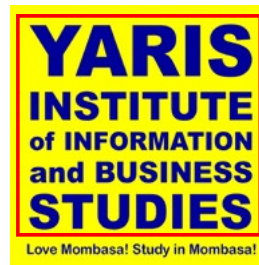




# MaDaFu



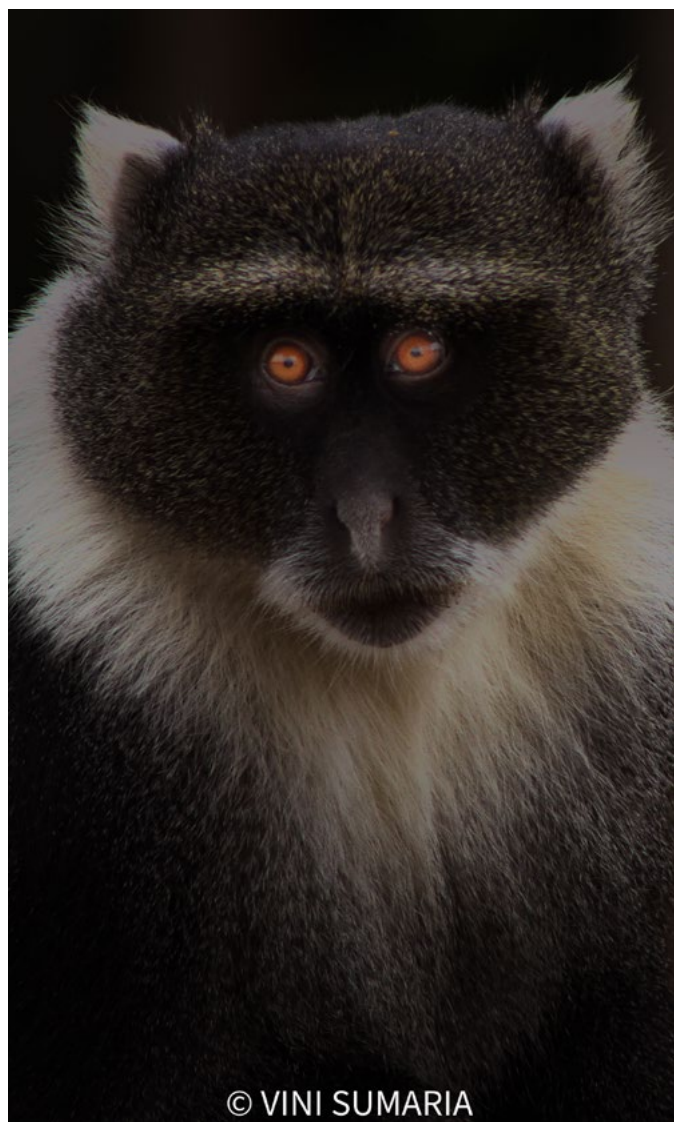
The Socio-Economic **Newspaper** with Anything & Everything from **Kenya**

Issue 064 / JAN 2025

Complimentary Distribution - Free

Registered at the G.P.O as a Newspaper

## VISIT KENYA



© VINI SUMARIA



© VINI SUMARIA



© VINI SUMARIA

### PHOTO STORY



County Government of Mombasa - Fire Department is one of the few or only one that has an OB System in Kenya; where all incidents log and information is documented. On behalf of the various Patriotic Donors who paid towards the printing including Team CDMRV; seen here is Mr Rishi Arun Parikh of CDMRV presenting the remaining balance of the OB's to Assistant CFO and Team to be sent to all Fire Stations in the County. The first lot was presented earlier to CGM TIPW CEC Waziri Daniel Manyala and CGM CFO Mr. Ibrahim Basafar. Thank you and God bless Kenya!



The County Government of Mombasa - Department of Transport Infrastructure & Public Works - CGM TIPW CECM - Mr. Daniel Manyala together with the Chief Fire Officer - CGM CFO Mr. Ibrahim Basafar; today received the Fire Department Occurrence Books - FD / OB, Standardised Fire Training Manual and The Coast Region Disaster Contacts List from the Community Disaster Management Response Volunteers - CDMRV Vice Chairman - Mr. Rishi Arun Parikh. There was a lot of synergy and assistance PPP plans to be laid out for the sole benefit of the People of Mombasa under strong SOP's. Good things happen when Good Patriots work together!



**JANUARY 2025  
INTAKE ONGOING**

Study at Oshwal College in **NAIROBI** for courses  
with excellent industry orientation!

- Bachelor of Arts (Hons) Business Administration - University of Hertfordshire, UK
- Bachelor of Science (Hons) Computing - University of Greenwich, UK
- ACCA - The Association of Chartered Certified Accountants (UK)
- ABE - Diploma in Business Management, UK
- PEARSON BTEC - Diploma in Information Technology (UK)
- PEARSON BTEC - Diploma in Business Management (UK)

...Join a 3-year UK Degree after A-Level or KCSE or  
Get credit transfer with a diploma in IT or Business

**ENROL  
TODAY!**



• Qualified and experienced teaching staff

• Boarding/Hostel facilities available in the vicinity

• Support by tutors from UK Universities

• One-to-one student guidance

• Internships & job placements

• Strong corporate interface

☎ 0794-185-684

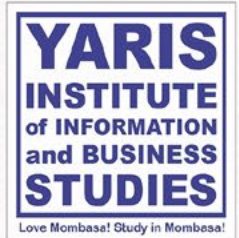
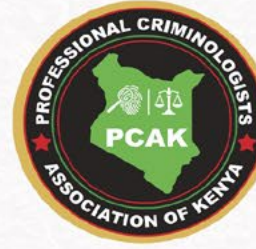
☎ 0729-644 691 / 0733-747 902

Email: [admissions@oshwalcollege.ac.ke](mailto:admissions@oshwalcollege.ac.ke)





**St John**  
Ambulance



## COAST REGION EMERGENCY CONTACTS

### MOMBASA COUNTY

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

### KILIFI COUNTY

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

### KWALE COUNTY

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

### LAMU COUNTY

Emergency Operation - 0714888889  
King Fahd Hospital - 0779783880

### TAITA TAVETA COUNTY

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

### TANA RIVER COUNTY

Jaffa B. Jillo Fire Dept CFO - 0721408854

### COAST REGIONAL DMRT VOLUNTEERS

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

### NATIONAL GOVERNMENT HOTLINES

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



St John  
Ambulance



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

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



# Ruto launched the construction of Sh470m Alupe Dam



President William Ruto has launched the construction of KSh470 million Alupe Dam in Busia County. The project, which is in Teso South Constituency, will benefit 100,000 people upon completion. The President said the government was keen to put in place long-term measures to address the problem of drought that affects most parts of the country. He said the aim of the project is to increase access to portable water and sanitation services in line with the Bottom up Economic Transformation Agenda (BeTA). Addressing wananchi after the launch, President Ruto said the project will provide water for both domestic and irrigation purposes. "The reconstruction of the Alupe Dam will enhance access to clean water, improve public health and support

economic growth through better water infrastructure and last-mile connectivity," said President Ruto. Noting this and other projects the government was undertaking in the country were within its developments programme, President Ruto reiterated that it has nothing to do with the 2027 general elections. "We will not be deterred with negative talk from implementing our programmes by individuals who have no alternative agenda for the country," said President Ruto. The Head of State criticized some opposition leaders who try denigrate government programmes without offering viable alternatives ,saying this amounted to political bankruptcy. He expressed satisfaction with the response of the people of Western Kenya towards development, saying time for political contests was over.

President Ruto said many development projects have been initiated in the region due to the cooperation received from the locals and the leaders. And while commissioning Kinjavi Village Electrification Project, Nambale Constituency,the Head of State reiterated his commitment to ensuring that every Kenyan, in every corner of the country, has access to stable, reliable and affordable power. He said the Kinjavi Village Electrification Project will connect192 households,. "This is part of our wider programme that will connect over 20,000 households in the county to power at a cost of KSh1 billion," said President Ruto. On the other hand, President Ruto noted that his administration is strategically investing in manufacturing and industrialisation to attract investors and drive growth in value addition and agro-processing.

This, President Ruto said will harness our agricultural potential, create jobs, boost exports and unlock Kenya's huge economic opportunities The Head of State said this said after inspecting the Nasewa Export Processing Zones Authority in Busia County that is will create more than 50,000 jobs to the residents. He also inspected the Busia County Aggregation and Industrial Park. The Head of State also launched the last mile connectivity programme for Bungoma County, at Misikhu. Present were National Assembly Speaker Moses Wetangula, Prime Cabinet Secretary Musalia Mudavadi, Cabinet Secretaries Wycliffe Oparanya (Cooperatives and MSMEs), Eric Mugaa (Water), Governors Paul Otuoma (Busia) , Ken Lusaka (Bungoma), Opiyo Wandayi (Energy), several MPs among other leaders.

## PHOTO STORY

### 1000 year Old Tree in China



## Dynasties



Dynasties tell us a 1000 years later what was! Build a rich and dynamic Dynasty for the Future to know and be proud of!



COUNSELLING

# Danger of assumption

A few months ago, I was invited to a programme at a school as the Guest Speaker. When I entered the auditorium, I saw some guests I knew sitting at one corner. I went up to them and started to greet them one after the other. I shook their hands, even with the ones I didn't know, until I got to one guest. I didn't know him, and when I extended my hand, he ignored it. After a few seconds, I withdrew my hand. All my thoughts were, "What arrant nonsense?" I kept asking myself that question. I felt very embarrassed and angry—embarrassed for myself and angry at the man. What was he feeling like? I thought. All those other guests accepted my greeting, and to my knowledge, I hadn't done anything wrong. I gave him a very scornful look, greeted the remaining guests, and went to take a seat. Even after I sat down, I was still upset. I kept stealing glances at the guest to see how he would react to other people. And then I saw it... He was blind! His eyes were open, but he couldn't see at all. The other guests who came to greet him had to touch him first and then take his hand if they wanted to shake hands with him. To my great surprise, he turned out to be my



hidden protégé who deeply appreciated my lectures. I never knew he had come purposely because his wife informed him I would be the guest speaker for that year's programme. In fact, he was waiting to hear someone mention my name so he could stand and hug me. When I heard this, my

embarrassment tripled. I felt stupid—very stupid. I was still angry, but this time, angry at myself. I couldn't even say a word to him until I got to the podium. My speech for that programme changed from "Recovery" to "The Danger of Assumption."

Assumption Kills Like

**Poison**  
**1. We Assume Instead of Validating**  
• Someone doesn't pick our calls, we assume they're avoiding us.  
• Someone doesn't give us money, we assume they're stingy and wicked.  
• Someone doesn't call, hang out, or visit us as they

usually do, we assume they no longer care.  
We never pause to consider that they might be going through challenges.  
**2. Life is Diverse**  
The issues of life are different for everyone. The person who promised you money might have encountered a financial

crisis. The person who didn't pick your call might have been in a meeting or too busy to respond.

