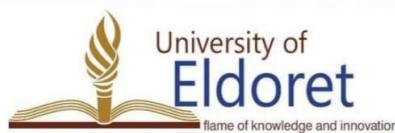


The FLAME Magazine

2nd Edition 2025

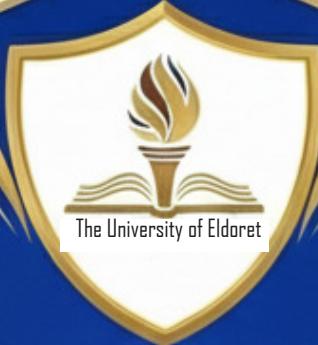


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UNIVERSITY OF ELDORET

Identity Page



Motto

Flame of Knowledge and Innovation

Vision

A premier University Nurturing Global Leaders and Innovators for Sustainability

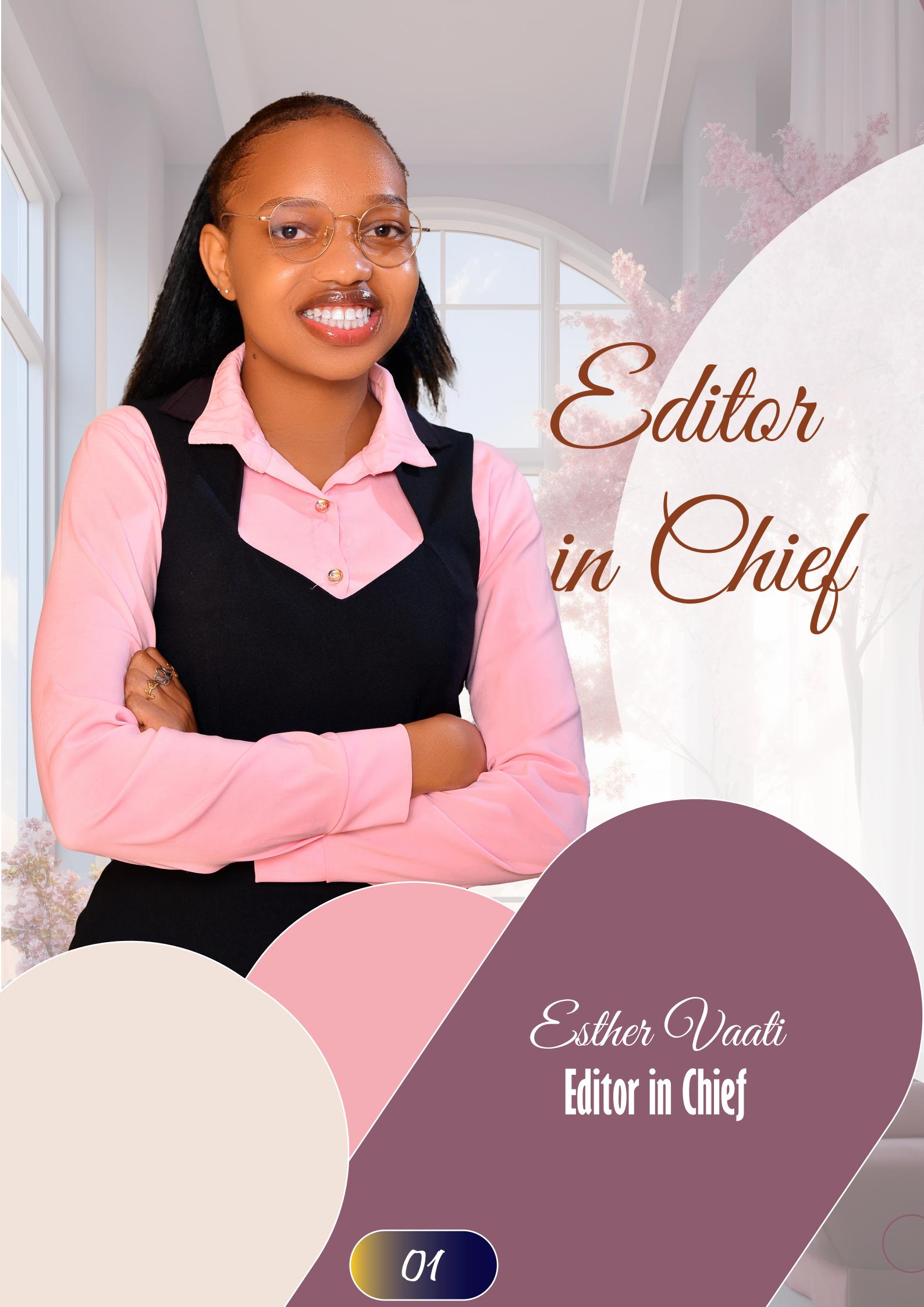
Mission

To provide Quality Education, Training, Research and Entrepreneurship in Science, Agriculture, Engineering, Technology and Art to meet the needs and aspirations of a dynamic society

Core Values

Customer Centric, Innovativeness, Integrity, Equity, Excellence

THE FLAME OF KNOWLEDGE



*Editor
in Chief*

*Esther Vaati
Editor in Chief*

EDITOR'S PAGE

It is my honour to present to you the 2nd Edition of The Flame, 2025. This edition represents far more than pages bound together. It is a reflection of our voice, our growth, and our shared hope as students of the University of Eldoret.

The work you will find in these pages is the result of true collaboration. I am privileged to serve alongside the 12th Student Council, a team freshly elected yet ready. Their energy has shaped this magazine in remarkable ways, from concept to final polish.

To every contributor, photographer, writer, designer, and supporter, thank you. Together we have crafted a publication that celebrates who we are and what we aspire to become.

As you read through this edition, may you feel the passion and ignite greater dreams across our campus.

