



KIBU NEWS

A Monthly Digital Newsletter of Kibabii University

Week

Issue XVII | 24th May, 2022

ISO 9001:2015 Certified



Flawless Transition as KIBU Students Elect new office Bearers



INSIDE
Vice Chancellor's Sportsmen Gala Dinner

UPCOMING
EVENTS



KIBU AT 10 CELEBRATIONS
Date to be Announced Soon





Editorial Team



Dear Reader, I am pretty excited to invite you to the 17th Issue of our monthly Newsletter. It has been quite a while since our last issue. It therefore gives me much pleasure to unveil to you a new team of the Editorial Board that will take us through our next phase of publications. Our focus shall be educational articles covering emerging issues in economy, lifestyle, crime, science and research. We hereby invite you to walk with us and most importantly invite your feedback as you have always done. We purpose to give you more!

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KIBU Ushers in New Student Leadership

By Meshack Nyambane

W

“When there is no leadership, society comes to a standstill!” These were remarks by the Vice Chancellor Prof. Isaac Ipara Odeo during the Students Organization Kibabii University (SOKU) leadership swearing in ceremony held on Friday 6th May, 2022. This was after elections that came to a successful end on Thursday 28th April, 2022. The 5th Edition of the SOKU elections which was conducted physically witnessing long queues realized the voting of representatives of the Electoral Colleges and the subsequent election of seven (7) Executive Council members, usually done by the Electoral College Nominees as per the The Universities Amendment Act (2016). In this year’s elections, SOKU attracted a total of 45 male and female nominee aspirants across all the Schools and Faculties

According to the official results announced, the 5th SOKU Council shall be steered by:

1. Chairperson - Etyang' Kennedy Wafula
2. Vice Chairperson - Kyuli Teresia Mwendu
3. Secretary General - Patrick Buchere
4. Treasurer - Paul Barasa
5. Academic Secretary - Kevin Wanjala Mulongo
6. Accommodation and Security Secretary - Nakwechu Leserian Lennox
7. Special Interests Secretary - Miriam Jelegat Rotich

In his address, the Vice Chancellor spelled out the importance of student leadership in the growth, tranquility and sustainability of a university. Being a legal entity, he advised the young leaders to conduct themselves as per the governance standards so as to inspire the confidence and trust of their supporters.

He pledged support to the new office bearers, challenging them to offer themselves for service, discouraging wastage of the diminutive resources entrusted to them by the University.

“It is now time to roll your sleeves and work for the electorate. From this point, I call upon you to ask yourselves which projects shall be anchored as your legacy when you leave office at the end of your reign. I also urge you to be part of the solutions even when you are faced with challenges along this journey,” he said.

In her remarks, the Dean of Students, Dr. Alice Mutai, lauded the students’ community for the peaceful electioneering period, terming it as exemplary and a demonstration of the gender and regional balancing. To the losers, the Dean appreciated the honor to concede and allowing a smooth transition.

“Losing does not mean you are a failure. It means you’re a leader in the making,” she said.

In his acceptance speech, the new Chairman of the Students Council, Mr. Etyang' Kennedy Wafula lauded the University Management for organizing and overseeing a peaceful transition through a credible and transparent election process.

“I want to thank our able Vice Chancellor and his management for everything they have done for us to make this occasion a success. I also want to thank the Kibabii University Electoral Commission and the Independent Electoral and Boundaries Commission for having worked tirelessly throughout the election period to ensure the elections were free, fair and more so plausible,” he said.

The Chairman also gave honour to the outgoing student leadership, the Council led by outgoing Chairman Mr. Tyson Muranda.

"I can't forget to thank the outgoing president, and the student union body for the good work they have done during their reign. They have organized different successful activities, procuring of discussion benches for comrades and also recognized the duties performed by class representatives, which was not happening before. With them, we have enjoyed a multifaceted university life. As we get into this new office, we promise our supporters that we will exceed their expectations," said Etyang" who is currently a 3rd year student taking Bachelor of Education Science, specializing in Biology and Agriculture.



Photo: The incoming Chairman, Mr. Kennedy Etyang' (Left) shakes hands with the outgoing Chairman Mr. Tyson Muranda during the handing over exercise.

In their Words

Kennedy Etyang, Incoming Chairman



I would like to thank the other candidates who ran for office. You all carried out fair campaigns that brought forth an exciting and competitive election. You endured the struggle and made a lot of sacrifices. I respect and admire your strength and courage. I welcome your ideas and support in my regime towards the development of Kibabii University and to seek the interest and welfare of every student.

Kyuli Teresia Mwende, Vice Chairperson



I pledge that I will do all that I can to take the University to a better place and redeem the faith and trust the students have placed in me. The energy, the faith, the devotion, the commitment which we bring to this endeavors will light our institution and all who serve it.

