not me) if you have any concerns or queries!

Remember to incorporate warm-up and cool-down routines before and after each workout session respectively, and listen to your body to prevent injury. Additionally, maintaining a balanced diet and staying hydrated are crucial components of any fitness regimen. Finally, consistency and perseverance are key to achieving your fitness goals.

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AI

The impact of AI and robotics:

Revolutionizing education and employment



By Mr. Ali Marcel Samora Jesse

Introduction:

Artificial Intelligence (AI) and robotics are reshaping the landscape of education and employment, ushering in a new era of innovation and transformation. As these technologies continue to advance, their impact on both sectors becomes increasingly profound, presenting opportunities and challenges alike.

Transforming Education:

AI and robotics are revolutionizing education by personalizing learning experiences, improving accessibility, and enhancing teaching methods. Adaptive learning platforms powered by AI analyze student data to tailor lessons to individual needs, optimizing comprehension and retention. Moreover, robotics in education, through interactive robots and coding workshops, fosters creativity, problem-solving skills, and STEM literacy among students.

Additionally, AI-enabled tools like virtual tutors and

language learning apps offer on-demand assistance, making education more accessible to learners worldwide. Furthermore, AI-driven analytics provide educators with valuable insights into student performance, enabling targeted interventions to support struggling students.

However, the integration of AI and robotics in education raises concerns about job displacement among educators. While technology can automate certain tasks, it cannot replace the human connection and emotional intelligence that teachers provide. Instead, educators can leverage these technologies as tools to enhance their teaching practices and engage students more effectively.

Reshaping Employment:

In the realm of employment, AI and robotics are reshaping industries, automating routine tasks, and driving efficiency. Automation streamlines processes in manufacturing, logistics, and customer service, increasing productivity and reducing costs for businesses. Moreover, AI-powered algorithms optimize hiring processes, matching candidates with job opportunities more accurately based on skills and qualifications.

However, the rise of AI and robotics also presents challenges, including job displacement and the need



for upskilling and reskilling. As automation replaces repetitive tasks, some traditional roles may become obsolete, requiring workers to adapt to new job requirements or transition to emerging fields. Additionally, there is a growing demand for workers with expertise in AI, robotics, data analysis, and cybersecurity, creating opportunities for those who possess these skills.

Moreover, the ethical implications of AI and robotics in employment, such as algorithmic bias and job polarization, necessitate careful consideration and regulation. Addressing these concerns requires collaboration between policymakers, industry stakeholders, and educators to ensure that the benefits of AI and robotics are equitably distributed across society.

Conclusion:

The impacts of AI and

robotics on education and employment is multifaceted, presenting both opportunities and challenges. While these technologies have the potential to revolutionize learning experiences and streamline processes in various industries, they also raise concerns about job displacement and ethical considerations.

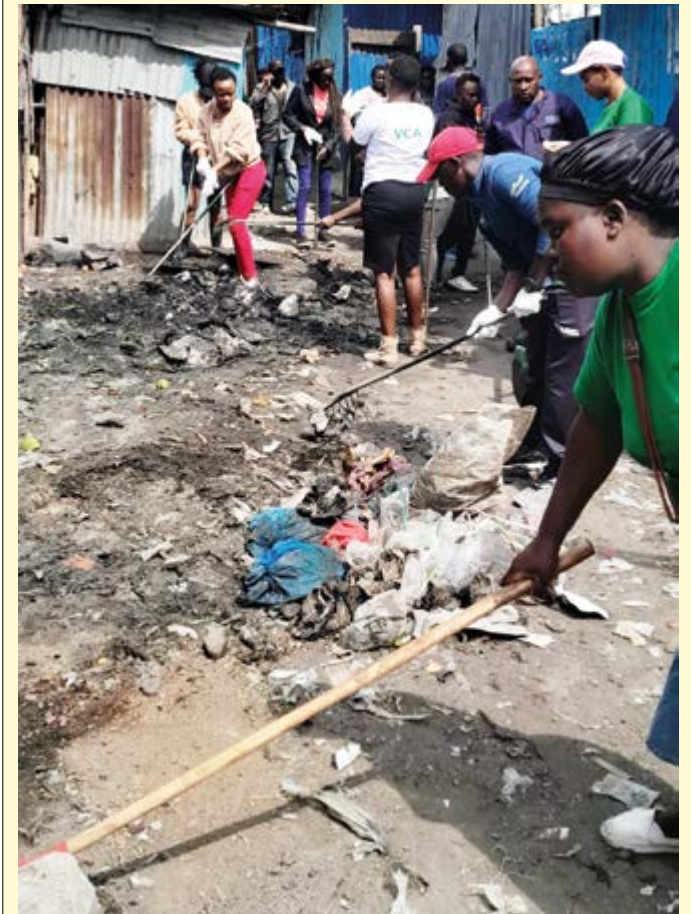
To harness the full potential of AI and robotics, stakeholders must prioritize lifelong learning initiatives, invest in upskilling and reskilling programs, and promote responsible AI development and deployment. By embracing innovation while addressing societal concerns, we can navigate the evolving landscape of education and employment in the age of AI and robotics.

Computer Science Teacher

Greensteds International School Nakuru

PICTORIAL

Cleanup Nbi



Kamongo Village was transformed thanks to the amazing efforts of Nairobi County Public Health team, Greener Cities and our dedicated village volunteers. Together, we tackled litter, cleared pathways, and made our community a cleaner, healthier place to live. This clean-up was a huge success, demonstrating the power of community action. But our work doesn't stop here! We will continue having regular clean-ups which are essential to maintain the beauty and health of our environment. Let's continue to come together, keep Mukuru Villages pristine, and set an example for others. Thank you to everyone who participated today your efforts truly make a difference!



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

NAIROBI:

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

INDUSTRIAL AREA:

Bunny Industries Limited (Dakar Road)

LANGATA:

Sona Shoppe (Galleria Shopping Mall)

KAREN:

Sona Shoppe (Karen Crossroads)

NAKURU:

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

KITALE:

Milli Hardware Ltd Main Road

ELDORET:

Kenya Jalaram Co Ltd - opp CBK

VOI:

Abbas Aluminum Supplies

MOMBASA:

Blue Room Restaurants
Nyalii Cinemax
Nyalii Centre - DKL
Umoja Rubber Shoes Shops

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

KISUMU:

Western Emporium

DIANI:

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

MALINDI:

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Use generative AI to revolutionize productivity, creativity, and innovation

How can you unleash the potential of Generative AI in your business?



By Murithi Magiri

In the past one year or so you may have probably heard of Generative Artificial Intelligence (Generative AI) and new buzz words like ChatGPT and wondered “what is it in for me as a business owner?” Well, I got good news for you, there is a lot! The use of generative AI solutions can help your company increase productivity, turbo-charge creativity, improve response time, satisfaction and customer experience, fuel innovation, cut down on costs and gain a competitive edge.

Generative AI is disrupting and revolutionizing the way we interact with data and applications to churn-out results. It is prospected to grow exponentially with great impact on global economics “If we put generative AI together with the basket of automation technologies, we’re looking at a potential of \$4.4 trillion of GDP growth globally. That is larger than the size of the United Kingdom.” McKinsey. Unlike traditional AI known, generative AI doesn’t just process existing data. It learns from it and uses what it has learned to generate new creations that didn’t exist before, including text, images, audios, videos, and code. The defining difference is that traditional AI systems rely on predefined rules or explicit data patterns, generative AI leverages complex neural networks to learn from humongous datasets and autonomously generate outputs.

Businesses can leverage generative AI to augment human creativity to meet their business objectives much more rapidly, affordably and at scale. Generative AI tools like ChatGPT, Bard, Stable Diffusion, Watson and DALL-E have the potential to



change how a range of jobs are performed. A study by McKinsey shows that around 30% of companies are already regularly using generative AI in at least one function, and 40 percent of those reporting AI adoption at their organization plan to invest more in AI because of generative AI advances.

Leading software giants have collaborated with generative AI tools developers to enhance their solutions offerings or come up with new solutions altogether and with it comes use cases applicable to everyday business operations.

Customer experience engagements is one of the immediate generative AI use cases in business, it revolves around providing instant responses to customer inquiries received via live chat, phone calls, and emails. Businesses can offer tailored customer engagements using their own data to enhance customer satisfaction and loyalty. Sample this; you are a financial institution offering wide variety of services and instead of a customer reaching to the already over stretched financial advisor, they engage a chatbot on the website or on a messaging platform to get updated financial advisory on best investments options and even go further and order for the services without human intervention. That is a reality with generative AI enabled

chatbots.

Content generation is another quick use case. Generative AI crafts contextually relevant and coherent content on any given topic in mere seconds. In comparison, experienced writers spend 2-6 hours polishing a 1,000-word blog post. It shouldn’t come as a surprise that generative AI is already producing 25% of all digital content. Some early adopters are already using generative AI tools in marketing and sales for generating and enhancing content, from social media posts and blog articles to sales emails.

They also use it for brainstorming creative ideas, accelerating consumer research, creating visuals, personalizing outreach and identifying leads.

It has never been easier, better and smoother developing in-house software. Generative AI is already helping with code generation, suggestions, and autocomplete. It’s also valuable for refining code, finding bugs, and making sure everything runs smoothly.

And it is not just for coding, generative AI is a game-changer for project managers, business analysts and testers, giving them new tools to do their jobs with speed and finesse.

