



# MADAFU

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## Presidential Statement on the Corona (COVID-19) Virus

My Fellow Kenyans,

On Friday March 6th, 2020 the Government of Kenya received confirmation of the first case of COVID-19, commonly known as Coronavirus.

As you may recall, when we first announced the confirmation of the first case, we stated that we had traced 27 persons who had come into contact with the first patient. We have since tested the 27 people at our National Influenza Center.

Today, we have received confirmation of two more cases of the Coronavirus. The two have tested positive as a result of coming into contact with the first patient.

Our health officials have already moved them into Kenyatta National Hospital isolation facility.

The medical teams are closely monitoring the patients, who are in stable condition and responding well to treatment. This gives us hope.

Fellow Kenyans,

My Government has been working to monitor the spread of the virus. We have set up necessary containment and treatment protocols across the country. However, following the result of the two additional cases, we are now directing the following additional protocols:

1. The Government is suspending travel for all persons coming into Kenya



from any country with reported Coronavirus cases.

2. Only Kenyan Citizens, and any foreigners with valid residence permits will be allowed to come in provided they proceed on self quarantine or to a government designated quarantine facility.

This will take effect within the next 48 hours to cater for any passengers who may be enroute. This directive will remain in effect for the next 30 days or as varied by the National Emergency Response Committee.

3. All persons who have come into Kenya in the last 14 days must self-quarantine. If any person exhibits symptoms such as cough, or fever, they should present themselves to the nearest health facility for testing;

4. We have suspended learning in all our education institutions with immediate effect. Consequently, and to facilitate a phased approach, primary and secondary day schools are to suspend operations from tomorrow.

5. For those in boarding schools, the school administration is to ensure that students are home by Wednesday, 18th March 2020 while Universities and Tertiary Institutions are to close by Friday, 20th March 2020;

6. Where possible, government offices, businesses and companies are encouraged to allow employees to work from home, with the exception of employees working in critical or essential services.

7. In order to avoid the

risk of transmission through physical handling of money, we encourage the use of cashless transactions such as mobile money and credit cards. We appeal to mobile operators and banks to take into consideration the situation, and reduce the cost of transactions during this period.

8. In line with the directive to avoid crowded places, citizens are encouraged to:

a. Avoid congregating including in places of worship;

b. Minimize attendance to social gatherings including weddings and funerals, and restrict the same to immediate family members;

c. Avoid crowded places including shopping malls and entertainment premises;

d. Minimize congestion in public transport wherever possible;

e. Limitation of visitors to hospitalised patients in both public and private hospitals.

9. Hospitals and shopping malls are encouraged to provide soap, water and hand sanitizers and ensure that all their premises are regularly cleaned and disinfected.

Globally, the impact of the virus is still unfolding. I want to assure you that My Administration is at the forefront of assessing, containing and managing this pandemic in the country.

Some of the measures may cause inconvenience, but I want to assure you they are designed to ensure that we effectively contain the spread of the virus.

## Award-winning dancer returns to Kenya with a powerful dance show

Born and brought up in Mombasa, Kathak dancer Sonia Chandaria Tillu left Kenya for the UK at the age of 16. This March, the award-winning dancer returns to Kenya after a period of 16 years for a triple bill of stunning solo dance performances.

Sonia will be performing in Mombasa on 14 March and in Nairobi on 15 March. The unique show is currently touring across the UK and will comprise three captivating performances featuring Indian classical dance Kathak and contemporary dance along with influences of flamenco. Using bespoke music, poetry and dance, Sonia will tell three distinct yet equally powerful stories, all themed around contemporary issues of identity and discarding labels attached to us by society.

Conceptualised by Sonia, the pieces have been choreographed by some of UK's leading dance artists including one by Sonia's Guru Sujata Banerjee MBE. Sonia will be bringing the best of UK sensibilities and performance techniques to her show. She will also, intentionally, not be using any sets for her performance but rather using the power of dance to recreate all the settings - in one case this is an entire Gujarati village!

Says Sonia: "I am so excited to be coming home to Kenya with this very special show. In particular, one of the pieces - Breaking Ground - is based on my personal family migratory story from Gujarat to Kenya and eventually UK. It weaves together cultural themes from each of these three countries,



even their music, into a narrative about reconciling cultural baggage as heritage. Performing this piece in Kenya is going to be both poetic and poignant for me, and really look forward to sharing it with Kenyan audiences."