Esther Vaati

Editor-in-Chief, The Flame Magazine
University of Eldoret (2025)

THE 12TH STUDENT COUNCIL



Collins Kimutai
CHAIR



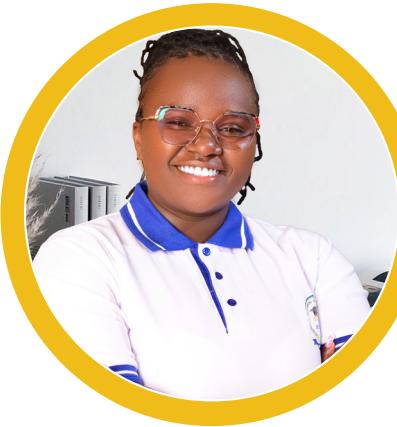
Esther Vaati
EDITOR IN CHIEF



Grace Achieng
VICE CHAIR



Felix Ochieng
SECRETARY GENERAL



Celestine Mutunga
TREASURER



Okademi Nancy
**POSTGRADUATES &
INTERNATIONAL
STUDENTS**
Special member



Bolvin Ratemo
CHIEF TECHNICIAN



Baraka Kipkemei
**PERSON WITH
DISABILITIES**
Special member



Faith Cherotich
**SPORTS &
ENTERTAINMENT**
Special member

CULTIVATING CHARACTER

Beyond the Classroom

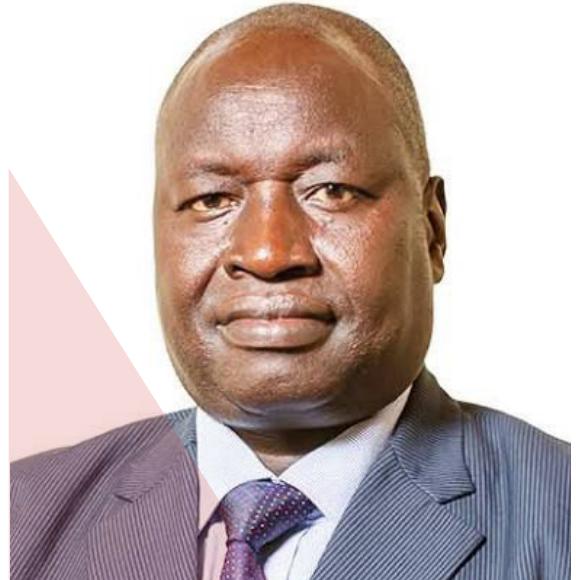
To our new students, welcome to the University of Eldoret—a dynamic institution where growth extends far beyond academic transcripts. Our mission is to cultivate daily habits that shape character and professionalism, setting the foundation for a fulfilling university journey and a successful life.

We are rich with opportunities: from our well-stocked library and essential counseling services to our vibrant clubs and innovation hubs. We urge every student to maximize these resources to nurture both personal and academic growth.

A successful university career is built on active engagement, respect

for the diversity around you, and building meaningful connections with staff and fellow students. We encourage you to be innovative, safeguard your mental health and security, use technology responsibly, and practice financial discipline.

The University of Eldoret is dedicated to being a national leader in higher education and innovation. Join us in upholding the spirit of continuity and collaboration that defines this institution. We are not just educating thinkers; we are forging transformative agents of change.



Prof Thomas Cheruiyot
Vice Chancellor,
University of Eldoret



Welcome 1st years Students

“

I further encourage first years to stay innovative, take part in campus activities, safeguard their mental health and personal security and use technology responsibly while practicing financial discipline.

*Prof Thomas Cheruiyot
Vice Chancellor,*



CROWNED BEST INNOVATORS AT CITY SUMMIT



Our University demonstrated a deep understanding of Kenya's pressing challenges and the potential of young people to solve them.

From Department of Technology Education, Dr. Douglas Odhiambo exhibiting with a student Godfrey Mwangi, presented a micro-controller-based irrigation system and a smart window prototype aimed at enhancing energy efficiency in housing. Dr. Mutati Muasya and Miss Betty Gakii from the Department of Biotechnology, unveiled a tissue-cultured potato variety designed to improve agricultural productivity and fortify food security.

The University of Eldoret proudly emerged as the Best Innovation Institution during the Eldoret City Innovation Week held from June 5th to 7th, 2025. This prestigious recognition marked a defining moment for the institution, not only within the North Rift but also nationally and internationally.

Organized under the theme "Building a Sustainable, Technologically Advanced and Inclusive Urban Ecosystem," the Innovation Week brought together key stakeholders from academia, government, industry, and civil society. UoE's presence at the event was both formidable and inspiring.

These innovations were developed by students from diverse academic disciplines ranging from Mathematics, Computer Science, Forestry, Environmental Biology, Applied Economics, and Special Needs Education. Their work not only reflected academic rigor



STUDENTS SHINE AT NATIONAL TECH SUMMIT

Software & AI Summit



The discussions also focused on how universities can align with industry needs, practical, market-relevant skills

University of Eldoret joined the Kenya Software & AI Summit at Moi University Annex, where our students showcased their skills in cyber ranges, cyber drills, Kahoot, coding, and more! They demonstrated that UoE is not just an academic powerhouse but also a hub of innovation, ready to keep pace with global digital trends.

The summit strengthened collaboration between academia, government, and industry. UoE teams, including Dynamic Innovators and Companrique Enterprises, showcased transformative solutions. The Dynamic Innovators' bird-scarer system reached the final round as the only undergraduate-led project.

Innovators of the Age



The Dynamic Innovators and Companrique Enterprises—two teams representing the University of Eldoret—They unveiled their innovative ideas at the distinguished HULT Prize competition hosted at Strathmore University.



Dynamic innovators captured the spotlight by advancing to the final round—distinguished as the sole undergraduate-led team to accomplish this impressive milestone! Their innovative bird-scarer system, engineered to aid farmers in safeguarding their crops from avian pests, is now under consideration for further incubation following post-competition discussions. Companrique Enterprises also made a

notable impression, showcasing eco-friendly briquettes derived from farm waste—offering a cleaner, more sustainable substitute for conventional charcoal dust.

Although they did not secure the title of overall champions, both teams demonstrated the remarkable potential of youth-led innovations in addressing pressing global challenges.