Patrick Buchere, Secretary General



I want to assure you that our government will be a government of students by the students and for the students, who are custodians of the SOKU constitution. We will protect it from any irrelevant changes.

Tyson Muranda, Outgoing Chairman



Kudos! You're an epitome of true warriors. Having won the race, you're now tasked with the responsibility of serving the comrades and Kibabii University fraternity at large with fairness and a lot of integrity. Our success will not be meaningful unless the incoming leadership succeeds for it's said that YOU'RE NOT SUCCESSFUL UNTIL YOUR SUCCESSOR SUCCEEDS.

FULL LIST OF THE 5TH STUDENT ORGANIZATION OF KIBABII UNIVERSITY (SOKU) STUDENTS COUNCIL AND SCHOOLS/FACULTIES REPRESENTATIVES –2022

STUDENTS COUNCIL						
S/N	POST	NAME	GENDER	FACULTY	Y/STUDY	COUNTY
1.	Chairperson	Etyang' Kennedy Wafula	Male	SOE	3 RD	Bungoma
2.	Vice Chairperson	Kyuli Telesia Mwende	Female	FASS	1 ST	Machakos
3.	Secretary General	Patrick Buchere	Male	SOBE	2 ND	Nandi
4.	Treasurer	Paul Barasa	Male	SOE	3 RD	Trans Nzoia
5.	Academic Secretary	Kevin Wanjala Mulongo	Male	FS	3 RD	Bungoma
6.	Accommodation and Security Secretary	Nakwechu Leserian Lennox	Male	SOE	3 RD	Baringo South
7.	Special Interests Secretary	Miriam Jelegat Rotich	Female	FS	3 RD	Uasin Gishu

ACADEMIC REPRESENTATION						
NO.	POST	NAME	GENDER	FACULTY	YOS	COUNTY
1	Academic Rep FASS	Johana Matata	Male	FASS	2 ND	Kwale
2	Academic Rep SOE	Paul Kanyorio	Male	SOE	3 RD	West Pokot
3	Academic Rep SCAI	Mwangi Anthony Maina	Male	SCAI	3 RD	Nyeri
4	Academic Rep FS	Gilbert Makokha	Male	FS	3 RD	Kakamega
5	Academic Rep SOBE	Hosea Kiprotich	Male	SOBE	3 RD	Bomet
6.	Academic Rep SON	Haron Munene	Male	SON	1 ST	Meru
7	Post Graduate Rep	Kabisa Kevin Namaswa	Male	SOBE		Bungoma
8	Academic Rep Part-Time	Dickens Kenya Mwongula	Male	SOE	3 RD	Bungoma
9	Academic Rep Evening and Weekend Program	Josphat Simiyu Masakha	Male	SOBE	3 RD	Bungoma

MALE REPRESENTATION						
NO.	POST	NAME	GENDER	FACULTY	YOS	COUNTY
1	Male Rep FASS	Avungana Joseph Ngaira	Male	FASS	3 RD	Kakamega
2	Male Rep SOE	Cheruiyot Sylvester Kiplangat	Male	SOE	2 ND	Bomet
3	Male Rep SCAI	Donal Maisiba	Male	SCAI	3 RD	Kisii
4	Male Rep FS	Michael Munuve Nzoki	Male	FS	3 RD	Machakos
5	Male Rep SOBE	Erick Wanyama	Male	SOBE	2 ND	Bungoma
6.	Male Rep SON	Njuguna Daudi Gikonyo	Male	SON	1 ST	Kakamega

FEMALE REPRESENTATION						
NO.	POST	NAME	GENDER	FACULTY	YOS	COUNTY
1	Female Rep FASS	Beatrice Akoth Oduor	Female	FASS	1 ST	Siaya
2	Female Rep SOE	Sharon Cherotich	Female	SOE	2 ND	Bomet
3	Female Rep SCAI	Nafula Sarah Wafula	Female	SCAI	2 ND	Bungoma
4	Female Rep FS	Faith Chebet	Female	FS	2 ND	Nandi
5	Female Rep SOBE	Glory Nekoye Wangokho	Female	SOBE	2 ND	Bungoma
6.	Female Rep SON	Judith Jepnetich	Female	SON	1 ST	Kericho

Winners Feted During the Vice Chancellor's Sportsmen Gala Dinner

By Meshack Nyambane

During the 2021/2022 Academic year, students in various disciplines displayed exemplary prowess at various competitions. Most remarkable were performances during Kenya Universities Sports Federation games held in December 2021, the Rugby Nationwide League and SOKU Tournament held during the Cultural Week in April 2022. To motivate the athletes as well as reflect on the year, The Vice Chancellor's Office organized an Awards Dinner for various Sports personalities on Thursday, 19th May 2022.

Representing the Vice Chancellor, the Ag. Deputy Vice Chancellor (Academic & Student Affairs) Prof. Stanley Mutsotso lauded the athletes, challenging them to explore available technology to better their talents.