Compared to traditional

automation tools, generative AI tools are broader and more complex. Businesses can automate their tedious and repetitive tasks much more broadly due to the ability of generative AI to learn new data and refine its capabilities.

Another application is in data analytics. Talk of strategic decision making, data democratization, proactive analytics and real time data processing, generative AI has enormous potential of transforming business intelligence and AI-powered analytics.

There is a plethora of solutions that have been built or centered on generative AI that business can harness like Microsoft Co-pilot – with a slew of traditional Microsoft Office applications, ChatGPT, Google Bard, Tabnine, MOSTLY AI, Stability AI, Jasper, Notion AI, Phrassee, HubSpot Content Assistant, Cohere Summarize, Anthropic Claude, PatentPal, AI2I Studio et al.

Before a business can venture it is important to consider measures that mitigate risks associated with AI risks, develop comprehensive training to build AI literacy, run pilot projects, mobilize the team for AI adoption and lastly, develop a strategic roadmap.

The writer is the Lead IT Consultant at Magtech Solutions,
solutions@magtech.co.ke

Camp

Dear Friends and Well Wishers,

Lord Mahavir Swami Followers, Narayan Seva Sansthan Udaipur and Giants Group of Nairobi Twiga have the pleasure in inviting you to The Free Mega C Camp on Sunday 14th July & Monday 15th July at Navnat Bhavan, General Mathenge Drive

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Journey of Service



Continues.

White People



KIMYOLEI SIMBOLEI ARAAP TURGAT born in the 1800s, was the Nandi Orkoiyot who predicted the arrival of Europeans (“the white tribe”) and the railways (“the Iron Snake”); two events that were to forever alter Nandi. Kimyolei was clubbed to death by some Nandi Bororiosiek around 1890. He is noted for the prophecies he made and is famous for being the father of Koitalel Araap Samoei, the leader of the Nandi Resistance. He was also the father of Kipchomber Araap Koilege, the first Kipsigis Orkoiyot, and grandfather of Barsirian Araap Manyei, Kenya’s longest serving political detainee. During Kimnyole’s reign, internecine conflicts of the 1870s and 80’s between the various Maasai factions saw the routing of the Uasin Gishu Maasai by a combined force of the Naivasha and Laikipia Maasai. The Nandi then defeated the remnants of the Uasin Gishu at a battle in the Kipkaren Valley, as the Maasai had tried

to reassert their claim to the plateau.

Shortly after, the Laikipiak were defeated by the Naivasha such that the latter were left as the only military power strong enough to contest the grazing rights to the Uasin Gishu plateau with the rising Nandi.

Several inconclusive skirmishes took place between the two until eventually, the Naivasha were routed at Siwa and chased back into the Rift Valley. Thus the Nandi had unchallenged access to the pastures and salt licks throughout the extensive Uasin Gishu plateau. Cattle and captives swelled the Nandi animal and human populations. Trouble began for Kimnyole in the late 1880s, starting about 1888, when disaster struck the Nandi in the form of rinderpest cattle disease which was spreading round Kenya at this time. Kimnyole was blamed for not having warned the warriors who went out to raid and brought back rinderpest. It was noted that only his cattle had not died.

HISTORY

Kenya: A Journey Through Time - From Prehistory to the Future

Kenya, located on the eastern coast of Africa, is a country of rich history and immense cultural and natural diversity. From its prehistorical past to its present-day status, Kenya has undergone significant transformations that have shaped its identity. This article delves into the key phases of Kenya's history, its pre-independence period, formation as a nation, current scenario, and its future prospects.

Prehistorical Past

Kenya's history dates back millions of years, with evidence suggesting that it was a significant site for early human evolution. The Great Rift Valley, a geographical and archaeological treasure trove, has yielded numerous fossil discoveries that provide insight into human ancestry.

• Early Human Fossils: The discovery of ancient hominid fossils, such as those of Australopithecus and Homo habilis, at sites like Turkana and Olduvai Gorge, highlights Kenya's importance in the study of human evolution. The famous "Turkana Boy" skeleton, a nearly complete skeleton of a Homo erectus youth, was discovered near Lake Turkana and dates back approximately 1.6 million years.

• Archaeological Sites: Kenya is home to several notable archaeological sites. Olorgesailie, located in the southern part of the country, has produced a wealth of stone tools and remains that date back to over 1 million years ago. These findings have provided valuable insights into the life and activities of early human ancestors.

Pre-Independence Period

The pre-independence period of Kenya is marked by the arrival of various communities and external influences, culminating in colonization by European powers.

• Early Settlers and Kingdoms: Various Bantu, Nilotic, and Cushitic-speaking communities settled in Kenya, each contributing to the region's cultural and linguistic diversity. By the first millennium AD, trade between

the coastal city-states of Kenya and Arabian and Persian merchants flourished, leading to the growth of Swahili culture.

• Colonial Rule: In the late 19th century, Kenya became part of the British Empire. The construction of the Uganda Railway from the coast to Lake Victoria facilitated British control and the influx of European settlers. The colonial period saw significant economic and social changes, including the establishment of large-scale agriculture, infrastructure development, and the displacement of indigenous communities.

• Resistance and Struggle for Independence: The colonial period was also marked by resistance and the struggle for independence. The Mau Mau uprising (1952-1960) was a significant movement against British rule, led by the Kikuyu, Embu, and Meru communities. The brutal suppression of the uprising intensified the desire for independence among Kenyans.

Formation as a Nation

Kenya gained independence on December 12, 1963, with President Jomo Kenyatta becoming the first Prime Minister and later the first President of the Republic of Kenya.

• Post-Independence Challenges: The newly independent nation faced several challenges, including political instability, economic disparities, and ethnic tensions. President Kenyatta's government focused on nation-building, economic development, and maintaining stability.

• Political Landscape: After President Kenyatta's death in 1978, President Daniel arap Moi took over as President. President Moi's rule, which lasted until 2002, was characterized by autocratic governance, economic difficulties, and political repression. The introduction of multiparty politics in 1991 marked the beginning of democratic reforms, leading to President Moi's eventual departure from power.

• Transition to Democracy: The election of President Mwai Kibaki in 2002 signaled a shift towards more democratic

governance.

However, the 2007-2008 post-election violence revealed deep-seated ethnic and political divisions. The adoption of a new constitution in 2010 aimed at addressing these issues by devolving power and promoting greater inclusivity.

Current Scenario

Today, Kenya is a dynamic and influential country in East Africa, with significant achievements and ongoing challenges.

• Economic Growth: Kenya has one of the largest and most diversified economies in Africa. Key sectors include agriculture, tourism, manufacturing, and technology. The country is a leader in mobile banking innovations, with M-Pesa being a prime example of its technological advancements.

• Political Landscape: The political scene remains vibrant and sometimes contentious. The 2010 constitution has helped to improve governance and accountability, although issues like corruption, electoral disputes, and ethnic tensions persist.

• Social Development: Kenya has made strides in improving access to education, healthcare, and infrastructure. However, poverty, unemployment, and inequality continue to be significant challenges.

• Environmental Concerns: Kenya's diverse ecosystems, from savannas and forests to lakes and mountains, face threats from climate change, deforestation, and poaching. Efforts are being made to promote conservation and sustainable development.

Future Prospects

Kenya's future holds promise but requires addressing several key areas to ensure sustainable development and social cohesion.

• Economic Diversification and Innovation: Continued investment in technology, manufacturing, and value-added industries can drive economic growth. Supporting small and medium-sized enterprises (SMEs) and fostering innovation will be crucial.

• Good Governance and Rule of Law: Strengthening

democratic institutions, combating corruption, and ensuring the rule of law will enhance political stability and public trust.

• Social Inclusion and Equity: Addressing inequalities and promoting inclusive development is essential. Policies that support education, healthcare, and economic opportunities for all segments of society, especially marginalized communities, will be vital.

• Environmental Sustainability: Balancing

development with environmental conservation is critical. Efforts to combat climate change, protect wildlife, and promote sustainable land use practices will ensure the preservation of Kenya's natural heritage.

• Regional Integration and Cooperation: Kenya's strategic location makes it a key player in East African and African regional integration. Strengthening ties with

neighboring countries and participating in regional initiatives will enhance trade, security, and development opportunities.

In conclusion, Kenya's rich history and dynamic present provide a foundation for a promising future.

By addressing its challenges and leveraging its strengths, Kenya can continue to thrive as a vibrant and influential nation in Africa and the world.

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Sunday: 10 am onwards

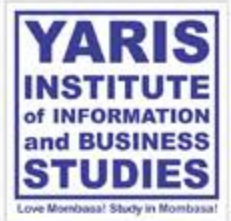
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St John
Ambulance



COAST REGION EMERGENCY CONTACTS

MOMBASA COUNTY

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

KILIFI COUNTY

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

KWALE COUNTY

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

LAMU COUNTY

Emergency Operation - 0714888889
 King Fahd Hospital - 0779783880

TAITA TAVETA COUNTY

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

TANA RIVER COUNTY

Jaffa B. Jillo Fire Dept CFO - 0721408854

COAST REGIONAL DMRT VOLUNTEERS

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

NATIONAL GOVERNMENT HOTLINES

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



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

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

GREEN INITIATIVE

International Kenya Coast's Green Initiative:



The SKAL International Kenya Coast, a professional organization has 72 registered members that brings Tourism Stakeholders together joined hands with other industry stakeholders and communities from Majaoni area in Shanzu Coast region on Saturday the 1st of June 2024 to plant 3000 Mangroves along the Mtwapa Creek which was a success!