MICROORGANISMS

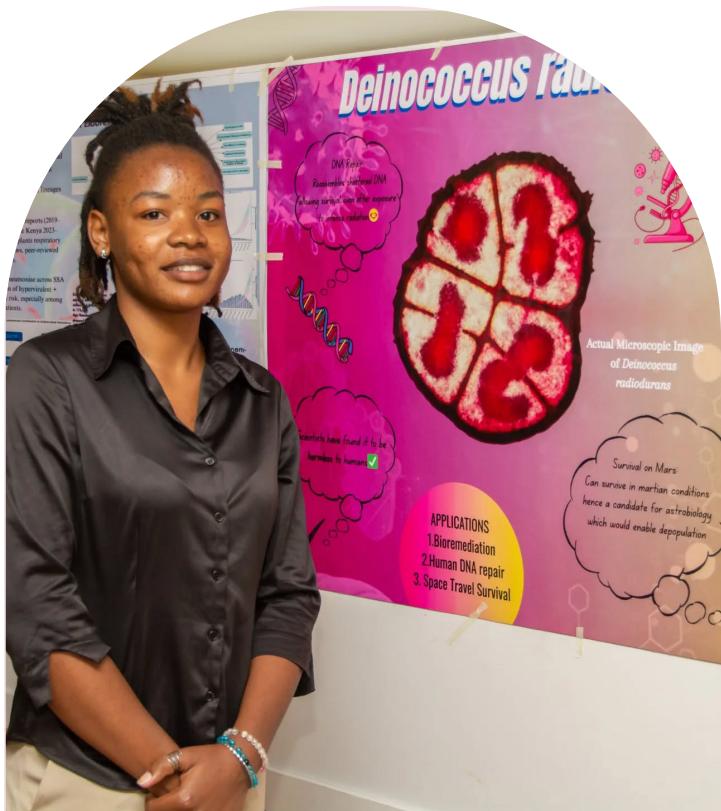
Nature's Invincible Superstars!

We share the planet and even our bodies with a hidden kingdom of organisms so small they are invisible to the naked eye. These are microorganisms (or microbes) the bacteria, fungi, archaea and protist that truly run the world.

While we always associate them with sickness, the truth is that vast majority of microbes are either harmless or absolutely essential for our existence.

Did you know microbes are the oldest and toughest life on earth?

They thrive in volcanic vents, inside rocks, highly acidic and salty environment.



University of Eldoret marked Internal Microorganism day in school, recognising the tiny champions that keep our world thriving

ACADEMIC OPEN WEEK



The university of Eldoret held its Academic Open Week providing a structured period when students, lecturers and parents came together for academic consultation and mentorship, particularly as the 2024/2025 results were being released.

The event aimed to give students the opportunity to clear academic backlogs, resolve administrative or academic issues and prepare for the upcoming academic year.

Many parents were encouraged to join, especially for students who had concerns or needed clarifications on results or performance, allowing for transparent communication between student, staff and families.

OPEN WEEK WAS
Vibrant
Interactive
Supportive
Mentorship focused
Guidance focused

THE GREAT DEBATORS



As a champion of Holistic Education and Innovation, University of Eldoret is also committed to supporting sports and nurturing talents. In collaboration with the National Olympic Committee-Kenya (NOC-K) ,the University was honored to successfully host the 1st Rift Valley Olympic Values High School Debate Championship.

We extend our warmest congratulations to the top performing schools- Testimony Schools Eldoret and AIC Chebisaas High school for the outstanding performance in the debate and wish them all the best as they proceed to the National level.

CONTINUITY IN LEADERSHIP



Dr. Emily Too.
Incoming Director
UoE Town Campus



Prof. Linnet Gohole
Outgoing Director
UoE Town Campus



TRANSITION AT TOWN CAMPUS

University of Eldoret held a vibrant handover ceremony at its Town Campus, marking a smooth transition in leadership as Prof. Linnet Gohole officially handed over the directorship to Dr. Emily Too.

In her remarks, Prof. Gohole expressed heartfelt gratitude to the staff for their unwavering support during her four years of service. She acknowledged their dedication and teamwork, which contributed to the growth and stability of the campus and encouraged them to extend even greater support to the incoming director, say-

ing, “Support Dr. Too twice as much as you supported me, for the continued success of this campus.”

Dr. Emily Too, in her address, laid out key areas of focus for her tenure. She emphasized the need for a proper organizational structure, adherence to strong work ethics and the importance of treating customers and stakeholders with respect and efficiency. She also called for unity and teamwork among staff, noting that collective effort will be crucial in achieving the campus’s objectives.

THE RED CROSS

At University of Eldoret



The Kenya Red Cross Society – University of Eldoret Chapter underwent Basic First Aid training session aimed at equipping members with essential life-saving skills to manage emergencies such as bleeding, fractures, burns, choking, and fainting, hence have confidence in saving lives through timely intervention, Prevent further injury by stabilizing the patient, Promote recovery through proper immediate care and Seek medical help appropriately.

The training will strengthen our capacity to provide timely assistance during university events and outreach programs, including and not limited to Sports, Cultural Day activities, Graduation ceremonies, students adventurous Journey and many more.



FOCUS ON ENGINEERING FOR SUSTAINABLE DEVELOPMENT

University of Eldoret was delighted to host Professors Jonathan Tipping and Mark Meerding Hanze of University of Applied Sciences for a one-week academic engagement and collaboration. Throughout the week, the visiting professors worked closely with students from the School of Engineering, delivering training on sustainable built environments. A key highlight was a hands-on project where students participated in constructing a bamboo bridge, an exercise in practical, eco-friendly engineering.