"Am proud to be associated with the champions. In whatever you are pursuing, you must always aim to be the best. Get proper training from online coaches and professional athletes to complement what you are learning from the available trainers," he said.

In his counsel, the DVC advised the athletes put more effort in their studies.

"You will be celebrated more if you don't sacrifice your academics," he added.

IMAGES FROM THE GALA DINNER



VICE CHANCELLOR'S SPORTSMEN DINNER

PRESENTATION OF AWARD OF WINNERS DURING THE VICE CHANCELLOR GALA DINNER

Name	Activity / Award
<ul style="list-style-type: none"> Imbalwa Tracy Samin Erastus Mutulya Bonface Odhiambo 	Sports Journalist of the year 2021
<ul style="list-style-type: none"> Jully Musangi Festus Cheruiyot 	Captains of the year award 2021
<ul style="list-style-type: none"> Benjamin Okubasu Leonard Mukanda 	Student Sports Men of the Year award 2021
<ul style="list-style-type: none"> Susan Adina 	Staff Sports Woman of the Year award
<ul style="list-style-type: none"> Meshack Nyambane 	Staff Sports Man of The Year Award
<ul style="list-style-type: none"> Barnabas Abuti 	Coach of the year 2021
<ul style="list-style-type: none"> Mike Murule 	Sports Manager of the year award 2021
<ul style="list-style-type: none"> Agustin Meki 	Kings of the Road 2021
<ul style="list-style-type: none"> Yvone Otundo Diana Khisa 	Queens of the Road
<ul style="list-style-type: none"> Faith Ogallo 	International Top Ranked Athlete of the year award
<ul style="list-style-type: none"> Antony Onyango Joseph M. Mwangi Mishael M. Kauma Philip Makhapila Muge Brian Charles Winsley Brian Ngetich Plimo Laban Suro Modekai Bahati Zaddock Fredric James Vincent Bivan Binale 	Basketball and Badminton (Men) Top Ranked Men Teams of the year award.
<ul style="list-style-type: none"> Masai Phoebe Nangila Laurine Lumiti Atolwa 	Lawn Tennis Women Top Ranked Women Team of the year award.
<ul style="list-style-type: none"> KCB Millicons Fresha Dairy Brands Kenya Taekwondo Federation 	Sponsors of the year Award 2022



Prof Mutua attends the 9th Edition of Africities Summit



The DVC (Planning, Partnerships, Research and Innovation) Prof. Dr.-Ing. Benedict M. Mutua attended the 9th Edition of Africities Summit hosted for the first time ever in Kisumu City from 17th to the 21st of May 2022. The theme for the 9th Edition was, 'The Role of Intermediary Cities of Africa in the implementation of Agenda 2030 of the United Nations and the African Union Agenda 2063'.

According to their website, Africities Summit aims at strengthening the role of local and regional governments in the development of the continent and to help build the integration and unity of Africa from its territories. It is the largest democratic gathering organized in Africa that provides the main platform for dialogue on decentralization and local governance that brings together every three years, African ministers; mayors, leaders and elected officials of local and regional governments; civil society organizations; traditional authorities; representatives of the African diaspora; economic actors; experts, researchers and academics; financial institutions; and development partners.

This year's summit was officially opened by H.E. President Uhuru Kenyatta.

UNDER THE HIGH PATRONAGE OF THE PRESIDENT OF THE REPUBLIC OF KENYA

9th
International
Exhibition of
African Cities and
Local Governments





Good Nutrition helps in Social and Economic Development

By Joseck Olukusi Alwala

The World Health Organization (WHO) reveals that health is not only the absence of disease but a state of complete mental and physical wellbeing in relation to the productivity and performance of an individual. This depends on nutritional status which is a measure of the health condition of an individual as affected primarily by the intake of food and utilization of nutrients. When individuals within families and communities are food-secure, good nutritional status is realized and sustained.

Adequate availability of food supplies, assured access to sufficient food for all individuals and its proper utilization to provide a proper and balanced diet are the main components of Food security. Access by all people at all times to the food needed for a healthy life is paramount. Lack of food results to hunger and malnutrition within a country affecting its level of development. For instance, a hungry, malnourished child may have mild to serious learning disabilities, resulting in poor school performance; a sick, poorly nourished individual will not respond well to treatment, could lose many working hours and may continue to drain family and national resources. All this undermine investments in education, health and other development sectors.

The big question is: *'what can be done to prevent and control malnutrition'*. However the good news is that globally, there are efforts to prevent and control malnutrition in the areas of advocacy, service delivery, institutional capacity building and community empowerment. Programs for improving nutrition have focused on several interventions, including household food security, a problem that is of major concern to many countries. Such programs include: household food and nutrition security, child survival and development, micronutrient initiatives (such as backyard gardening,

vitamin A fortification and salt iodization), nutrition surveillance and intervention, poverty alleviation and nutrition education.