**Key Lessons**

- Benefit of the Doubt: Make excuses for others.
- Verification Over Assumption: Always validate your thoughts before reacting.
- Immaturity Shows in Offence: Picking offence at every perceived wrong is childish and counterproductive.

**Examples:**

- Someone didn't invite you to their wedding—you pick offence.
- They didn't wish you a happy birthday—you pick offence.
- They didn't like your Facebook post—you pick offence.

**Remember**

- Everyone has battles you're unaware of.
- The people you need help from also need help themselves.
- Not everything is personal or intentional.
- Sometimes, people are just busy with their lives and struggles.

**Grow Above Offences**

- Manage disappointment and maintain relationships.
- Save yourself unnecessary grudges and preserve friendships you may need in the future.
- Learn to grow above, with, and despise offences.

Best of the Year 2025

## Africa

Amazing Facts About African Cities.

1. Richest city in Africa - Johannesburg ZA
2. The cleanest city in Africa - Kigali , Rwanda RW
3. Most beautiful city in Africa - Cape Town ZA
4. Best places to move to in Africa - Cape Town ZA
5. Most visited city in Africa - Johannesburg ZA
6. The most developed city in Africa - Cape Town ZA
7. Africa's leading destination(travel) city - Cape Town ZA
8. Africa's top prime city - Nairobi KE
9. Africa's leading business destination - Nairobi KE
10. The highest capital city (located in highlands) - Addis Ababa ET
11. The most livable City in Africa - Port Louis MU
12. The fastest growing city

in Africa - Accra GH

13. The most expensive city for Foreigners in Africa - Bangui CF
14. The most peaceful city in Africa - Gaborone BW
15. Most dangerous city in Africa- Rustenburg ZA
16. The most populated city in Africa - Lagos NG
17. Most polluted city( air Quality) in Africa - Ndjamena RO
18. Most polluted city ( land pollution) - Onitsha NG
19. City with more millionaires in Africa - Johannesburg ZA
20. The Commercial Capital of Africa (AfCFTA) - AccraGH
21. Most world know city in



Africa - Johannesburg ZA

22. Most decorated/colourful city in Africa - Casablanca MA
23. City with lot of skyscrapers in Africa - Johannesburg ZA
24. Richest with history city in Africa - Cairo IQ
25. Safest city in Africa - Kigali RW
26. The Most innovated city in Africa - Nairobi KE

## Civilization

Over 6,000 years ago, a mysterious civilization had detailed maps of our solar system. The Sumerians created these drawings using clay. The surviving drawings show that they understood that the sun is a star at the center of the solar system and that other planets revolve around it. They even accurately sketched the orbits and positions of the planets. Interestingly, some of their paintings also depict strange images of giant entities. The Sumerians considered them to be deities. Intriguingly, some of the drawings of these gods even display symbols resembling human DNA sequences. Additionally, they had symbols related to medicine, which bear significant resemblance to



modern medical symbols. To this day, we still cannot understand how thousands of years ago, the oldest civilization of mankind had such profound knowledge of astronomy. This raises the

question of whether this ancient civilization was not backward but had advanced far beyond our current understanding of them. Article Credit Goes To The Respective Unknown Owner.



# Immunity The Natural Way

By Dr Raghavendra Rao

In contemporary times, with an increasingly fast-paced lifestyle and a modern approach to healing tactics, we unknowingly keep accumulating micro assaults on our immune system without allowing our body to address them. Here's how the ancient albeit simple practices of yoga can be utilised to boost our immunity and lead a healthier life.

The human body to a great extent is a self-regulating, preserving, repairing and maintaining entity. Nature has designed this wonderful machinery with an inherent capability to heal; provided the natural laws of healing are allowed to operate, our health is in its entirety, a natural outcome of all the encounters we have in life. This healing capacity that we are endowed with is called vitality or immunity. Our body has a self-reliant system of protecting its tissues against assaults by bacteria, viruses, harmful proteins and oxidative stress through an interplay of nervous, endocrine and immune systems.

In today's world, these systems are constantly challenged due to our fast-paced lifestyle, stress, unhealthy eating habits and a lot of exposure to pathogens. Yoga asanas and pranayama can reduce stress and improve the body's immune response to fight infections and allergies. Yogic practices have been known to improve human body's immunity.

### Yoga and immunity

Yoga can help to modulate this immune response in an appropriate way. Yoga as a mind-body intervention has been used globally to combat these lifestyle-related diseases where stress is believed to play a role. Yoga helps calm down the mind, bring stability and balance the vital energies. Studies have shown yoga to improve immunity in the population during influenza epidemics. Yoga is a system of holistic living,

having its roots in Indian traditions and culture. It is a discipline to develop one's inherent power in a balanced manner. Now it is being practiced as a part of healthy lifestyle. Yoga is popular globally because of its spiritual values, therapeutic credentials, its role in the prevention of diseases, promotion of health and management of lifestyle-related disorders.

One of the most useful and popular mode of yogic exercises which provides the benefits of Asanas, Pranayama and Mudras altogether is the Surya Namaskar. It consists of a series of twelve postures which are performed early in the morning facing the rising Sun. Each step of Surya Namaskar is accompanied by regulation of breath. Its regular practice energises all systems of the body and ensures perfect harmony between them. It makes the body flexible and improves immunity. Our body has its own set of immuno-responses, amongst them, inflammation is the most common. A natural counter which is often helpful when it comes to healing injuries and infections, inflammation often becomes chronic under constant psychological and physical stress, thereby weakening our immune system. Most asanas involve systematic stretching that alleviates inflammation and increases flexibility. The immunity-boosting capabilities of even basic yogic practices also find mention in a new research published in the Journal of Behavioural Medicine. Today, even Western researchers vouch for yoga's benefits. The Harvard Medical School Guide to Yoga: 8 Weeks to Strength, Awareness, and Flexibility, says that regular

practice of yoga can lead to greater muscle and bone strength, improved sleep, better stress management and resilience, strengthened immune system and enriched brain health.

### Nadi Shodhana Pranayama (Alternate Nostril Breathing):

The main characteristic feature of Nadi Shodhana Pranayama is alternate breathing through the left and right nostrils without or with retention of breath (kumbhaka). Sit in a comfortable posture. Keep the spine and head straight with eyes closed. Relax the body with a few deep breaths. Keep the left palm on the left knee in Jnana mudra and the right palm should be in Nasagra mudra. Place the ring and small fingers on the left nostril and fold the middle and index finger. Place the right thumb on the right nostril. Open the left nostril, breathe in from the left nostril, close the left nostril with the small and ring fingers and release the thumb from the right nostril; exhale through the right nostril. Next, inhale through the right nostril. At the end of inhalation, close the right nostril, open the left nostril and exhale through it. This completes one round of the Nadi Shodhana Pranayama (Alternate Nostril Breathing). Repeat for

another 4 rounds. The duration of inhalation and exhalation should be equal for beginners. Breathing should be slow, steady and controlled and not be forced or restricted.

### Benefits of Pranayama

The main goal of Pranayama is to nourish the body as a whole by cleansing the main channels that distribute energy throughout it. In addition to boosting vitality and lowering stress and anxiety levels, this technique promotes calmness and improves focus. Pranayama can also help with coughing, mental calmness, and concentration. Its advantages go beyond boosting immunity, making it a comprehensive strategy for general health.

### Cleansing with kriyas

Cleansing techniques called kriyas also help in

removing excess mucous and restore mucosal immunity. Shatkriyas are yogic cleansing techniques used to purge the internal organs and systems of the body. These are a part of the process of detoxification. These techniques are classified into six divisions as under: Neti (nasal washing); Dhauti (stomach washing); Basti (colon washing); Kapalabhati (purificatory yogic breathing); Nauli (isolation of abdominal recti muscles) and Trataka (yogic visual gaze).

These kriyas cleanse, activate and revitalise organs and develop deep internal awareness. The practice of Surya Namaskara, deep breathing exercises, pranayama, meditation and deep relaxation is also highly beneficial. Pranayama is the fourth constituent of Ashtanga yoga, which deals with the regulation of Prana and energy, grossly translated as breath. It is a practice which helps to regulate vital energies through the regulation of breathing. The main purpose of Pranayama is to gain control over the autonomous nervous system and through it to influence the mental functions. Regular practice of Pranayama makes the mind calm.

### Understanding immunity

Though exposure to pathogens help build adaptive immunity, surviving such an exposure may sometimes become fatal. Research has shown that there is a heterogeneity in susceptibility to infections during a flu epidemic. Psychologic stress, fitness and physical activity, nutrition, sleep, comorbid conditions and lifestyle play a vital

role in shaping this immune response. A growing body of evidence identifies stress as a co-factor in infectious disease susceptibility and outcomes. It has been suggested that the effects of stress on the immune system may mediate the relationship between stress and infectious disease. Stress increases stress hormones that dampen immune response and also reduce the ability of the cells to repair the damage caused due to infections.

### Meditate on wellness

The process of keeping one's attention focussed with sustained concentration on an object is commonly known as meditation. It is an integral part of all yogic practices and is beneficial for psychological and spiritual growth. Over the years, the stress relieving benefits of regular meditation have been known to achieve a sense of calm which has a positive impact on an individual's health and promotes a healthy lifestyle. It has been known to be beneficial when it comes to overcoming addictions of tranquilizers, reducing hypertension, insomnia, migraines, depression, anxiety, and other psychosomatic illnesses. It stabilises the mind, increases awareness, concentration and will power while simultaneously improving memory and alertness. It is an effective tool for rejuvenation of the mind, body and soul, and even helps in coping with the stressful situations of everyday life.

**-Dr Raghavendra Rao M, BNYS, PhD is the Director, Central Council for Research in Yoga & Naturopathy (CCRYN), under the Ministry of AYUSH, Delhi. He has completed several research projects on the use of both yoga and naturopathy interventions**





TECHNOLOGY

# Leveraging Technology for Development: Democratization of Technology

By Debnath Shaw

Technology is an important factor for global development. Development is a core issue for the Global South, many of whose members are being left behind in achieving their Sustainable Development Goals (SDGs). The key factors behind this unequal state of affairs are technology, finance and information. Thomas Friedman has argued, that the era of globalisation has been characterized by democratization of technology, finance and information (The World is Flat, 2004). However, with the pace of globalization slowing down, particularly since the Covid pandemic, democratization of technology too has taken a hit.

Democratization of technology refers to the process by which access to technology progressively become more easily available to more people at reasonable cost. Historically, the printing press is the earliest recorded instance of technology opening new frontiers of knowledge dissemination, leading to empowerment of a greater number of people. Since the mid-1990s, the internet has been the prime vehicle of universal democratization of



knowledge and information.

The effects of democratization of technology have been dramatic, more so with digitization. New technologies and improved user experiences have empowered those outside of the technology industry to access and use technological products and services. In India, think - UPI, mobile banking WhatsApp, X, etc, - tools being used regularly by the country's

900 million mobile phones users, mostly connected to the internet, including a vast user base in rural areas. The 'open source' model allows users to participate directly in development of software. Upgrades in communication technology have made the globe more interconnected than ever.

