



# KIBU NEWS

A Bi-Weekly Digital Newsletter of Kibabii University

*Week*



Vol. 1 Issue 9: 1<sup>st</sup> September, 2020

ISO 9001:2015 Certified

## KIBU Pensioners Take to the Ballot to Elect New Board



Know Your Scholar | Meet Dr. Patrick Owoche

2020/21 Theme:  
Exercising Academic Freedom



BOOK LAUNCH & PUBLIC LECTURE By Prof. Ipara Odeo



# Editor's Note

Dear Readers,

August has been quite an eventful month. Juggling between observing COVID 19 containment measures and giving a spirited campaign to keep the University up and running, Kibabii University community has indeed demonstrated the spirit of resilience. From retaining the coveted ISO 9001:2015 certification, all the way to attending virtual conferences as well documenting new policies. Welcome to Issue 9 of KIBU NEWSWEEK.

Enjoy your reading!



**MR. Meshack Nyambane Makori,  
MSK, PRSK  
Public Relations Officer  
CHIEF EDITOR**



**Isabel Zattu  
Contributor**



**Debra Kisongochi  
Contributor**



**Ammar Kassim  
Photographer**



## Vice Chancellor Joins a Host of Eminent Panelists at the East African Higher Education Virtual Summit

By Meshack Nyambane | [pr@kibu.ac.ke](mailto:pr@kibu.ac.ke)

**T**

The Higher & Technical Education ecosystem across the globe has been transformed drastically due to the COVID19 crisis. This Pandemic has created a new normal for the higher & technical education domain, revolutionizing the online learning landscape, reshaping application processes, and refreshing crisis management strategies along with ensuring social well-being of the stakeholders.

To delve upon the impact of COVID19 and discuss and deliberate on strategies to overcome the challenges accrued due to this crisis, Ganpat University, India organized the East-Africa Higher Education Virtual Summit. The event largely attended by policy makers, Chancellors of Universities, Vice Chancellors and Principals, students and various Scholars from Kenya, Uganda, Rwanda, Tanzania and Burundi was held on Tuesday, 18th August 2020.

Leading the panel discussions were an assemblage of distinguished leaders from Academia deliberating and showcasing on among other topics, the latest innovations in academics from various East African Universities, best practices in increasing admissions and reduction of dropouts of students, the sharing of innovations during COVID19 Pandemic as well as the revolution in virtual education informed by the Pandemic.

The ZOOM event was also streamed live on twitter, Facebook and YouTube.

Kibabii University Vice Chancellor Prof Isaac Ipara Odeo who was one of the lead panelists highlighted the steps undertaken by Kibabii University and Kenya at large in containment of the COVID 19 Pandemic.

“The Pandemic caught by surprise. Immediately the closure of learning institutions was announced by Government, we had to start thinking outside the box. To minimize the impact and panic, Kibabii University formed a COVID 19 Response Committee. Our immediate priority was the safety of our students and staff, particularly those with underlying health conditions. We set up support mechanisms to international students and local students who were incapable of immediately travelling to their homes. We offered both material and psycho-social support!” he said.

Prof. Ipara also informed on the remarkable innovations by the University in the production of hand sanitizers and soap as well as the successes achieved in setting up a vibrant online learning capacity.

The Vice Chancellor of Kampala International University Dr. Mouhamad Mpezamihigo observed the importance of social media in teaching and learning during the pandemic.

“Students and lecturers have turned to WhatsApp groups in updating each other on various topics and in circulation of academic modules. This mode of communication has arguably become more popular than the mainstream media. It’s quite a revolution!” he said.

Dr. Mouhamad further noted the rising number of international tech companies approaching managers of higher institutions of learning in a bid to market online teaching software. He cautioned against engaging unknown software vendors and encouraged incubation of internal software through utilization of technical members of staff and students.



**ABOVE:** Prof. Phillip Cotton- VC, University of Rwanda

Sharing the case of Rwanda, Prof. Phillip Cotton - Vice Chancellor, University of Rwanda advocated for blended learning as the future of Education in East Africa and the world. Blended learning is a style of education in which students learn via electronic and online media as well as traditional face-to-face teaching.

Other panelists who showcased cases during the eventful summit include;

- Prof. Kindeya Gebrehiwot- President Mekelle University, Ethiopia
- Dr. James Nampushi, Ag. DVC, Maasai Mara University
- Dr. Mahendra Sharma- Pro-Chancellor, and Director General, GanPat University, India
- Dr. K.M. Mathew- Vice Chancellor, Isbat University, Uganda
- Dr. Krishna N. Sharma- Vice Chancellor, Victoria University-Uganda

The event was also attended by Kibabii University Senate as well as postgraduate students who virtually followed the proceedings.



# KIBU Pensioners Take to the Ballot to Elect New Board

By Meshack Nyambane | [pr@kibu.ac.ke](mailto:pr@kibu.ac.ke)

**K**

Kibabii University Pension Trustee Elections came to a remarkable finish on Monday, 24th August 2020. The month-long process steered by the Ag. Chairman of the Board of Trustees Prof. Dr.-Ing. Benedict M. Mutua (Overseer) and Enwealth Financial Services Representative, witnessed eleven (11) candidates offer themselves for various elective posts.