Household food security needs to be translated into good nutritional status. This calls for the relevant Ministries to lead in providing sufficient knowledge and skills to acquire, prepare and consume food that provides a nutritionally balanced-diet, with special attention to the needs of young children and access to health services and a healthy environment to ensure effective biological utilization of foods consumed.

The Food and Agriculture Organization is working on developing and maintaining the Food Insecurity and Vulnerability Information and Mapping System (FIVIMS), which was launched 1996. Protagonists in the food industry should be aware of such activities around the world. The main objectives of FIVIMS are to identify food-insecure and vulnerable groups, prevalence and degree of low food intake, under-nutrition, and causes of food insecurity and vulnerability. FIVIMS has seven general relevant categories of national information systems which include: agricultural information systems, health information systems, land, water and climatic information systems, early warning systems, household food security and nutrition information systems, market information systems, and vulnerability assessment and mapping systems.

Sustainable development is directly proportional to a well-nourished healthy workforce. Similarly the nutritional well-being of a population is a reflection of the performance of its social and economic sectors. All these are indicators of the efficiency of national resource allocation.

Joseck Olukusi Alwala, is the Head of Chemistry Laboratories, Kibabii University, and Organizing Secretary, Kenya Chemical Society, Western Chapter.



Work-Life Balance for the Boardroom Mothers

By Lilian Wanjala

R

Recently, the media pages were awash with Happy Mothers' day messages to celebrate motherhood. Motherhood is one of the most powerful experiences. However, it reflects differently on each mother. Motherhood changes you and marks a new chapter in every woman's story.

Motherhood anxieties

It is not uncommon for a mother, to feel particularly overwhelmed by the complexity of her parental assignment. In many homes, she is the primary protector for each child's health, education intellect, personality, character and emotional stability. Furthermore, a mother's responsibilities extend far beyond her children. She must also meet her obligations to her husband, her church, her relatives, her friends and more often her employer. Each of these areas demands her best effort, and the conscientious mother often finds herself racing through the day in a breathless attempt to be all things to all people.

Most healthy individuals can tolerate encircling pressures as long as each responsibility can be kept under relative control. Hard work and diligence are personally rewarding, provided anxiety and frustration are kept at a minimum. However, much greater self-control is needed when a threatening problem develops in one of the critical areas. That is, if a child or spouse becomes very ill, marital problems erupt, or one is unjustly criticized or harassed in the neighborhood or workplace, then the other routine tasks become difficult to accomplish.

So what are the consequences of poor work-life balance?

Fatigue: When you're tired, your ability to work productively and think clearly might suffer. This is likely to take a toll on your professional reputation or lead to dangerous or costly mistakes.

Poor health: When burnout is not well taken care off, it could lead to lifestyle and stress related diseases and conditions like hypertension, diabetes, peptic ulcers, depression and alcohol and drug abuse.

Lost time with friends and loved ones: If you're working too much, you might miss important family events or milestones. This can leave you feeling left out and might harm your relationships.

TIPS FOR A HEALTHY WORK-LIFE BALANCE

So how can the working mother keep her balance and focus? Here are some simple suggestions that would assist the working mother find her bearing:



1. Reserve some time for yourself

Add yourself on your priority list too. Regularly set aside time for activities that you enjoy, such as meditation, gardening or reading - hobbies that help you relax, take your mind off work and recharge. Better yet, discover activities you can do with your partner, family or friends such as hiking, dancing or taking cooking classes. It is unhealthy for one to work all the time. Believe me, your entire family, employer and colleagues will profit from your periodical recreation.



2. Setting limits

If you don't set limits, work can leave you with no time for the relationships and activities you enjoy. Learn to say "NO" by evaluating your priorities at work and at home. A healthy lifestyle is essential for coping with stress and achieving work-life balance. Eat well, include physical activity in your daily routine and get enough sleep.



3. Don't struggle with things you can't change

Too many people make themselves unhappy over insignificant irritants which should be ignored. Accepting inevitable situations makes us mentally healthy. Do not allow negativity to overshadow the positive in your life. For instance, ladies could have good health, happy children, a devoted husband, well-paying job but they hate their mother-in-law and this one negative emotion ends up becoming a distractor of all the positives in their lives.



4. Don't deal with big problems late at night

Fatigue does strange things to human perception. After a hard day, the simplest task may appear insurmountable. All problems seem more unsolvable at night, and the decisions that are reached then may be more emotional than rational.



5. Be a people builder and refresher

You too will be refreshed when you make a habit of refreshing and building other people around you. Let's learn to encourage one another and build each other up – life is tough. Trust God to give you endurance and encouragement that you may ooze positivity towards those around you. Learn to keep away negative emotions (jealousy, strife, envy, malice, slander, murmurs, grudges and constant discontentment etc.) Celebrate other people's victories. This is healthy for your heart.