Democratization of technology has helped 'the last person in the queue'

to access public services with ease and reduced corruption, get timely access to relief when hit by natural disasters, and useful and reliable information allowing meaningful participation in the democratic process. It has made markets more broad-based and diversified and consumers are able to use complex technological products without the guidance of qualified professionals. Such

job categories have taken a hit, a situation whose downward spiral is being perpetrated by developments in artificial intelligence and machine learning technology.

However, we should not lose sight of the challenges faced by democratization of technology, which is hampered by the slow pace of digitization and infrastructure gaps, particularly in developing countries. Gender and social inequities restricting access to and use of technology, and the data divide, too needs to be addressed. Cyber security and data privacy concerns are felt at all levels. What is comforting is that both governments and technology-driven companies are addressing these concerns, while moving ahead with their programmes to harness technology for the benefit of the masses.

In India, the democratization of technology is manifested in some remarkable programmes which have changed the lives of millions. The prime example is the Digital Public Infrastructure (DPI), part of the 'India Stack', which operates digital identification, payments and data management. The Common Service Centres (CSC) are the access points for delivery of government to citizen (G2C) e-services, within reach of citizens by creating nation-wide physical service delivery ICT infrastructure. The Namu Drone Didi initiative has many goals, including addressing gender inequality issues, empowerment and pride among women, modernization of agricultural practices, and substantial income to the rural women folk. The two hundred thousand Aayushman Aarogya Mandirs in India's villages directly connect health centres with the best hospitals and modern technology, bringing professional medical expertise and services, largely concentrated in urban areas, to rural India. The India AI Mission or 'AI for All' is aimed at the democratization of the benefits of AI across all strata of society.

A key issue, particularly for the Global South, which has been pursued vigorously by India, is the growing gap

between developed and developing countries in the access and endogenous production and development of climate technologies. This has been a key constraint on collective progress in global efforts to achieve sustainable development and effective climate action under UNFCCC and the Paris Agreement. Developing countries view technology transfer and capacity building as the key to reducing the technology and wealth gap. Both climate mitigation and adaption require huge funding transfers from developed countries as per past commitments. Unfortunately, even at COP29 in Baku last year, the level of funding pledged was nowhere near the level required to achieve set goals. There have been repeated calls for enhanced international cooperation arrangements, through reform of existing WTO mandated trade rules, to permit developing countries to protect emerging green industries through tariffs, subsidies and public procurement.

The ray of hope in the horizon is that industries driven by frontier technologies like blockchain, drones, gene editing, nano technology, electric vehicles, solar and wind energy and green hydrogen could create a market of over \$ 9.5 billion by 2030 (UNCTAD estimate). Some developing and emerging economies like India have made important policy changes to seize some of the opportunities in these sectors. It is hoped that with increasing democratization of technology and effective partnership between developed and developing countries, mankind's development goals will be reached sooner than later.

**Debnath Shaw, (IFS 1984, Retd.), former High Commissioner to Tanzania and Ambassador to Azerbaijan. Served in Indian Missions in Hong Kong, Beijing (twice), Bonn and Dhaka and at Headquarters in various positions. Seconded to Ministry of Defence as JS (PIC) 2005-07. Visiting Fellow at CSIS, Washington DC 2004-05.**

## Coffee

The legend of Kaldi, the Ethiopian goat herder, is often considered one of the most famous origin stories of coffee. According to the tale, Kaldi noticed that his goats became unusually energetic after eating the red berries from a particular bush.

The goats were seen leaping around with excitement, and Kaldi, intrigued by their behavior, decided to try the berries himself.

He quickly felt a surge of energy, prompting him

to share his discovery with a local monk. In turn, the monk experimented with the berries, and eventually, the beans were brewed into a drink that helped the monks stay awake during their long, late-night prayers.

This marked the beginning of coffee culture, a drink that would go on to have a global impact.

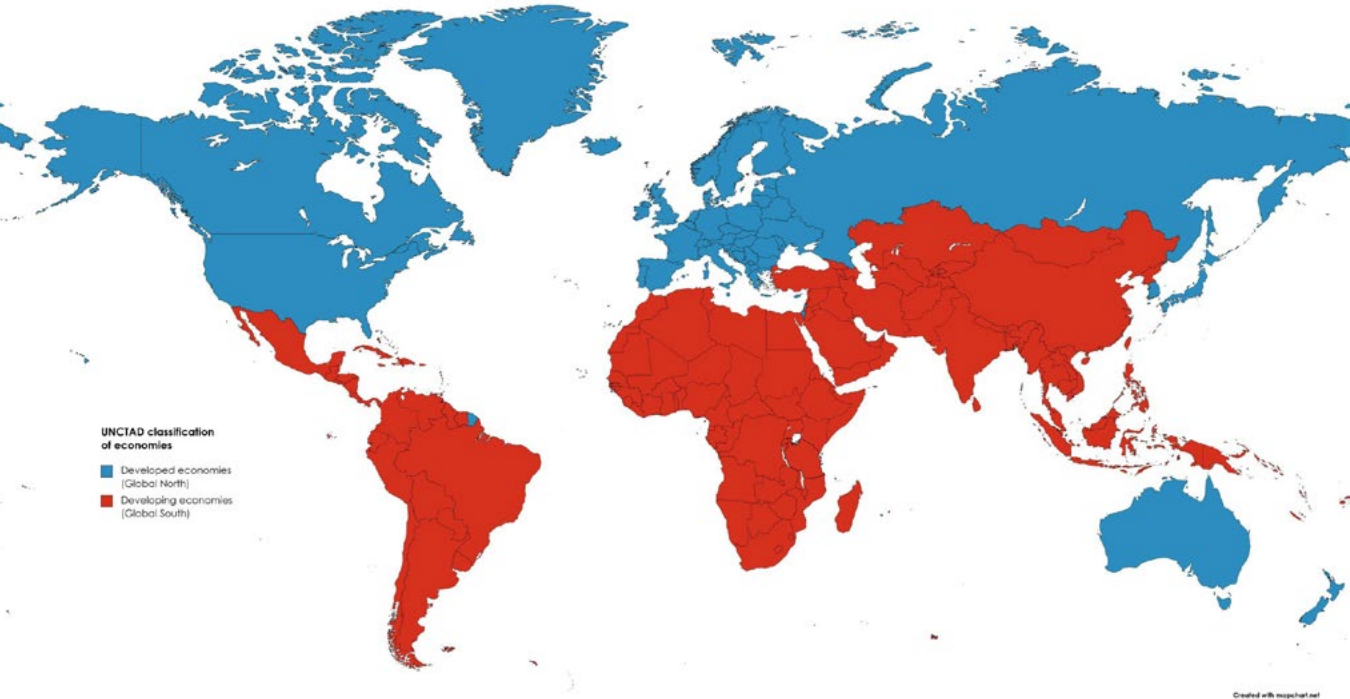
Coffee is believed to have originated in the highlands of Ethiopia, where the coffee plant, Coffea arabica, still grows wild.

The discovery of coffee spread across the Arabian Peninsula, where it became central to social and religious practices.





# A Dawn for the Global South



By Asoke Mukerji

On 24 October 2025, the United Nations (UN) Charter will mark its 80th anniversary. When the Charter came into force, the UN General Assembly (UNGA) had 51 member states. Today, there are 193 member-states in the UNGA, of whom 134 have declared themselves to be developing countries under the banner of the Group of 77 (G-77). Most members of the G-77 are popularly referred to as the Global South.

The interests of the Global South have been brought into the mainstream activity of the UN between 1964, when the G-77 was founded, and 2015, when the UNGA adopted its historic Agenda 2030 on Sustainable Development, with 17 Sustainable Development Goals (SDGs). The SDGs represent a holistic approach to ensuring an interlinked world, bringing together individual, social, economic, and environmental priorities, to be implemented in a nationally-driven effort through supportive flows of multilateral finance, transfers of technologies, and multiple stakeholder partnerships between governments, businesses, academia, and civil society.

The UN's Summit of the Future held in September 2024 sought "a recommitment to international cooperation based on respect for international law, without

which we can neither manage the risks nor seize the opportunities that we face." This applies first and foremost to the development priorities of the Global South, which is the "central objective of multilateralism."

The anodyne Pact for the Future adopted by the UN's Summit of the Future in September 2024 did not contain any new commitments on how Agenda 2030 is to be implemented. The UN Summit on SDGs held in September 2023 had attributed the challenges to implementing Agenda 2030 primarily to a breakdown of international cooperation on peace, security, and development. The Pact's silence on a time-bound target for reforming the UN and the UN Security Council (UNSC) casts a shadow on the future of constructive and equitable international cooperation.

Aware of this ambivalence, India took the lead during its G-20 Presidency in 2023 to bring together countries of the Global South to support "reformed multilateralism" and an effective UN system. India convened three virtual Voice of the Global South Summits (VOGSS) in January and November 2023, and in August 2024. The theme of the third VOGSS, in which 123 countries participated, was "An Empowered Global South for a Sustainable Future".

Global South countries felt that the outcome of the existing process in the UNGA launched in 2008 to reform the

UNSC had been inordinately delayed. Common issues that emerged from this Summit, in addition to challenges in implementing the SDGs of Agenda 2030, included shared concerns regarding climate change, and the application of new technologies, including Artificial Intelligence, that impacted on developing countries. Chairing the Summit, India's Prime Minister Narendra Modi called for a Global Development Compact.

The proposed Global Development Compact faces a stiff challenge from developed countries. Speaking in the UNGA on 7 October 2024, the United States asserted that the Pact for the Future and its annexes "do not create or otherwise change any rights or obligations under international law." It questioned the concept of "development as an inalienable human right". This contradicted the UNGA's Declaration on the Right to Development adopted in December 1986.

The 80th anniversary of the UN Charter provides an opportune moment for the Global South to integrate the issues prioritized by the VOGSS process, anchored in the right to development, into the UN Charter. As an international treaty, the Charter contains a specific review provision in Article 109 that needs to be implemented in a sequential three-stage process. In the first stage, Article 109 provides for a "General Conference" of

the member-states of the UN to be convened for "reviewing the present Charter". The decision to convene the General Conference requires a two-third majority in the UNGA (129 out of 193 member-states) and 9 votes out of 15 in the UNSC (without the veto of the P5). In the second stage, Article 109 provides for the UN member-states participating in the General Conference to recommend any amendments to the UN Charter by a "two-thirds vote of the conference". In the third stage, any proposed amendments to the UN Charter would come into effect when ratified by two-thirds of the members of the UN, including the P5 of the UNSC.

Having coordinated the VOGSS process, India is well placed to take the initiative during the 80th anniversary of the UN in 2025 to call for implementing the first stage of Article 109 of the UN Charter by convening a General Conference. A constructive discussion within the framework of such a meeting, held on equal terms between the Global South and other UN member-states, will ensure that the dawn of the Global South can catalyze a revived and reformed United Nations in the 21st century.

**Ambassador (Retd.) Asoke Mukerji was India's Permanent Representative to the United Nations in New York between 2013-2015.**

## Better Half



By Safia Mohamed Bashir

Winding up work on a Friday evening, suddenly, one of my colleagues husband appeared and exclaimed, "where is my better half?"