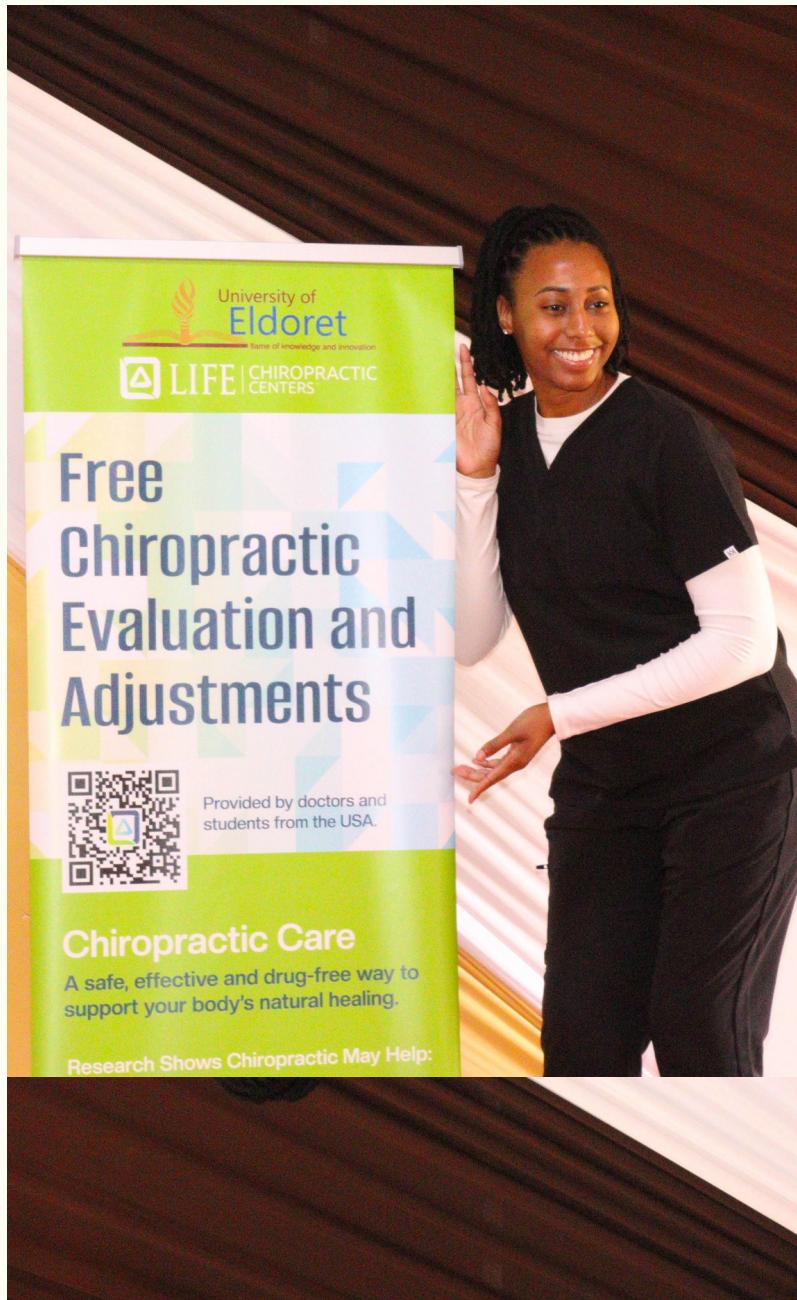
Professor Mark also led an insightful session on fluid dynamics, guiding students through concepts such as friction losses in pipes and illustrating pump curves during a practical lab demonstration.

The visit, coordinated under the School of Engineering, was overseen by the Dean of the School, Eng. Kiptum, who ensured the smooth execution of the week-long engagement.



LAUNCH & OUTREACH

Chiropractic Mission in North Rift Region



Life University (USA), in collaboration with University of Eldoret, conducted a vibrant chiropractic mission and outreach across Uasin Gishu, Nandi and Elgeyo Marakwet counties.

The outreach mission was officially launched at University of Eldoret on 23rd June 2025 and has since seen impactful engagements aimed at enhancing health and wellness through free chiropractic care.

The two institutions signed a memorandum of understanding in 2021 to facilitate academic cooperation, faculty and student exchange and joint curriculum development.

Through this, our university will offer Bachelor of science in sports health science incorporating modules of chiropractic care





Plant two, not one...

University of Eldoret today participated in a reforestation exercise at Kessup Forest (Compartment 3Z) in partnership with the Kenya Forest Service (KFS).

monitoring of the newly planted trees to guarantee their survival and maturity. During the exercise, the first phase of planting over 16,000 tree seedlings,

primarily of the *Pinus patula* species, which matures in approximately 30 years, was conducted by Environmental Science students, the TagDev 2.0 team, KFS officers and members of the local community. sustainable development, and community engagement in a greener Kenya



Project Green Legacy

2 Trees
2 Term



“

Trees teach patience and faith just like education. The day was muddy and tiring but fulfilling. Education is not only in lecture rooms. Sometimes it is in the soil.

HARON MAINA



WOMEN OF INSPIRATION

MS. University of Eldoret

Prudence Nasimiyu

Amidst a fiercely contested field of talent, Prudence Nasimiyu rose above to claim the prestigious title of Ms. University of Eldoret 2025/2026.

This was not a simple victory; it was a hard-won triumph in a competition that demanded not just beauty, but intellectual depth, powerful presence, and genuine charisma. Prudence distinguished herself through her articulate responses, her palpable confidence, and a clear vision for change.



UNIVERSITY ICON

MR. UNIVERSITY of ELDORET



Eliud Juma, 22, grew up in Kisumu along the shores of Lake Victoria. He is a passionate model, a strong advocate for young talent, an award-winning graphic designer, and a trained Project Manager in Building and Construction.

He currently holds the title Mr. University of Eldoret and recently achieved the national crown of Mr. Congeniality Universities Kenya 2025/2026. His win

brought notable recognition to the University, proving that commitment, humility, and creativity from the Rift Valley can shine nationally.

Known for his calm confidence and sharp creative vision, Eliud uses his platforms to mentor young models, design visual work that celebrates African identity, and professionally manage construction projects.

“
Charisma
Culture
&
Success



Curves That Count

Confident, bold, and unapologetically ambitious, Faith Atieno Ogot rises from the vibrant lands of Kasipul in Homa Bay County, a place celebrated for its resilience, rich culture, and inspiring spirit. From these roots, she has drawn strength, character, and an unshakable belief that dreams are not limited by origin, but fueled by courage, determination, and vision.

At 23, she is a devoted Special Needs Education student at the University of Eldoret, specializing in English and Literature. Her academic journey is not merely about acquiring knowledge, it is about empowering others.

Beyond the classroom, she has embraced multiple platforms to amplify her voice and influence. As an upcoming content creator, curvy brand ambassador, and influencer, she campaigns for body positivity, self-confidence, and authenticity.

Her journey reached a monumental milestone when she was crowned Miss Curvy Universities Kenya.



The Karate Club



Our goal is to share with fellow students and the wider university community the benefits, values, and importance of joining karate — including ;

- discipline,
- self-defense,
- fitness,
- confidence building, and
- mental focus.

We believe that highlighting our activities and achievements will inspire more students to take part in this empowering sport and contribute positively to the university's vibrant co-curricular life.



14TH GRADUATION CEREMONY



The University of Eldoret successfully held its 14th Graduation ceremony on 20th November 2025, marking a significant milestone for students who qualified during the academic year.

The formal event took place at the main Campus Sport Pavillion Grounds, where candidates were conferred with various degrees and awarded diplomas. The ceremony acknowledged the academic achievements of a large cohort of graduands who have completed their studies across the different schools and departments.