6. Develop a support system

Join forces with co-workers who can cover for you, trusted friends and loved ones who can help in investments and offer support when conflicts arise.

7. Try making a to-do-list

Once you hit 40, forget about trusting your memory. When the work load gets particularly heavy there is comfort to be found in making a list of the duties to be performed. The advantages of writing down one's responsibilities are threefold:

- i. You know you won't forget anything;
- ii. You guarantee that most important jobs will get done first;
- iii. You leave a record of accomplishments by crossing tasks off the list as they are completed.



8. Seek Divine Assistance

The concepts of marriage and parenthood were not human inventions. God, in his infinite wisdom, created and ordained the family as the basic unit of procreation and companionship. The solutions to the problems of modern parenthood can be found through the power of prayer and personal appeal to the Creator. Indeed, I believe parents should commit themselves to daily prayer and supplication on behalf of their children. The task is too scary on our own, and there is not enough knowledge in the books to guarantee the outcome of our parenting duties. We desperately need divine help with the job!

Enjoy motherhood, enjoy parenthood.

Online Discipline among University Students



By Kelly Inyani

A

Anyone who has been keen in the recent past might have noticed a worrying trend of youths being paraded in Kenyan law courts for committing offences that ideally would have been avoided. However, due to ignorance and in some instances arrogance, they find themselves caught by the long arms of the law. In a report in one of our local dailies, it was reported that crimes being committed using mobile technology and the internet have become a fact of modern life in Kenya.

In February this year, a university student was charged in a court of law for sending indecent photos to the husband of his alleged lover. He was also charged with publishing false information on his Facebook page, wrongful distribution of obscene materials on social media and lastly threatening the life of the said husband. In 2015, another student was also sentenced to a cumulative term of two years imprisonment for insulting a key government figure on social media.

The growth in the cyber space and mobile technology has witnessed a tremendous growth in the number of crimes that are committed over the same channels. These crimes range from sending of abusive texts, threatening messages, sharing of obscene materials, sending of indecent photos, publishing of false information on social media, sharing of pornographic materials among others. In most cases, the goal of the offender is usually to cause panic, chaos, violence or discredit a person or persons' reputation.

In Kenya, the Penal Code Cap 63, The Computer Misuse and Cybercrimes Act 2018, The Kenya Information and Communication Act Cap 411A, National Cohesion and Integration Act are some of our laws that carry punitive punishments for those who are found engaging in these offences. The offences, as captured by these laws, include but are not limited to defamation, publication of false information, cyber harassment, wrongful distribution of obscene or intimate images, issuance of false e-instructions and hate speech.

While there might be a false sense of excitement; mostly on social media and the misplaced mob euphoria when one is engaging in these offences, the punishments are usually regrettable.

“Crimes range from sending of abusive texts, threatening messages, sharing of obscene materials, sending of indecent photos, publishing of false information on social media, sharing of pornographic materials...”

Punishments range from few thousands of shillings to millions of shillings in fines and few months to excess of up to ten years imprisonment, and, in some instances, both. The major platforms that are usually used to commit these offences include the SMS services and social media which includes the commonly used Facebook, WhatsApp and Twitter.

Criminologists, sociologists and psychologists have tried to understand the causes of these offences and found that they include:

- Ignorance
- False sense of anonymity
- Poor upbringing
- Dysfunctional families
- Drugs and substance abuse
- Poor problem-solving skills
- Toxic media influence
- Psychological disorders
- An unregulated platform

It is imperative that the current youth, university students and the general population maintains an online discipline to avoid finding themselves in the wrong hands of the law.

Ignorance has and will never be a defense in law.

Kelly Inyani is a Criminologist and a lecturer of criminology at the Department of Criminology, Kibabii University



Plagiarism: The Malignant Tumour Downing Giants



By Onex Opati

P

Plagiarism in all its forms is unethical and should never be tolerated in academe. For all intents and purposes, it is a form of theft. When one takes ideas and words of others and pretends they are their own, they are actually stealing the intellectual property of another person. Whether the plagiarizer benefits materially or not is beside the point. It is generally understood in academe that acquiring a degree speaks to the intellectual abilities of the degree holder. If one therefore gets employed based on a degree qualification they have not worked hard for, they may actually be a huge risk to others. In academe the world over, plagiarism is frowned upon and there is therefore a conscious effort by the university academic staff to nip it in the bud to forestall probable legal ramifications.

In February 2013, German Education Minister Annette Schavan resigned after Duesseldorf's Heinrich Heine University stripped her of her doctorate for plagiarism. The case was given a lot of attention by the media not just because plagiarism is theft but because, as a minister for education, she was deemed to be an embodiment of academic excellence and integrity. Resigning from such an important docket was the most honorable thing to do for her integrity had been questioned. In 2011, the German Defence minister Karl-Theodor zu Guttenberg, was found guilty of plagiarism and had to quit as defence minister. When the news about Guttenberg's plagiarism scandal broke out, Ms Schavan had been very scathing in her criticism of the former when she said, in part, "As someone who was herself awarded a doctorate 31 years ago and who has supervised several doctoral candidates, I am ashamed..."