Ms Janet Chamia, the SKAL Kenya Coast President together with members of the club's Executive Committee were joined by the Majaoni community as well as the tourism industry players, sponsors, conservationists and environmentalists in planting 3000 mangrove seedlings along the Mtwapa Creek in Majaoni on the Madaraka day

"We are delighted to contribute to the green initiative through our SKAL signature sustainability programme by adopting a site and planting mangroves at Mtwapa Creek. This effort is part of our broader commitment to environmental initiatives aimed at preserving and enhancing our natural ecosystems". She said

SKAL International Kenya Coast was incredibly grateful for the overwhelming support they received from their Gold donor, the Serena Beach Resort and Spa which

contributed to 1000 trees! The General Manager of the hotel, Mr. Alphaxad Chege, who brought a team of 30 staff members to the venue expressed that the Serena Group, through "Tourism Promotion Services LTD", an initiative of their Aga Khan Fund for Economic Development (AKFED) was committed to environmental conservation through action.

Other sponsors who came in large numbers included the Sarova Whitesands Beach Resort and Spa led by Mr. Francis Msengeti who not only donated mangrove trees but also brought in 25 staff members to plant new seedlings at the mangrove site.

Including Skal National Nairobi, the club's Nairobi President MS Liz Tapawa and the National President MS Maureen Ogola, and Skal friends

Mr. Des Rose and Mrs. Salome Wambua, the SKAL International Kenya Coast sustainability coordinators in support of the club's initiative together with the president and the executive team mobilized and coordinated the mangrove planting activity.

Mr. Lucas Fondo, the Chairman of Mombasa Kilindini Community Forest Association led the stakeholders to the site and ensured they were briefed on safe handling of the seedlings as well as health & safety measures and proper gear before embarking on the mangrove planting exercise.

Mr. Suraj Shah, an environmentalist and enthusiast who specializes in rehabilitation and reforestation gave a brief speech to the community

The larger community who came to support were the students of Seaview

Primary School who not only planted the seedlings but also learnt about environmental conservation. Their enthusiasm and commitment was truly inspiring.

The Green Marine Women's group who also play a key role at the site and practice beekeeping as well as fish farming were present to distribute the seedlings and assist with the exercise. Their participation demonstrated the power of working together to create positive change.

Mangroves are vital to Kenya's coastline as they prevent erosion, support marine biodiversity, and help mitigate climate change. Additionally, they act as natural water filters, enhance fishery productivity, sink carbon, and provide critical habitats for various wildlife and marine species.

PICTORIAL

Watu Credit Boda Boda Security Clinic In Voi Town



Taita Taveta County Governor Andrew Mwadime (second left) and the President of Boda Boda Safety Association of Kenya (BAK) Kevin Mubadi (2nd right) join Watu Kenya Country Manager Erick Massawe (right) in presenting laptops donated by the credit company to the Coast counties BAK offices for the registration of their members during a Boda Boda security sensitization clinic in Voi town organized by the Watu Credit in partnership with Taita County government and National Police in an effort to address the escalating cases of motorbikes theft Nationwide. Receiving the laptop is the Kwale County BAK General Secretary Bernard Mtoi.



Taita Taveta County Governor Andrew Mwadime (second left) and the President of Boda Boda Safety Association of Kenya (BAK) Kevin Mubadi (2nd right) join Watu Kenya Country Manager Erick Massawe (right) in presenting laptops donated by the credit company to the Coast counties BAK offices for the registration of their members during a Boda Boda security sensitization clinic in Voi town organized by the Watu Credit in partnership with Taita County government and National Police in an effort to address the escalating cases of motorbikes theft Nationwide. Receiving the laptop is the Tana River County BAK Chairman Dhadho Abae.



Taita Taveta County Governor Andrew Mwadime (second left) and the President of Boda Boda Safety Association of Kenya (BAK) Kevin Mubadi (2nd right) join Watu Kenya Country Manager Erick Massawe (right) in presenting laptops donated by the credit company to the Coast counties BAK offices for the registration of their members during a Boda Boda security sensitization clinic in Voi town organized by the Watu Credit in partnership with Taita County government and National Police in an effort to address the escalating cases of motorbikes theft Nationwide. Receiving the laptop is the Kilifi County BAK Chairman Khamis Katambo.

Kilifi



From Left to Right Mr. Jamil Sumra, Mr. Muhammad Kosla and Mr. Amir Haroon. Planting tree's in Kilifi!



Ahadi Kenya Trust CEO Stanley Kamau (in white) and Maragua MP Mary Wamau during an event to celebrate Fathers Day at Kiamigumo Village in Ichagaki Ward, Maragua Constituency on Sunday June 16th, 2024. More than 600 men who attended the event each took home an assorted foodstuff package, a blanket, a walking sticks and a traditional woven hut from the trust. Kamau urged children to respect and take care of their fathers when still alive. Father's Day is celebrated annually on the third Sunday in June to honor people's fathers and celebrate the fatherhood, paternal bonds, and the influence of fathers in society.

Breaking Barriers: The first girl bearing heavy responsibility in the family

By Miss Zenab Twahir

In many cultures, the first girl in a family often finds herself shouldering heavy responsibilities from a young age. Whether it's helping with household chores, caring for younger siblings, or supporting elderly relatives, the burden can be immense. Yet, amidst the challenges, there is resilience, strength, and a unique journey of growth.

From the moment she is born, the first girl is often seen as a symbol of hope and potential. She is expected to excel academically, uphold family honor, and eventually marry and start her own family. But beyond these societal expectations lies a reality often overlooked: the immense weight of responsibility that falls on her shoulders. As the eldest daughter, she may find herself thrust into the role of a second mother, especially in large or single-parent households. From cooking meals to helping with homework, she becomes an indispensable part of the family's daily routine. While her peers may enjoy carefree childhoods, she learns the value of sacrifice and selflessness at an early age.

In many cultures, the first girl is also expected to set an example for her younger siblings, particularly her sisters. She is tasked with imparting wisdom, instilling discipline, and providing emotional support. This role can be both rewarding and challenging, as she navigates the delicate

balance between authority and affection. As she grows older, the first girl may face additional pressures, especially when it comes to her education and career. While she may harbour dreams of pursuing her passions and ambitions, familial obligations often take precedence. The prospect of leaving home for higher education or employment may be met with resistance, as she is seen as the linchpin holding the family together.

Despite the obstacles, the first girl often rises to the occasion with grace and determination. She learns to prioritize, multitask, and adapt to changing circumstances. Her resilience becomes a source of inspiration not only for her family but for others in similar situations. However, it's essential to recognize the toll that such responsibilities can take on her well-being. The pressure to succeed, combined with the weight of familial expectations, can lead to stress, anxiety, and burnout. It's crucial for her to find moments of respite, seek support when needed, and pursue her own dreams and aspirations.

As we celebrate the resilience and strength of the first girl bearing heavy responsibilities in the family, let us also reflect on the need for greater support and recognition. By acknowledging her contributions and valuing her agency, we can create a more inclusive and equitable society where every individual has the opportunity to thrive, regardless of gender or birth order.



KWS Kwale tree planting



We joined our stakeholders and partners the Base Titanium, Suso Kwale team and Kwale sports Excellence CBO to plant trees to mark the WEDay, 5th June 2024 at Base Titanium mined areas as part of a restoration plan. We planted 2000 indigenous seedlings.

THERAPY

Natural Recharge Therapy

What should you do to rest and recharge? If your goal is to stop feeling constantly short of time and finally take a deep breath, then a new study in *People and Nature* offers a dead-simple suggestion -- get out and spend some time in nature.

Why time speeds up and slows down

The hours on the clock may tick past at a steady pace, but the passing of the days and years in our heads is far more variable. Science has shown that our perception of time can contract or expand based on our emotional experiences, the number of memories we're forming, and other factors.

That's why the years seem to speed up as you age (fewer new memories make each year feel less weighty) and also why boring periods (like the pandemic lockdowns) seem to disappear into a memory hole.

Time management can also influence how we perceive the passage of time. The more we divide up our days, the more pressed for time we tend to feel, as long hours turn into "time confetti."

All of which suggests that we have some conscious control over how we perceive time. And a new study adds another tool to our toolbelt of how we control the apparent passing of time. If you want to



feel less rushed in life, a new study found, you can simply take a walk in nature.

Nature makes the clock tick slower

We already know that nature is a potent stress reducer and happiness booster. But Ricardo Correia, an environmental sciences professor at Finland's University of Turku, wanted to know how it affects our perception of time.

"As the clock grows to dominate the tempo of life, time itself seems to be increasingly fleeting. This is particularly true in large cities, where hours, days, and even weeks can sometimes seem to fly by in an instant," he wrote of the motivation for his research project in *The Conversation* recently. "Indeed, an increasing number of people

report constantly feeling short of time."

To figure out if time in nature might be a solution, Correia went back and examined past research on how people report experiencing time in nature. He noticed a couple of trends.

First, if you send two people out for a stroll, one in a city and one in a natural setting, the person in the park will say their walk lasted longer than the person out in an urban environment, even if they spend exactly the same amount of time wandering around.

"Time feels longer when we are immersed in natural settings in comparison to urban environments," Correia sums up.