In an effort to accomodate all stakeholders the university facilitated a physical ceremony while simultaneously providing live stream on its official social media channels, ensuring that family, friends and well-wishers who could not attend in person participate in Joyous occasion.

The graduation day followed a comprehensive schedule, including a mandatory rehearsal to ensure smooth running during the main event.

Graduands were required to fulfill all academic and financial clearance requirements including payment of graduation and alumni fees. The 14th Graduation can be described as a successful event.



STUDENTS WRITE UPS

Balancing Faith And University Pressure

University life is often described as a place of discovery and freedom. Yet behind the laughter, events, and assignments, many students silently wrestle with the pressure to fit in, to succeed, and to stay true to their values. For a believer, the challenge becomes even greater — walking by faith while navigating a world that moves at the speed of trends and expectations.

When I joined the University of Eldoret, I carried a deep desire to grow both academically and spiritually. I quickly realized, however, that faith on campus is not a walk in the park.

There are moments when you feel alone in your convictions, times when lectures clash with fellowship, and days when prayer seems harder than preparation for exams.

But I've learned that faith is not about perfection — it's about persistence. It's about choosing light even when darkness seems easier. Each day offers an opportunity to live differently, to be kind when others compete, to forgive when others gossip, and to believe when things seem impossible. Faith is what gives university life its

real meaning. It reminds us that education without purpose is emptiness. It gives strength to rise after failure and courage to stand for what's right when the crowd turns away. Most importantly, it keeps us anchored when storms of confusion and doubt rage around us.

To my fellow students, remember:- God placed you here for a reason. Your books are important, but so is your heart. Study hard, dream big, and walk closely with Him. Let your light shine not just in grades, but in character.

Campus will test your faith — but if you remain grounded in the Word, you'll not only survive; you'll shine.

By Isaac Maina Mathenge

STUDENTS WRITE UPS

Light Beyond the Lecture Halls

Dedicated to those who are trying—silently, consistently, and with courage. There are moments in university life when the journey feels heavier than expected. At the University of Eldoret, many students silently carry academic pressure, personal worries, and financial struggles while still trying to show up for classes each day. Yet, choosing to keep going even when life feels uncertain is not weakness—it is quiet courage. And you deserve respect for choosing not to give up.

Life on campus is more than books and lectures; it is a daily lesson in resilience. Walking across the fields of the University of Eldoret, you meet students who smile on the outside but are battling unseen storms. Some come from humble backgrounds and carry the hope of entire families. Some are fighting emotional battles. Others balance studies with part-time work just to survive. If you sometimes feel overwhelmed, you are not alone—many are walking the same road beside you.

But even within the struggle, light appears in small but powerful ways. Maybe it is a roommate who shares food when you are broke. Maybe it is a lecturer who believes in you when you start doubting yourself. Maybe it is a quiet prayer whispered at night when no one is watching. At the University of Eldoret, hope is not just a feeling—it is a choice. And as long as you keep choosing hope, you are still in the race.

Growth is not loud; it happens slowly—assignment after assignment, exam after exam, semester after semester. Through each challenge, you are building discipline, not just knowledge. Education is not only about passing units; it is about becoming stronger, wiser, and more resilient. The struggle you feel today is preparing you for the person you are becoming tomorrow.

Your story is still unfolding. You may not have everything figured out, but every step you take brings you closer to your dream. Keep believing in yourself—because nothing is impossible for a willing heart. And as long as you remain focused, disciplined, and prayerful, your journey at the University of Eldoret will not end in disappointment. The future still needs you—so rise, push forward, and keep your light alive.

BY CHARLES MWANGI

KWA NINI IDADI KUBWA YA WANAFUNZI KUKOSA KUFUZU CHUONI?

Wamesema wa kusema kwamba elimu ni ufun-guo wa maisha. Naamu ama kweli kunya anye kuku, akinya bata kahahirisha ni ukweli mtu-pu usiopingika kwamba kuitia elimu jamii huweza kuzawazishwa kimaendeleo. Chuo kikuu ndicho upeo wa masomo katika mataifa mengi Kenya ikiwemo. Masomo ya chuoni ndio msingi wa kuthathimini haswa mtu ame-pitia mchakato mzima wa maisha ya masomo ya chuoni na kupata vyeti na stakabadhi za kumwezesha kuhitimu. Japo jambo hilo ni wazi hivyo imebainika kwamba idadi kubwa ya wanafunzi wanaojiunga na vyuo vikuu humu-nchini hawakamilishi masomo yao na wengi pia hawafuzu.

Meza ya wahariri wa chama cha Kiswahili inataka kubaini mambo kadhaa ili kutafuta sua-la ambalo limekuwa Donda dugu katika elimu ya Kenya. Ni nini kinacho sababisha wanafunzi kuto-kamilisha masomo yao licha ya wazazi kujisatiti na kujifunga nira walipia karo? Je wako wapi wanafunzi waliojiunga katika vyuo mwaka wa kwanza kisha mwakawa nne kamwe hawapatikani? Na je ni lipi suluhisho aula ambalo litahakikisha kwamba idadi ya wanafunzi wanaojiunga katika vyuo vikuu wanakamilishi masomo yao na kufuzu mbali na sababu zizizoepukana kama kifo.

Meza ya wahariri imebaini takwimu za kutisha kuhusu mustakabali wa masomo katika vyuo vikuu. Kwa mfano katika chuo kikuu cha El-doret bewa kuu idadi ya wanafunzi wanaokosa kukamilisha masomo ni ya kutia wasiwasi mno. kwa mfano mwaka wa 2021-2022 wanafunzi waliojiunga kusomea ualimu wa historia ilikuwa takribani mia mbili hivi leo tunapozungumza katika mwaka wa nne 2024-2025 idadi ya wanafunzi katika kozi hiyo ni takribani wanafunzi mia moja hamsini .wanafunzi Hamsini walienda wapi? Ikumbukwe kuwa mionganoni mwa hao wanafunzi 150 kunao amba waliojiunga katika mwaka wa pili au wa tatu. katika somo la Kiswahili hali ni sawia maana mwaka wa 2021-2022 darasa lilikuwa na karibu wa-

nafunzi 250. Hivi leo wapo takribani 190. Hii ni baadhi ya mifano ambayo inaonyesha wazi kwamba masomo katika vyuo vyetu yapo katika hatari kubwa.

