




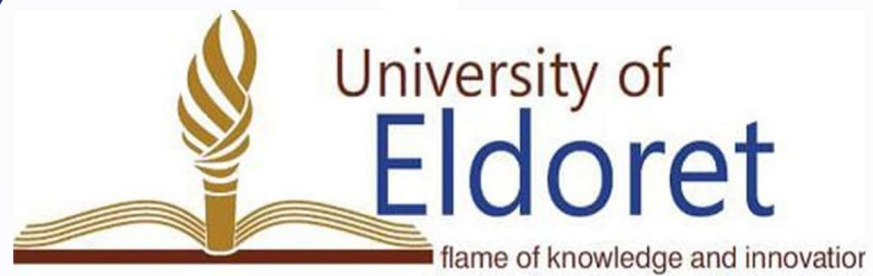
THE FLAME MAGAZINE

Where ideas burn bright, lighting the path...



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Our Motto

Flame of Knowledge and
Innovation

Our Mission

To provide quality education, training,
research, and consultancy in
Science, Agriculture and Technology
to meet the needs and aspirations of a
dynamic society

Our Vision

A premier University that nurtures
global leaders and innovators



*Editor in
Chief*



Gillian Jemutai
Editor in Chief

Note from the Editor in Chief

Dear Readers,

Welcome to the second edition of the 2024 University of Eldoret Magazine! It is with immense pride and excitement that we bring you this issue, showcasing the vibrant life, accomplishments, and aspirations of our university community.

As we continue to grow together, this edition reflects the incredible talent and dedication of our students, faculty, and staff. From academic achievements to cultural celebrations and innovative projects, these pages capture the heart and soul of the University of Eldoret.

I encourage you to explore the stories, insights, and milestones featured in this magazine. They are a testament to our collective commitment to excellence and the transformative power of education.

To our students—your energy and passion inspire us every day. Keep pushing boundaries, nurturing friendships, and striving for greatness. To our staff and faculty—thank you for your tireless efforts in shaping this institution and supporting our students' dreams.

As Editor-in-Chief, I am honored to bring your stories to life and share them with the broader community. Together, we are building a legacy of success and impact that will endure for generations to come.

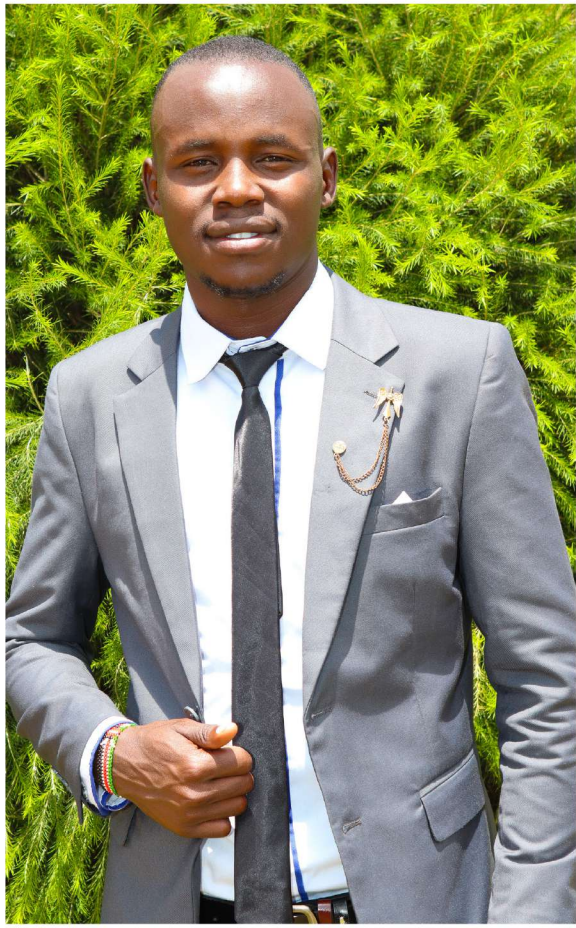
Happy reading!

Warm regards,
Gillian Jemutai
Editor-in-Chief
The Flame Magazine



11th

Students Council



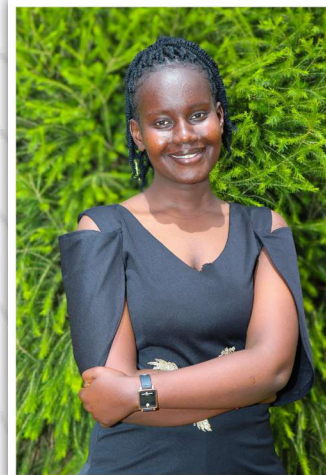
Elvis Kipkorir
CHAIR



Celestine Mutunga
VICE CHAIR



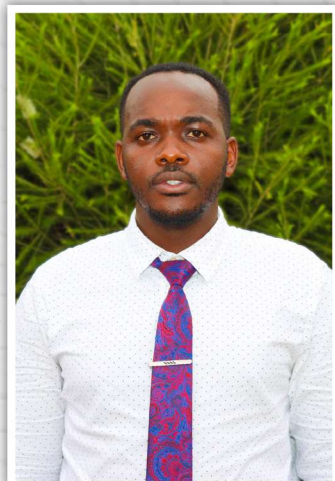
Jeruto Christine
TREASURER



Gillian Jemutai
EDITOR IN CHIEF



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SECRETARY GENERAL



Kennedy Kisanya
POSTGRADUATES & INTERNATIONAL STUDENTS



Maitai Kennedy
CHIEF TECHNICIAN



 Victor Arati
PERSONS WITH DISABILITIES



Cornelius Tuei
SPORTS

Welcome note from the Vice Chancellor

Building Futures at the University of Eldoret



The University of Eldoret proudly welcomed its first-year students with an inspiring address by Vice Chancellor Prof. Thomas Cheruiyot. He emphasized the university's commitment to both academic excellence and personal growth, highlighting its world-class faculty, modern facilities, and diverse programs.

"Your decision to join us is a step toward a bright future," Prof. Cheruiyot remarked, encouraging students to embrace research, active discussions, and a strong reading culture. "Reading is the cornerstone of success it equips you to contribute meaningfully to society."

He also stressed the importance of social connections, urging students to engage in extracurricular activities and embrace the

university's vibrant culture. "The friendships and networks you build here will enrich your journey and last a lifetime," he said. With these words, the Class of 2024 embarks on a transformative journey at the University of Eldoret, ready to excel and make a lasting impact.

PROF. THOMAS CHERUIYOT.