## Election Results

The election exercise realized a significant voter turnout with 75% out of the possible 335 eligible voters casting their votes, equally airing their voices on the running of the pension affairs. The exercise ended without reports of incidences. According to the election consent forms presented by the Presiding Officer Ms. Monicah Wairimu, the following candidates emerged winners, to steer the Board for a period of three (3) years;

## Election Results

| AFFILIATION | CANDIDATE                  | VOTES GARNERED |
|-------------|----------------------------|----------------|
| UASU        | Dr. Dancun Wasike Wekesa   | 242            |
| KUSU        | Ms. Lynne Genevieve Lusaka | 157            |
| KUSU        | Ms. Sophy Nekoye Waliaula  | 150            |
| KUDHEHIA    | Mr. Joseph Isiaho Shitakha | 185            |

Other close contestants in the race included Eng. Julius Maloba (104), Ms. Violet Chimo (88), Dennis Gichuki (87) and Isaac Wamalwa Manje (72). Others include Dr. Abraham Malenya (UASU), Sabina Catherine Wanjala (KUSU) and Ms. Lilian Khalechi Amutala (KUDHEHIA).



ABOVE: Ag. Board of Trustee Chairman Prof. Dr.-Ing. Benedict M. Mutua and Registrar (Administration & HR) Dr. Ruth Atidah Mitalo follow through the election process

### Handing over Ceremony

The handing over ceremony was held on Tuesday 1st September, 2020 at the Pension Scheme offices, presided over by the Ag. Chairman of the Board, Prof. Mutua and the Registrar (Administration and HR) Dr. Ruth Atidah Mitalo. Dr. Mitalo applauded the elects and urged them to put aside the politics and to heartily serve pensioners.

“Congratulations for emerging best out of the grueling election period. Its now to reach out to your competitors and serve them indiscriminately!” she stated.

Prof. Mutua in his counsel advised the elected to religiously guard the fund entrusted to them. He advised for duty of care while exploring areas of investment.

“I beg you to be sensitive with members’ pension money. This is like being in trust of a medical fund.

Let us also be more careful in the process of exploring and approving new areas of investment. We do not want to end up like other pension schemes we know of that carry a white elephant burden on their backs. I wish you all the best,” he remarked.

Kibabii University pension scheme boasts of a net worth of over 400million shillings, up from slightly above 50 million 3 years back. It also boasts of close to 400 active members.

While thanking their supporters, the new Board of Trustees were elated of words to their supporters. They promised to soldier on and deliver on their campaign manifestos.

## The Elected Speak Out



“Whatever we are getting into is like a football match. We must work as a team to deliver on our mandate. We must take this scheme to the next level.

Incase I stepped on anyone’s toes during the campaigns, I beg for forgiveness”

**DR. DUNCAN WASIKE WEKESA**



“We promise to have our electorate at heart. We shall be guided by what we promised in our manifestos. As we celebrate this victory, let us be sensitive to the feelings of those who lost”

**LYNN GENEVIEVE LUSAKA**



“I want to thank all those who voted for me. To my worthy competitors, I thank you for conceding and supporting us. We shall not fail you”

**JOSEPH SHITAKHA**



“Prayer moves mountains. For me, this is a miracle to be elected to serve. I promise to honour everything I said during the campaign period. Please save my manifesto as a checklist”

**SOPHY NEKOYE WALIAULA**



# KIBU Opens M-Changa Account in Boosting the Endowment Fund.

By Isabel Zattu Ziz | [izattu@kibu.ac.ke](mailto:izattu@kibu.ac.ke)

**K**

Kibabii University has over the years understood the full impact of the conditions under which needy students go through while studying. It goes without saying that these conditions have a direct effect on their academic success in the University. While entry to the university for students from poor backgrounds has always been a chance for them to change their economic status at a personal and family level, it has always been a challenge when their economic conditions impact negatively on their ability to achieve the desired academic success.

Dr. Robert Wafula, Office of Career Services (OCS) shades more light on the importance of supporting the needy students in our midst.

“Many needy students suffer as they try to make the ends meet. The University has initiatives in place to support the needy but with a population of around 30% of the students being in dire need of support, there is need for more resource

mobilization. It fits to say ‘the harvest is plenty but the labourers are few’ type of a situation where the harvest in this case are the needy students and the labourers are you and I. You will be surprised to know that some of these initiatives are supported by individuals whom through their kindness have decided to donate money or food stuff to ease this burden,” says Dr. Wafula.

With this in mind, the Office of the Dean of Students and that of Career Services have been working on ways to initiate, raise funds and manage a KIBU Needy Students Endowment fund. This endowment fund is a permanent invested pool of money that provides a reliable source of income in perpetuity, this will enable the University to count on annual distributions. Endowment fund offers appropriate investment and spending policies and purchasing power. Thus, the fund is designed to produce annual income to run the same program 20 years from now and beyond.

## Endowment Fund

The Head of State and Chancellor of Kibabii University, His Excellency, Hon. Uhuru Kenyatta during the 2019 graduation ceremony, promised to donate 5 million shillings towards the establishment of the said fund to support the needy students using sustainable solution. He challenged the university fraternity to raise some funds to boost his donation. Therefore, the Office of Career Services in conjunction with the Kibabii University Alumni Association (KIBUAAA) conducted a fundraiser in 2019 and raised KES.400, 000 thousand shillings. From an amount of about 3 million shillings saved by the Alumni Association Account, the Association has set aside 2.1 million to boost the Alumni Fund to 2.5 million. The ultimate target for the fund is 10 million. Therefore, there is need to mobilize money from the

staff, Council, students and well-wishers or development partners to raise the remaining 2.5 million shillings. The fund organization committee under the Chairmanship of the DVC (Academic and Students Affairs) explored different mechanisms of fundraising and considered forming an M-Changa platform to help raise these funds. The M-Changa account has established a paybill number 891300 and the account number is 42103. M-Changa is Africa's largest Online Fundraising Platform that provides the most secure, transparent & convenient way to raise funds in Kenya. Contributing to this fund is not exclusive to alumni of KIBU, you can donate as an associate member can donate any amount to help in this noble cause do not be left out.