In 2012, Makerere University Vice Chancellor, Prof Baryamureeba was at the heart of a plagiarism scandal that shook the university to the core. He had allegedly presented articles that had originally been authored by a graduate student he was supervising. This incidence culminated into a series of misfortunes that led to his resignation. The incidences highlighted here are barely just scratching on the surface of what plagiarism can do. It can destroy a career and put an institution to great disrepute. Members of academic staff at Kibabii University, especially those who teach research methods have the important job of instilling the academic core value of integrity to its students to avoid such embarrassing incidences where a degree has to be withdrawn on account of plagiarism.

What is a Good Impact Factor of a Journal?

By Isaac Wamalwa Manje



P

Publishing good research papers is the life-line of any scholar and researcher. Most researchers seeking to publish their articles in scholarly peer-reviewed journals get confused about how to select the best journal to publish in. With thousands of active journals and millions of papers and articles being published each year, it is quite easy for one to get lost concerning the best choice of a journal to publish his/her research article. This is where Impact Factor comes in.

What is Journal Impact Factor?

It is a measured frequency that shows us how many times articles from a journal have been cited in a particular year.

This allows determining the rank and importance of the journal by calculating the number of times its articles have been cited.

The Impact Factor is often used to determine the relative importance or ranking of a journal within its subject area or field of knowledge. Journals with higher impact factor values are considered more important, highly ranked or carry more prestige in their respective fields, than those with lower values.

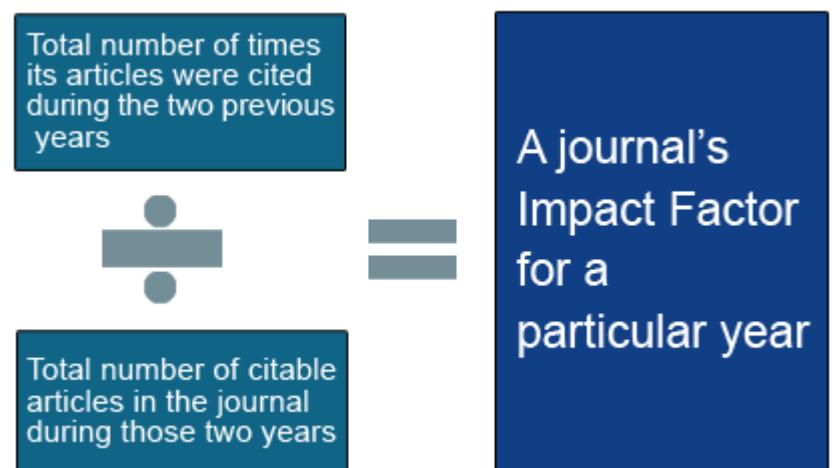
Impact Factors are calculated annually and published in Journal Citation Reports (JCR) owned by **Clarivate**, which is an indexing agency for journals.

So, how do you calculate the Impact Factor?

The impact factor of a journal is the number of citations, received in that year, of articles published in that journal during the two preceding years, divided by the total number of "citable items" published in that journal during the two preceding years.

$$\text{Impact Factor(2016)} = \frac{\text{Citations (2016)}}{\text{Publications (2015)} + \text{Publications (2014)}}$$

Graphically:



To make work simpler, one can register an account with **Clarivate**, the company that indexes and publishes the Journal Citation Reports (JCR). The account can either be individual or institutionally affiliated.

Once you log in as a user, you can easily check the impact factor of the journal by simply searching for the specific name of the journal you are interested in and the impact factor shall be displayed.

The impact factor is best determined in terms of subject matter. The Journal Citation Reports (JCR) has identified 27 major research disciplines so it is important for a researcher to identify his/her research discipline.

So, the best way to determine the ranking of a journal is comparing the score of a journal with other journals in the same field.

What is considered a good Impact Factor?

In most fields, an impact factor of 10 (ten) or higher is considered excellent. An impact factor of 3 (three) is taken as good and the average score is less than 1 (one). However, the rule is that impact factor and comparing journals are most effective in the same discipline.

Points to note when using the Impact Factor

1. Impact Factors are useful, but they should not be the only consideration when judging quality.
2. Not all journals are tracked in the JCR database and, as a

result, do not have impact factors.

3. New journals must wait until they have a record of citations before even being considered for inclusion.
4. The scientific worth of an individual article has nothing to do with the impact factor of a journal.
5. Do not compare journals from different categories or different fields of knowledge such as humanities and sciences.
6. 2020 impact factors are published in 2021. They cannot be calculated until all of the 2020 publications have been received and processed by **Clarivate**, the indexing agency.