But that's not the only way a walk in nature can soothe that frantic feeling of never

having time that's so common to modern life. In other studies, people in nature "reported feeling more focused on the present, and less on the past," Correia also reports.

Spending time in nature seems to be a form of mindfulness that focuses us on the here and now and helps us escape from the endless loop of worries about the past and future so many of us play continuously in our heads. The result is a sense of slower time and greater peace.

Tips on adding more nature to your life

Put these two research findings together, and you get a powerful case that just taking a walk out in nature today will help your brain (and the clock) stop whirring so you can finally take that much-needed deep breath.

You don't need to travel to a national park to do it, either. Findings from other scientists show that even just paying close attention to the small marvels of nature on display in your garden or local park -- such as a dewdrop on a leaf or a butterfly's wing -- can have profound benefits. Experts have offered tips on sneaking more nature into even the most city-bound lives.

So get out there and enjoy some nature today. Not only will your holiday feel longer, but your brain will thank you.

© Inc.Africa

Mombasa Walk Movement



Maulana visit



17th June 2024 at Sadik Masjid Mombasa, Maulana Noormohamed visited for Prayers with the faithful. Mr. Jamil Sumra leading the appreciation.

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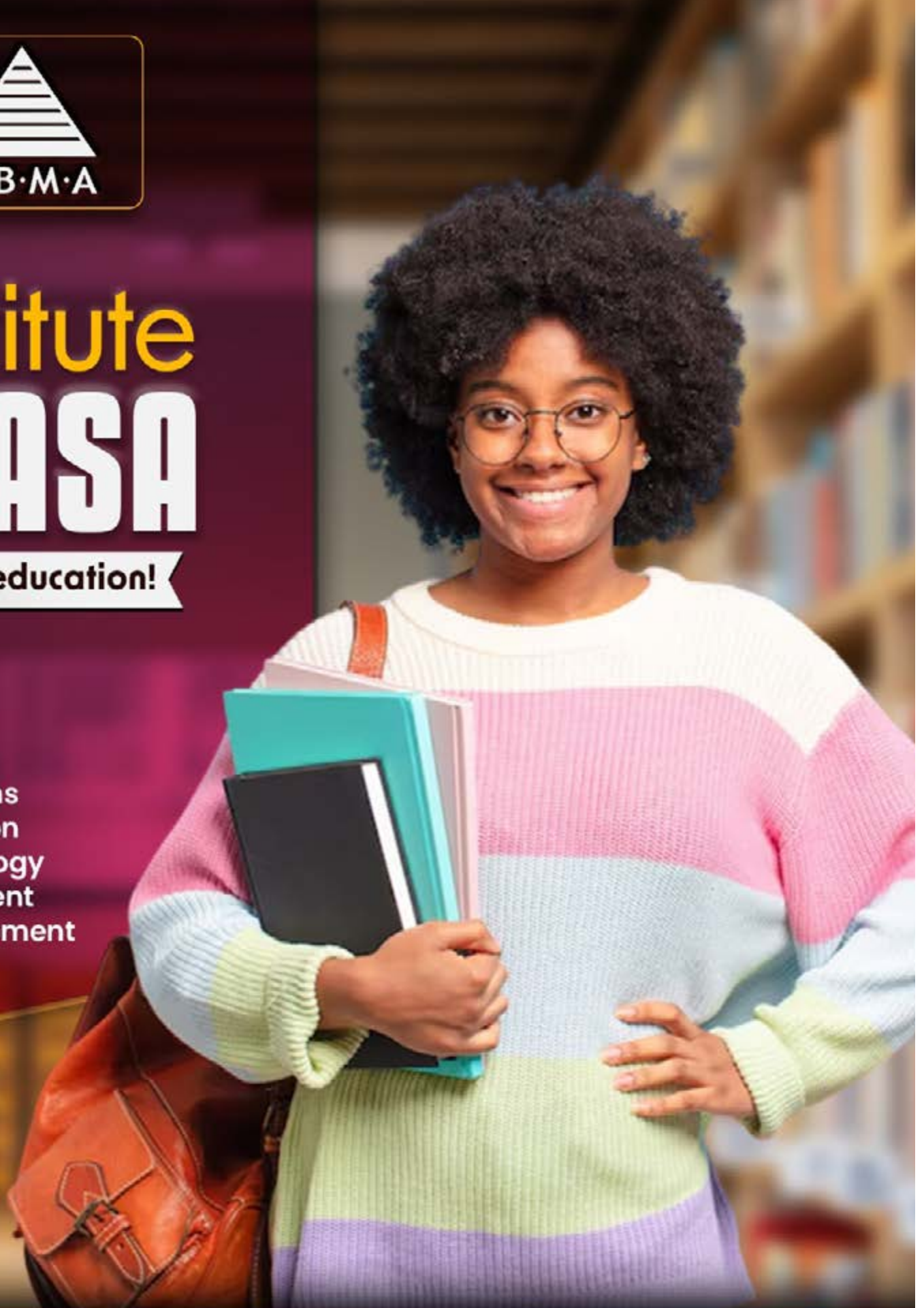
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NEWS

Air France Expands African Network with New Paris - Kilimanjaro Route

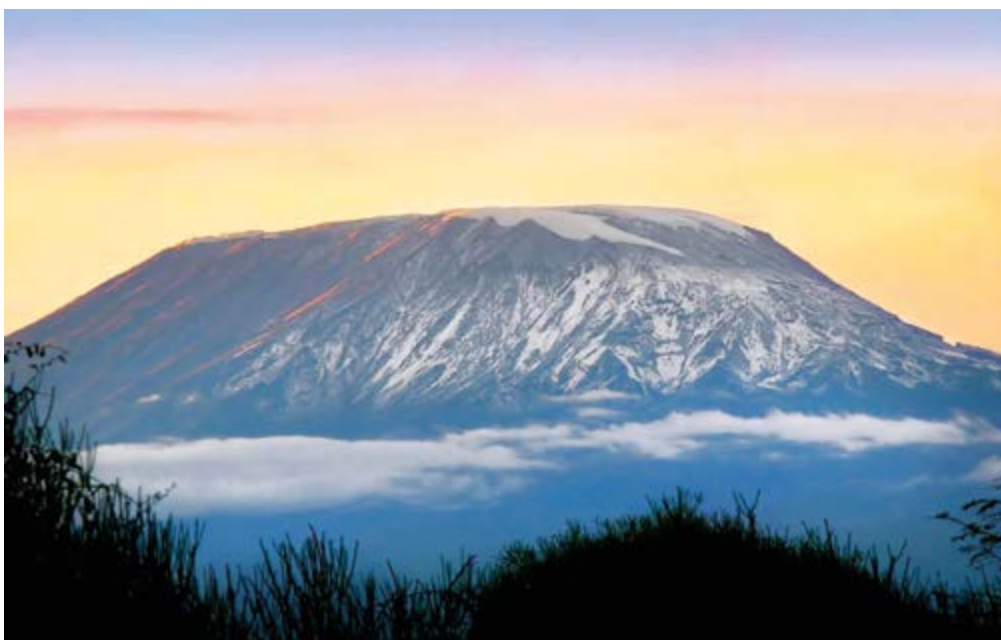


In a bid to enhance its connectivity in Africa, Air France has introduced flights from Paris-Charles de Gaulle to Kilimanjaro, Tanzania, beginning November 18, 2024. This strategic addition is part of the airline's strategy to expand its long-haul network across the continent and improve service delivery to travellers in the region.

The new service will operate three times a week on Mondays, Wednesdays, and Saturdays departing from Paris-Charles de Gaulle, with return flights from Kilimanjaro on Tuesdays, Thursdays, and Sundays. Passengers will travel aboard the state-of-the-art Airbus A350-900 aircraft, featuring 34 seats in Business Class, 24 in Premium Economy, and 266 in Economy Class, ensuring a comfortable and exciting journey.

This route marks a significant enhancement in Air France's African operations, replacing the Paris-Zanzibar-Dar Es Salaam route. However, travellers to Dar Es Salaam can still conveniently access the city via Amsterdam through Air France's partner airline KLM, which maintains seven weekly flights to the destination. KLM also offers flights to Kilimanjaro five times a week and Zanzibar twice a week, further expanding travel options in Tanzania.

"The addition of the Paris-Kilimanjaro route is a strategic



decision aimed at meeting the growing demand for travel to East Africa," said Rajat Kumar, Air France - KLM's Tanzania Country Manager.

"Kilimanjaro not only serves as a gateway to the region's renowned natural beauty and adventure opportunities but also aligns with our commitment to offering diverse and enriching travel experiences."

The new route will facilitate access to Tanzania's famed Mount Kilimanjaro, the highest peak in Africa and a UNESCO World Heritage Site. Travellers

can explore the surrounding Kilimanjaro National Park, renowned for its diverse ecosystems and wildlife, making it an ideal starting point for safaris in Tanzania and neighbouring Kenya.

Flight AF874 will depart Paris-Charles de Gaulle at 10:10 AM on designated days, arriving in Zanzibar at 9:10 PM local time, with onward flights to Kilimanjaro departing at 10:40 PM and arriving at 11:40 PM on the same day. The return flight, AF874, will depart Kilimanjaro at 1:10 AM and arrive at Paris-Charles de Gaulle at 8:35 AM

local time.

Meanwhile, Air France continues to connect East Africa to Paris-Charles de Gaulle through direct flights to Nairobi, Kenya seven times a week. As with the new route, all Air France flights are serviced by modern aircraft, which have substantially reduced emissions. This is in addition to the intentional use of the much-cleaner Sustainable Aviation Fuels (SAFs), with travellers allowed to contribute to its cost through voluntary premiums at the time of booking.