Vice Chancellor University of Eldoret



Campus News & Events

Guests on Campus

PROVOKING DIALOGUE

U.S. Ambassador Meg Whitman Engages UoE Students in Thought



University of Eldoret students enjoyed an unforgettable afternoon with U.S. Ambassador Meg Whitman, who provided insightful perspectives on a wide range of topics. From politics and global funding to financial markets, innovation, green and creative economies, and the impact of Gen Z, Ambassador Whitman thoughtfully addressed students' questions with depth and clarity.

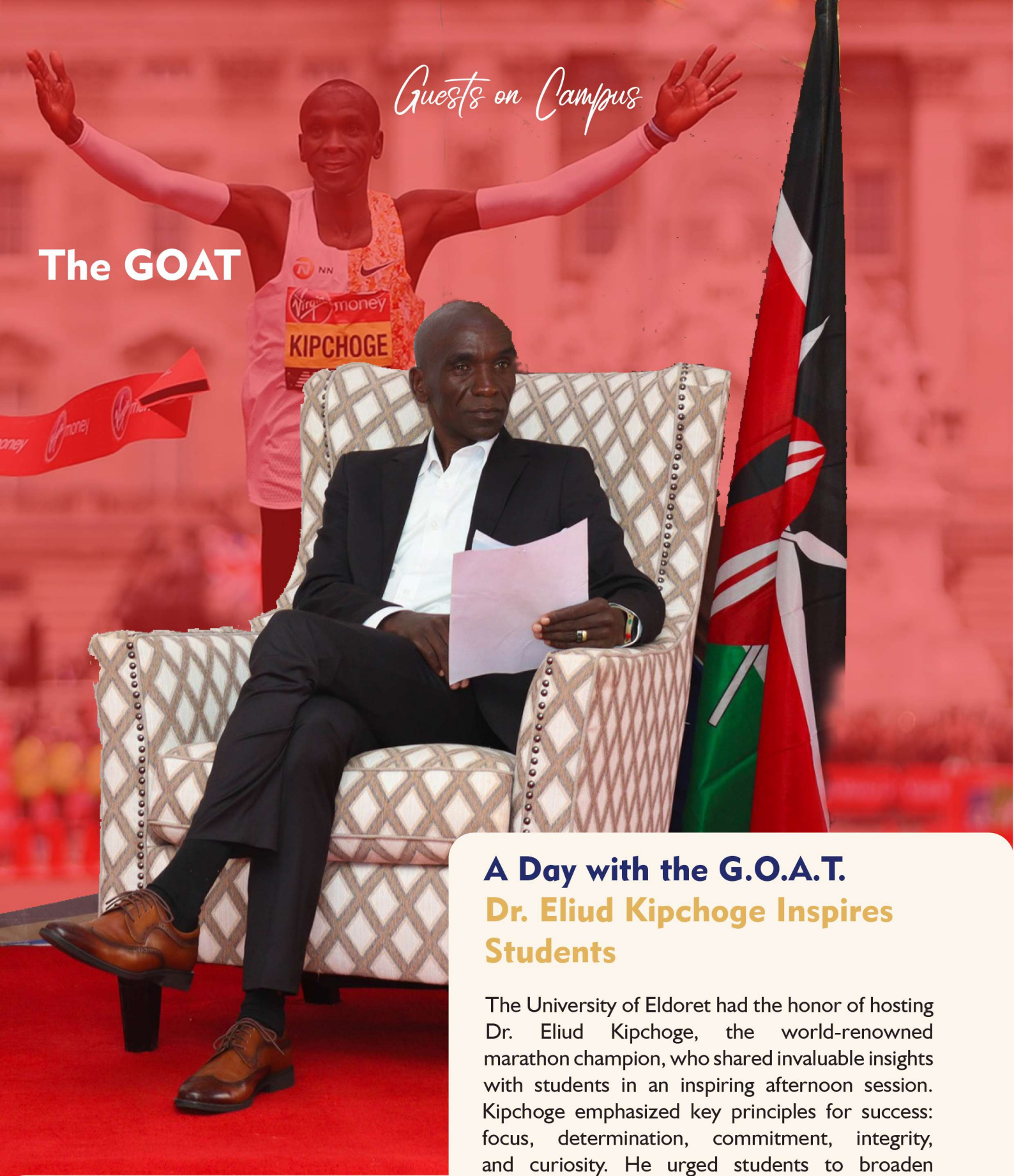
Moderated by UESO President Hon. Kipkorir Elvis Barseen, the discussion covered cur-

rent issues and encouraged students to think critically about their role in shaping the future. This enriching session left students inspired and empowered with new knowledge and ideas.



Guests on Campus

The GOAT



A Day with the G.O.A.T. Dr. Eliud Kipchoge Inspires Students

The University of Eldoret had the honor of hosting Dr. Eliud Kipchoge, the world-renowned marathon champion, who shared invaluable insights with students in an inspiring afternoon session. Kipchoge emphasized key principles for success: focus, determination, commitment, integrity, and curiosity. He urged students to broaden their knowledge beyond academic requirements, highlighting the importance of character

Dr. Kipchoge also advised students to avoid the pitfalls of alcohol and unwise relationships, warning of the ways these vices could derail their dreams. Parting with the promise, “I will be back,” Kipchoge left a lasting impact on all in attendance.

GOSPEL SUNDAY



The University of Eldoret came alive on September 15, 2024, as Gospel Sunday by Citizen TV broadcast live from the campus. Hosted by DJ Geegee, Timeless Noel, and Waruiru Waurire, the event brought energy and faith-filled joy to students and viewers alike.

Vice-Chancellor Prof. Thomas Cheruiyot warmly welcomed the Citizen TV crew and viewers, joining students for a memorable Sunday service. The Christian Union's praise and worship set the tone with spirited and uplifting performances.

The highlight of the day was an inspiring sermon by Rev. Kangogo titled The Vision of Youth, based on Joel 2:28 and Isaiah 46:10. Following the service, the Bambika Show turned up the energy, with students dancing to electrifying gospel tunes from various artists.

The University of Eldoret is already counting down to hosting Gospel Sunday again in 2025, promising the same vibrant spirit and celebration!

University of Eldoret Signs Historic MoU with Hainan University



In an exciting new chapter for the University of Eldoret (UoE), a Memorandum of Understanding (MoU) and Student Exchange Agreement were signed with Hainan University, China. This landmark partnership marks the first collaboration between UoE and a Chinese university, offering new horizons for students and staff through exchange programs, resource sharing, and collaborative research.