After pursuing a career in finance while simultaneously training in Kathak, Sonia set up her own dance company - Sona Lisa Dance Company - in 2018. Sonia's objective is to extend the potential of classical dance movement to tell stories that are contemporary and resonate with today's multigenerational, multicultural audiences.

Says Sonia: "I hope that by returning to my roots, I can inspire the next generation to not give up on their dreams. I strongly believe that the arts and academics can and should co-exist. In fact, I feel the arts fill an educational gap where the mainstream academic system falls severely short. I want other aspiring dancers in Kenya to have the drive and commitment to pursue their talent to a professional level."



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## NEWS

# President Kenyatta launches Kenya's first green bond at London Stock Exchange

(PSCU)

President Uhuru Kenyatta today rang the bell to kick off the trading of Kenya's first green bond at the London Stock Exchange (LSE).

Speaking during the launch, the President urged UK investors to use Kenya as a gateway to investing into Africa and a bridge to the emerging market of more than 1.2 billion people created by the African Continental Free Trade Area.

"Kenya is one of the top ten fastest growing economies on the continent and also one of the most pro-business nations in Africa," President Kenyatta said.

With a dynamic and diverse business sector, the President pointed out that Kenya's business environment is ranked among the top three in Africa.

Over 60 Kenyan companies are featured in the London Stock Exchange's "Companies to Inspire Africa" report in sectors ranging from agriculture to FinTech.

The President, who is in London to attend the UK-Africa Investment Summit, said he was delighted to open the day's trading at one of the world's oldest Stock Exchanges.

"There is no better place to appreciate the realities of global economic activity and investment trends than this trading floor," President Kenyatta said.

The \$40 million (over 4 billion shillings) bond by Nairobi-based property developer Acorn Holdings that started trading today at the LSE after its launch by the President becomes the first Kenya shilling denominated corporate green bond to be listed in the United Kingdom.

The bond, which was first listed at the Nairobi Stock Exchange last week, will help Acorn Holdings raise funds to build environmentally friendly accommodation for 50,000 university students in Nairobi.

The President assured that Kenya will continue to develop the investment environment for sustainable finance, saying a policy framework that will enable the country to issue a sovereign green bond and strengthen its position as a regional financial hub has been finalized.

"I invite the LSE to continue working with Kenya towards achieving this goal," he said.

The Kenyan leader applauded last year's signing of an MoU by the Nairobi Securities Exchange (NSE) and the London Stock Exchange to work with Kenyan



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**I note that to date the LSE has admitted over 200 bonds from across the world, raising over 33 billion Pound Sterling worth of capital for sustainable development," he pointed out.**

**President Kenyatta observed that green bonds provide a great opportunity for African countries as well as those from the Caribbean and the Pacific region, which are at great risk from the effects of climate change, to access large scale capital for sustainable growth**

companies to help them expand their footprint by jointly listing on the bourse in Nairobi and in London.

He also commended LSE for being the first global exchange to set up a dedicated green bond segment in response to the global need for climate smart infrastructure.

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President Kenyatta observed that green bonds provide a great opportunity for African countries as well as those from the Caribbean and the Pacific region, which are at great risk from the effects of climate change, to access large scale capital for sustainable growth.

The Head of State assured that Africa offers unparalleled

investment opportunities, saying the continent holds more than 30 percent of the global reserves of natural resources, has some of the world's fastest growing economies, a fast expanding middle class and untapped consumer potential.

"Africa is also a very young continent with 60 percent of its population below the age of 25.

"There is probably no better time for African nations and the United Kingdom to explore new and innovative ways of deepening the long-standing partnerships that have existed between our nations," President Kenyatta said.

Following the decision to withdraw from the European Union, President Kenyatta said the UK has a renewed mandate to build even stronger investment partnerships with Africa.

Secretary of State for International Development, Rt. Honourable Alok Sharma, said one of the reasons the green bond was happening was because of the support the UK government has provided in terms of the regulation environment and the partial guarantees for investors.