The M-PESA logo is displayed in a white rounded rectangle. It features the word 'M-PESA' in green, with a red and white stylized 'M' icon to the left.

Paybill Number

8 9 1 3 0 0

Account : 42103

DONATE





# A Milestone For Kibabii University Press as Senior Educationist Publishes Book!

“True happiness and maximum joy only happen to someone who found passion in their career. When people make their passions career, they are happy, creative and most productive. This controls high turnover depression leading to suicides” This is according to Dr. Robert Wafula’s new book titled *“Identify and Grow your Child’s talent: The sure Bridge to Career Success”*

The CBC concept, a new in the Kenya’s education curriculum since independence anticipates that students will be nurtured in line with

their talents. However, many parents, teachers, caregivers and educationists don't know how to identify the talents for proper placement and nurture.

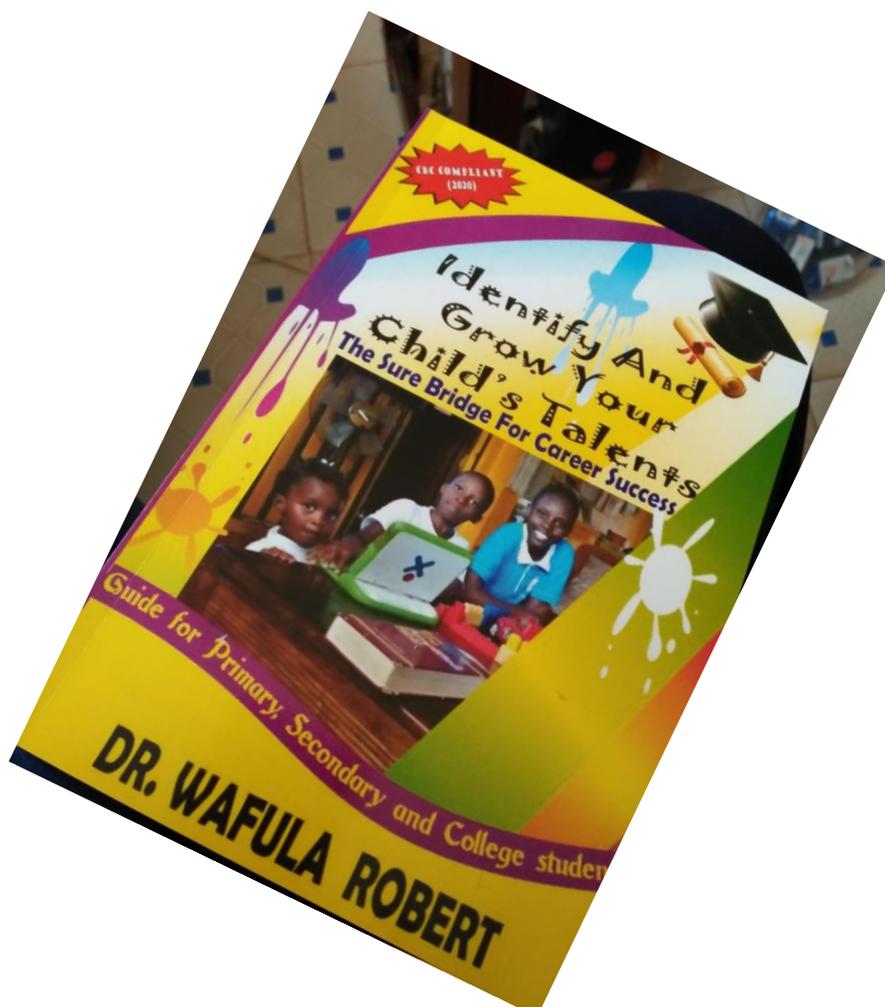
“This book answers this gap by providing screening tools for talent identification for nurture. Children have diverse IQs, personalities and body morphologies matching different careers, their inner motivation and teachers play a great role in career incubation and mentorship,” reads a section of the book.

### About the Author

Dr. Wafula has a BED, MED (Early Childhood Studies) and a PHD in Development Psychology from Kenyatta University. He has worked as a classroom teacher and a resource person at KICD and KNEC. He has also worked as an Education Officer (Coordinator of Early Childhood programmes and Dean of Curriculum) at DICECE-Kakamega and also a Lecturer at Masinde Muliro university of Science and Technology. He has helped various county governments to institute and manage Early Childhood programmes. Currently, he serves as Director of Career Services at Kibabii University. He has also served as a national and international facilitator in teacher education, where he trains school management teams in stilling the culture of excellence in learning institutions. He has attended various trainings in the field of education in Israel, Hawaii USA, South Africa and India in pedagogy, leadership, inclusivity in education and collaborations in the industry.

At a discounted price of KES. 800 or 8 USDs you can make your children's dreams come true. The book can also be bought online through Amazon through the link below;

<https://www.amazon.com/dp/B08GKVQQD1>



## One on One with Dr. Patrick Owoche; an IT Scholar with a Liking for *SUDOKU*



Interview by Agnetta Shilasi | [ashilavukha@kibu.ac.ke](mailto:ashilavukha@kibu.ac.ke)

In this edition, we focus on a young scholar, a lover of technology with passion for programming and website development. He is a lecturer in the Department of Information Technology, the founding Coordinator of Linkages and International Affairs as well as an alumnus of Kibabii University postgraduate class. In an interview, we bring a full story of Dr. Patrick Owoche.