Mesmerized; I did not know what to reply.

On my silence; he mentioned her name ...

Wow!! What a wonderful love filled expression "BETTER HALF" for his spouse -it shows respect, love, affection and appreciation.

Better half - means spouse - husband is half and wife is half - together they are one and complete. They come into each others life and complement one another with compassion, care, understanding and love.

They are exceptionally important to one another thus - better half.

In Islam it's stated that a wife is made from the husband's left rib .. hence she is not higher nor lower but near his heart to be loved and cared for.

Likewise for a wife; her husband deserves the highest form of respect, care and submission. Therefore, evidently for the scale to balance, both have to put in equal effort.

A lovely example portrayed in my hubby's words - "one is a square and the other is a rectangle; so they have to carve themselves to become circular like tyres - so the both move their vehicle of life harmoniously". In simple words adjust, accommodate and understand one another.

For a happy marriage there has to be love. It comes from communication, care, support - emotional and physical presence, understanding, appreciation and intimacy.

No matter how long one has been married, they have to

stay attracted to one another and be physically intimate together. It is very important to date, flirt, and hold hands.

Marriage was created so there is a connection; couples usually referred to "a match made in heaven".

This connection or bond should be so strong that no form of doubt or misunderstanding can ever crack it.

At different stages of one's marriage, physical intimacy would be very different. Of course at 80 years one probably won't be doing what they did when at 30, but the goal then is to still be happily married, holding hands and dancing in the living-room together - the connection should not be broken then also, because at that age the companionship is most beautiful and appreciated.

Islam also teaches that if a couple is righteous and has done good deeds in this world and has been designated to heaven; then they would be a couple there too.

Wow how lovely to have the same spouse in heaven for eternity.

The way a couple treats one another has great impact on their children as well. When they see love and affection, fun and jokes, praises for each other; they grow with a healthy mind and follow the same. Happy families have successful children. These children in turn grow to be more responsible and caring citizens and thus considerate spouses.

Therefore, couples out there - there is nothing more important than your better half; love and respect each other, do whatever it is that positively affects your spouse; listen to understand and learn to love.

In the end; love is all that matters.



CLIMATE

# Kenya’s Climate Paradox: Dancing Between Drought and Flood

By Ilhan Bakir

Jambo, friends. Kenya is a land of wild contrasts—savannas that glow like embers at dusk, forests whispering with ancestral wisdom, and coasts where the ocean sings Swahili waves. But today, climate change is scribbling chaos into our story. Droughts crack the earth like shattered clay. Floods gulp down whole villages. Seasons? They’ve forgotten their own names.

The Symphony of Extremes

Nairobi drowns in January rains while pastoralists in Wajir count days under a sky that’s forgotten rain. In the Rift Valley, maize stalks wilt under fickle skies. The Kenyan soil is getting tired even the earth doesn’t recognize itself anymore.

On the coast, coral reefs bleach into ghostly skeletons. In Kakamega, chainsaws scream as ancient trees fall. Up north, in Mandera and Turkana, women trek for hours under a 40°C sun, jerricans strapped to their backs. Climate change here isn’t a headline—it’s the dust in our tea, the flood under our beds.



The Faces of Resilience

We’re shaming the world with our green energy ;92% of our grid runs on geothermal steam, wind, and sun. Yet in Marsabet, where those spinning turbines are schools and hospitals still rely on diesel generators. Progress? Half-baked.

The Irony of Injustice

Here’s the kicker: Kenya coughs out less than 0.1% of global emissions but swallows the worst blows. At COP28, we demanded reparations—not charity, justice. Yet pledges vanish faster than Mount Kenya’s snow. And our own sins bite back: Nairobi’s forests

shrink as concrete spreads, rivers gag on plastic, and corruption starves green projects. Carbon credits should lift communities, not push them off their land. Ask the fisherman in Lamu: “When the ocean is hungry, it eats everyone—rich or poor.”

Seeds of Hope

Still, hope sprouts in stubborn places. The gov’t’s 15-billion-tree plan? Let’s make it real. I planted 43 fruit trees in Kilifi for my 43rd birthday —mangoes for my grandkids.

A Call to Re-Member

Plant a tree. For birthdays, funerals, or just because. We’re Wangari Maathai’s

Children. Mekatilili’s warriors. Climate change is just another colonial beast to slay.

Final Thoughts

Our story is urgent, but not hopeless. Let’s rewrite it with calloused hands and stubborn hearts. When the world asks how we’ll survive? Tunaweza. We can.

*With fire and faith,  
Ilhan Abass  
Madafu Contributor /  
Nairobi, Kenya  
Environmentalist,  
Tree Lover, CEO  
Africamatch(Investment)  
Nairobi  
Founder Kazi Mtaani*

PHOTO STORY

## Flooring



Any floor can be a floor; but a decorated floor has its own essence and presence.

## Kenya society for the deaf children receive ksh 500, 000 donation



Half million shillings Cheque donation to deaf children association from shree swamirayan Nairobi temple  
**The Visiting His Divine Holiness (H.D.H) Gnan Mahodadhi Acharya Shree Jitendriyapriyadasji Swamiji Maharaj presents Ksh 500,000 cheque to the Kenya Society for the Deaf Children Chairman Francis Ng’ang’a (4th right) for the needs of the deaf children during a ceremony at Swamibapa Temple in Parklands Nairobi recently. With them is them are the temple trustee Babu Sanghani (4th left) and temple Devotee Ashwin Sangani and officials from the Kenya Society for Deaf Children. (Edward Kiplimo, standard).**



MADAFU NEWSPAPER KENYA VALUED OUTLETS:

<b>NAIROBI:</b> <b>Parklands and Westlands:</b> 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)  <b>INDUSTRIAL AREA:</b> Punk Industries Limited (Dakar Road)  <b>LANGATA:</b> Sona Shoppe (Galleria Shopping Mall)  <b>KAREN:</b> Sona Shoppe (Karen Crossroads)  <b>NAKURU:</b> Hyrax General Supplies (Biashara Avenue) Rani Ramchandani Rift Agencies Insurance Ltd c/o Purvi  <b>KITALE:</b> Milli Hardware Ltd Main Road  <b>ELDORET:</b> Kenya Jalaram Co Ltd – opp CBK  <b>VOI:</b> Abbas Aluminum Supplies  <b>MOMBASA:</b> Blue Room Restaurants Nyalil Cinemax Nyalil Centre – DKL Umoja Rubber Shoes Shops	Nyalil – Chandarana Supermarket Quickmart Bandari Supermarket Naivas Likoni Mall Supermarket Yaris Institute – Haile Selassie Avenue Mombasa Afrigas – Nyerere Avenue Hakimi Stationaries – Moi Avenue AudioAsh Coolers – opp Sapphire Hotel Various Hospitals & News Vendors Hand Delivery via Newspaper Vendors  <b>KISUMU:</b> Western Emporium  <b>DIANI:</b> Palm Beach Hospital Aasan Solutions Auditors Moiz Supermarket Various Restaurants & Hotels Chandarana Supermarket  <b>MALINDI:</b> Uzima Training Centre – CBD Various Hotels & Restaurants  <b>NEW DISTRIBUTION SOON:</b> <b>MERU</b> <b>EMBU</b> <b>LAMU</b> <b>MACHAKOS</b>  <b>LOOKING FOR NEW OUTLETS IN:</b> <b>TURKANA</b> <b>ISIOLO</b> <b>NAROK</b>
--	---

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

## MADAFU NEWSPAPER

Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

Editor@madafu.biz  
Website: www.madafu.biz

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.  
Design by: Madafu Publications Team

Printed By: Nation Media Group Ltd - Nairobi

CONTRIBUTORS:  
Cover Photo / Event Photos by  
Various, Mr. Andrew Kilonzi & Mr. Titus Musau  
Mr. Nabil Sansool - Madafu Website Administrator

Madafu Publications Ltd. is the leading provider of event and lifestyle information in Kenya. Through our Newspaper and Website, we provide the most comprehensive and accurate information about what’s happening around Kenya in sports, nightlife, music, theatre, movies, the arts, kids events and more. We also provide business listings, movie reviews and updates. To advertise with us, Email: [editor@madafu.biz](mailto:editor@madafu.biz) Madafu Publications Ltd. P. O. Box 80518 - GPO 80100, Mombasa, Kenya.  
visit our Updated Website: [www.madafu.biz](http://www.madafu.biz)

SALES, MARKETING & OPERATIONS

Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

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

All Advertisements are accepted subject to the Madafu Publications Ltd Terms and Conditions and Guidelines. The Publisher cannot be held responsible for the accuracy of the information contained in the Advertisements and does not enter into disputes on behalf of third parties.



# Diet and Fitness

Sure! Here's a basic 30-day plan to help you lose weight. Remember, it's important to consult with a healthcare professional before starting any new diet or exercise program.

### Diet Plan

\*\*1. Balanced Meals:\*\*

- \*\*Breakfast:\*\* High-protein options like eggs or Greek yogurt with fruit.
- \*\*Lunch:\*\* Lean protein (chicken, fish, tofu) with plenty of vegetables and a whole grain like quinoa or brown rice.
- \*\*Dinner:\*\* Similar to lunch, with a focus on portion control and variety in vegetables.

\*\*2. Snacks:\*\*

- Healthy options like nuts, seeds, fruits, or veggies with hummus.

\*\*3. Hydration:\*\*

- Drink plenty of water throughout the day (at least

8-10 glasses).  
- Limit sugary drinks and alcohol.

\*\*4. Portion Control:\*\*

- Use smaller plates and be mindful of portion sizes.
- Eat slowly and listen to your body's hunger cues.

\*\*5. Meal Prep:\*\*

- Plan and prepare meals ahead of time to avoid unhealthy choices.

### Exercise Plan

\*\*1. Cardio:\*\*

- \*\*Frequency:\*\* 4-5 times a week.
- \*\*Activities:\*\* Walking, jogging, cycling, or swimming. Aim for at least 30 minutes each session.

\*\*2. Strength Training:\*\*

- \*\*Frequency:\*\* 2-3 times a week.
- \*\*Exercises:\*\* Bodyweight exercises like push-ups, squats, lunges, or resistance training using weights or bands.

\*\*3. Flexibility and

Recovery:\*\*

- Incorporate yoga or stretching sessions 1-2 times a week to improve flexibility and aid recovery.

\*\*4. Rest and Recovery:\*\*

- Ensure at least one full rest day per week.
- Prioritize sleep (7-9 hours per night) to support weight loss and muscle recovery.

### Additional Tips

- \*\*Track Progress:\*\* Keep a journal of your meals and workouts.
- \*\*Adjust as Needed:\*\* Listen to your body and adjust the intensity or type of exercise if needed.
- \*\*Stay Consistent:\*\* Consistency is key for long-term success.

### Motivation and Support

- Set realistic goals and celebrate small victories.
- Consider joining a fitness group or finding a workout buddy for support.
- This plan is a general guideline. Tailor it to your specific needs, preferences, and lifestyle for the best results.