The MoU was signed by Prof. Thomas Cheruiyot, Vice-Chancellor of UoE, and Qiu Xiguang, Vice-President of Hainan University, at a ceremony witnessed by officials from both institutions. Prof. Cheruiyot welcomed the partnership, emphasizing its potential to foster mutual growth and innovation.

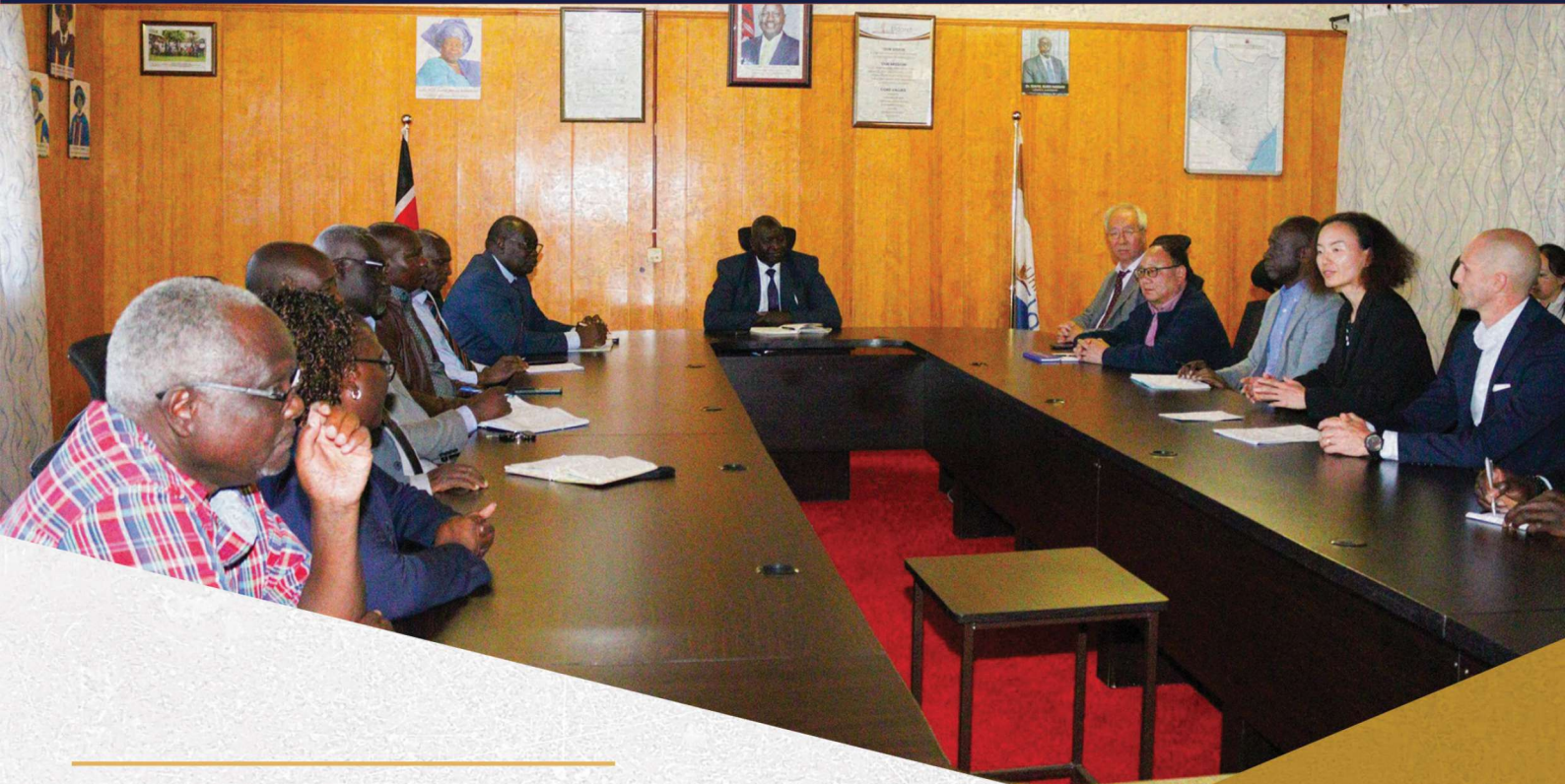
This collaboration will focus on three key areas:

1. Resource sharing and training for students from both universities.
2. Advancing innovation in applied sciences.
3. Cultural exchange through joint workshops and ethnic programs.

The Hainan University delegation included prominent academics such as Prof. Xu Jianchu (World Agroforestry Center - ICRAF) and Miao Weiguo (Dean, School of Tropical Agriculture and Forestry). Representing UoE were Prof. Philip Raburu (DVC-PRE), Prof. Godfrey Netondo (DVC-ASA), and other senior faculty members and leaders. This partnership paves the way for a dynamic exchange of knowledge, culture, and innovation, heralding promising days ahead for UoE's academic community.

UNIVERSITY COLLABORATIONS

UoE Hosts Delegation from Lund University, Sokoine University, and Chinese Academy of Sciences



A distinguished delegation from Lund University (Sweden), Sokoine University of Agriculture (Tanzania), and the Chinese Academy of Sciences visited the University of Eldoret (UoE) for discussions on a new collaborative project focused on water security. Led by Prof. Linus Zhang, the delegation explored the upcoming partnership involving UoE, Kenya Medical Research Institute (KEMRI), and the three universities under the SWAT (Safeguard Water Security towards Sustainable Development Goals in Aquatic Ecosystems) initiative.

The project will address sustainable water resource management, land use changes, pollution mitigation, and innovative, low-cost solutions. Key activities will include Geographic Information Analysis (GIA) and satellite mapping.

Prof. Thomas Cheruiyot, UoE Vice-Chancellor, expressed enthusiasm for the partnership, emphasizing the importance of turning research findings into tangible innovations and commercialized solutions. Prof. Zhang shared his confidence in the collaboration's potential, highlighting the valuable innovations expected from the project.

The UoE team included Prof. Philip Raburu (DVC-Planning, Research, and Extension), Dr. Frank Masese (project contact), and other academic leaders, joined by delegates from each collaborating institution. This partnership marks a significant step toward addressing global water security challenges through research, technology, and education.

UNIVERSITY COLLABORATIONS

KAKAMEGA COUNTY UNIVERSITY OF ELDORET STUDENTS ASSOCIATION SHINE AT INTERCAMPUS SPORTS TOURNAMENT HELD AT KIBABII UNIVERSITY.