**Q: Tell us about yourself, your academic and professional journey.**

A father of two, a teacher, a lecturer and also a Doctor of Information Technology: Also a lover of Sudoku, an IT Lecturer who also doubles as the Coordinator of Linkages and International Affairs in Kibabii University. My life journey starts back in Pumwani and later in Busia where I sat for my KCPE examinations. I later joined Sigalame High School where to date I'm still proud and active alumnus. I was brought up by Catholic parents, still am one to present. That is Owoche in a nutshell.



My higher academic pursuit commenced at Egerton University where I graduated from as a Mathematics and Physics Teacher. I later enrolled for a Master's Degree in Information Technology at Masinde Muliro University of Science and Technology (MMUST) and graduated in 2014, followed by a PhD at Kibabii University in 2019. Through the years, I have also undertaken multiple professional trainings and qualifications such as a Diploma in Office Systems Technology from KTI, New Jersey USA, Certified Information and Communication Technology (CICT) from KASNEB, and am also a Certified Network Associate by CISCO. I am a Java Programmer certified by Oracle Academy and also a certified IBM Cloud Application Developer 2019/2021

Professionally, I started High School teacher under TSC. In 2011/2012 academic year I got the opportunity to teach in Estill High School, a Public School in Hamton County South, Carolina USA. I joined Kibabii University in 2015 as a tutorial fellow in the Department of Information Technology where I am currently a lecturer.

### **Q: How does a typical day in your life look like?**

On a typical day, I juggle multiple hats. On the lecturing front, I work on creating content as well as delivering it to my students. I then shift gears to the office of Linkages and International Affairs where documentation and progress reports on current assignments await me. Through the day, I also attend several trainings that I have enrolled for. Currently, I am undertaking a training on Doctoral Supervision for African Universities at Stellenbosch University (South Africa) that carves about three hours of my day.

Further, I am currently preparing for a Management of Internationalization Training from Hannover, Germany that will occupy at least an hour of my day for the next 18 months. This particular course was very competitive, but I thank God I was among the 30 successful applicants from 52 countries drawn from Latin America, Africa and Asia are selected on a competitive basis by a committee of experts in the field of internationalization. The 2020/2021 call for application attracted over 160 candidates. These, among other internal university training and my passion for website development, constitute my day. I also consult for the Kenya School of Government on digital content development and E-Learning.

### **Q: Being the first coordinator of Linkages and International Affairs Kibabii University Since the establishment of the office in 2019, what are your experiences, achievements and challenges?**

As the maiden Coordinator of Linkages and International Affairs that was established in 2019 in Kibabii University, policy development was the first order of business. This was followed by lots of learning through benchmarking from institutions that had a similar function such as Strathmore University, Jomo Kenyatta University of Science and Technology (JKUAT) and Moi University. Later on, I worked on Global KIBU, a subdomain of the Kibabii University website that enabled communication to prospective international students as well as staff. During my tenure in the office, my team attended an induction workshop organized by Inter-University Council of East Africa where Kibabii University was ranked top in the welfare of international students. This worked as a good marketing tool in our institution's search for international students.



**Q: Any plans to attract more international students?**

Inter-University Council of East Africa is about to send us programmes for international students for the 2020/2021 academic year.

The marketing being conducted through the Global KIBU website we are anticipating applications from foreign students.

**Q: In 2019, you and your other colleagues published an interesting paper on “Global Information Technology Infrastructure in Addressing the Problem of Environmental Degradation in Kenya”. Tell us about it and how this has been addressed in Kenya.**

The paper seeks to explore how technologies such as sensors can be used to mitigate, minimize and eliminate environmental degradation as a result of human activities. For example, the recent reduction of taxes on Hybrid vehicles was an impact of policy change. The use of sensors to detect the amount of carbon emissions in the air is playing a key role in this. Upon detection of high levels of toxins in the air, this is then taken up by policymakers.

**Q: We wish to know about your other interests out of the workplace. Any hobbies or habits.**

Outside the workplace, I enjoy travelling and Sudoku. “I enjoy the little mathematical problems.” I also work on website development and design during his spare time, adding that currently, I am developing a website for my former school, Sigalame.

**Q: What are some of your current research interests?**



**Photo:** Young Owoche at Sigalame High School (1993)

Web Technologies and Digital Acceleration are my current research interests. To accelerate the adoption of technology use, appropriate skills are requisite, which is a challenge to most developing countries. They have the technology in place but no drivers for the tech. This is one of the things that am looking into at present. In terms of methodology, my research is geared on Fuzzy Analytic Hierarchy Process (FAHP) for multicriterial decision making.

**Q: What are the emerging trends in the IT sector as well as opportunities in the wake of the Coronavirus?**

In the wake of Coronavirus, most engagements have shifted from face to face to online. This is an emerging trend in the IT field and institutions are working on strengthening their infrastructure to support virtual engagements. Internet Service Providers (ISP) are also coming up with creative ways to give the entire population access to the internet.



By embracing technology in their daily activities, our staff will make our institutions and the country at large compete favourably on the global platform.

**Q: Given a chance to say a word to the Kibabii fraternity, what will you say?**

My parting shot would be that Kibabii University is an institution on an upward trajectory. The ISO certification some time back introduced standard practices but there is room for development as individuals. There are gaps that individuals could identify and address in the institution.