# MENS COTTON SHIRTS

Size - M/L/XL/2XL/3XL/4XL/5XL/6XL

@ 800/- Only

Contact - 0702312529

# COTTON



# KHAKI SHORTS

## DOCKERS BIG SIZE

Sizes 38/40/42/44/46/48/50/52/54 @ 1,000/-

Contact - 0702312529



PHOBIA

# Overcoming the phobia of failure

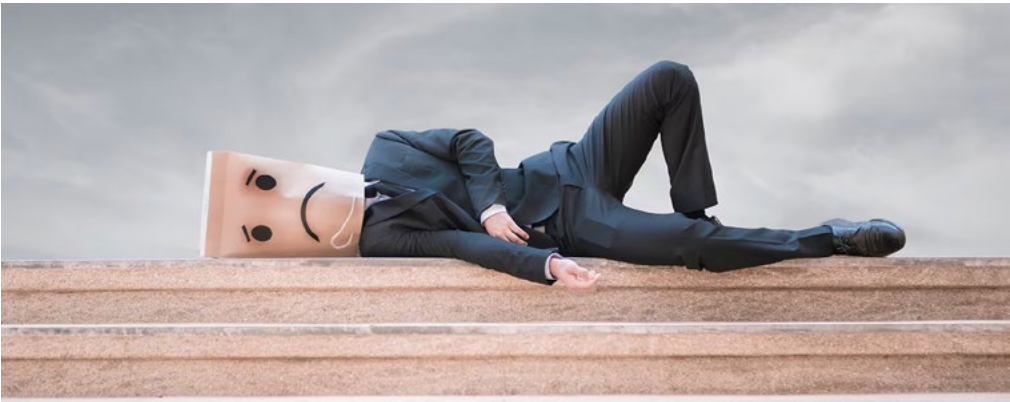


By Fahmi Basalim  
Founder EMOTIVE

The pace and pressures of modern living takes a considerable toll on our physical and mental well being. We often find ourselves precariously juggling the balls of responsibilities and priorities. The thought of dropping even one ball may trigger a learning experience for some yet spell a complete disaster for many. Such anxiety associated with impending failure and disappointment is real and sometimes justified. We shall delve into this category of emotions and decipher the pattern of discourse.

Atychiphobia is a fervent fear of failure in life. It stems from the Greek word “atyches,” which means “unfortunate.” The fear of failure builds up in cases where one is afraid of the consequences or even when the rewards for success are colossal. The person feels vulnerable and tends to avoid all situations thereby missing out on certain opportunities. It generally culminates from low self-esteem, past experiences of personal failures or simply adopting the behaviors of others. This makes it hard to maintain relationships, participate in activities and progress in a one’s profession and career. It affects a person’s ability to study, work, interact with others and achieve respective goals and aspirations. Education is key to unlocking the door of opportunities in life. However, existing systems openly advocate for academic

credentials as a measure of a person’s intelligence. Indeed, the level of education does not necessarily merit success in life. The aftermath of this exercise is prevalence of considerable fear of failure by students especially when taking examinations. Furthermore, some people find criticism as a harsh rebuke especially when done in public or when their boss vents his frustration on a failed task. The initial reaction can be a sense of remorse for the affected or fiery anger for the impatient. Overall, it is important to maintain a positive attitude in order to avoid a toxic environment that may negatively impact on one’s physical and mental health. Nevertheless, we live in a complex world full of trials and misconceptions. Fortunately, there are countless strategies that can be used to find your ray of light in difficult times.



They vary from person to person and circumstance. Everyone seems to have their own coping mechanisms to effectively pluck themselves out of gloomy situations. We can try and contain this phobia by embracing optimism and exercising what I consider affirmative psychological workouts. Positive thinking shields you from depression and arms you with hope. Faith gives you purpose and direction whenever you find yourself wandering aimlessly. A change of environment opens new horizons and exploits. Let bygones be bygones, learn from the past, live in the present and dream of a brighter future. It helps to grasp something new every day because knowledge liberates the mind and conquers ignorance and boredom. The source of motivation can be internal and external depending on your state of mind and

affiliations. Self-motivation is internally driven as you reassess, streamline and proactively pursue your goals. The strength of this self-driven thought process and action plan places less reliance on external motivation that entails dependency on third party support channels. Focus, re-evaluate and analyze your aspirations to attain clarity of purpose and realism of attaining objectives. Naturally, this deep reflection will reveal the bigger picture and frame your confidence on the wall of achievements. Failure dos not necessarily mean that the game is over rather it should induce you to reflect, realign and rejuvenate. You should never give up and seldom lament. Losing is part and parcel of life’s learning process where tests are meant to open our eyes to a world of competition, determination and achievements. However, there are many who cannot handle this cut throat

experience and decide to throw in the towel in life. There is always light at the end of the tunnel. The good news is that atychiphobia can be diagnosed and tangible steps initiated to overcome this vivid condition. A mental health professional can be able to guide a person on the path of recovery and reclamation of self-confidence and courage to accept outcomes. In the race of life, participation and getting to the finish line is what matters more than winning the coveted accolades of gold, silver and bronze. You can overcome this phobia by acknowledging there is life beyond success and failure. The only thing you should fear is the sheer depth of your inner potential and how it can accomplish the impossible when it truly surfaces. Whatever the trials and tribulations, always hold firm belief in yourself and humbly embrace your fate and destiny.

## Motivation Corner



By Fahmi Basalim  
Founder EMOTIVE

- Remember, there is always a window of opportunity as you close the door to your turbulent past.
- The freshness of positivity can easily be suppressed in a toxic environment. Harness and convey this precious vibe to mutually receptive peers in order to survive and thrive.
- Appreciation compliments self esteem which in turn nurtures talent and gives the recipient impetus to excel beyond expectations.
- Empowering the weak strengthens the team which in turn emboldens and compliments good



leadership.  
• Coexistence adds colour to the fabric of life. The world is big enough to accommodate our inflated egos and cherished ethos



FIBRE LINK  
The Faster Option!

# Set Up Your Home Wifi NOW

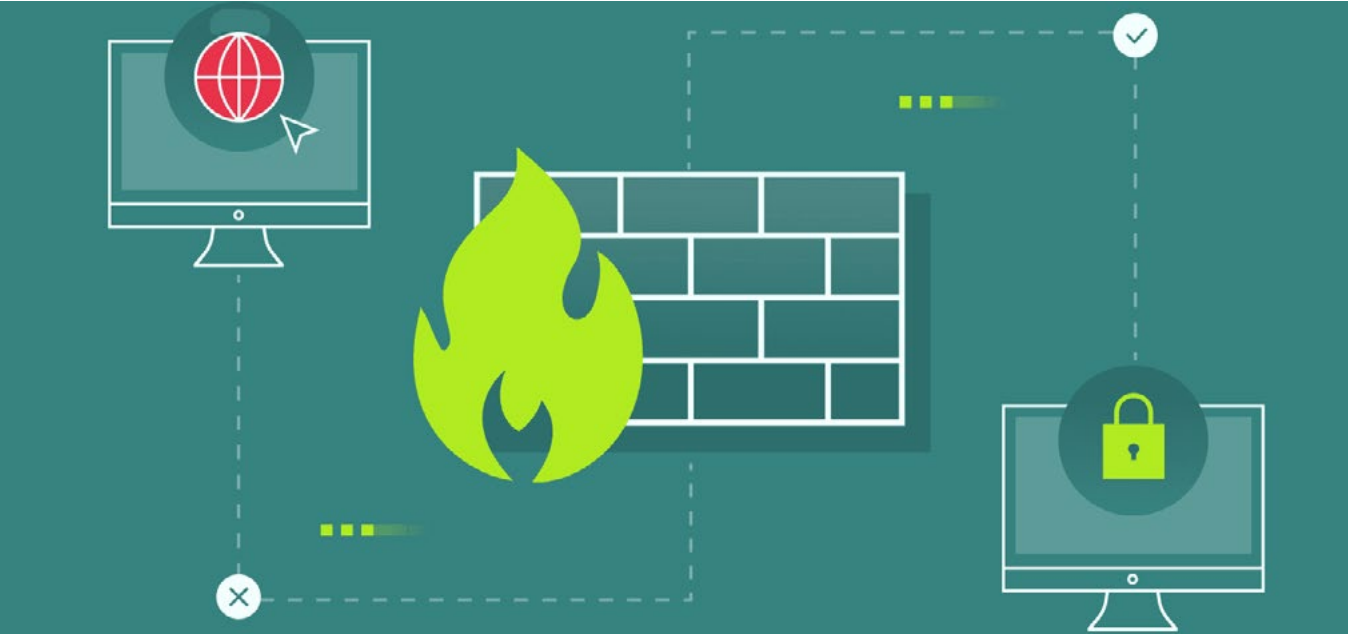


 +257 704 691 414

 [www.fibrelink.co.ke](http://www.fibrelink.co.ke)



# Network firewalls in a nutshell



By Murithi Magiri

The year 2025 started on tragic note in California, a series of ferocious wildfires erupted and roared across the region wreaking havoc, lives were lost and large swathes of property destroyed. It will take time to recover and rebuild. It is was for such reasons that firewalls were built. A firewall is a wall meant to confine a fire within a line of adjacent buildings. Firewalls were used later to refer to the metal sheet separating engine and passenger compartments in vehicles and aircrafts. Basically, a firewall is a wall of defense. In computing networks, a network firewall is a security device designed to monitor, filter, and control incoming and outgoing network traffic based on predetermined security rules. Its primary purpose is to establish a barrier between a trusted internal network and untrusted external networks, such as the internet. Think of it as a security guard standing at the entrance of your building to filter access, think of a security service agent.

In networks firewalls check the credentials of everything that tries to enter or exit. Firewalls are the bedrock of network security, shielding the network from unauthorized

access and harmful activities. They prevent bad actors—hackers, bots, and other threats—from infiltrating a private network to steal sensitive data. Without this protection, virtually anyone could enter and do as they please, posing significant risks to data integrity and privacy.

Firewalls can be categorized as either network-based or host-based. Network-based firewalls are placed between two or more networks, they can be a hardware appliance running on a special purpose hardware – this has been the most common, they can also be a software running on a general-purpose appliance like a desktop computer, or they can be a virtual appliance running on a virtual machine. Host-based firewalls are deployed directly on the host itself to control network traffic or other computing resources.

This can be a daemon or service as a part of the operating system or an agent application for protection. Firewalls come in various forms, each with its unique features and functionalities. Packet filtering firewalls: These firewalls inspect each packet of data that passes through them and filter them based on parameters like source and destination IP addresses, port numbers, and protocol types. They are relatively simple and cost-effective but less effective against sophisticated attacks

Stateful inspection firewalls: These firewalls monitor all activity from the opening of a connection until it is closed. They make filtering decisions based on both administrator-defined rules and context,

using information from previous connections and packets belonging to the same connection.

Proxy firewalls: Acting as intermediaries for internal and external networks, proxy firewalls handle all communication requests on behalf of the internal network. They offer high security by inspecting the content of packets and filtering out malicious or unauthorized data. Next-Generation Firewalls (NGFWs): These advanced firewalls include features like deep packet inspection, application visibility and control, intrusion detection and prevention, malware defence, and URL filtering.