Drafted by: Quinter Gladys.
KACUESA Chairperson.

In a vibrant display of talent, camaraderie, and cultural pride, the Kakamega County University of Eldoret Students Association (KACUESA), led by the dynamic Chairperson GLADYS MANGUYA, recently participated in an exhilarating sports tournament hosted by Kibabii University. The event not only showcased athletic prowess but also celebrated the rich cultural heritage of the Luhya Kakamega people, highlighted by the electrifying Isukuti dance that captivated all attendees.

The tournament, held at the picturesque Kibabii Universi-

ty grounds, brought together students from both institutions in a friendly yet competitive spirit. KACUESA made a remarkable impression, dominating the field with an impressive 2-0 victory over the Kibabii University Kakamega Students Association (KIBUKCSA). The players exhibited exceptional teamwork and skill, leaving spectators on the edge of their seats and igniting a wave of excitement among students from both universities who came together to celebrate the spirit of sportsmanship.

The event was not just about competition; it was a beautiful

fusion of sports and culture. The legendary Isukuti dance, known for its energetic rhythms and vibrant movements, was performed with enthusiasm, bringing everyone together in a shared experience of joy and unity. This cultural showcase served as a reminder of the rich traditions that bind Students of various community together.

We look forward to more opportunities for collaboration and friendly competition for institution in the future. Together, we can continue to foster a spirit of unity and excellence.



BARCOUSA

Leads Kabarnet Town Cleanup



On 26th October 2024, the Baringo County University Students Association (BARCOUSA), in collaboration with the University of Eldoret Environmental Club, organized a successful cleanup in Kabarnet Town, Baringo County.

Working under the slogan “Cleaner Streets, Brighter Days,” the team cleared waste and promoted environmental awareness, leaving the town cleaner and inspiring community action. This initiative showcased the students’ dedication to creating a greener, healthier environment.



Students Achievements

Linsey Zawadi

Beauty with a Purpose

At just 22 years old, Linsey Zawadi, a proud Kenyan from Embu, embodies resilience and a commitment to positive change. Growing up in a household where education was a privilege, she overcame financial hurdles with the unwavering support of her grandmother and community. Zawadi's journey has been one of determination and purpose, propelling her to represent Kenya as Miss Intercontinental Kenya and advocate for education—a cause close to her heart.

A Bachelor of Education Science degree graduate from the University of Eldoret, Zawadi envisions empowering young boys and girls through education, a tool she believes is vital for transforming lives. Her Swahili name, "Zawadi" meaning "gift"—reflects her dedication to being a beacon of hope and inspiration in her community.

Beyond her advocacy, Linsey is a talented dancer, singer, and an enthusiastic teacher of biology and chemistry. She also enjoys cooking, watching documentaries, and reading novels, pursuits that enrich her dynamic life.

As she heads to the Miss Intercontinental competition, Zawadi is eager to share her story, emphasizing that true beauty lies in making a difference and inspiring change. Her journey in pageantry transcends the runway, symbolizing the power of purpose and passion.



Honored as the Smiling Queen of the Track



Faith Kipyegon

““

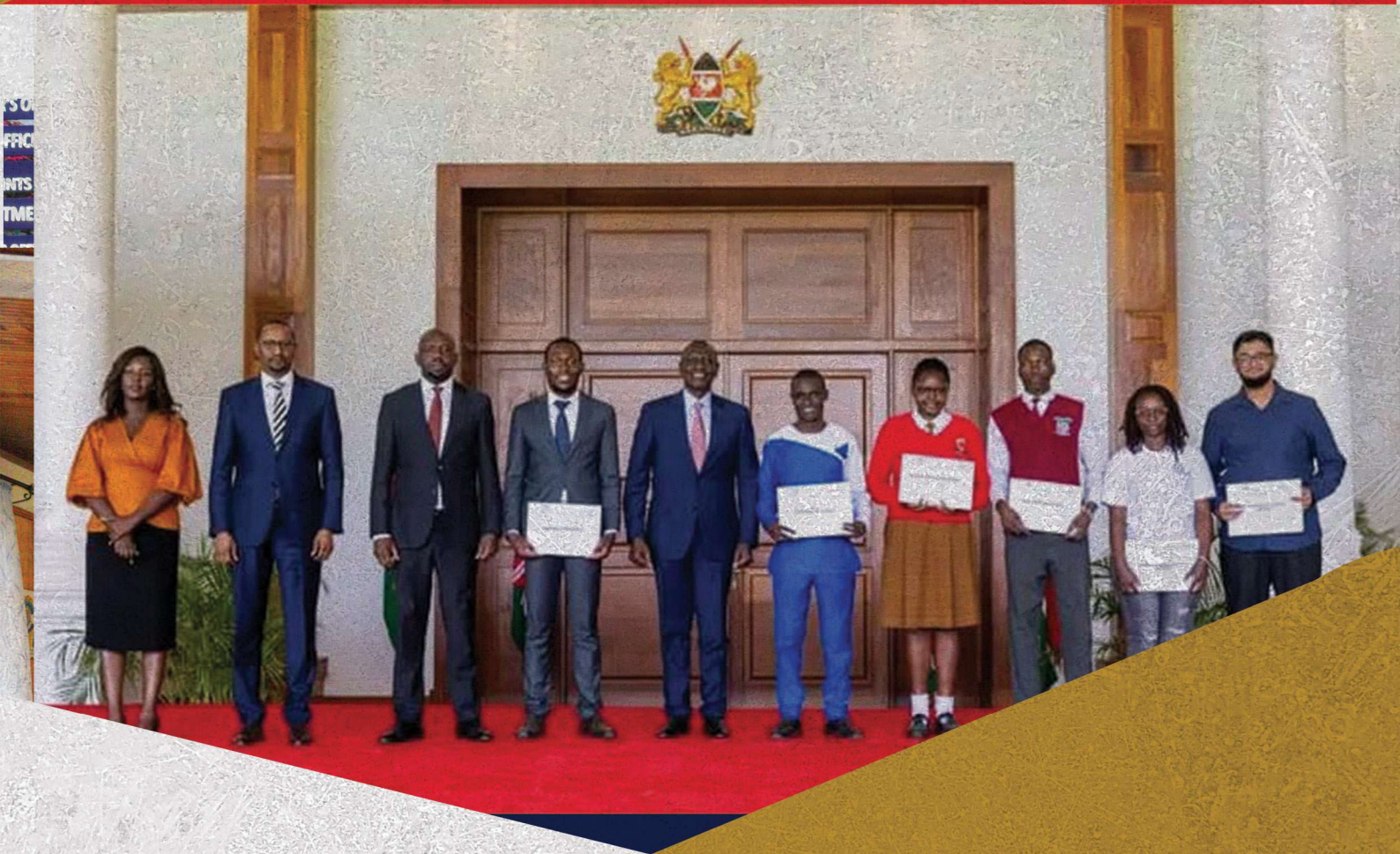
I am extremely honored and full of thanksgiving on being the first female recipient of an Honorary degree of the University of Eldoret.