Katika kiwango kikubwa yasemakana kwamba kitivo cha elimu mwaka wa 2021 -2022 kiliweza kusajili idadi kubwa ya wanafunzi ila huenda idadi hiyo isiwe ndiyo inakamilisha ifikapo mwaka wanne 2024-2025. Swali ni je waliendapi hao wanafunzi wengine? Huo ni mfano wa chuo hiki vipi kuhusu vyuo vingine Kenya nzima? Hali huenda ikawa mbaya zaidi kufuatia hali hii ndipo meza ya wahariri chama cha Kiswahili na jopo nzima la U.O.E media inataka uchunguzi wa kina kufanyika kubaini vyanzo mahususi ambavyo husababisha wanafunzi kuto-kamilisha masomo yao ama imekuwa mkata aende mkele na angeenda mkele akipakia jahazi mchele tele hurudi na upele!

Vyuo vikuu vieke mikakati ya kuhakikisha kwamba masomo yanayowasilishwa kwa wanafunzi ni ya hali ya juu na kwamba kila mwanafunzi apewe mazingira mema ya kusomea. Tafiti ifanyike kwa kina kuvitoa vizingiti ambavyo hulemaza juhudzi za wanafunzi kuyakamilisha masomo Yao.

Meza ya wahariri inapendekeza hili kutendeka haraka tena zaidi sana. Katika kuhitimisha, tun-awahongera mahafali wote wanafunzi siku ya leo kwa kukamilisha mwendo wao wa masomo. wao ni dhibitisho kwamba yawezekana idadi ya wanafunzi wanafuzu iwe asilimia 100% bali si asilimia 75% kama ilivyo sasa. Ni matumaini yetu kwamba tiba itapatikana ili kuokoa mustakabali wa elimu wa vyuo na mustakabali wa taifa kwa jumla.

Kama mhariri mkuu kalamu naitoa mkononi na kuiongeza wino na kuiweka kando ya meza ya uhariri ili kufanya yale tupendayo Inshallah! shukrani za dhati zimwendee Mola na mlezi wetu Dkt Angie Sagwe.

NYANGARESI CLIFF OSUMO

Shaping My Career

Bachelor in Tourism

Pursuing a Bachelor of Tourism Management at the University of Eldoret has been one of the most transformative experiences of my academic journey. The course has opened my mind to the vast potential within the industry.



Through modules such as tourism planning, hospitality management, sustainable tourism, and marketing, I have gained a deeper understanding of how the tourism sector contributes to national development and cultural preservation. Field trips, case studies, and interactions with industry professionals have further bridged the gap between classroom learning and real-world application. These experiences have sharpened my communication, customer service, and leadership abilities essential qualities in managing and promoting tourism destinations effectively.

Moreover, the program has instilled in me a strong sense of responsibility towards sustainable and ethical tourism. I have learned that true success in this industry goes beyond profit; it involves creating meaningful experiences for visitors while conserving our environment and respecting local communities.



As I continue with my studies, I am confident that the Bachelor of Tourism Management is not just shaping my academic growth but also molding me into a professional capable of driving positive change in the tourism sector locally and globally.

by:

JOHN LUBANGA



Boy Child Empowerment



In Kenya, discussions on gender equality and empowerment have often centred on the girl child, with significant efforts directed toward addressing issues like early marriage, female genital mutilation, and access to education for girls. While these initiatives are vital, they have inadvertently left the boy child overlooked, creating a gap in holistic societal development. The boy child in Kenya faces unique challenges that, if unaddressed, risk perpetuating cycles of poverty, crime, and gender imbalances.

Education, a critical pillar for empowerment, is another area where boys are increasingly disadvantaged. While girls have benefited from targeted interventions like scholarships and sanitary pad programs, boys from marginalized communities often drop out of school due to financial constraints, peer pressure, or the need to work to support their families.

The neglect of the boy child has far-reaching implications for Kenyan society. Firstly, uneducated and disenfranchised boys are more likely to engage in criminal activities, perpetuating insecurity and undermining community safety. The rise in gang-related violence in cities like Nairobi and Mombasa is a stark reminder of what happens when young boys lack opportunities and guidance.

Secondly, the marginalization of boys creates gender imbalances that hinder equitable development. As girls gain access to education and economic opportunities, the gap between empowered women and disempowered men widens, potentially leading to strained gender relations, increased domestic violence, and societal instability. A balanced approach to gender empowerment ensures that both boys and girls thrive, fostering healthier relationships and stronger communities.

Finally, neglecting the boy child risks perpetuating cycles of poverty. Boys who drop out of school or engage in risky behaviours are less likely to secure stable employment, limiting their ability to support themselves or their families. This economic stagnation affects not only the individual but also the nation's overall development.

By Briton Mwendia

STUDENTS WRITE UPS

The Journey Within University

The Journey Within University University is more than a place of learning—it's a journey within. Between lectures, deadlines, and endless cups of coffee, something deeper begins to unfold. You start discovering who you really are, not just through grades or achievements, but through the quiet moments: walking alone across campus, facing a challenge you thought you couldn't handle, or finding strength in failure.

It's a time of transformation. You meet people who challenge your thinking, inspire you, or become lifelong friends. You make choices that shape your values and direction. Some days feel overwhelming, but each one teaches you something new — about resilience, balance, and growth.

In this space between youth and adulthood, university becomes a mirror. You don't just gain knowledge; you gain perspective. And in the process, you begin to write a story that only you can tell — one of becoming, evolving, and finding your place in the world.

NEHEMIAH KIPKOSGEI

The Weight of HELB Finding Peace in the Queue

Every August campus carries the same silent tension as students wait for HELB visits. We pretend to study, but really everyone keeps refreshing their application status.

When the board finally announced they would be stationed at Town Campus the mix of dread and relief was instant because the queues were legendary.

I stood in that line for five hours listening to strangers share frustrations. Missing documents, unhelpful chiefs, and families counting on them. By the time I reached the front the officer looked exhausted but still guided me patiently.

Leaving with my application validated felt like a weight had lifted. That long queue reminded me that behind the bureaucracy are people trying, hoping, and holding on. We all want the same thing access to education and a better life.