Solitude

By Ella Wheeler Wilcox

*Laugh, and the world laughs with you;
Weep, and you weep alone;
For the sad old earth must borrow its mirth,
But has trouble enough of its own.
Sing, and the hills will answer;
Sigh, it is lost on the air;
The echoes bound to a joyful sound,
But shrink from voicing care.*

*Rejoice, and men will seek you;
Grieve, and they turn and go;
They want full measure of all your pleasure,
But they do not need your woe.
Be glad, and your friends are many;
Be sad, and you lose them all,—
There are none to decline your nectared wine,
But alone you must drink life's gall.*

*Feast, and your halls are crowded;
Fast, and the world goes by.
Succeed and give, and it helps you live,
But no man can help you die.
There is room in the halls of pleasure
For a large and lordly train,
But one by one we must all file on
Through the narrow aisles of pain.*

POLYGAMY



A Female Professor was invited for a lecture and the topic she chose to talk about was polygamy.

She talked on the benefits of polygamy, why women should embrace it and support their husbands towards achieving it.

As she kept emphasising on this topic, a lady from the audience raised her hand, stood up and introduced herself before speaking.

Lady: "Professor, I really appreciate this topic because am relieved of my fear, I never knew you are this simple and understanding. Your message has given me the opportunity to open up to you,"

She cleared her throat and continued...

"I have been married to your husband for the past four years, and between us, we have a set of twins"

To the greatest surprise of all in the hall, the Professor fainted and was rushed to the hospital.

After she was revived, she opened her eyes to see same lady standing by her bedside.

Lady: Professor I don't know who your husband is.

I just lied to you to see if you can handle what you preach to others. Next time, please pick on subjects that you are good at. Don't stand up on a stage and throw your shit around just because you have the title professor in front of your name.

Same applies to a lot of Corporate Heads!

Source: Internet

Cultivating Modern Morals, Ethics, and Manners for Youth



By Mr. Rishi Arun Parikh

In today's fast-paced world, adopting strong morals, ethics, and manners is essential for youth to navigate life successfully. Kenyan Youth like emulating US Rap Artists and talk with their tongues out and say "You naw what am sayin' dawg?" That's not our Kenyan culture and language! Drop and throw it out of your vocabulary like yesterday! Simple basic improvements that can set you ahead of the many

who are also in your same situation, read below and absorb!

Start with empathy— understanding and sharing the feelings of others will foster compassion and kindness. Learn to put yourself in the shoes of other's!

Practice active listening, giving full attention to others' words and feelings, enhancing communication and relationships. You don't have to speak just because you can! Wait patiently and smile as you put your point forward after they have finished emoting. That way you move ahead and get a chance to walk away with much more!

Integrity is crucial: always be honest and take responsibility for your actions. This builds trust and respect from peers

and adults alike. Time keeping is essential and always reach 10 to 15 minutes earlier for any meeting so as to absorb the environment and acclimatize before the meeting starts with confidence!

Embrace diversity by respecting different cultures, opinions, and backgrounds, promoting a more inclusive and harmonious community. Don't criticize and comment on the beliefs of others, its sensitive and you can't undo thousands of years of practice just by you opinionating!

Develop self-discipline by setting goals and maintaining focus, which helps in personal and academic achievements. Study, study and study!

Digital etiquette is also vital: use social media responsibly, avoiding cyberbullying and respecting privacy. Use your



correct name by the National ID for prospective employers to know you. Don't use Social Media Handle Names like – Black69, Demon666, NippleNow, GardenOpen etc These are lewd words and shows mindset used when creating them; you lose chances in life as many employers will avoid you!

Show gratitude regularly, acknowledging the help and kindness of others. Simple manners, such as saying

"please" and "thank you," go a long way in building positive impressions. Don't show those blank emotionless faces like foreign actors and singers; they are rich and famous in dollars – you are not!

Lastly, practice sustainability— make environmentally conscious choices to protect our planet for future generations. By integrating these values into daily life, youth can become

well-rounded individuals, contributing positively to society and fostering a culture of respect and responsibility. H. E The President rightfully declared a Public Holiday recently to think of our Environment and we planted Tree's all over Kenya. That's the way to go...Tree by Tree Everyday! You dig what I am sayin...?

Madafu Newspaper - Editor editor@madafu.biz

World Ocean Day



World Ocean Day was done at Kijangwani landing site in Kurúwitu. Local Community and KWS initiative in Beach Cleaning.

Yaris Institute Training



TOP NEWS

8th ICC Africa Conference in Nairobi



Takataka Ni Mali Founder and a Social Entrepreneur Ms Mary Ngechu (left), Equity Group CEO James Mwangi (right) and International Chamber of Commerce (ICC) International Court of Arbitration President Claudia Solomon in a panel discussion during the 8th ICC Africa conference on international arbitration in Nairobi on Thursday May 30, 2024. Speaking during the opening ceremony of the 8th ICC Africa Conference in Nairobi, Diamana Diawara, Director, ICC Arbitration and ADR, Africa, ICC Dispute Resolution Services revealed, "The aggregated amounts in disputes of the over 1800 cases currently pending before the ICC Court is over USD 255b which represents more than doubles the GDP of Kenya.



Equity Group CEO James Mwangi (left) talk to International Chamber of Commerce (ICC) International Court of Arbitration President Claudia Solomon (right) and ICC Director Arbitration and Alternative Dispute Resolution, Africa Dispute Resolution Service Diamana Diawara during the 8th ICC Africa conference on international arbitration in Nairobi on Thursday May 30, 2024. Speaking during the opening ceremony of the 8th ICC Africa Conference in Nairobi, Diamana Diawara, Director, ICC Arbitration and ADR, Africa, ICC Dispute Resolution Services revealed, "The aggregated amounts in disputes of the over 1800 cases currently pending before the ICC Court is over USD 255b which represents more than doubles the GDP of Kenya.

KWS Tree Planting



Malindi MPA Team with Sabaki River Conservation Development organization (SARICODO) Members planted 1000 mangrove seedlings at Sabaki River Estuary to mark World Environment Day.



Lamu kws team and other stakeholders at witu town during world environmental day, they did town cleanup and planted trees at witu mjini secondary school. The event was led by Lamu County Governor.

To mark World Environment Day, KWS Kisite Mpunguti and Diani Chale teams joined Kibuyuni BMU women and other stakeholders for a tree planting exercise at Mzizima Primary School, Kibuyuni. Over 500 *Azelia quanzensis* (bamba kofi) trees were planted.





WILDLIFE PHOTO

Photo by Rakesh K



© Rakesh K.
WILDLIFE PHOTOGRAPHY

PHOTO STORY



Doshi Family Donation of yummy Mzuri Sweets Ltd Cakes / Lunch/ Sweets / Juice for the Makinnon Road Masjid Madarassa Children. Blackboard Chalks for the Madarasa Teachers was also gifted for ease of learning. God bless!



The Road Repair method used; where they cut around the pothole; cut it off and then pour tarmac and let motor vehicles press or compact it. A small roller also used at times. Repairs done at night!

TOP NEWS

Motivated Young Volunteer, Blood Donation Drive

BY: MARAFIKI RELIEF AID AFRICA.

Self-motivation is the most important role in volunteerism. It's important to have a clear understanding of what you want to achieve and to break down your goals into smaller, achievable steps. It is the force that keeps pushing us to go on – it's our internal drive to achieve, produce, develop, and keep moving forward. When you think you're ready to quit something, or you just don't know how to start, your self-motivation is what pushes you to go on. Self-motivation is, in its simplest form, the force that drives you to do things.

Motivation is what pushes us to achieve our goals, feel more fulfilled and improve our overall quality of life.

Understanding and developing your self-motivation can help you to take control of many other aspects of your life. Motivation is one of the three areas of personal skills that are integral to the concept of emotional intelligence. You could think of a personal drive to achieve as ambition, or perhaps personal empowerment. However, it is also worth thinking about it in terms of mindset.

Becoming self-motivated, or even just improving your self-motivation a little, will not happen overnight.

There are many skills



involved, and you cannot expect to develop them all instantly. However, a better understanding of the elements of motivation, and particularly how they fit together, should help to increase your skills. Just remember, Rome was not built

in a day: think about making progress over a long period of time and in small steps.

Ask yourself why you want to achieve your goals. Knowing your why, can help you stay focused and motivated when things get tough.

On Sunday 30th June 2024

MaRafiki relief aid Africa in partnership with Medics for Kenya and Rishi Foundation carried out a blood drive at treasury square. The drives purpose was to help the victims of protest and any other person who was in need, among one of the donors that captured the eyes of many was a young man by the name Enoch who showed up and participated. This young man sells peanuts for a living, he showcased volunteerism and empathy. He was self-driven and did not expect anything in return. This should set an example to everyone.

A self-motivated volunteer should celebrate the small achievements along the way. This can help you stay motivated and feel accomplished. Surround yourself with people and things that inspire and motivate you. Failure is a part of the journey towards success. It's evidence that you actually tried. Learn from your mistakes and use them as motivation to keep going. Keeping yourself organized can help you stay on track and avoid feeling overwhelmed. Taking care of yourself physically and mentally can help you stay motivated and focused.