The University of Eldoret proudly conferred its inaugural Honorary Degree to Dr. Faith Kipyegon, EGH, a world-renowned athlete celebrated for her unparalleled achievements on the track. Dr. Kipyegon received the Degree of Doctor of Education, Honoris Causa (Hon.D.Ed.), recognizing her dedication, discipline, and exceptional contributions to athletics.

This historic honor followed a public nomination process earlier this year, with the final selection made by a committee led by Prof. Vincent Sudoi. Dr. Kipyegon's record-breaking career, marked by consistent victories in the 1500-meter race, serves as an inspiring testament to resilience and hard work.

In her heartfelt acceptance speech, Dr. Kipyegon expressed her gratitude and humility, dedicating the honor to female athletes, mothers, and Kenyan women who strive to break barriers. She highlighted the importance of discipline and commitment in her journey, crediting her family, especially her husband Timothy Kitum, for their unwavering support, and dedicating the day to her daughter, Alyn, as her source of inspiration

PRESIDENT'S AWARD KENYA



President's Award is an exciting global self-development program available to all young people aged between 14 to 24 years. It equips them with positive life skills to make a difference to themselves and to the community. In Kenya it was launched in 1966 by the Founding Father of the nation, Mzee Jomo Kenyatta who became the club's first patron and later passed it to his successor. The current patron is H.E DR. William Samoei Ruto. Different institutions including University Of Eldoret actively participate in the award.

The awardees were: Lorraine Nelima, Charles Sambai, William Wanjohi, Marvinine Sikolia, Benson Mong'are, Wycliffe Okata, Elisha Francis. Completing the award was not all they achieved. They showcased positive virtues such as persistence, perseverance, charity, self-conscious and many others. Upon completion of the award, they have gained life skills that can help them acquire a place in this competitive world. Bravo to all UOE gold awardees.



EMPOWERING LEADERSHIP:

Vice Chancellor Leads Groundbreaking Engagement Session



University of Eldoret marks the successful conclusion of a transformative leadership training and engagement session, spearheaded by our esteemed Vice Chancellor, Prof. Thomas Kimeli. This initiative brought together the University Management Board to delve into critical discussions shaping the institution's future and enhancing its commitment to academic excellence and student welfare.

The comprehensive dialogue tackled several pivotal topics, including:

Revisiting Financial Accessibility: A review of supplementary fees to ensure fairness and inclusivity. **Upholding Student Rights:** Exploring the reinstatement of expelled students, fostering a culture of second chances and mutual understanding. **Encouraging Entrepreneurship:** Permitting students to operate businesses within the student center, nurturing

innovation and financial independence. **Expanding Academic Horizons:** Plans to introduce new academic programs such as sports science, aligning the curriculum with evolving industry demands. **Enhancing Student Welfare:** A holistic approach to improving the overall university experience for students. These discussions underscore the administration's unwavering commitment to creating a supportive and progressive environment where students thrive academically, socially, and professionally.

Prof. Kimeli expressed his gratitude to all participants, highlighting the collaborative spirit that fuels the university's journey toward excellence. "This engagement reaffirms our dedication to addressing the needs of our students and aligning our academic and co-curricular programs with global standards," he remarked.

ISO 9001:2015 QMS Awareness Seminar for Student Leaders

On Friday, 6th December 2024, the University of Eldoret's Directorate of Quality Assurance organized an enlightening ISO 9001:2015 Quality Management Systems (QMS) Awareness Seminar for student leaders at Kerio Hall.

The seminar commenced with remarks from key university officials, including the Vice-Chancellor, the Directorate of Quality Assurance, and the DVC (ASA). Under the theme of fostering leadership and quality, the sessions addressed crucial topics such as understanding ISO 9001 QMS, its benefits, milestones in implementation, and the role of students in quality assurance processes.

Highlights included discussions on lecturer evaluations, student exit surveys, internal quality self-assessments, and leadership practices. Other key sessions focused on the UoE Service Charter and the Endowment Fund Trust.

The seminar provided student leaders with vital insights into quality management, empowering them to contribute to the university's vision of maintaining ISO 9001:2015 certification and ensuring continuous improvement.



STUDENTS WRITE UPS

Embracing Imperfections

Adulthood is more than a solitary pursuit, it's a profound journey of self-discovery, growth, and connection. It challenges us to embrace our differences, celebrate shared struggles, and support one another as we navigate life's complexities. Each of us carries a unique tapestry woven from our experiences, cultures, and passions, which enriches the communities we build and the lives we touch.

Yet, this stage of life also exposes us to harsh realities. Many grapple with mental health struggles, loneliness, anxiety, depression, and feelings of inadequacy, that too often remain unspoken. The pressure to meet societal expectations or achieve personal milestones can

isolate us, especially when we suppress our emotions rather than express them. We were led to believe that adulthood would equip us with tools to handle life's challenges, but for many, reaching this stage only highlights how little we know.

The truth is, adulthood does not require perfection. Instead, it invites us to seek growth, foster connections, and accept our imperfections as part of the process. By engaging in honest conversations with peers, mentors, and loved ones, we begin to dismantle the isolation created by dysfunctional communication and silent struggles. Recognizing our challenges and taking proactive steps toward improvement is vital for personal

fulfillment.

In a world rich with diversity, the beauty of adulthood lies in the opportunities to explore new environments, meet unfamiliar people, and cultivate meaningful relationships. Our shared experiences build bridges of empathy and understanding, enabling us to grow both individually and collectively.

Let us honor the intricacies of our journeys, celebrating the strengths found in our vulnerabilities and the beauty in our imperfections. Life's complexities may challenge us, but they also provide an opportunity to create vibrant, supportive communities where growth is shared and no one walks alone.

By Darlene Kayeli

STUDENTS WRITE UPS

Welcome to Campus Life

It feels like just yesterday you arrived on campus, excited and full of energy. You took photos at the gate, the admission block, and proudly updated your status with campus memes. You dressed how you knew best, innocent and true to your background. But what changed? Maybe you realized it was time to adapt or fit in. It happens, and we can't judge those still holding on to those moments.