VERSHA AKOTH

STUDENTS WRITE UPS

The Silent Strength of Self-Discipline

The Silent Strength of Self-Discipline
Self-discipline is a quiet but powerful force behind success. It's the ability to stay focused, make smart choices, and keep going even when it's hard. In university life, where distractions are everywhere, self-discipline helps students manage time, meet deadlines, and stay on track with goals.

Unlike motivation, which comes and goes, self-discipline builds strong habits. It doesn't shout for attention, but its results speak loudly in good grades, personal growth, and long-term success. In the end, self-discipline is the quiet strength that turns dreams into reality.

FAITH NEKESA

Impact of Social Media on Students

Mental health is just as important as physical health, especially in school. Students face pressure from exams, social life, and personal challenges. If mental health is ignored, it can affect learning, relationships, and overall well-being. Schools that support mental health create a safer, more productive environment.

When students feel emotionally supported, they perform better and build stronger connections. Talking openly about mental health reduces stigma and encourages those who need help to speak up. Healthy minds lead to better futures.

VALENTINE KIVERENGE

Inspired by the Track Why Faith Kipyegon Matters

Whenever Faith Kipyegon wins the celebration at UoE feels personal. Her story is woven into the spirit of this region. Here excellence is not abstract. It is jogging past you in the morning.

When the university congratulated her in October it struck me how much her discipline mirrors our own struggles.

Her victories show what consistency can achieve. For students buried in research and assignments she becomes a challenge. If she can push her limits on a global stage, what excuse do we have for giving up. Her journey is a reminder that greatness begins with small steady steps.

MONICA MAWIA

STUDENTS WRITE UPS

The Silence After the Roar Reflections on the WFP Partnership

When news of the World Food Programme partnership broke in June the campus buzzed with new hope. For Agriculture and Science students it felt like a lifeline, not another agreement. We are told our degrees open doors, but sometimes those doors seem far away.

The mention of internship opportunities created quiet urgency. I spent days polishing my CV and reading about WFP. Competition is intense but beneath the pressure is purpose. This partnership tells us our years in the lab and field matter. It assures us that our knowledge can feed communities. For once the future felt reachable.

JACOB ODERO

Finding Your Tribe The Clubs Expo.

The first weeks of the semester can feel lonely. But everything changes during the Clubs and Societies Expo. The campus bursts into color, music, and excitement.

As a Rotaract member I helped set up our stall while competing with Drama Club music and IEEE tech demos. The energy was incredible. Watching shy first years light up when they found a club that spoke to them was satisfying. This is the heartbeat of university life. Beyond academics, clubs shape friendships and leadership. The Expo reminds us that university is not only a place to learn but also to belong.

FRANKLIN MONGARE

Learning the Language of the Future for Free

As a History major I have always loved the past, but worried about preparing for a future full of digital skills. So when TAGDev introduced free 21st Century Skills courses in November I joined Digital Marketing and Project Management. The class brought together students from every school all driven by the same fear of a shifting job market.

The sessions were practical and refreshing. It showed that UoE understands our concerns. The university is not just giving us degrees. It is giving us the language needed to survive in the modern world.

MELLAN AWOUR

World AIDS Day A Conversa- tion That Needed Courage

World AIDS Day at the Health Centre carries a quiet seriousness. Conversations around sexual health have long been hushed. But this year was different. The event was not only about free testing; it was an open space for honest dialogue.

I watched a shy friend walk into the testing room with surprising confidence. When he came out smiling it hit me how powerful vulnerability can be. University life can trick us into feeling invincible, but responsibility is part of growing up. Knowing your status is not weakness. It is maturity.

MAGDALINE MIDEVA

AIDS Day



STUDENTS WRITE UPS

The Power of Presence Special Exams Day

There is a calm bravery in students who show up for Special and Supplementary Exams. These are students who faced illness, loss, or academic setbacks but still returned to fight for their grades. While working in the library I saw their quiet focus. No chatter, just determination. Success is not always about perfect transcripts. Sometimes it is passing a paper that once broke you. Returning for a second chance is an act of resilience.

Digital Warriors The Cyber Drill

Mid November turned the School of Information Sciences into a battleground during the Cyber Drill and AI Hackathon. Students who usually keep to themselves became digital defenders fighting simulated attacks. Watching teams race to patch vulnerabilities was thrilling.

The clicking of keyboards grew intense as the clock ticked. It proved that cybersecurity is not abstract. It is being built here by students preparing to protect real systems.

VIVIAN OCHIENG

The Bureaucracy of Hope Chasing that Clearance Signature

July turns finalists into determined wanderers chasing the elusive Clearance Form. It is a rite that tests patience more than any exam. My friend Mercy spent an entire day

moving between the Library, Finance, and her Department all for three signatures. Every office felt like a separate world. Yet in the frustration there is togetherness. Students share tips, snacks, and warnings about long lines. The final signature feels ceremonial. It is not just approval for graduation. It is proof that you endured all the tests the university threw at you.

ATANGA EDDY

Project Green Legacy

The landscaping around the memorial bench near the Education Block is one of those quiet campus changes that grows slowly but beautifully. Thanks to the Millennium Fellows and their Project Green that corner is now a peaceful space.

What impressed me was the effort. While others rested on weekends the Fellows spent Saturdays planting and watering trees. Their work showed that environmental care starts with us. A few trees and dedication can leave a lasting mark.

ENRIKE OURE

Tree Growing Day Reflections

Tree Growing Day breaks the normal routine. Administrators, cleaners, and students all work side by side planting seedlings.

As I planted my sapling I felt the symbolism. Trees teach patience and faith just like education. The day was muddy and tiring but fulfilling. Education is not only in lecture rooms. Sometimes it is in the soil.

HARRON MAINA

Beneath The Dust, Kenya Breathes

I was born, in a land of beauty,
Where the Savannah dances with the sun,
Where Mt. Kenya watches in silence,
As we, her children forget the songs of unity
we once sang.

A land so rich, yet her people so poor.
A nation so blessed, yet her hearts so bruised.
We speak of peace but live in pieces!

We've seen justice wear blindfolds,
Not for fairness, but fear.
We've seen the hungry fade,
While corruption grows fat at the high tables
We've seen tribes sharpen words like spears,
And neighbors forget each other's names.

But Kenya...Oh Kenya...
You are not a wound, you are a story,
And every story can heal.

I remember Wangari Maathai,
Who planted trees,
Not just in soil, but in souls.
Who taught us that healing begins with one
seed of courage.