The ability to motivate yourself or self-motivation, is an important skill. It drives people to keep going even in the face of set-backs, to take up opportunities, and to show commitment to what they want to achieve.

PHOTO STORY



Giants Group Twiga and Vanik Vaishnav Mahajan distributed ration packs to Elderly living in Elderly village in Uplands and Kisumu Some of the elderly have been displaced by the recent floods which has affected most of Kenya. The packs were a welcome relief to The elderly some of them living with their grandchildren Three homes in uplands and Kasarani also benefitted from the ration packs , in total 350 families benefitted The donors Premchandbhai Foundation , were represented at the distribution by Trustee Mr. Nandubhai and Mrs Saryooben Members of Giants Twiga and Vanik Vaishnav Mahajan were all there to help in the distribution The elderly appreciated the donation and blessed the donors and members of the two institutions

Shanghai, China World Manufacturing Capital



Demand for blood on a surge in Baringo County

Baringo County Government in partnership with FIND DX Kenya have rolled out a three-day blood donation campaign, targeting secondary schools in the area, as part of tackling a neglected tropical disease, Kala Azar (VL) that demands blood transfusion as part of treatment and Case Management. The disease has risen 13% between 2019 and 2023 and data shows that the numbers will be a record high before the year ends despite efforts to contain it.

According to data from County Government of Baringo's Department of Health, about 50% of all blood collected from Baringo County goes to Tiaty West Constituency.

Data from Chemolingot Hospital in Tiaty West, which is the referral point in the region shows that 70% of cases seen are male and 30% female. This male dominance is due to the nomadic lifestyle of boys sleeping outside while herding.



Baringo County Chief Officer-Medical Dr Winnie Bore and the County's Blood Transfusion Coordinator Micah Chebon assist Marigat Boys High School student on Friday July 12th, 2024 to donate blood during a three days blood donation drive campaign in schools in the county organized by the County Department of Health with support from FIND DX Kenya as part of intervention measures of Visceral Leishmaniasis (VL) diseases, also known as Kala-azar.



About 42% of the cases of VL seen are anemic and in need of blood transfusion. As of twelfth June, 100% of the admissions at Chemolingot Hospital were Kala Azar patients.

Baringo County Chief Officer for Medical Services, Dr Winnie Bore, says the blood donation drive is in response to challenges of accessing blood to meet demand for 500 units of blood needed by public and private hospitals monthly. Speaking at Marigat Boys High School, Bore said demand is high in the area since some

patients need transfusion due to poor dietary nutrition by some residents. "The blood drive is going to help us have enough blood supply, so that as we are addressing the problem we have ammunition in terms of management and blood," Dr Winnie Bore.

Kala Azar is one of the neglected tropical diseases that causes low blood in the body (anaemia). The surge has also been attributed to awareness campaigns about the disease alongside donor support.

1000 elderly and disabled in Muranga County receive beds and mattress donation



Toilet Africa Initiative CEO Josephine Wachera assisted by Ahadi Kenya Trust CEO Stanley Kamau demonstrates to Risper Waithira, one of the beneficiaries of a donation of 100 beds and mattresses, blankets, clothes and assorted foodstuff to the elderly, less fortunate and persons living with disabilities in Karunge village, Gitugi Ward, Mathioya Constituency in Muranga County on Friday (July 12th, 2024).



Toilet Africa Initiative CEO Josephine Wachera assisted by Ahadi Kenya Trust CEO Stanley Kamau demonstrates to Joshua Gathii Waithira, one of the beneficiaries of a donation of 100 beds and mattresses, blankets, clothes and assorted foodstuff to the elderly, less fortunate and persons living with disabilities in Karunge village, Gitugi Ward, Mathioya Constituency in Muranga County on Friday (July 12th, 2024).

TOP NEWS

Shubh Mantra: Faith - The Power and Essence



By- Shubhrika Johary

Faith is a fundamental aspect of human existence, transcending cultures, religions, and individual experiences. It is a concept that has been explored and revered throughout history, playing a pivotal role in shaping societies and personal lives. Faith, in its essence, is a deep-rooted belief in something greater than oneself, often without empirical evidence or logical reasoning. It is a powerful force that can inspire hope, provide comfort, and drive individuals to achieve the extraordinary.

The Nature of Faith

Faith is often associated with religious beliefs, but its scope extends far beyond the confines of spirituality. It encompasses trust, confidence, and conviction in various aspects of life, from personal relationships to professional endeavors. Faith can be seen in the trust we place in our loved ones, the confidence we have in our abilities, and the hope we harbor for a better future. It is a multifaceted concept that influences our thoughts, actions, and emotions.

Faith in Religion

In religious contexts, faith is a cornerstone of belief systems. It provides adherents with a sense of purpose, belonging, and connection to a higher power. Faith in religion often involves belief in divine beings, sacred texts, and spiritual doctrines. It encourages individuals to live according to moral and ethical guidelines, fostering a sense of



community and shared values. Religious faith can be a source of immense strength, guiding individuals through life's challenges and uncertainties.

Faith in Everyday Life

Beyond religion, faith manifests in various forms in our daily lives. It is the belief in our dreams and aspirations, even when the odds seem insurmountable. Entrepreneurs exhibit faith when they invest in new ventures, artists display faith in their creative vision, and students rely on faith to pursue their academic goals. Faith empowers us to take risks, embrace change, and persevere in the face of adversity.

The Psychological Impact of Faith

Faith has a profound psychological impact, contributing to mental and emotional well-being. It offers a sense of stability and reassurance, particularly during times of crisis or uncertainty. Studies have shown that

individuals with strong faith are often more resilient, coping better with stress and adversity. Faith provides a framework for understanding life's challenges, enabling individuals to find meaning and purpose even in difficult circumstances.

The Role of Faith in Social Change

Throughout history, faith has been a driving force behind social movements and transformative change. Leaders like Martin Luther King Jr., Mahatma Gandhi, and Nelson Mandela were guided by their unwavering faith in justice, equality, and human dignity. Their belief in a better world inspired others to join their cause, leading to significant social and political advancements. Faith can unite people, motivate collective action, and bring about lasting change.

Nurturing and Sustaining Faith

Maintaining faith requires

nurturing and conscious effort. It involves self-reflection, continuous learning, and engagement with supportive communities. Surrounding oneself with positive influences, seeking inspiration from role models, and practicing gratitude can strengthen faith. Additionally, embracing uncertainty and accepting that setbacks are part of the journey can help sustain faith over time.

Conclusion

Faith is an integral part of the human experience, offering hope, strength, and direction. Whether rooted in religion or manifesting in everyday pursuits, faith has the power to transform lives and drive progress. It is a testament to the resilience of the human spirit and the enduring belief in the possibility of a better tomorrow. In a world often marked by uncertainty and challenges, faith remains a beacon of light, guiding us toward our true potential and fostering a sense of connection and purpose.

PHOTO STORY



Mombasa Walk Movement Members in action during their early morning walks in and around the County.

Early Banda



Saturday 13th July 2024. 11 WCK schools (638 students and 32 patrons) participated in a beach clean up event at Early Birds Banda Nyali beach. A total of 1694 Kgs of litter was collected (plastic, tin and glass). It was indeed a successful event.

Mt. Elgon



Exciting News! We are thrilled to announce the launch of the **City Forest Initiative!** In a collaborative effort by the Initiative for Climate Change and Renewable Energy Advocacy, the National Youth Service Corps Taraba Orientation Camp, and the Ministry of Environment and Climate Change Taraba State, we are taking a giant step towards a greener, more sustainable future! Together, we aim to create thriving green spaces within our cities, enhancing air quality, promoting biodiversity, and offering serene spots for community relaxation and recreation. This is more than just tree planting – it's about nurturing our environment for generations to come.

The Power Of Physical Intimacy

1. Physical intimacy is different from sexual intimacy. Physical intimacy is when two people who love each other show affection by their bodies being close.

2. Physical intimacy is hugging, leaning on each other, cuddling, holding hands, laughing as you collide, walking together as your bodies bump on each other, sitting on his lap, rubbing the back, rubbing hands as you two talk.

3. Physical intimacy makes you both feel safe, welcomed and invited.

4. Physical intimacy is threatened when there is emotional or physical abuse.

5. Physical intimacy doesn't necessarily have to lead to sexual intimacy. Learn to be close with each other even

when sex is not the agenda.

6. Physical intimacy is a sign of friendship in marriage.

7. A lot of couples were physically intimate during dating and courtship and stop it in marriage due to familiarity and unresolved issues leading to a dry marriage.

8. Sadly, married people who have affairs are physically intimate with the one they are cheating with than their spouse. This makes the affair seem exciting. No, it is because where physical intimacy is, warmth and excitement will be.

9. Public display of affection is sweet, it is an expression of physical intimacy communicating you are proud of and close with the one you are with; but private display of affection in physical intimacy is sweeter.

10. Children who observe their parents physically intimate feel joy, excitement and a sense of warmth at home.

11. Physical intimacy can lead to great conversations.

12. Couples that protected their physical intimacy enjoy it the most in old age when they are weak and retired. Something about being touched makes you feel at home.

13. People who are rigid and guarded with walls around them tend to repel physical intimacy. Put down your guard, allow your spouse to love you.

14. Express physical intimacy when you part ways to go to work or leave to attend to issues and when you reconnect back at home.

#Facebook Post



KPA



The Evergreen vessel MV Ever Vim which made a maiden call at the Port of Mombasa on Saturday July 13, 2024, has set a new efficiency record at the Port.