Remember how you and your roommates walked everywhere together? What separated you? Maybe you found out they weren't your type, or envy crept in when they caught the attention of your crush. Pressure builds, especially during those slow weeks when classes aren't serious, and there's nothing much to do. Some students lose themselves chasing fake friendships built on partying, stimulants, and skipping classes. That life feels sweet, like a remedy for stress, but its negative impacts outweigh the highs. Choose your friends and decisions wisely before you get trapped.

Campus introduces you to all kinds of people: the talented, politicians, academics, opportunity seekers, movie lovers, and the financially stable who always seem a step ahead. But remember, at graduation, everyone holds the same papers. Employers don't ask about your focus; they care about results.

Life here isn't easy, and once you lose focus, the blame falls on you. Academics, friends, and choices all matter. Right now, HELB or your parents' money keeps you comfortable, but what happens after campus? Will you return home better or burdened?

Don't be part of the wasted generation that lives for short-term highs while missing long-term growth. Campus is full of opportunities to learn, grow, and build a better version of yourself. Take advantage of this time, embrace challenges, and create a future you'll be proud of. The world is waiting, make your journey count

By. Fidelis Yvonne..

STUDENTS WRITE UPS

Mabadiliko Ya Tabianchi

Mabadiliko ya tabianchi ni changamoto kubwa inayoathiri hali ya hewa, kili-mo, na maisha kote duniani. Katika mkutano wa COP26 uliofanyika Glasgow mwaka 2021, viongozi walikubaliana kupunguza uzalishaji wa gesi chafu na kuongeza juhudi za kulinda mifumo ya ikolojia. Malengo muhimu yalikusishia kupunguza joto hadi nyuzi joto 1.5°C juu ya viwango vya kabla ya viwanda, kuchochea matumizi ya nishati mbadala, na kusaidia kifedha nchi zinazoathirika zaidi.

Athari za mabadiliko ya tabianchi zimeonekana Kenya kwa njia ya ukame, mvua zisizotabirika, na kuongezeka kwa joto. Shirika la UNEP linaonya kuwa, bila hatua madhubuti, uzalishaji wa chakula unaweza kushuka kwa asilimia 50 ifikapo mwaka 2050, jambo ambalo linaweza kuhatarisha usalama wa chakula nchini. Serikali ya Kenya imejitolea kupunguza uzalishaji wa gesi chafu kwa asilimia 32 ifikapo

2030, kupitia kupanua nishati mbadala na kupunguza utegemezi wa makaa ya mawe.

Wanafunzi wa vyuo vikuu wana jukumu muhimu katika kukabiliana na mabadiliko ya tabianchi kupitia utetezi, elimu, na utekelezaji wa miradi ya uhifadhi wa mazingira. Hapa kuna baadhi ya njia wanazoweza kuchangia:

1. Utafiti na Ubunifu: Kupitia utafiti wa nishati mbadala, kilimo endelevu, na usimamizi wa taka, wanafunzi wanaweza kutoa suluhisho bunifu.

2. Elimu na Kuamsha Uhamasishaji: Wanafunzi wanaweza kuendesha kampeni za kuelimisha jamii kuhusu hatua zinazoweza kuchukuliwa kupunguza athari za mabadiliko ya tabianchi.

3. Miradi ya Upandaji Miti: Wanafunzi wanaweza kushiriki katika miradi ya uhifadhi wa mazingira kwa kupanda miti na kushirikiana na mashirika yanayolenga kuimarisha

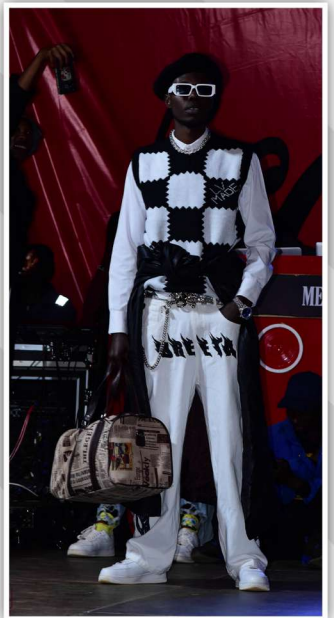
bioanuwai.

4. Mazoea Endelevu Katika Kampasi: Vyuo vikuu ni maeneo mazuri ya kuanzisha programu za kuchakata taka, kupunguza matumizi ya plastiki, na kuhamasisha matumizi ya nishati bora.

Makubaliano ya COP26 yanaonyesha umuhimu wa ushirikiano, na wanafunzi wa vyuo vikuu wana nafasi nzuri ya kuchangia kwa vitendo. Kupitia utafiti, kampeni za uhamasishaji, na sera za mazingira, wanafunzi wanaweza kushawishi mabadiliko ya tabia na kuendeleza mustakabali endelevu. Katika vita dhidi ya mabadiliko ya tabianchi, wanafunzi wanaweza kuwa wakala wa mabadiliko yanayohitajika ili kufanikisha mazingira salama kwa vizazi vijavyo.

JARIDA HILI LIMEANDIKWA NA KIMUTAI COLLINS. KITIVO CHA ELIMU IDARA YA LUGHA NA ISIMU CHUO KIKUU CHA ELDORET

Freshers Nights Gallery





STUDENTS WRITE UPS

soon OTHER - CENTREDNESS

With only less than two months remaining of this quarter, the end of 2024 will be marked. Various folks from different walks of life are reflecting on the year it's highs and lows and what not. Its normal, more or less. On the other side we are looking towards and important time of the year, Christmas and it's festivities.

Christmas. What makes it Christmas? Is it the coming together of friends and family? Is it the good food and catching up after long time of no see? Nice clothes? Parties, gifts and presents? Well everyone has their point of celebrating Christmas, it's allowed. Come to think of it, it narrowed down to the existence of our own lives and that of others. This helps us focus on the sense of community, for we can truly 'be' only when we experience the 'we' of our existence.

On this day God gave us a son who would later die so we can be relieved of our burdens. Christmas cannot just be a day, a week or a month. Christmas needs to become a habit that reflects God's un-

selfish giving and inform us of how to go about our daily lives, relating to each other in the community and dealing with a world that is often cruel and painful.