**Q: As a young scholar, academician and also a Kibabii University alumnus, what do you wish to say to the Kibabii fraternity?**

As alumnus of Kibabii University, what I can say is that we have the opportunity to strengthen our doctoral programmes in terms of quality, efficiency and internationalization. Knowledge and 'informationalism' has become central to globalization and development. It is recognized that the sources of productivity and competitiveness for countries are increasingly dependent on knowledge and information being applied to productivity.

If knowledge and information are the new electricity of the economy, then it is a reasonable assumption that KIBU as a knowledge institution in society has an increasingly role and that its apex training product, the PhD, will appear on the skills radar.

## MORE ABOUT OWOICHE

### INTERNATIONAL CONFERENCE/WORKSHOPS

- ENTER 2017 Conference in Roma Tre University, Rome - Italy
- IFITT 2017 Doctoral Workshop in Sulzburg, Austria
- ENTER 2018 Conference in Jönköping University in Sweden

### PROFESSIONAL BODIES

- Association for Computing Machinery ACM - Professional Member
- International Federation of IT in Travel and Tourism

### COUNTRIES VISITED

- USA
- Germany
- Austria
- UAE
- Italy
- Ethiopia
- Uganda
- Tanzania
- Rwanda



## KIBU Webometrics Champions Luncheon

By Meshack Nyambane | [pr@kibu.ac.ke](mailto:pr@kibu.ac.ke)

**K**

Kibabii University continues to blow the airwaves in Higher Education Rankings in Kenya and the region. In the last webometric ranking published in July 2020, the University improved 4 spaces to rank at position 15 nationally and 8038 globally! Motivated by the fact that the rank had exponentially improved over the years, the Office of Vice Chancellor organized a luncheon to applaud the webometric champions of their tireless efforts in promoting the important communication tool. The luncheon, which took place on Monday 31st August, 2020 was attended by over fifty (50) representatives from various Schools, Directorates and Departments as well as the top University Management led by the Vice Chancellor Prof. Isaac Ipara Odeo.

While giving his remarks, the Vice Chancellor expressed his confidence in the steps taken by the University in its short period of existence. He lauded the champions for the resilience in building small things to remarkable heights.

“It is common among Africans to celebrate after any achievement. But again, this is not that ordinary achievement. Let it not escape our minds that through your contributions, we have been ranked among the giants!

I thank you all for the critical roles you played to make this happen," he said.

He implored on members of the Kibabii Community to uphold teamwork as a driving tool.

## **So, what exactly is webometric ranking?**

To answer this pertinent question, we went ahead to dig through the webometric website and picked excerpts to assist you understand the parameters used in the ranking. Below, we bring you the Frequently Asked Questions about webometrics.

## **FAQS ABOUT WEBOMETRIC RANKING**

### **Is Webometrics an academic ranking?**

The ranking is compiled from reliable prestigious open data sources. The editors have a long research experience and expertise in several quantitative scientific disciplines as you can check from the main editor profile in GS Citations. Contrary to other ranking editors it is a non-profit institution, without any commercial links.

### **N/B**

We strongly discouraged the use or publicity of any non-academic rankings, especially those published by anonymous editors or not institutionally backed and/or with strong commercial or political interests. Lack of careful explanations of methods used is ever very suspicious.

### **Is Webometrics a Ranking of university websites?**

NO! Web presence and visibility are used as indicators of global performance of a university. These indicators take into account the teaching commitment, the research results, the perceived international prestige, the links with the community, including industrial and economic sectors, of the university.

Web design is totally irrelevant as all the measurements are related to the contents published (quantity and quality), especially those open access documents of academic interest or relevance.

### **N/B**

Usage statistics related to number of visits and visitors are weak indicators. The motivation and meaning of a visit is not correlated with the quality or usefulness of the contents. Most of the cases the visitors are local, usually the own students of the university, as can be shown in the sudden drops in the temporal distribution of visits during academic vacations. Clearly this indicator is strongly linked to the size of the institution (number of students).

### **What is the reliability of the Webometrics Ranking?**

The Ranking Web correlates highly with other Rankings, especially those based on research results. It has a far larger coverage as it ranks more than 20 000 universities worldwide and also it takes into consideration more university missions (not only research).

The main discrepancies refer to individual universities with mistaken web policies (mostly web naming). Several institutions have two or more web domains, others have changed recently its main domain but still maintain a lot of information under the older one and even a few universities share its domain with external organizations.

In other cases, if the web performance of an institution is below the expected position according to their academic excellence, university authorities should reconsider their web policy, promoting substantial increases of the volume and quality of their electronic publications.

### **But the academic quality is not strongly related to the research performance?**

This is true for research-intensive universities, probably not more than a few hundred ones worldwide. This is unfair with many others universities, with limited emphasis in in research activities, such as the open universities or those focused in business, technology or languages that traditionally attract a lot of foreign students.

For the Webometrics Ranking, the research results are also very important. We collect number of publications of the open citation bibliographic database Google Scholar that has a good coverage of academic institutional repositories worldwide.

### **Is Webometrics Ranking produced by a truly independent organization?**

The Ranking is produced by the Cybermetrics Lab, a research group of the CSIC, the Spanish public organization devoted to scientific research. We are not linked to any company, newspaper or nongovernmental organization. Our mission is to apply new quantitative methods to the analysis of Higher Education and our declared objective is to promote Open Access initiatives. As a non-profit initiative, we do not accept payment for inclusion in the Ranking nor offer advertisement banners to any university.