NGFWs provide comprehensive protection against modern threats. When selecting a firewall, it's important to consider several key features to ensure comprehensive network security. Here are some essential features to look for: Simple and easy UX: A firewall with an intuitive and easy-to-use interface can significantly reduce the complexity of managing network security.

Unified security management: This feature allows you to manage and enforce security policies across your entire network environment from a single interface.

It simplifies the management of complex security setups. Threat prevention: Look for firewalls that offer integrated threat prevention capabilities, including anti-phishing, anti-malware, and anti-

bot protection. Integration with high-quality threat intelligence feeds is also crucial. Bandwidth control and monitoring: This feature, also known as traffic shaping, allows you to allocate bandwidth to different applications and users, ensuring critical services have the necessary resources.

Application and identity-based inspection: Modern firewalls should be able to inspect traffic based on applications and user identities, not just IP addresses and ports. This helps in more accurately identifying and controlling network traffic. Scalability and performance: As your network grows, your firewall should be able to scale accordingly without compromising performance. Ensure the firewall can handle increased traffic and more complex security needs.

Advanced threat detection and response: Features like deep packet inspection, intrusion detection and prevention systems (IDS/IPS), and real-time threat analysis are vital for identifying and responding to sophisticated threats. VPN support: Virtual Private Network (VPN) capabilities are essential for secure remote access. Ensure the firewall supports robust VPN protocols and can handle multiple simultaneous connections. In conclusion, a firewall is as good as its policies, performance, responsiveness and currency of updates.

**The writer is the Lead IT Consultant at Magtech Solutions, [solutions@magtech.co.ke](mailto:solutions@magtech.co.ke)**

## PHOTO STORY

### Global Peace Foundation



Global Peace Foundation International Program Development Specialist, Regional Representative for Africa Rev. Fr Canice Chinyeaka Enyieka (Centre) receive a token of appreciation from Kigwa Ridge School Heads Victor Omondi (right) and Nancy Chege during closing ceremony of a three-day workshop dubbed “Building Great Families & marriages” organized by the school in partnership with the foundation at Kigwa Ridge School and Montessori Centre in Kiambu County on Friday January 24th, 2025. The workshop, the first in Kenya, was attended by delegates drawn from different organizations and institutions across the country to discuss how family foundation and relationships impact on children’s education and their well-being.



Kigwa Ridge School Heads Victor Omondi (left) and National Parents association (NPA) Silas Obuhatsa (2nd right) share a document with Global Peace Foundation Vice President, Education Tony Devine (2nd left) and the Global Peace Foundation International Program Development Specialist, Regional Representative for Africa Rev. Fr Canice Chinyeaka Enyieka during closing ceremony of a three-day workshop dubbed “Building Great Families & marriages” organized by the school in partnership with the foundation at Kigwa Ridge School and Montessori Centre in Kiambu County on Friday January 24th, 2025 . The workshop, the first in Kenya, was attended by delegates drawn from different organizations and institutions across the country to discuss how family foundation and relationships impact on children’s education and their well-being.



SOFTWARE

# Software importance for your business



By Hamza Alarakia

**H**ello, everyone! First and foremost, I'd like to wish you all a happy and prosperous new year – may it be fruitful for us all! I also want to apologize for the delay in continuing this series. Personal matters demanded my attention, but now I'm back and ready to dive into this final chapter with you. Thank you for your patience!

Last time, we explored open-source software, discussing its various advantages and disadvantages but now, let's shift our focus to proprietary software. What is it, and why does it play such a crucial role in the business world?

Proprietary software is like a secret family recipe – you enjoy the final product, but

the ingredients and process remain hidden. It's developed, owned, and distributed by companies or individuals who hold exclusive rights. This means you can't view or modify the source code, and you must purchase a license to use it legally.

So, why would businesses choose proprietary software over open-source alternatives? Let's explore!

First, it is often designed to be intuitive, making it accessible even for beginners. Think of it as a high-end appliance that works seamlessly out of the box. With polished interfaces, comprehensive documentation and tutorials, users can get up to speed quickly.

Secondly, companies behind proprietary software provide customer support, regular updates and bug fixes to ensure the product remains reliable. For instance, RanceLab software – an excellent choice for membership clubs, retail businesses, departmental stores, chain restaurants and hotels among others

– streamlines operations, manages inventory and improves customer experience. With RanceLab, businesses benefit from dedicated support to resolve any issues and keep operations running smoothly.

Third, proprietary software often includes industry-specific features. For example, Adobe Illustrator is the gold standard for graphic designers due to its powerful tools and consistent updates. Similarly, RanceLab is tailored for industries like retail and food service, offering tools that enhance efficiency and profitability.

Fourth, such software is built to integrate effortlessly with other systems. For instance, at supermarkets, payment systems are often linked to mobile money platforms. Simply providing your phone number triggers a payment prompt, enabling faster checkouts and better customer service.

Fifth, this kind of software undergoes extensive testing to ensure reliability and security. Using it is like buying

a certified, well-maintained car – you know you're getting a product that meets high standards.

Of course, no solution is perfect. Here are some drawbacks to consider.

Proprietary software often comes with a price tag and licenses can be expensive, especially for businesses needing multiple copies. However, this cost reflects the quality, support and advanced features included.

Some of such software is limited to specific platforms. For example, certain applications may only be compatible with Windows and not macOS or Linux. This can be a challenge for businesses using diverse devices.

While many proprietary software solutions are on-premise, cloud-based

options are gaining traction. Personally, I prefer on-premise software due to its control and security advantages. Plus, some of them allow remote access to databases, bridging the gap between convenience and functionality.

Deciding between open-source and proprietary software depends on your business needs and priorities. If you value advanced features, dedicated support, and seamless integration, proprietary software may be the better choice. However, if you're tech-savvy and budget-conscious, open-source software could be a good fit.

Before installing any software, do your research and ensure you're using licensed versions. Piracy may seem like an easy way out, but it's illegal and exposes your business to

risks like malware and legal penalties. By using genuine software, you gain access to updates and support, keeping your systems secure and efficient. If you're unsure, always consult a trusted specialist for guidance.

Thank you for your positive feedback and support for this series. In the next instalment, we'll explore another exciting topic in the technology world. Until then, support your local developers, choose genuine software, and as always, SAY NO TO PIRACY & KEEP READING MADAFU!

And, as always, I welcome your thoughts and can be reached at [techamza@gmail.com](mailto:techamza@gmail.com) for any questions or consultations.

**Technology Consultant & Business Strategist.**



## Chandarana Foodplus Celebration



Chandarana Foodplus recently wrapped up its much-anticipated 65-day customer appreciation promotion in celebration of serving the nation for 65+ years, leaving 65 lucky shoppers beaming with joy as they walked away with brand-new 65-inch TVs! Running from 15th November 2024 to 18th January 2025, the promotion celebrated customer loyalty with an exciting twist — one winner was selected every single day for 65 days. Participation was simple: customers needed to sign up for a Chandarana Foodplus Bonus Card and continue shopping at any branch to automatically enter the daily draw. The winners' collection ceremonies became mini-celebrations in themselves, as enthusiastic staff members created memorable moments with exciting dance performances and celebratory songs, turning each TV handover into a festive occasion. From young families to elderly shoppers, the winners represented a diverse selection of Chandarana's customer base, with many sharing touching stories of how this unexpected windfall would transform their home entertainment experience. As one winner said, "I never thought my regular grocery shopping day could lead to such an amazing prize!" Stay tuned for more rewarding surprises as Chandarana Foodplus continues to redefine what it means to shop with joy! Congratulations to all our winners!



# North Coast Ratepayers & Residents Association



**O**n 7th January 2025, North Coast Ratepayers & Residents Association fruitfully managed to organize a meeting with the Deputy Governor of Mombasa at County Environment Yard, courtesy of Mr. Mohamed Hersi, NCRRA Committee member. The meeting was chaired by Deputy Governor, Mr. Francis Thoya, along with his other associates, Eng. Ali Shariff (County Chief Officer, Transport & Infrastructure Dept.) & Eng. Albert Keno (County Chief Officer, Water & Sanitation Dept.).

In attendance from NCRRA, a team led by Ali Taib (NCRRA Hon. Chairman), Dr. Esther Gitambu (Vice

Chair, Kenya Alliance of Residents Association), Hon. Secretary, Nimish Shah (NCRRA Committee member), Kutub Dungarwalla (NCRRA Committee member), Vishal Shah (NCRRA Committee member), Mohamed Hersi (NCRRA Member) & Dhiru Shah (NCRRA member).

This forum provided an opportunity to commend the County Department for their continued partnership with NCRRA & their willingness to engage with various meetings to come up with solutions to air various issues affecting Nyali residents & offer solutions for the betterment of all residents at large.

Various matters were discussed such as Neem Avenue Kiosks Invasion

& continued Dumping of Garbage, Roads damaged by Lorries ferrying construction materials, Noise from Religious Institutions & Entertainment Spots, Waste Management after closure of VOK, Discharge of Effluent into Water Bodies, Green Spaces in Nyali & Crow Management, etc. Deputy Governor assured the committee of their dedication to address the issues raised with immediate effect and proposed to meet with NCRRA after every two months to check on the progress made & review matters of concern. NCRRA Hon. Chairman welcomed the proposal & promised to continue engaging with CGM for the benefits of all residents

## Giants Group Twiga Awarded Three Awards at the 49th Giants International Convention



Giants Group Twiga Chairperson Chetna Desai attended the 49th Giants international Convention held in Gandhidham , India, from 10/1/25 to 12/1/25. She presented the Groups Report for the year 2024 Outlying the various Charity activities done . The August gathering applauded the great noble work Giants Twiga was doing and the thousands of lives these charity projects had impacted . At the Award Ceremony on 11/1/25 World Chairperson Shaina NC presented to Chetna Desai Three Awards for Best Service Project for 2024, Outstanding Overseas Group 2024 and Outstanding DOF . Chetna Desai thanked Giants International for the Awards and said that the Charity Projects would not have been possible without the support of The Generous Donors and Members of Giants Group Twiga She emphasized that the Charity Projects will continue in 2025 as Journey of Service Continues.

### PHOTO STORY



If the local fishermen along the Kenyan Coast are really empowered; the general economy of Kenya would drastically change for the better! Lets stop these Multi Million Regional Conferences in plush hotels that gather participants who have no idea what Blue Economy is! Empower and Enrich the Fishermen. We have trawlers that come within 200 nautical miles to fish and yet we can do that. Lets Stop Tropical Fishing and Export! Maldives doesnt allow one to even pick a sea shell leave alone catching tropical fish! Amuka Kenya?