Christmas also calls for our acts of kindness. It has been established that in the various ways people show kindness to each other, oxytocin-otherwise known as the 'love hormone' is boosted because it's critical to forming social bonds and trusting other people. We need more than the occasional three to four minute oxytocin boost. We need to reprogram our inner core being to be able to test and approve God's good and perfect will.

God's love is infinite. It has wired our brains to think, behave and live as other-centred beings. Other-centredness rewards our bodies and minds, -contrary to self-centeredness. However, one act of kindness cannot carry us through a few days. This calls for acts of kindness to be repeated as we cannot live on the oxytocin boost that comes from a single act.

In order to realize the rewards of kindness, these acts need to be repeated as often as possible; not just during the Christmas season. Christmas season needs to be lived habitually through the entire year. We need to remember that thoughts work out actions. Repeated actions form habits and habits form character.

Our character ultimately determines our destiny, not because of what we bring to the table but because of how much we allow God to shape us to reflect the image he created us in. Looking beyond our own needs and engaging with the world that surrounds us in ways which blesses others. This cannot just be what defines us once a year in December. It needs to be carried through the entire year, better put as living Christmas daily. Merry Christmas and Happy New Year!

By Elsie Moraa



STUDENTS WRITE UPS

End Neocolonialism by Briton Mwendia

Neocolonialism it refers to the continuation of colonial exploitation through economic and political means. Governments, particularly those of former colonial powers, have a significant role to play in dismantling these systems. It demands a commitment to justice, equality, and genuine partnership. By taking concrete action in these areas, governments can contribute to building a more just and sustainable global future.

Fostering genuine partnerships development aid should move away from a donor-recipient model towards genuine partnerships based on mutual respect and shared goals. Local communities should be meaningfully involved in the design and implementation of development projects, ensuring that aid addresses their actual needs and priorities. Capacity building and technology transfer should be prioritized to empower developing nations to become self-sufficient.

Supporting local governance and democracy by interference in the internal affairs of developing nations should be avoided. Instead, governments should support democratic institutions, promote good governance, and empower local communities to make their own decisions about their future.

Investing in education and human capital through education as a powerful tool for development. Governments should support educational initiatives in developing countries, focusing on skills development, critical thinking, and

global citizenship. This will empower individuals and communities to participate fully in the global economy and advocate for their own rights. Addressing historical injustices through acknowledging and addressing the legacy of colonialism is essential. This includes returning cultural artifacts and resources, supporting initiatives that promote historical awareness and education, and engaging in open dialogue about the lasting impacts of colonial rule. Reparations, while a complex issue, should be considered as a means of addressing past injustices and promoting equitable development.

Strengthening international institutions by reforming international institutions like the World Bank and the International Monetary Fund to ensure greater representation and voice for developing nations is crucial. These institutions should prioritize sustainable development and poverty reduction, moving away from policies that perpetuate economic inequality.

Promoting transparency and accountability through Governments and corporations should be held accountable for their actions in developing countries. This includes promoting transparency in investment deals, cracking down on corruption, and ensuring that businesses operating abroad adhere to high ethical and environmental standards.

STUDENTS WRITE UPS

POEM *If Not Me Who Will*

In deep shadows where silence dwells,
A question stirs in whispered spells.
The weight of fate upon the brink,
A ponderous thought, a call to ink.

If not me, who shall take the stand,
To weave the threads with trembling hand?
In realms where apathy takes flight,
Shall I be the beacon, the flickering light?

When echoes fade in hollow halls,
And hope is but a ghost that calls.
Shall I rise through tempest's gale,
To advocate, to prevail?

The tapestry of dreams unfolds,
Woven tight with threads of gold.
If not my heart to weave the tale,
Who dares to navigate the frail?

In doubts and fears, amid the jeers,
I summon forth a fire anew,
To forge a path, to dare to do.

Let valor guide my trembling voice,
For every sigh of languid night,
Shall spark a flame, ignite the fight.

If not me, who will dare to strive,
To challenge fate and keep dreams alive?
To shutter chains that bind the will,
I stand resolved, "If not me, who will?"

In twilight's grasp, the shadows loom,
A question posed beneath the moon.

"If not me, who will?" the echoes cry,
A challenge ringing in the sky.

The world's mosaic, fragile vast,
Each fragment woven, tethered fast.
Yet trembling hands, hearts that wane,
Bemoan the burden, yield to pain.

But yes! A spark ignites the dark,
In solitude, I find a spark.
To rise, to rally, to confront the fray,
To seize the mantle and not dismay.

For those who languish in despair,
A tapestry of fear unfurls,
Awaiting hands to mend the swirl.

With hope as phoenix, breaking crown,
I'll rise to make the world turn round.
So with resolve, I shall ascend,
To sculpt my fate, and not descend.

In shadows cast by scornful gaze,
Your spirit, unyielding, shall contrive.
To rise amid the turmoil's haze,
Where fractured hearts yet learn to thrive.

Let not torment steal our hearts,
For resilience wears the crown of zest.

By Bonita Wanyama



Postgraduates TRIP TO MT. ELGON

STUDENTS WRITE UPS

The Power of Resilience in Overcoming Academic Challenges

Resilience is the ability to bounce back from adversity, and for students, it's a critical skill. Academic life is rife with challenges, from difficult exams to personal setbacks. One student's story stands out: Tuwei, a sophomore, faced a tough time balancing academics with his part-time job. Despite failing his first semester, he didn't give up. He sought help from mentors, reorganized his schedule, and gradually improved his grades. Tuwei's journey is a testament to the fact that persistence and a positive attitude can help students conquer even the toughest academic challenges.

By Kennedy Maitai

A Student's Guide to Eco-Friendly Practices

With climate change emerging as a critical issue, students play a vital role in fostering sustainability. Simple actions such as using reusable water bottles, minimizing paper waste, and engaging in recycling programs can create meaningful change. For instance, a biology student launched a campus-wide initiative to replace plastic cutlery with biodegradable alternatives. This effort not only reduced waste but also motivated peers to embrace eco-friendly practices. This example demonstrates that small actions can lead to significant environmental impact.

By Mercy Jebotib

Building a Stronger Campus Community

Campus life can be overwhelming, but peer support makes the journey easier. Friends and classmates provide motivation, accountability, and emotional support, turning challenges into shared victories.

Whether through study groups, clubs, or campus events, connecting with others fosters a sense of belonging and reduces stress. A quick chat, a shared laugh, or working together on a project can transform the college experience.