### **Are there known biases in this Ranking?**

Every ranking system has its shortcomings. Surveys are inadequate for large world rankings, correct figures are difficult to obtain for many bibliometric variables, weighting indicators are frequently controversial, and the interpretation of report cards is really difficult. Web Ranking combines in a single figure all the universities missions, but it not provides enough details to understand the relative contribution of each one. Good ranks are probably correlated with higher number of potential web authors (scholars + postgraduates), Open Access mandates, open or off-campus teaching and the technological focus (or level of investment in telecom and computer systems) of the university. Obviously, providing large quantities of quality English contents is also a great advantage.

### **What is your policy about data sharing?**

Only the published data are available for non-profit purposes. We do not supply additional info to anonymous or commercial requests. For academic purposes we are open to share our results on the basis of joint academic projects.

## **SNEAK PICS FROM LUNCHEON**





## COVID-19 and Blood Pressure

By Amos Nyongesa | [anyongesa@kibu.ac.ke](mailto:anyongesa@kibu.ac.ke)

High blood pressure is a serious medical condition widely known as Hypertension. If left untreated, it can lead to many other health issues. Health risks linked to high blood pressure include heart disease, stroke and dementia.

The latest evidence shows that people with uncontrolled or untreated high blood pressure may be at risk of getting severely ill with COVID-19. It's also important to note that people with untreated high blood pressure seem to be more at risk of complications from COVID-19 than those

whose high blood pressure is managed with medication.

If you have high blood pressure, the most important step you can take is to manage it. Follow the treatment plan you've created with your health care provider.

Medication and lifestyle changes offer a powerful combination for preventing and reducing the health issues that high blood pressure can cause.

## Health Tips in Hypertension Management

Here's a reminder of the lifestyle choices that can help control high blood pressure:



**Feed on heart-healthy foods.** Consider the Dietary Approaches to Stop Hypertension diet, which focuses on fruits, vegetables, whole grains, poultry, fish and low-fat dairy products.



**Limit the uptake of salt in your diet.** Aim to limit sodium intake to 1,500 mg a day or less is ideal for most adults.



**Lose weight.** Losing even a little weight can reduce your blood pressure.



**Get active.** Regular exercise lowers blood pressure and helps with stress and weight loss.



**Manage stress.** When you're stressed, you may cope in unhealthy ways that can raise your blood pressure. Try managing stress in healthy ways, such as deep breathing and meditation.



Avoid or limit alcohol. Alcohol can raise blood pressure.

Quit smoking. Tobacco causes blood pressure to rise and cholesterol plaque to build up quickly in your arteries.



Lifestyle changes, taking medication, tracking your blood pressure daily or whatever you're doing to manage your blood pressure, stick with it. Don't change anything you're doing without talking to your healthcare provider first. If you take medication to control your blood pressure, make sure to have at least a two-week supply.

## “Let’s Not Be Blinded and End Up with a Lost Generation...” WHO Africa Directs Reopening of Schools

By Emmanuel Wamalwa | [emmanuelwamalwa942@gmail.com](mailto:emmanuelwamalwa942@gmail.com)

**T**

The introduction of Covid-19 into the Country in March 13, 2020 led to the immediate closure of all learning Institutions in Kenya in a bid to help kill the links of transmission amongst students.

However, the whole ideology of extending the closure of schools till January 2021 has been poked holes by both a section of parents and as so, a section of political figures in the Country.

A couple of days ago, Education Cabinet Secretary Prof. George Magoha was requested by Nyeri Town Member of Parliament Hon. Ngunjiri Wambugu to reconsider reopening of schools as soon as September, 2020.

This came shortly after Prof. Magoha had taken to limelight to confirm that all Learning Institutions in Kenya would reopen in January 2021.

Prof. Magoha was challenged by Hon. Wambugu who serves as the Vice Chairman of the Education and Research Committee on matters cancellation of 2020 National Exams.

According to the legislator, the candidate class should be given a priority and have their examination done so as to shape their future.

"I want to urge CS Magoha and his Ministry to think very critically on the decisions they are making and the fact that they are impacting millions of children who are not able to speak for themselves," the legislator stated.

Prof. Magoha on his end noted that he would only consider reopening of schools if the COVID-19 curve flattens, asserting that the lives of both tutors, children and parents would be in danger if crucial information from the Ministry of Health led by Cabinet Secretary Mutahi Kagwe would be ignored.

Hon. Wambugu claimed that it was time to trust students on matters reopening of schools, adding that the nullification of the school calendar is uninformed decision.

"The nullification of the school calendar also tells young adults in college and university that we cannot trust them to follow safety protocols in schools; but they can do so at home, in restaurants, in Matatus," the legislator added.

On Thursday, August 20, 2020 World Health Organization (WHO) through the Regional Director for Africa Dr. Matshidiso Moeti took to public to ask African Countries to reopen schools.

According to WHO, a number of African students have suffered with the effect of the pandemic, affirming that they (students) have gone without basics like food and others exposed to domestic violence by their family members.

In Kenya, teen pregnancies have been reported to be on the rise paving more challenges to both the Ministry of Education and parents in the face of closed doors of education.

The survey that was carried out by WHO and

UNICEF reported that only 6 Countries out of the 39 in the Sub-Saharan African including Kenya had fully opened.

According to Dr. Moeti, learning institutions have played a central part in the lives of students on matters societal placement.

"We must not be blinded-sided by our efforts to contain COVID-19 and end up with a lost generation. Just as Countries are reopening businesses safely, we can reopen schools,"

Weighing in on the matter, UNICEF Regional Director for Eastern and Southern Africa, Mohamed M. Malick Fall, indicated that the long-term impact of extending the school shutdown caused harm to the children's future," Dr. Moeti said.