**ISHMAR HALAL EXPO  
CUM PRE IFTAAR DONATION.**

**shahyspainsplash will  
be exhibiting @ishmar  
expo**

Theme : Raising funds to support  
vulnerable during ramadhan (IFTAAR)

**Date:** 8th - 9th Feb 2025  
**Time:** From 10 AM to 10 PM  
**Venue:** Fort Jesus Road-  
Mombasa

- Free Wifi
- Free Medical Camp
- Free Kids Corner

**FREE  
ENTRY**

[CALL NOW](#)  
**0715 685 550 / 0721 639 164**  
info.ishmarexpo.org  
@shmar\_expo\_limited





TOP NEWS

# 76th Republic Day of India

**A**ssistant High Commission of India in Mombasa Celebrates Republic Day with Ceremonial Events.

On January 26th, the Assistant High Commission of India in Mombasa marked India's Republic Day with a series of events that highlighted the cultural heritage and unity of the Indian community in Kenya. The day commenced with a flag hoisting ceremony, which saw enthusiastic participation from a large gathering of the Indian diaspora. The event was a vibrant celebration of shared roots and cultural pride, reflecting the strong connection between the Indian community and their homeland.

The evening reception further underscored the significance of the day by bringing together a distinguished assembly of guests. Important dignitaries from the local government,

members of the diplomatic corps, and influential community leaders from the Indian diaspora were in attendance. This gathering provided a unique opportunity for fostering connections and promoting cross-cultural dialogue, emphasizing the mission's ongoing commitment to building harmonious international relationships.

Throughout the day, the Assistant High Commission of India in Mombasa demonstrated its dedication to engaging with both the local community and the broader international audience. The events not only celebrated the spirit of India's Republic Day but also reinforced the mission's efforts to strengthen partnerships and promote mutual understanding.

The Assistant High Commission of India in Mombasa remains dedicated to continuing its work in enhancing cultural ties and supporting the vibrant Indian community in Kenya.





# Indo-swa Foods review

Indo-swa Foods is a restaurant outlet in Mombasa Island located near the Railway station opposite Hotel Sapphire next to Garden Fresh.

The concept of foods to be served is from the Indian ocean rim cultures and ethnicities which melts in the Swahili melting pot of Mombasa Mombasa culture and foods is influenced by trade and subsequent settlement from Arabia, Persia- Iran, Indian subcontinent, and even China. Plus the colonial cultures of Great Britain and Portugal fusing with the Mji Kenda and the Swahili City States. We make the dishes from foods, flavours and spices from Arabia, India, Iran and the East African coast. Coconut or Madafu is commonly used in our



dishes. Among other dishes we serve, Boryani Pilau, butter chicken. Kuku paka, viability, muhogo and matoke wa nazi, maharagwe wa nazi, panner and aloo paratha, etc.

# Land Reclamation



Kenya should consider Land Reclamation in the area naturally protected by the Coral Barrier Reef due to less waves. Tourism in such unique spots will boom with Chalets, Cottages, Restaurants, Bird and Fish Parks, Waking Trails, Hotels etc. Why Not? Ministry of BE, KWS, NEMA, Msa, Kilifi, Lamu, Kwale CG's to emphasize on such projects.



NEW LED PANELS & FRAME LIGHTS





**Pratulchandra & Brothers Limited**  
*It's more than electriCITY!*

- **LINEAR LIGHTS PRO**
- **Recessed | Surface | Linkable**
- **Black | White**
- **CCT 3000 | 4000 | 6000K Selectable**
- **Opal Diffuser | Silver reflector**

**For more information call:**

- **+254 (0) 728600303 | 0735751303**
- **Whatsapp +254(0)791751303**













NEWS

# Parent’s house

By Khalil Gibran

It's the only house where you can go to dozens of times without an invitation. The only house where you can put the key in the door and enter directly. The house that has loving eyes that stare at the Door until they see you.

The house which reminds you of your care free days, stability and your happiness during your Childhood .The house in which your presence and look at your mother's and father's faces is for you a bliss and your conversation with them is a reward.



The house that if you do not go, the hearts of its owners will shrink.

The house in which two candles were burnt to light up the world and fill your life with happiness and joy.

The house where the dining table is pure for you and has no hypocrisy.

The house that if the food time arrives and you don't eat, the hearts of its owners will be broken and annoyed.

The house that offers you all the laughs & Happiness. Oh Children, find out the value of these houses before it's too late. Lucky are those who have their parents house to go to.

## Mama Salma Noor



Farewell Grand Party for Mama Salma Noor who shifted her base to Nairobi for more closer Interactive relations with her International Relations with numerous Consulates / Embassies. Kenyans get enriched culturally and financially with empowerment and exchange programs. Who said there are no Angels on Earth?

## Tree Planting



National Police Service leading by example in Coast Region. Plant Trees and Green Kenya.

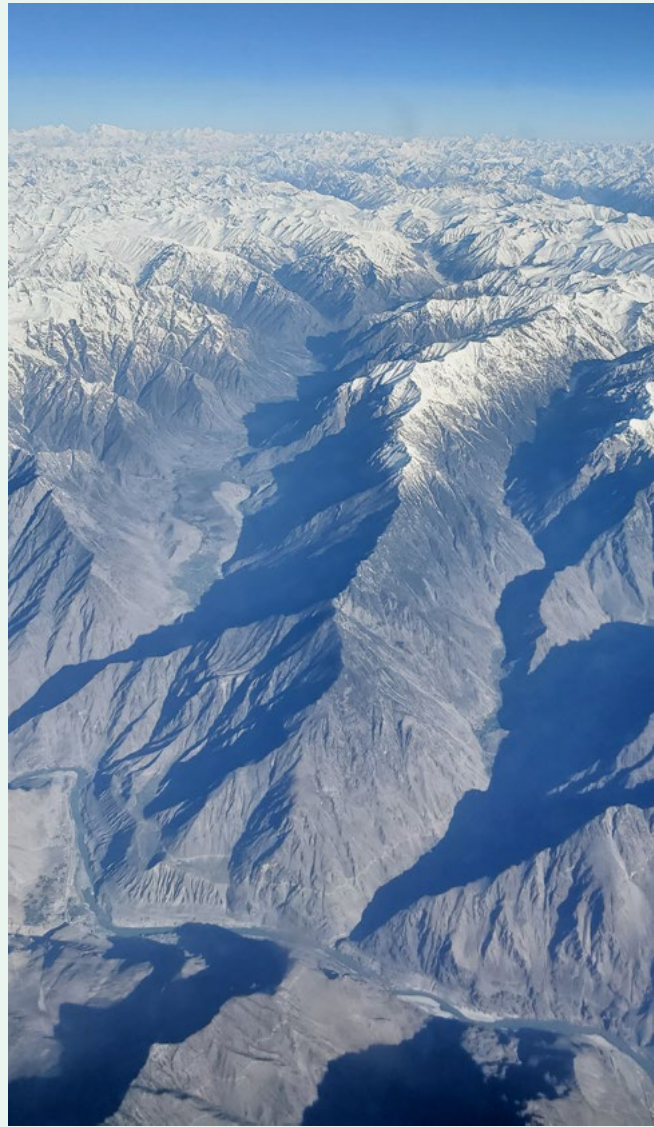
## Metrocity



A Metrocity is Planned and takes 50 years to realise. A Town grows as the basic demand grows unplanned.

### PHOTO STORY

## Himalayan Tibetan Mountain Range



No landing area. No Airport. Just Snow Capped Mountain Range for 1000kms! Some Peaks are so high that one can see the summit few thousand feet away! Minerals Galore but even a Country like China, it takes time to explore and prospect.

## Lonely Rock Kenya



Even if alone; stand your ground and maintain your shape!



VOI



VOI-According to local history the name of town comes from a slave trader called Chief Kivoi wa Mwendwa who settled near the River (also know as Voi) about 1794. He made a permanent camp for his caravans and a home there and wherever he was passing from the interland to the coast or the other way, he would have settle there and rest for weeks or months before embarking on long journeys with his fellow merchants. Being a half way station to his home in kitui town this point became a very important place for him and his Arab friends for short rest at no end, thereafter the village grew as a trading centre for the local Taita people who came from the surrounding hilly areas to trade for wares like clothes, tobacco, game meat, ornaments, metal iron tools and many more with the other Kenyan tribes and Arabs. The town started to grow at the end of the 19th century when the Uganda Railway was constructed. People started to move in to work on the railway and the nearby sisal estates. However, township status with an area of about 16.27 square kilometres was not granted until 1932.

Train Network



Beijing is a bustling City of the World with a accurate and timely transport system. Thats how a City prospers by moving her citizens from one place to another fast so as to vibrate and bost the local economy. The Road and Air Network is equally precise and busy. Kudos for being 100 years ahead of us in Kenya while we share the same Earth!

PHOTO STORY

Serengeti



Michael Grizmek a 20-year old German pilot photographed in 1960, in Serengeti National Park. He is using his plane to mark and deter waKuria poachers, armed with bows and arrows. The arrows are tipped in poison from the Akonkanthera bush and are lethal to man. He removed at least one arrow which penetrated the starboard wing of his Dornier aircraft. At this time the park was under intense pressure from bush meat and ivory poachers. It will not surprise you to know that he was killed in Serengeti a year later. His efforts succeeded in drawing attention to the park at a time when the Tanzanians on achieving independence, were about to deregulate the Reserve. Instead it was designated a Park with increased protection. The film was called ‘Serengeti must not die.’

Team Coast KWS



When the Service is strong; our Ecosystems are safe and vibrant! Kudos Team KWS CCA!

Street Begging



We need to change our mindset that allows people to use young babies (mostly day hired) for sympathy to beg for easy money. You cant endanger yourself and a baby or toddler inbetween heavy traffic. Find domestic house work and work!





JAN 2025

# Fede Vivas Ribas trains Kenyan Padel players in Air France-sponsored session



(L-R) Pier Luigi Vigada, Director for Eastern, Southern Africa, and the Indian Ocean at Air France KLM Martinair Cargo; Hildabeta Amiani, Country Sales Manager for Kenya and offline markets at Air France KLM; and Fede Vivas Ribas, Coach Director of the Royal Padel Academy, pose for a photo during the three-day intensive padel training session. Sponsored by Air France, the event supported the growth of this fast-rising racket sport, which combines elements of tennis and squash and has over 25 million players globally.

**P**adel players in Kenya have acquired new skills and techniques following a three-day intensive training event conducted by globally celebrated coach Fede Vivas Ribas and supported by the Air France.

Padel, a dynamic racket sport originating from Mexico, has been rapidly gaining popularity worldwide and now boasts more than 25 million active players across 90 countries. Played on an enclosed court with walls, padel incorporates elements of tennis and squash, featuring unique rules and techniques

that make it an exciting and accessible sport for players of all ages. According to the International Padel Federation (FIP), the sport is now worth €2 billion (KSh267b) globally.

The training by Coach Ribas was titled the 'Nairobi Padel Stage' and it provided Kenyan players with an invaluable opportunity to enhance their skills under the guidance of one of the sport's most respected figures. With over 20 years of experience, Ribas holds the prestigious First Grade of Padel Master Trainer designation from Adidas International and previously served as the coaching director of the Royal Padel Academy.

His expertise and passion for the sport have inspired players worldwide, and his visit marks a significant milestone in Kenya's growing padel community.