"This is a landmark moment here as well as in the whole of London for we are here today because of the UK-Africa Investment Summit. We have over eight of the 50 fast growing economies in the world in

Africa.

"We have got 21 countries coming together for the summit, wonderful leaders like President Kenyatta coming and supporting us. This is about making a huge difference and presents the UK as the partner of choice for Africa. It is also wonderful seeing the economies of Africa presented as partners of choice for the UK," Mr Sharma said.

Acorn Holdings CEO Edward Kirathe thanked the UK's Department for International Development (DFID) for supporting the delivery of accommodation to 50,000 university students in Kenya, saying this accounts for 10 percent of the Big 4 Agenda target.

"Thanks to partners like DFID, we have the capital, the knowhow and the capacity to deliver this within the set period," Mr Kirathe said.

He said the listing of the green bond at the LSE has opened the way for Acorn and other Kenyan businesses to access the huge pools of capital available in the international market.

Cabinet Secretaries Ukur Yatani, Monica Juma and Adan Mohammed, Central Bank of Kenya Governor Patrick Njoroge and Kenyan High Commissioner to the UK Amb. Manoah Esipisu also attended at the event.



## PCAK supports President Uhuru Kenyatta's safety protocols against COVID-19 pandemic

1) The Professional Criminologists Association of Kenya (PCAK) supports His Excellency the President Uhuru's bold move to ensure the safety of Kenyans through the declaration of the eight Safety Protocols against the monstrous COVID-19 threat, on Sunday 15th March, 2020.

2) Being a Professional Association, with mandate of overseeing correct and effective administration of security management by its members who serve in the field of criminology, the leadership agrees that the move by the President is in line with the dictates of security following a threat of global magnitude.

3) Further, PCAK welcomes the move by the Chief Justice, to make reviews meant to reduce overcrowding in courts and congestion in the prisons.

However, PCAK would wish to propose that the criteria for this review must consider the safety of Kenyans from unreformed offenders as a priority. There must also be a very effective post-release follow-up mechanisms to prevent a repeat of criminal activities so that the safety of Kenyans that was earlier assured by such measures by the judiciary, would not be in any way comprised this time, in a bid to enhance safety from COVID-19 pandemic.

4) PCAK wishes its members in the law enforcement and medical services, all the best in ensuring that Kenyans comply to the protocols as declared. Our members must also take

their own safety very vital, in terms of wearing the protective gears and so on.

5) In exercising good observance to the President's Protocols, PCAK urges Kenyans to demonstrate unity of purpose, while desisting from ungodly practices of celebrating the situation as an opportunity for financial gains, such as the hoarding of food and other essential commodities (as a strategy to hike prices), financial exploitation and blackmail, hiking of bus fares and transport, sale of fake or counterfeit as genuine products or equipment against the virus, stealing of such or discrimination in providing services that enhance safety.

6) PCAK wishes all affected Kenyans quick recovery. The leadership extends this wish to all the Nations in the World in hope that our tomorrow will always be better in control outcome than today. Let us also pray without ceasing for God's Mercy.

7) Finally, PCAK urges the Ministry concerned to ensure that Kenyans are protected from exploitation in this regard, including the hiking of prices and fare, especially next week when students are going home, and the possible overloading / overcrowding in all PSV vehicles.

PCAK is a registered Professional body consisting all members in all subfields of Criminology, to ensure Professionalism in crime, safety and security management.

# The Game of Life

## PART ONE - THE RULES OF THE GAME

Deep down we kind of know life is a game and that we are here to 'play'. But as we become more invested in life's games we start to take it all a bit too seriously. The primary emotion behind seriousness is fear. And fear, in its many forms, is stress. And so the joy, what some call 'the juice', is gradually diminished.

It's not the same for all of us. But for most it seems to be that way. But why? Here is one possible answer and a way to restore that juice to daily living. But it's deep. So you'll need a coffee and a quiet corner to digest, contemplate and see for your self.

Every game has rules/laws and if you break the rules you are either punished or disqualified, in other words, unless you are a deliberate rule breaker, you will suffer. Sport is the obvious example. Follow the laws and you can play with others in the game. Break the laws, the rules, and you are either punished or disqualified. And that will be painful.