Following the whole controversy surrounding the resumption of learning in Kenya, Prof. Magoha while addressing the press on Wednesday, August 19, 2020 noted that he was no longer in a position to instruct schools to reopen. The Education icon, surrendered the decision to President Uhuru Kenyatta, who equally serves as the Chancellor of Kibabii University.

"More than 10, 000 schools remain closed across the Country, but the decision to open them lies with President Uhuru, he is the one to decide whether he can take that risk," Prof. Magoha said.

## **BRIAN ODIWUOR**

**Bed Graduate Class of 2016,  
Proud Kibabii Alumni, Class of 2016  
PhD Student, Syracuse University,  
New York, USA  
2015/16 SGC Director of Security  
and Accommodation.**



## **High Flying Odiwuor pursuing PHD in Mathematics in New York**



Just like any other ordinary village boy and first-generation college student, I joined Kibabii University in September 3, 2012. By then, it was still a University College and I can remember during the September 2012 freshmen orientation, the Vice Chancellor, Professor Ipara, in his eloquence and great command of language welcomed us to one among the youngest higher education institutions (barely a year old). Professor Ipara told us that "... this is just the beginning; the end however will only be determined by you. I encourage you to go further...". As you would expect a son to listen to his father, I listened and at the time of this writing, I am pursuing my third degree, PhD in Mathematics Education and also working as teaching assistant at Syracuse University, New York, USA.

During the four years at Kibabii, I enjoyed the enviable serene environment conducive to learning and from my little experience of travelling around the world, I can certainly assure you that Kibabii University is located in one of the most scenic environments one can imagine. Kibabii taught me that the best way to find myself is to lose myself in the service of others. All these ignited positive changes that has ever since transformed my social and professional life.

Sitting in front of qualified, committed and highly competent faculty at Kibabii implanted within me knowledge and skills that have enabled me to compete favorably within this world replete with successful personalities. This has been evident in many instances for example, I was a warded a highly



competitive EADB-AAI STEM Scholarship for East Africa to study master's in education science at Rutgers, The State University of New Jersey, USA.

My experience in the US has gone far much beyond just education. I have been able to connect with people from diverse cultures and through our interactions, I have expanded my social network to amazing levels. While in the US, I have been mentored by distinguished professors who I work with as student and research assistant. In the January of 2020, I was awarded a scholarship to a pursue PhD in Mathematics Education and serve as teaching assistant at Syracuse University.

Through life, I have learnt that the physical world we live in is made up of dichotomies and how you blend them will determine who you become. As we say at KIBU “without strategy, execution is aimless and without execution, strategy is useless”. I encourage you to adopt positive mindset and stay focused.

I look to staying connected with KIBU through scholarly research work and through Alumni Association.

It is always a privilege to be a member of Kibabii University community.

**BRIAN with a group of Masters graduating Class pose for a photograph**





## **CASTRO MBITHI**

Finalist pursuing BSc. In Information Technology and is also the CEO Ajira Club as well as Microsoft Student Partner (MSP)

## **Castro Mbithi, a Maestro in Computing**

Meet Castro Mbithi, a fourth-year student pursuing BSc. In Information Technology and is also the CEO Ajira Club as well as Microsoft Student Partner (MSP) at Kibabii university. The COVID-19 pandemic that has halted almost every other sector in the world has not stopped his unending quest to place the university in the world map. So far, Castro has held several online events and hackathons that draw participation across the world.

Castro has also taken advantage of his free time to better his skills by enrolling for various online certifications. This, he says has continued to sharpen his technical skills that he so much requires in his dynamic career. He also encouraged his peers to look beyond the short setbacks presented by to seize opportunities presented by online jobs instead. He went further to say that COVID-19 has shown that information communication technology (ICT) has a unique role to play in every human aspect especially conventional way of doing things are

affected by such pandemics.

Castro was equally optimistic that indeed, it is possible to mainstream virtual engagements since he has continued to earn a living through online jobs. His prayer is to see a future where institutions of higher learning fully embraced virtual platforms and even consider online jobs for industrial attachment examination since it not only offers requisite skills but also exposes students emerging industrial skills that are market responsive and relevant to the world market application.

Currently, Castro works as a social media manager for Learning Dollars Talent, a software development company domiciled in San Francisco - United States of America. Part of his responsibilities at the company includes getting new clients and software engineers using Slack. Indeed, Castro has proved to all and sundry that in every adversity there lies a silver bullet.



# THE STUDENTS' PRESIDENT SPEAKS

By Emmanuel Wamalwa | [emmanuelwamalwa942@gmail.com](mailto:emmanuelwamalwa942@gmail.com)

The closure of all learning institutions in Kenya in a move to cut the links of Covid-19 scourge disrupted the normalcy of students. Kibabii University had just concluded her SOKU elections declaring Caleb Musawa Wekesa as the Students' President and Lucy Odira as the Deputy President on matters democracy in leadership and service delivery in the Institution. According to the reports, Mr. Wekesa had not formed the government and as so, drafting the budget of 2020/2021 academic year.

On Monday, August 24, 2020 Mr. Wekesa had an interview with this author to discuss matters Kibabii University in the face of the ugly Covid-19.

### **How are you operating as SOKU President away from the Institution?**

I feel like I am ruling a Country that has no Citizens and it's not easy. I have to operate as a leader and a common man all at the same time. I have learnt a lot though, no students around but attending to my normal operations that I was elected to do like featuring in the Senate sittings.