Interesting facts about the Journal Impact Factor

The impact factor was mainly created for university **librarians** to help them spend their constricted budgets only on the most-read journals, not the most important journals.

Some university faculties in various countries have used impact factors to support their decision on who to hire, fire, promote, etc. because impact factors have been used to gauge scholarly success.

The impact factor of a journal is a credible way of ranking journals but must be properly contextualized and other parameters can also be used to measure the quality of journals.

Isaac Wamalwa Manje is a Communication and Information professional working at the Kibabii University Library and a specialist in scholarly writing, as well as a PhD candidate.

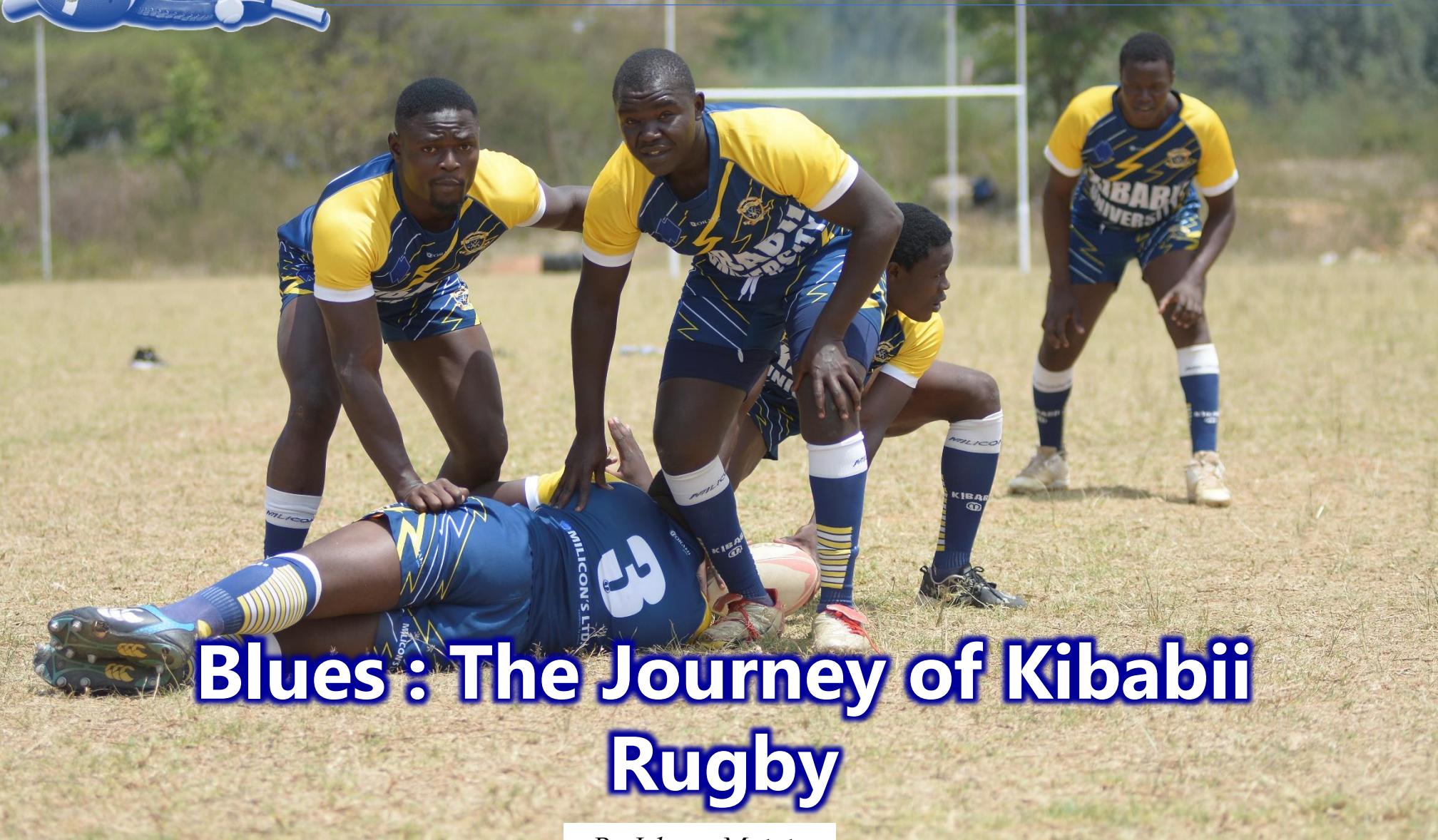


Application & Revision of Courses

The KUCCPS online application system for placement to universities and colleges under Government Sponsorship is now open!