KPA Managing Director Capt. William Ruto, expertly berthed the vessel, which was carrying over 5500 TEUs, at berth number 22 at 1900 hours. In a remarkable feat of productivity, the MV Ever Vim has today completed both discharge and loading cargo operations in less than 47 hours since her arrival. She discharged 2,301 TEUs and loaded 2,612 TEUs totaling 4,913 TEUs. The vessel maintained an impressive average of 26 moves per crane per hour throughout the entire process. This achievement sets a new standard for operational excellence and marks a significant milestone in the history of the Port of Mombasa, solidifying its position as a key global maritime trade hub. MV Ever Vim is a brand-new vessel built in 2024 and has docked for the first time in Africa, at the Port of Mombasa.



Java opens 93rd Branch



L-R Galana Energies Chief Executive Officer, Anthony Munyasya, and Java House Head of Properties, Gianni Mwaniki, during the official opening of Java on the Go at Galana Energies Petrol Station in Ruiru. The outlet, 93th on Java's staple, marks a significant milestone for Java as it continues to expand its presence and offering across the country and region.



L-R Galana Energies Chief Executive Officer, Anthony Munyasya, and Java House Head of Properties, Gianni Mwaniki, during the official opening of Java on the Go at Galana Energies Petrol Station in Ruiru. The outlet, 93th on Java's staple, marks a significant milestone for Java as it continues to expand its presence and offering across the country and region.

TOP NEWS



Another Successful Camp Completed where 250 Amputees were Fitted With Customized Limbs and another 250 Amputees measurements taken A Life Changing Camp bring smiles, Joy and happiness to the Amputees Thanks to All Volunteers for their support and dedication. We continue our Journey Of Service by providing Free Of Charge customized Artificial Limbs. The next Camp will be in November 2024

Artificial Limbs Camp



World Drowning Day



World Drowning Prevention Day. The Mombasa County Fire and Rescue Unit together with Kenya Red Cross Society Mombasa and partners held an awareness day at Kwetu Beach Likoni Shelly. A team of experts demonstrated cases and educated the local community about drowning incidents, causes, and how to assist in such scenarios. They covered first aid in boats, how to rescue a drowning person while putting one's safety first, moving an injured victim of a sea accident and getting them into a standby ambulance, handling distress calls among other things. Kudos to all involved.

Navigating Modern Masculinity: Challenges And Evolving Roles

BY: Ms. ZEINAB TWAHIR,
MARAFIKI RELIEF AID AFRICA

In today's rapidly changing world, the concept of masculinity is undergoing a profound evolution. Traditional notions of what it means to be a man are being challenged and reshaped by shifting cultural, social, and economic landscapes. This article explores the complexities and nuances of modern masculinity, delving into the challenges men face in defining their identities and roles in contemporary society.

The Evolution of Masculinity
Historically, masculinity has been associated with traits such as strength, dominance, and stoicism. Men were often expected to embody these characteristics as a measure of their manhood. However, as societal norms evolve, so too does the understanding of masculinity. Today, there is a growing recognition that masculinity is not monolithic but exists on a spectrum, influenced by diverse factors including culture, upbringing, and personal experiences.

Challenges in Defining Masculine Identity
One of the primary challenges men encounter in navigating modern masculinity is the pressure to conform to outdated stereotypes while also embracing more inclusive and progressive ideals. This dichotomy can create confusion and internal conflict as men strive to reconcile traditional expectations with the desire for authenticity and individuality.

For example, men may struggle with expressing vulnerability or seeking help due to fears of appearing weak or inadequate—a notion perpetuated by societal norms that equate masculinity with emotional stoicism. This reluctance can impact mental health and hinder meaningful interpersonal connections.

Shifting Gender Roles and Expectations
The evolving roles



of men in family dynamics and the workforce also contribute to the complexity of modern masculinity. As more women assume leadership positions and contribute significantly to household incomes, traditional gender roles are being challenged. This shift prompts men to reconsider their roles as partners, fathers, and caregivers, fostering a more egalitarian approach to family responsibilities.

Moreover, changing societal attitudes towards gender equality and inclusivity encourage men to participate actively in dismantling harmful stereotypes and promoting respect and equality for all genders. This involvement is crucial in fostering healthier relationships and communities based on mutual understanding and support.

Impact of Media and Cultural Influences
Media portrayal

and cultural narratives play a significant role in shaping perceptions of masculinity. While traditional media often reinforces narrow stereotypes of strong, assertive men, there is a growing movement towards depicting diverse and multifaceted male characters. These representations challenge traditional norms and celebrate the complexity of male identities, reflecting a more inclusive and realistic portrayal of modern masculinity.

Embracing Diversity and Inclusivity
As conversations around gender identity and expression continue to evolve, there is a growing emphasis on embracing diversity within masculinity. This includes recognizing and celebrating the contributions of men from different backgrounds, cultures, sexual orientations, and identities. By promoting

inclusivity and respect for individual differences, society can create a more supportive environment where all men feel empowered to express themselves authentically without fear of judgment or prejudice.

Conclusion
Navigating modern masculinity involves confronting and challenging long-held beliefs and stereotypes while embracing personal growth and self-discovery. By fostering open dialogue, promoting inclusivity, and supporting men in their journey to define their identities on their own terms, society can pave the way for a more equitable and understanding future. Ultimately, embracing the complexities of modern masculinity benefits individuals, relationships, and communities, fostering a more compassionate and inclusive society for everyone.

PHOTO STORY

Mangroove Day



World Mangrove Day is celebrated on July 26 each year. Since 1980, we have lost half of the mangrove forests. Some countries have lost more than 80% of their mangrove population. Mangroves grow in tropical and subtropical coastal areas. They can withstand high salinity, tidal flooding, and low oxygen levels. This is the reason that only 110 species have been categorized as mangroves that can grow in these saline swamps.

Today we marked the day near Tsunza Dongo Kundu Bridge with KFS and Kwale CG. We planted 1,000 Mangroove Seedlings. Various stakeholders took part. Our CBO was led by Chairman Shujaa Dr. Chokwe.

**Mr. Rishi Arun Parikh,
Clean Mombasa CBO, Vice Chairman,
KWS Coast Hon. Warden,**

SPORTS

JUNE/JULY, 2024

Kwale FKF League Gets Ksh.18 Milion Sponsorship From KPA



BY HAMISI NGOWA
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For five months beginning from 29th June to November 2024, football fans from across the four sub counties of Kwale that is Kinango, Msambweni, Lunga Lunga and Matuga will floap to various football field to be entertained by talented youths who will showcase their football skills in the Kwale County FKF Branch league which is sponsored by the Kenya Ports Authority KPA.

The long awaited anticipated league for the 2023/2024 season is featuring 32 teams hailing from the four Sub-Counties where each Sub County will be a pool of eight teams according to the league format.

The eight teams from Matuga are, Kombani Youth, Kwale Utd Youth, Shimba Utd, Vienna FC, Waa Rangers, Kubo Rangers, SES FC and Uprising FC.

The teams that will feature in Lunga Lunga pool are, Azam Utd, Vijana FC, Lunga Lunga one FC, Super Lunga Lunga FC, Lingwe FC, Bumbani Youth FC, Al-ahal FC and Nim'bambo Talents (PSG).

Msambweni Sub-County pool comprises of Amsterdam FC, Diani Stars, Tanguia Utd, Bigah Young Stars, Kinondo Utd, Fafada FC, Ganzoni FC and Schalk-04 a team which was relegated from Coast regional league last year.

Kinango Sub-County football fans are expected to be entertained by Raptors FC, Gangs FC, Star Light FC, Eleven Strikers, Red Devils FC, Mnyenzi Sports, Cafgem FC and Makamini Combine.



KPA's board Chairman Benjamin Tayari plays the ball during the launching of KPA-KWALE COUNTY LEAGUE at Kombani Ground. Photo By HAMISI NGOWA launch

The top two teams from each group will eventually qualify for the Mini league tier that will determine the County's season Champion as well as the teams that will be promoted to the Coast regional league next season.

The league which is targeting talented youth under the age of 23 years is sponsored by the KPA's CSI initiative to underscore the Authority's unwavering commitment on supporting communities by fostering a culture of sports excellence and talent nurturing.

Speaking on the league's objectives while gracing the opening match between Kombani Youth against Kwale Utd at Kombani Ground on 29 June, the KPA's board Chairman Benjamin Tayari emphasized the need of elevating the football standards among the youths by providing them with valuable exposure from local to the national and international football market.

"Through our CSI initiative, the Authority is committed on supporting community programmes so as to make their dreams become reality," said the KPA's board Chairman.

Tayari who was accompanied by Bandari FC CEO Tony Kibwana and acting Manager

Corporate Communication Jones Buchere, said the Authority will give the same sponsorship to other Coastal Counties as been the case of Kwale and Taita Taveta.

According to Mr Buchere the Authority have sponsored the KPA-KWALE COUNTY LEAGUE by Ksh.18 Milion for the season 2023/ 2024 and 2024/2025 respectively with Ksh. 6 milion already been disbursed to the County's FKF Branch leadership for the smooth running of the league.

Bandari CEO Tony Kibwana said he is expecting to see a very competitive league where youths will showcase their skills to impress the scouts from Bandari FC.

The scouts from the only Coast based FKF-Premier League side will follow up the league from the word go to end of the season to see if they can find players who can fit in the club's squad.