In the natural material world there are laws which shape the way the world works. One such law is the law of gravity. If you try to defy the law of gravity and head for the roof with the thought, "I can fly", it will be a matter of moments before you experience much pain. Simply because you tried to break a natural law.

In the context of our relationships there is such a rule known as the 'law of harmony'. There is harmony in our relationships when there is a giving and receiving without desiring or expecting. When we give, without 'wanting' a return, and when we are open to receive and accept whoever comes to us, there is harmony and an exchange of energy which allows us to fully appreciate each other. But what do we do in our attempt to break the law? We want, take and try to keep. Have you ever noticed that when you want, take and try to keep you create anxiety, worry, tension, perhaps anger, and off course sorrow, when you do not get what you want or lose what you believe you have. You suffer. Although that suffering may be tolerable for a while.

These emotions are not pain, they are suffering. And self created suffering is the price we pay when we try to break a natural law. It's not easy to see this, especially when most of us are carrying the viral belief that other people are responsible for our emotional state. Unfortunately (for those who believe that others are responsible) that is not true. It is always and only our self who creates the emotions that we feel.

So lets go one level deeper, into our consciousness, into

our self. Wherever I go in the world I usually ask audiences the question, "What do you value most in life?"; and answer is usually the same - family, friends and health. Then I ask, why? We usually arrive at the understanding that it's in the context of family and friends that 'love' is the currency of exchange. We get to give it and receive it. And it's when we are in good health that we can have peace of mind (simply because most of us think we are our body). So love and peace are really what we value. Then it's not a long shot for people to recall that, "Only when there is there is the presence of inner peace, and love is the intention behind our actions, can we be happy i.e. content".

So the three things we value the most are peace, love and happiness. The hippies were right. They only had the wrong method!

If we take a moment to reflect we may notice these states of being are what motivates everything we do. We all seek peace of mind, love in our relationships and happiness in our life. And yet, when asked, "Where are these real feelings?", most people intuitively acknowledge they are already within us. They come from inside out. They are always present within us as potential states of being that we can self generate and feel. They are our natural states of being. Our default states if you like.

So now the big leap. While states, as in countries, create laws to maintain order and harmony within our society's version of the game of life, our natural states of being 'are' the laws of human consciousness. Just as physical nature has laws built in to define how the material world works so human nature, the nature of the conscious self, has laws built in which define how you/I/we work.

So what are those laws exactly, what do we do in our attempt to break them precisely and what is the suffering that we create and experience as a consequence? In other words why and how do we drain the juice of life, the joy of living, what the French call joie de vie, from our own life.

We start with the three natural states of being

1 Peace is our true core nature.

Which means we can be at peace and feel peaceful at any moment we choose. So what disturbs our peace? What do we do within our consciousness that diminishes and destroys our peace? Not what others do but what do we do? Are you ready for a list of popular habits? We judge, criticise, blame, complain, resent, and many more. When we enervise any of these habits in our consciousness we lose our ability to be at peace. And what do we feel? Irritation, frustration, anger



and sometimes rage...at others. Why don't we fix it? Because we believe others are responsible for what we think and feel. We suffer. And all suffering is a sign we are attempting to break a natural law. In this case the law of peace as defined by our natural 'state of being'.

Can you see it? If not drop me a line and let me know what's not clear.

2 Love is our most natural intention.

Love is a word that describes our highest state of being. It's not something that we need to seek out there, although our mythologies teach us that it must be acquired. Life is relationship and it's in the context of our relationships that we give and receive love. And as we do we feel it. What are we giving? The energy of our consciousness which starts with an intention and ends in a behaviour. If it's true love then we will not need a reason to 'be it' and 'give it' and we will not expect anything in return. But that's not easy for most us. Why? Because we spend most of our time expecting. We have learned to believe we are entitled to receive love in return. So when we don't receive it we start to create sorrow, resentment and fear that life may continue this way. We create thoughts like, "I am not worthy to be loved". So the habits of wanting, expecting, desiring and depending are all signs we are trying to break a natural law of consciousness. We create suffering in the form of fear and anger.

3 Happiness is a natural state.

Happiness is the natural outcome of being at peace and giving with love. The deepest form of that happiness is contentment. It is our natural state and it is also a law of consciousness. So what do we do in our attempt to break that law. We become attached to

people and things. When you are attached to anything you create the fear of loss or damage. You also start to generate feelings of being enslaved to the object/s of attachment. You sacrifice, unknowingly, your freedom. And if you are not a free spirit you cannot be happy.