### **What are you doing currently at a personal level in the face of Covid-19?**

I am a teacher by profession, so I have been helping High School students especially the Candidate class which received a huge blow from the pandemic at hand on matters academic. I am engaging with these students twice a week and doing the normal hustling. Meanwhile, I am around the University to keep the Comrades updated on what is going on around the Institution.

### **As the SOKU President, what are your plans to KIBU fraternity after the pandemic is nailed?**

We have a number of objectives that I had agreed with my team to achieve. So far, my aim is to help the Students of KIBU especially those that are gifted in other sectors far away from academics like football.

For instance, most Universities in the Country are nurturing the talents of their students which is not the case in KIBU. I am going to dig deep in that so that we can help our fellow students. We are also sourcing funds that will help the Comrades who are needy in terms of fees and other basics. I am therefore, going to look for sponsors that will donate towards the kitties aimed at helping needy students in KIBU from the County Government of Bungoma.

We want to market KIBU since it's a growing Institution and for us to do so, we are going to have a sitting with the Vice Chancellor Prof. Isaac Ipara Odeo to have a look at the fees and the payment methods. We are going to relook at the fees charged. I am not going to work alone, just as Prof. Ipara says that no

man can live without the help of another. Therefore, I am going to create suitable channels that will help me collect information from the comrades so that we provide what they are lacking.

## **How are you operating as SOKU President away from the Institution?**

I feel like I am ruling a Country that has no Citizens and it's not easy. I have to operate as a leader and a common man all at the same time. I have learnt a lot though, no students around but attending to my normal operations that I was elected to do like featuring in the Senate sittings.

## **What are you doing currently at a personal level in the face of Covid-19?**

I am a teacher by profession, so I have been helping High School students especially the Candidate class which received a huge blow from the pandemic at hand on matters academic. I am engaging with these students twice a week and doing the normal hustling. Meanwhile, I am around the University to keep the Comrades updated on what is going on around the Institution.

## **As the SOKU President, what are your plans to KIBU fraternity after the pandemic is nailed?**

We have a number of objectives that I had agreed with my team to achieve. So far, my aim is to help the Students of KIBU especially those that are gifted in other sectors far away from academics like football.

For instance, most Universities in the Country are nurturing the talents of their students which is not the case in KIBU. I am going to dig deep in that so that we can help our fellow students. We are also sourcing funds that will help the Comrades who are needy in terms of fees and other basics. I am therefore, going to look for sponsors that will donate towards the kitties aimed at helping

needy students in KIBU from the County Government of Bungoma. We want to market KIBU since it's a growing Institution and for us to do so, we are going to have a sitting with the Vice Chancellor Prof. Isaac Ipara Odeo to have a look at the fees and the payment methods. We are going to relook at the fees charged. I am not going to work alone, just as Prof. Ipara says that no man can live without the help of another. Therefore, I am going to create suitable channels that will help me collect information from the comrades so that we provide what they are lacking.

## **What do you have to say about First Years online admission to KIBU?**

On this, it is going to be tricky. I have just had a meeting over the same, and I can assure you that online admission of first years will not be as easy as it seems. First of all, the whole process is expensive to both the Institution and the students. The launching of the project is staged to happen this week. What I can tell my Institution is that they should not operate on assumption that all incoming students have smartphones or the necessary gadgets to guide them through. This is largely attributed to our uniquely differences on matters status quo. The whole operation would be easy to continuing students who are more educated and experienced with matters online operations.

## **Share your views on the elections that saw you defeat your counterpart with a difference of two votes and finally declared the president**

I must accept that the elections at some point exposed my life in danger due to the many expectations from the Students. On my end, I did not know that I was going to win but the support I had was enough to see me remain the last man standing amidst many speculations. In case, I lost the elections to my immediate Presidential aspirant, then,

it would have been the biggest disappointment to me and my supporters.

**A number of KIBU students have been asking for the resumption of learning, as the president who speaks for them, what do you say about the same?**

In our last Senate meeting, we had agreed on phased reopening of the University. If I could gauge our preparation, I could have awarded it 75 percent ready to have students back. However, we were disappointed when Education Cabinet Secretary Prof. George Magoha pushed the reopening dates to January, 2021 dismissing our earlier preparations and expectations. Masters and PhD students have been conducting their studies since they are capable of handling the expenses involved in online learning.

I would ask KIBU undergraduate and other levels to exercise some patience as the matter is being resolved by the

Ministry of Health led by CS Mutahi Kagwe.

**What is this unique thing you want for Kibabii University?**

This is a difficult question since you (author) are trying to see if I can leave a mark as compared to other past leadership. I will use the comrades to help me gather what they want and also time will tell keeping in mind that we had not yet formed the government and other key sectors.

**What can you say about KIBU?**

Kibabii University is a great Institution and more of a University. I am born in Bungoma, and I must say, I did not want to study in KIBU. I wanted to go to other new environment, but being in the Institution, it makes me feel home and appreciating the changes in my life as the leader of KIBU representing the students.



# **“Let this be the Year of Exercising Academic Freedom”**

**-Prof. Isaac Ipara Odeo  
Vice Chancellor**

**A Publication of the Office of the Vice Chancellor  
Kibabii University  
P.O. Box 1699-50200 Bungoma, Kenya  
Email: [pr@kibu.ac.ke](mailto:pr@kibu.ac.ke)  
Website: [www.kibu.ac.ke](http://www.kibu.ac.ke)**