1. **All the 2021 KCSE candidates who applied for courses at school and would wish to revise their choices are invited to do so.**
2. **Those who did not apply at school can NOW submit their applications if they wish to be considered.**
3. **Candidates who sat the examination between the years 2000 and 2021 are eligible to apply for TVET Diploma and Certificate courses offered at Kibabii University**
4. **All applications must be submitted online through the KUCCPS Student's Portal students.kuccps.net**

Deadline : Thursday, June 2, 2022



Blues : The Journey of Kibabii Rugby

By Johana Matata

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Kibabii University Rugby Blues was not known by many just a year ago. Today, the Kibabii "Blues" as known by fans is a sensational young rugby team that plays at the Kenya Rugby Union Nationwide League. The Blues compete in a League of 10 Rugby Clubs in the Western Region. In its maiden nationwide debut in the last ended 2021/2022 season, we bring you the journey that crashed at the semi finals.

Kibabii Blues began its journey on 4th of December, 2021 with an away match against Bungoma RFC, a match that was played in Bungoma High School. Blues did their best to secure a win in the first half. However, Bungoma RFC came in hard in the second half to outweigh the Blues, securing a 22-15 win. Being their first match of the season, the Team Management still had hopes for the youngsters, encouraging them to work hard and stay on for the next matches that were at hand. The second match of the season was against CITAM Kisumu, a match that was played at Maseno University grounds on 18th of December, 2021 at 3PM.

The Blues training efforts of the week and determination bore fruits as they fought hard and secured a 22-6 win against CITAM in what came to be arguably the most heated match of the season. The third match saw Blues play away against Kisii Rugby Club, another tough game that was played on 15th of January, 2022 at Cardinal Otunga Boys' High School, Mosochi that saw the Blues

secure a narrow 8-5 win. They later played home against Sigalagala National Polytechnic, a match that was played on 22nd of January, 2022, at Kibabii University Sports Complex. This saw the Blues lose against the visitors, a 7-23 loss. It made the Blues "go hard" in their training sessions as they realized that they had to work extra hard on the remaining matches to keep the nationwide title spirit alive.



Photo: Kibabii University plays Kisii Rugby Club on 15th January, 2022 in Kisii



Their next match was played on 29th of January, 2022 against Vihiga Granites at Vihiga High School, a tough match that saw a penalty in the last minute, giving the Blues a 22 - 21 win against the homers. The win rose the motivation of the Blues, going ahead to extend their win against Webuye RFC 44-9 in their home match game that was played on 4th of February, 2022 at Kibabii University Sports Complex.



Above: Oliver Wanjala charges against Webuye RFC defence on 4th February, 2022

The hungry Blues went ahead to give Jaramogi Oginga Odinga University a thorough 42-9 beating, in again a home match that was played on 11th of February 2022 at Kibabii University. However, Blues three successive unbeaten matches were shut down by Busia Borderucks RFC, a match that was played on 18th of February, 2022 at Busia County stadium, going down on a narrow 14-13 loss to the home team.

Blues had to set their heads high keeping in mind that their dream was to clinch the nationwide title and get onto the championship league, securing a 28-16 win against Maseno University Rugby, an interesting match that was played on 25th of February 2022 at Kibabii University grounds. This saw the Blues get up the table from number 7 to number 2. The Blues would later on 4th March, 2022 cement their playoff position by beating Siaya RFC 53-6 beat maintaining their position on the table, a match that was played at the Kenya Medical Training College in Siaya.

The last match of the regular season for the Blues was against Mbale RFC, a match that was played on Kibabii University grounds that saw Kibabii secure a narrow 20-18 win against the guests still maintaining their position 2 on the table, securing a semi final playoff against Bungoma RFC.

Kibabii Rugby Blues' hopes of winning the semi-finals and beating their derby opponents Bungoma RFC was dimmed on 19th March, 2022 in a match played at Sang'alo Institute. The match which played to 18-18 draw at regular time extended to 20 minutes extra time. With no team willing to relent, the match officials applying the rules of the Game as guided by World Rugby extended the match to "sudden death". The match would end with a penalty kick from Bungoma RFC at the dying moments of the day ending the game 21-18 in favour of Bungoma RFC.

The Team Manager Mr. Meshack Nyambane says the Blues made a good stint at the League. He believes the boys will tackle the big names in the near future and cement itself as a powerhouse in Rugby in Kenya and the region.

"I believe in these youngsters, because it's through them that we have a future in Rugby. In the current world, sports is a strong marketing tool and I would encourage organizations, especially higher education institutions to tap talents fresh from high schoolers and develop them for the country, while adding to them education as an assurance for their future," he said.

Currently, the Kenya Rugby Union top tier leagues play host to a number of universities including MMUST, Strathmore, Mean Machine (UoN), Blac Blad (KU), Catholic University, Daystar, UoE, Kabarak University among others.



Above: Kibabii Blues Technical Bench and Supporters during a match against Sigalagala National Polytechnic played at Kibabii Sports Complex on 22nd January, 2022.



“It has been 10 years of unquantified successes ”

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

A Publication of the Office of the Vice Chancellor
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