By Brighton Too

Lessons From Campus Life

Campus life is a melting pot of cultures, backgrounds, and perspectives. Interacting with people from diverse walks of life enriches students' experiences and broadens their worldviews. Ahmed, an international student, recalls how cultural exchange events at his university helped him feel at home and taught his peers about his heritage. Such interactions foster understanding, respect, and a sense of community, proving that diversity is not just about coexistence but also about collaboration and mutual growth.

By Lavigne Wasike

STUDENTS WRITE UPS

The Art of Balancing Academics and Extracurriculars

For many students, balancing academics with extracurricular activities can feel overwhelming. Yet, it's possible to find harmony with the right approach. Sarah, a student athlete, credits her success to effective time management. She uses planners to prioritize her tasks and sets aside specific hours for practice and study. Her advice to fellow students? "Don't overcommit and ensure you're passionate about what you choose to do." Sarah's story demonstrates that with discipline and focus, students can excel both academically and personally.

By Kenas Kiprotich

Mental Health Matters: Breaking the Stigma Among Students

Mental health is often overlooked in the hustle of student life, but it's as crucial as physical health. Many students struggle in silence, fearing judgment. Anna's story is inspiring: she overcame anxiety by seeking therapy and joining a campus mental health support group. Sharing her journey encouraged others to open up about their struggles. Anna's courage highlights the importance of breaking the stigma around mental health and fostering a supportive environment where students feel safe to seek help.

By Felix Kurgat

The Role of Technology in Shaping Education

Technology has revolutionized education, offering tools that enhance learning experiences. From online resources to interactive apps, students have access to vast knowledge at their fingertips. Mark, an engineering student, uses virtual simulation software to practice his skills, saying it has given him an edge in his coursework. However, he also emphasizes the need for balance, as excessive screen time can be counterproductive. Technology, when used wisely, is a powerful ally in the academic journey.

By Triza Jeruto

Leadership Beyond Titles: How Students Can Inspire Change

Leadership isn't about titles; it's about actions. Lucy, a quiet student, started a book drive to help underprivileged children access educational materials. What began as a small initiative grew into a university backed program, benefiting hundreds of children. Lucy's story shows that leadership stems from passion and the willingness to make a difference, regardless of one's position or popularity.

By Michael simba

STUDENTS WRITE UPS

Preparing for Life After Graduation

Graduation signifies the start of a new chapter, but it can also feel overwhelming. Building strong networks, gaining practical work experience, and honing soft skills are essential for a smoother transition. For example, one final-year student attributed securing a job before graduation to the valuable experience gained during an internship. This highlights the importance of attending career fairs, seeking mentorship, and staying proactive. The journey emphasizes that preparation is key to achieving success after graduation.

By Samwel Choge

Student Entrepreneurship

Entrepreneurship among students is steadily growing, with many leveraging their skills to address real-world challenges. For instance, a business student launched a handmade jewelry brand that not only generated profits but also supported local artisans. The journey was filled with challenges, but perseverance and creativity played a key role in overcoming them. This story serves as a source of inspiration, encouraging other students to transform their ideas into meaningful ventures and proving that age is no obstacle to entrepreneurial success.

By Joy Kendele

The Importance of Gratitude in Student Life

In the pursuit of big goals, students often overlook small victories, yet these moments are essential for maintaining motivation and well-being. Practicing gratitude helps shift focus from challenges to positives, fostering resilience and balance.

Jacob, a busy medical student, has embraced gratitude through a daily journal where he notes three positive moments. These could be as simple as a kind gesture from a classmate or enjoying a peaceful break. This habit, he says, helps him stay grounded and positive, even during stressful times.

Gratitude isn't about ignoring difficulties but appreciating the small joys that make the journey worthwhile. Acknowledging these wins finishing a tough task or enjoying a quiet moment can transform a stressful day into a fulfilling one.

Incorporating gratitude into daily life enhances mental health and brings a sense of purpose. As Jacob's story shows, small moments of thankfulness can create a powerful foundation for positivity, making the student journey richer and more

By Brighton Too

STUDENTS WRITE UPS

The Role of Sports in Building Campus Unity

Sports play a crucial role in fostering camaraderie among students. Through inter-faculty competitions, sports festivals, and regional tournaments, students not only showcase their talents but also build friendships and teamwork skills.

These activities provide a break from academic pressures and help maintain physical and mental well-being. Highlighting the significance of sports on campus underscores its value in creating a well-rounded university experience.

By Gedion Lenteyio

The Power of Peer Mentorship

Peer mentorship programs are transforming the student experience by offering guidance and support. Senior students are stepping up to mentor their juniors, helping them navigate academic challenges, adjust to campus life, and build confidence.

These programs create a sense of community and encourage knowledge sharing, benefiting both mentors and mentees. By fostering a culture of support, the university ensures that students can thrive academically and socially.

By Alphany Omweri

The Evolution of Campus Fashion Trends

Fashion on campus reflects creativity, individuality, and cultural identity. From traditional attire to modern streetwear, students express themselves in unique ways that influence style trends within and beyond the university. Exploring how events like cultural days and talent shows impact fashion choices offers insight into the dynamic relationship between student life and self-expression through clothing.

By Felix Machuka

Bridging the Digital Divide in Education

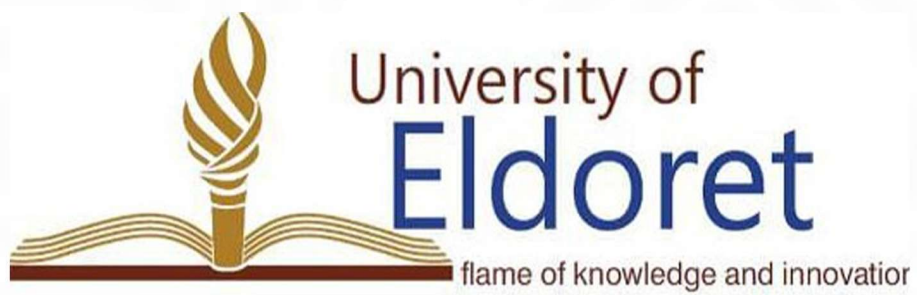
The digital divide remains a significant barrier to equitable education, especially in areas with limited access to technology and the internet. However, students are finding creative ways to address this issue. Initiatives such as sharing digital resources, organizing computer literacy workshops, and advocating for better internet access are helping bridge the gap.

These efforts are transforming learning experiences by ensuring students, both on and off-campus, have the tools they need to succeed. By increasing access to technology and developing digital skills, these initiatives are empowering students to thrive academically and prepare for the future.

By Amos Omondi

Students Clean up Event





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