"I am pleased to see the enthusiasm and potential of Kenyan players, and I am now confident that with the right training and support, the country could become a leading padel destination in Africa."

Air France's support highlights the airline's dedication to promoting sports as a tool for community building and cross-cultural exchange.

"We are proud to play a

role in the development of padel in Kenya and to bring international expertise to local players. This initiative aligns with our mission to connect global communities and support their aspirations," said Hildabeta Amiani, the Air France-KLM County Sales Manager for Kenya.

Padel Kenya, the club that facilitated the training, commenced operations in March 2023, and it has since then overseen the sport's growth from three Courts to around 45. The padel community has also grown tremendously, reaching 2,500 members in Padel Kenya alone.

## Mercedes raced by Moss and Fangio sells for record £42.75m



**A** Mercedes 'streamliner' raced by Formula 1 legends Stirling Moss and Juan Manuel Fangio has sold for a record £42.75m (€51.155m) at auction.

The silver W196 R Stromlinienwagen was driven by Argentina's five-time F1 champion Fangio as he won the 1955 Buenos Aires Grand Prix.

Britain's Moss piloted the car at the Italian Grand Prix at Monza the same year, setting the fastest lap at an average speed of 134mph before retiring.

The Silver Arrow was sold by RM Sotheby's at the Mercedes museum in Stuttgart, Germany, on behalf of the Indianapolis Motor Speedway (IMS), and becomes the most

expensive grand prix car ever sold.

The previous record was held by another ex-Fangio Mercedes W196 from 1954 that went for £19.6m after commission and taxes at Goodwood in 2013.

The W196 R, one of only four in existence, had an estimated price of more than €50m with the final hammer going down at €46.5m. A buyer's premium is included in the final price.

That makes it the second most valuable car to change hands at auction, behind a 1955 Mercedes 300SLR Uhlenhaut Coupe sports car that sold for €135m (£113m) in May 2022.

"It's a beautiful car, it's a very historic car, it's just a little bit outside our scope window," said IMS curator Jason Vansickle.

## Rohit powers India to ODI series win over England

**A**fter setting their hosts 305 to win, England's struggles on tour continued as captain Rohit Sharma hit a majestic 119 from 90 balls to power India towards victory.

The opener was caught after misreading a Liam Livingstone full toss in the 30th over but by that stage only a further 85 runs were needed. India stuttered but still won with four wickets and 33 balls remaining.

While Rohit's century was his first for India for 11 months, England are still searching for form under new coach Brendon McCullum.

They wasted a platform set through an opening partnership of 81 by Ben Duckett and Phil Salt, failing to kick on after Duckett was caught for 65.

Despite all of England's



top six making it beyond 25, Joe Root was the highest scorer with 69 and England were dismissed with a ball remaining in their 50 overs.

The final match of the series, England's last before their Champions Trophy opener against Australia on 22 February, is in Ahmedabad on Wednesday.

England all-rounder Jacob Bethell was ruled out of playing in Cuttack after sustaining a hamstring injury in the first ODI that will also cause him to miss the Champions Trophy.



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

SHOW CASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	OPEN DAY
<b>Friday 07   02</b> <b>The Food Movement Kilifi</b> My First - Musical Storytelling by Wasonga   Enane <b>Saturday 08   02</b> <b>Kienyeci Joint Malindi</b> Nzele Festival with Hosini Band   Msenangu Band   African Sounds Band   Mijikenda Kings Band   Kilifi Music <b>Phorpal Lounge Ukunda</b> Osogo Winyo Live <b>Kavenya Club Kilifi</b> Coast Night Party with manu Mwenyewe   Kaka Brayo   DJ Beka <b>Ziani Bar &amp; Restaurant Kilifi</b> Ohangla Mwanzele Extravaganza Live Event with Super Stereo Band   Mwanzele Wa Kuhu Safi	<b>Friday 14   02</b> <b>Swahilipot Hub Mekatilili Hall</b> The Six Triple Eight <b>The New Bigtree Bamburi Beach</b> Foam Party Valentines Edition with DJ Ronyle   MC Chapatizo   DJ Prince Amar <b>Lego Lounge Mtwapa</b> Valentines Day Reggae with Tha Bishop   Press Play   MC Stima <b>Jambo Greenland Bamburi</b> Valentine Special with Original Mashabiki Band <b>Ziani Bar &amp; Restaurant Kilifi</b> Valentines Day Party with DogoRichie   Manu Bayaz   VDJ Beka  <b>www.whats-on-mombasa.com</b>	<b>Saturday 15   02</b> <b>Sharks Great Club Likoni</b> Valentine Special with Utamaduni Band   Sepe B <b>Trucks In Malindi</b> Valentine Special with Original Mashabiki Band <b>Don Bay Rabai</b> Mziki Mnene Entertainment Presents Valentine Edition with Kaya International Band   Hosini Band   Msenangu Band   Mc Lexxy   DJ Breeze <b>10 Street Garden</b> Burdani Unplugged Fest with Chris   Perez   Ramoz   Teekay   Lenium   Elonn   Wighnit   Kibz   Blanco   Grandson   gates   Salem   Mylezmontego   Yusuf   Takers	<b>Saturday 22   02</b> <b>Klub Kavenya Kilifi</b> Malavidavi Night with Prestige Band   Mijikenda Band   Msenangu Band   Kaya International Band   MC Lemmy   Litto   Sogoh  <b>CHARITY</b> <b>Saturday 22   02</b> <b>Shree Cutchhi Leva Patel Samaj Nyali</b> Rotary Coast Region Sunshine Rallye with DJ Lenium  <b>ART EVENTS &amp; EXHIBS</b> <b>04   01 to 04   03</b> <b>Fort Jesus   Africa Nomads Art Space</b> Anthu - Paintings   Sculptures   Crafts - An Exhibition Of Cultures Through Art	<b>22 &amp; 23   02</b> <b>Alliance Francaise</b> 30th February - The Date That Never Happened  

wh@ts on nairobi & surroundings - event guide FEBRUARY 2025 - all data without warranty - www.whats-on-nairobi.com

SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	SHOWCASE / LIVE ACTS	THEATRE	ART EVENTS / EXHIBS
<b>Friday 07   02</b> <b>Moov Cafe And Bistro Kilimani</b> Unplugged Mugithi In Kilimani with Waithaka Wa Jane   DJ Giant 254 <b>Friday 14   02</b> <b>Wadau Resort Ruiru</b> Love Birds In A Nest - Valentines Celebration with Star_Mboks   Mbokotho   DJ Moody <b>Broadwalk Residency Ojijo Road</b> Love Unplugged: Atemi Oyungu's Exclusive VIP Album Launch <b>Two Rivers Mall</b> Valentines Mocktail Party <b>Ngong Hills</b> Vibe Love And The Night <b>Shelter Ke</b> Meet Me at the Valentine's Rave with Isabelle Beaucamp   Kiptala   Miss Daya   Coco Em   Qizv  <b>www.whats-on-nairobi.com</b>	<b>Saturday 15   02</b> <b>Benelix Lounge Greenspan Mall</b> Tucheze Rhumba Extravaganza Love Fest with Ja-Mnazi Africa Band   Rhumba Japan Band   DJ Numz   PDG Nico <b>Saturday 15   02</b> <b>Carnivore Grounds</b> BC International Jazz Festival <b>KICC Tsavo Ballroom</b> Reggae With A Cause with Alborosie And The Shengen Clan Band   Don Campbell   Wyre   Nazizi   Graviti Band <b>Bustani Gardens Redhill Limuru Road</b> Caribbean Brunch-Hearts In Paradise with ZJ Heno   Shema   KK   Tadgue   TM   Venom <b>Rooftop Garden Sarit Centre</b> Love Unplugged - Atemi Oyungu Live <b>Sunday 19   01</b> <b>Alliance Francaise</b> African Twist	<b>Friday 21   02</b> <b>Nairobi Baptist Church Ngong Road</b> Sherman Ouko Album Live Recording <b>23 to 25   02</b> <b>Alliance Francaise</b> African Twist <b>Friday 28   02</b> <b>BraeburnGitanga</b> Tumetoka Very Far - A Night Of Music, Word, Inspiration And Reflection  <b>FAIRS &amp; EXPOS</b> <b>22 &amp; 23   02</b> <b>The Hub Karen!</b> International Schools Fair Nairobi  <b>SHOPPING</b> <b>07 to 09   02</b> <b>Kenya National Theatre</b> Romeo & Juliet	<b>Saturday 22   02</b> <b>Braeburn Gitanga</b> Resolutions For Who  <b>DANCE PERFORMANCE</b> <b>14 &amp; 15   02</b> <b>Kenya National Theatre</b> Romeo & Juliet  <b>COMEDY</b> <b>Friday 14   02</b> <b>Choma Zone Ruiru</b> All-Stars Comedy Night with Shaniqwa   JB Masunduku   Teacher Wanjiku   Sleepy David   Desagu   Wakimani <b>Saturday 15   02</b> <b>Levels Hotel</b> Doggies Stand-Up Comedy Show with Amandeep Jagde	<b>19   01 to 02   03</b> <b>Redhill Gallery</b> Urban Shelters  <b>18   01 to 17   03</b> <b>Banana Hill Gallery</b> David Kogoz: Beaux Of Africa II  <b>22   01 to 17   02</b> <b>Circle Art Gallery</b> Exhibition of Ethel Aanyu   Liberatha Alibalo, Pamela Enyonu   Fettlework Tadesse   Sandra Wauey  <b>01   11 to 01   03</b> <b>Rosslyn Riviera Mall</b> Wayfinder by Sahej Rahal  <b>FASHION&amp; BEAUTY</b> <b>07 to 09   02</b> <b>Tribe Hotel</b> TribalChic

**DEN OF THIEVES 2**

**WOLF MAN**

**DOG MAN**

**PADDINGTON IN PERU**

# FORTHCOMING ATTRACTIONS

## JOIN OUR WHATSAPP CHANNEL



**SCAN HERE**

**STAY UP TO DATE WITH OUR SHOWTIMES  
UPCOMING MOVIES AND SO MUCH MORE..**



# YOUR FUTURE STARTS HERE!

## YARIS INSTITUTE

**LIMITED SLOTS  
REMAINING**

### OUR COURSES

- ✓ Career Guidance
- ✓ CV writing
- ✓ LinkedIn Profiles
- ✓ Job Connections vacancies
- ✓ Life Skills Training
- ✓ Short Application Programs
- ✓ Computerized Accounting
- ✓ Office Management
- ✓ Graphics / Web / Ai Programs



**TO REGISTER CALL ::::::::::::::**



**254 722 326 245**

**EMAIL**

**YARISEDUCATION@GMAIL.COM**

**WEBSITE**

**WEB.FACEBOOK.COM/YIIBS**

**LOCATION**

**SHREE PLAZA, FIDEL ODINGA RD,  
BEFORE SHELL JUNCTION PETROL STATION**

**YARIS**  
INSTITUTE  
of INFORMATION  
and BUSINESS  
STUDIES  
Love Mombasa! Study in Mombasa!