FKF Kwale Branch Chairman Hamisi Mwakoja appealed to fans across all the four Sub Counties to come out in large numbers every weekend to support their teams as the youths will engage in football activities hence making them free from drugs and criminal gangs.

"The League's sponsorship has come in good time, we

don't expect to see a team giving a walk-over because of the transport challenges as had been experienced in the previous seasons" said the chairman.

According to Mwakoja the Eighteen Milion Shillings Spornsorship by the KPA will not only cater for the winners cash awards, teams uniforms, balls, marking of fields, but also it will also provide transport for all the visiting teams for the season 2023/2024 and 2024/2025.

FKF Kwale County branch under the Chair of Hamisi Mwakoja was established in 2020 after the federations' nationwide elections where the leadership strived to setup the first ever proper and operational football management which attracted over fifty teams that participated in the branch's first FKF league in the season 2020/2021.

The branch's league have produced pontetial players among them Bandari striker Beja Nyamawi (Lampard) who started his football career in the Lunga Lunga FKF Sub County league with Perani Utd before joining FC Bumbani Stars, Ss Assad and now with Bandari FC a premier league side.

Boxing's gender row



Boxing at Paris 2024 has been overshadowed by a row about the eligibility of two fighters in the women's competition.

Algeria's Imane Khelif and Taiwan's Lin Yu-ting are guaranteed at least bronze medals.

But last year they were disqualified from the World Championships.

The body that oversaw that 2023 event is the International Boxing Association (IBA) and it says both fighters failed gender eligibility tests.

On Monday the IBA will hold a news conference to give a "detailed explanation of the reasons for the disqualification".

The International Olympic Committee (IOC) has cast doubt on the reliability of the tests and suggested what is happening is a "sometimes politically motivated cultural war".

In June 2023, the IOC stripped the IBA of its status as the sport's world governing body over concerns over how it was run.

So, what is going on?

What is the IBA?

The IBA, formerly known as AIBA, was formed in 1946 as a worldwide governing body for amateur boxing. The IOC recognised the IBA as the sport's governing body until 2019.

Why did the IOC stop recognising the IBA?

The IOC suspended the IBA in 2019.

This was because of governance issues and alleged corruption.

It led to the threat that boxing would be removed from the Olympics altogether from 2028.

What were some of the concerns?

In 2018, the IBA issued life bans to ex-president CK Wu and former executive director Ho Kim after a report documented "gross

negligence and financial mismanagement of affairs and finances".

Wu had been in charge for 11 years before being provisionally suspended in October 2017.

Wu was replaced as AIBA president by Gafur Rakhimov, who was described by the US Treasury Department as "one of Uzbekistan's leading criminals".

Then in 2020 Russian Umar Kremlev was elected president.

In 2022, an independent investigation said boxing needed to take action on ethical issues to secure its Olympic future, having found a "historical culture of bout manipulation" - including at the 2016 Rio Olympic Games.

In his final report, Professor Richard McLaren detailed decades of financial mismanagement and deception, rule breaking in the ring, and inadequate training and education programmes for referees, judges and officials.

At the 2023 World Championships, Khelif was competing in the welterweight category and Lin at featherweight.

Hours before her gold-medal match against China's Yang Liu, the IBA said Khelif had failed a gender eligibility test.

Khelif had beaten Janjaem Suwannapheng from Thailand in the semi-final, Uzbekistan's Navbakhor Khamidova in the quarter-final and Russia's Azalia Amineva in the round prior to that.

As a result of Khelif's disqualification, 21-year-old Amineva had the only loss in her now 22-fight career removed from the record.

At the same 2023 World Championships, Lin was stripped of a bronze medal by the IBA.

The IBA said the fighters had "failed to meet the eligibility criteria for participating in the women's competition, as set and laid out in the IBA regulations".

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WEEKLY LIVE MUSIC

Mondays
The New Cheers Bamburi
Live Band Music

Tuesdays
Safari Inn Shanzu Serena Rd
Live Band Evening with Maranda & Band

Tapas Cielo Nyali
Live Band Tuesdays with The Coral Groove Band

Thursdays
Kusini Tavern Kilifi
The Muziki Band

Fridays
Safari Inn Shanzu Serena Rd
Live Band Evening with Jambo Africa Band

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WEEKLY LIVE MUSIC

Fridays
Apollo Club Changamwe
Ohangla Fridays - Achieng Nyarongo Performing Live

September V.I.P. Mtwapa
Rhumba Moto with Ricky Mulolo with idologia Musica Band Live

Saturdays
Golden Gate Mtwapa (former Standard Grill)
Rhumba Saturday Ricky Mulolo with Idologia Musica Band Live

Apollo Club Changamwe
MTU7 Saba & Sevens Afrobeat Band

Sundays
Club Mios Bamburi
Bango vs Afrobeat with Jimmy Ngala & Asili Band | Super Ladies | VJ Brown | MC Woud Anita

WEEKLY LIVE MUSIC

Sundays
Soul Breeze Beach Resort Diani Beach
Tashinga's Band Live Performance

Tapas Cielo Nyali
Band Sundays Mombasa Roots Band

New Yomoke Hotel Miritini
Rhumba Night with Banamitie Rhumba Band

The New Big Tree Bamburi Beach
La Festa Sunday with Mombasa Roots Band | DJ Ronyle | MC Chapatizo | DJ Prince Amar

ART EXHIBITION

05 | 05 to 17 | 08
Peponi Hotel Lamu
Exhibition: Where The Time Stands Still by Katie Simpson

SHOWCASE / LIVE EVENTS

Saturday 13 | 07
Club 28 Bondora
Pre Wedding Party with New African Sounds Band | Msenangu Band

Saturday 13 | 07
Don Bay Club Mwembeni
Mashabiki Night with Halua Band | Utamaduni Band | Five Star Band

Saturday 27 | 07
Big Wave Kilifi
Amapiano Festa 3rd Edition with Chino Kid | Echo 254 | Tricks Hr | Sophy Ron | Johan 254 | MGM | DJ Aura | DJ Kenskillah | DJ Ranks | DJ Blanco | DJ Krish | DJ Jockey | Deleo | Simbazee | Young Njita | MC Kangeta | Tinotozz | Tyrone | Lavidio | Haimy Khan | DJ Spinking

FAIRS & EXPOS

13 & 14 | 07
Wildwaters Nyali
10th Chamas Conference & MSMEs Trade Expo

27 & 28 | 07
Nomads At The Sands Beach Bar & Restaurant
The Nomad Craft Fair



Hand made crafts | 45+ vendors | Live Entertainment | Kids Activities | Great Food | Art & Crafts Kids Club

27TH JULY & 28TH JULY

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SHOWCASE / LIVE EVENTS

Saturday 20 | 07
Carnivore Simba Saloon
Soul Jam 1st Edition

Saturday 27 | 07
Moov Café & Bistro
Omwega Summer with Faith Kimani | Pernicus Sullen | Cherryk Fouasso

Saturday 27 | 07
Rock Beach Resort Ruiru
Paint & Sip Party

RUGBY

27 & 28 | 07
RFUEA Ground
Christie 7s 2024 Tournament

CREATIVES

Saturday 27 | 07
Sarit Expo Centre
TTNT Five

FAIRS & EXPOS

16 to 19 | 07
Kenya National Theatre
Performing Arts Conference

24 & 26 | 07
KICC
Dairytech Africa

THEATRE

Saturday 13 | 07
Creatives Garage
Blooms in The Dark directed by Thayu | Wanjiku Mwawuganga

CONCERT

Saturday 21 | 07
Kenya National Theatre
Rest A While Concert with Baraka George

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ART EVENTS / EXHIBS

19 | 05 to 20 | 07
Circle Art Gallery
Seasons Within A Season by Tabitha Thuku

15 | 06 to 11 | 07
Munyu Space @ The Mall Basement
Exhibition The Body And The Self by The Mute Poet

until 14 | 07
Red Hill Art Gallery
Solo Exheibition by William Wambugu

08 | 06 to 15 | 07
Ardhi Art Gallery
Mentorship Series Women Exhibition | Life Size Art Mentorship

29 | 06 to 21 | 07
One Off Temory Art Gallery Rosslyn Lone Tree
Massage Spa - Paintings by Michael Soi

COMEDY

Tuesday 09 | 07
Alloy Bar & Lounge Sarit
The Roast Of Terence Creative with Emmanuel Kisiangani | MC Jessy | Ty Ngachira | Bashir Halaiki | George Waweru | Ruth Nyambura | Gakonyo Gathimba | Nathan Rerei

ART EVENTS / EXHIBS

22 | 06 to 10 | 08
Hof Gallery Kibera
Colors Of A Painter - Collaborative Concept Exhibition On Poems by Santana Sino

29 | 06 to 26 | 07
Creativity Gallery Nairobi National Museum
Somali Art & Culture - An Exhibition by Ali Said Hassan

CONFERENCE

Tuesday 16 | 07
Kenya National Theatre
2nd Performing Arts Conference

17 to 19 | 07
Laico Regency Hotel
SBA.3 International Synthetic Biology and Biosecurity Conference in Africa

24 to 26 | 07
Kenyatta University
2nd International Women's Economic Empowerment Conference

Thursday 25 | 07
KCB Towers
Nairobi Records and Information Management Conference 2024

BEAUTY PAGEANT

Saturday 20 | 07
TBD
Miss Earth Kenya



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