I remember Tom Mboya,
Whose dreams were bigger than fear,
And J.M Kariuki who warned,
“A nation of ten millionaires and ten million
beggars cannot stand.”

We remember Raila Odinga,
Baba of the people, voice of the brave.
He walked through storms for Kenya's dawn,
Spoke truth where silence would have saved.
His fight was our mirror, His dream our flame.

Though he rests, the struggle speaks his name.
And Mekatilili wa Menza,
Who rose when women were told to kneel,
Who shouted freedom, until silence surren-
dered.

There spirits still walk among us asking,
“Will you finish what we began?”
And I say YES!
We are the generation of change!
The voice that refuses to be muted!
The fire that no tear gas can quench!

We will not be silent, as our future is auc-
tioned.
We will not clap for thieves in suits,
We will not sell our vote for a coin,
Then cry for five years in darkness.

No!
We are rising!
With pens sharper than pangas,
With minds stronger than tribal chains,
We are building bridges,
Not just of concrete, but of conscience.

Let justice be the drum we march to,
Let truth be the anthem we sing,
Let our leaders be servants,
And our people, one tribe: Kenya.

And when dawn breaks on the hills of tomor-
row,
May justice flow like the rivers of Tana.
May truth be the crown of every leader,
And peace the language of every border.
For though the night was long,
The morning comes, and in its light,
Kenya stands, Unbroken, reborn, risen.

By Tirop Brillian

When Cohabiting Breeds Gender-Based Conflicts

By
Borusei Kipkirui

When Marion moved into Enrike's bedsitter near campus, it felt like love finally had a home. They studied together, cooked together, laughed until midnight. Their friends envied how close they were; the perfect couple, they said. Enrike became the epitome of love, the epicenter of taking notes from, and the tower of Babel in which inclination of love could be built on. But slowly, things changed. Enrike began to question her every move - Why were you online so late?, Who's that texting you? The laughter faded into arguments, and arguments into silence.

Marion stopped visiting her friends; she feared the tension that followed each time she came home late. One evening, after another heated exchange, a plate smashed against the wall; too close to her face, save for the banters and bruises each day. She left the next morning with just her books and tears, her heart heavy not from heartbreak, but from the realization that love can turn into a cage.

Of love and Control

It often begins just like Marion's story, innocently. A toothbrush left behind, a few clothes in the closet, (marking territory, as others say) and before long; two students are living together, bound by affection, convenience, or sheer necessity.

On campus today, cohabiting has become an almost ordinary part of student life. Many see it as a symbol of love, freedom, and maturity. Yet behind closed doors, this modern arrangement often hides a darker side — emotional control, gender-based conflict, and sometimes even violence.

University life gives young people their first real taste of independence. For many, it's also their first experience of adult relationships lived away from parental oversight. The idea of cohabiting feels exciting: it's romantic, practical, and affordable. But when two people still discovering themselves merge their lives so closely, the result can be complicated.

Of affection and obsession

Cohabiting couples often start with deep affection and shared dreams. But that same closeness can cross into control. What begins as care, "Where are you?", "Who were you with?": can easily become suspicion and surveillance.

Love begins to resemble ownership. Emotional manipulation creeps in quietly. One partner starts dictating how the other dresses, who they talk to, or when they should be home. Privacy disappears, and the relationship becomes a quiet struggle for dominance. The sad part is that many students mistake this control for love. They think jealousy means commitment, or that submission guarantees peace, until affection turns into fear.

Though both men and women can suffer in toxic cohabiting relationships, the burden often weighs heavier on women. Despite living in an era that preaches equality, many relationships on campus still replay traditional gender roles. Female partners often handle cooking, cleaning, and emotional support, while pursuing their studies.

This contradiction is striking: young people who talk about empowerment still recreate the same inequalities they criticize. Some women endure disrespect or mild abuse to keep the peace. Some men use the idea of being providers to justify control. In these blurred lines, gender-based violence quietly thrives.

Of Money and Control

Money, too, becomes a silent weapon. Shared rent and shared expenses sound fair; until one partner contributes more. Financial dependence turns love into obligation.

There are students who stay in unhealthy relationships simply because they cannot afford to move out. Others tolerate mistreatment for the sake of security or comfort.

When money starts to define loyalty, what remains isn't partnership; it is power, authoritarian rule and manipulative control.

What makes this issue worse is silence. Students experiencing abuse rarely speak out. They fear judgment, ridicule, or being blamed for choosing wrong. On campus, relationship struggles are dismissed as normal drama. But behind that casual dismissal are tears, broken confidence, and sometimes, real danger.

Gender-based violence doesn't always leave visible scars. It hides in manipulation, intimidation, and control. Yet these silent forms of violence can be just as damaging; breaking spirits long before they break bones.

Universities must go beyond academics and discipline to nurture emotional intelligence and respect. Peer counsellors, student leaders, and wellness offices should open safe spaces for dialogue on healthy relationships.

Cohabiting, in itself, isn't the enemy. For mature, respectful couples, it can work. But when it becomes a ground for power struggles, gender imbalance, and silent abuse, it loses its meaning. Love should heal, not harm. It should build confidence, not break it.

Before we share a home, we must first learn to share respect. Because love should never hurt; not emotionally, not physically, not ever. Love that demands silence, fear, or submission isn't love; it's control in disguise

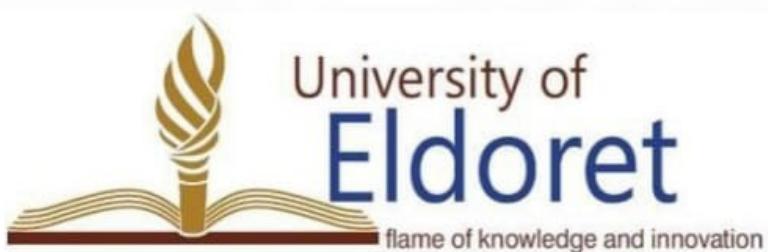


freshers' night

The university of eldoret rolled out the red carpet for its mew students with a blockbuster Freshers



Night on Friday 10th October. The annual welcome event, a traditional start to the academic year, was completely energized by a thrilling performance from acclaimed artist Mejja. The Okwonkwo star delivered a high energy celebration. The night served as an opportunity for freshers to socialize make new friends and kick off the university life of fun and community integration



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