But there are other natural states and therefore laws of consciousness which we attempt to break and thereby create suffering for our self.

4 You are a timeless being. Consciousness transcends clock time and even psychological time. If you ever learn to meditate you will teach your self to raise the vibration of your consciousness so that you transcend the awareness of the passing of time as defined by change in the material world. You will insperience your own timelessness. It's a natural and original state of being. Think of a wheel. Around the rim there is movement and change while at the centre there is stillness and changlessness. As a metaphor the rim represents the material world out there around you. Ever spinning and ever changing. So there appears to be time as defined by our perception of movement and change. Yet, at the centre there is the ever present, unchanging you. The being that is not subject to material time or even mental time. Just the you that is forever watching, observing, witnessing change. It is your most natural state of being. It defines the 'law of timelessness', often referred to as the law of eternity.

So what do we do every day, many times a day, in our attempt to break the law. We become 'time conscious' and look at our watch or a clock. We buy into the illusions that time is running out, that if we hurry we will save time and that if we delay there will be more time later. And how do we feel?

Rushed, panicky, exhausted, tense, anxious, stressed. All because we are trying to break a natural law embedded in the nature of our consciousness. Natural states of being define the laws of consciousness.

5 Have you ever wondered what your purpose in life is?

"Why am I here?"; is a thought that crosses most peoples minds at some stage. Then it's often dismissed as a silly question or "Why am I thinking like this, let me just get on with my life". Yet there is a law in consciousness that defines our purpose, the purpose of every human being. It's actually impossible to avoid our purpose as you are 'doing it' right now. You are 'thinking' therefore you are creating. Our life is our story and we each get to create it. At every moment you are in the process of creating the story of your life. At each moment you get to decide who and what you will be. The creative process starts with how you see your self. What is your sense of identity? From that comes your intention and then thoughts and actions. If your sense of identity is based on anything that is not you then fear will be present so you will intend, think and act from fear. And so the story will be created as a fear based tale. But we each have the choice at every moment to change that intent and act from love. So what do we do in our attempt to break the law? One thing we do frequently is we bow to the creations of others. This is how the entertainment industries make their money. They know how to get us distracted and hooked on their creation. And how do we feel? Inadequate, incapable, uncreative and without value. Yet another set of unnatural feelings known as suffering.

6 Knowing your self as the 'I' that says 'I am'!

The day we arrive we learn

to create an ego - a false sense of self. This is the core mistake from which all the other mistakes above derive. Our parents, teachers and society teach us to build our sense of who I am out of what I am not! We are trying to break the law of identity which is a state of awareness that I am simply awareness itself. It's definitely not easy to see this as it's what everyone learns to do. We externalise our sense of who we are. And it's getting worse as we now spend increasing amounts of time out there online trying to be someone and get attention and be noticed and achieve something significant in the world. When we do this we simply create fear in the forms of anxiety and insecurity, then we try to lessen our suffering by making our self appear to be special.

These are six laws which are derived from natural states of consciousness. They influence our creation from intention to action and therefore shape the way we play the game of life itself. Almost everyone tries to break such laws many times a day but are not aware they do so. This is why our world is filled with so much violence, abuse, addiction, conflict, and uncaringness. Even those who do care and demonstrate their care through authentic action will relapse into the illusions which ensure they attempt to break one of these rules of the game.

In part 2 we will explore specific actions and events that we see every day on the news or in our entertainment packages that demonstrate which of the rules/laws of game we have forgotten.

Question: Which of the above six laws do you sense you try to break the most?

Reflection: Why do you create the habits of trying to break the natural laws of consciousness

## NEWS

# Equip girls with skills and confidence for them to compete



(PSCU)

First Lady Margaret Kenyatta has emphasized the need to equip girls with skills, knowledge and confidence to enable them compete effectively.

The First Lady, who is the Patron of the Kenya Girl Guides Association (KGGA), said the future of a gender equal world will not be achieved if the race to empower girls is lost.

"Empowering them (girls) with skills, knowledge and confidence is the biggest predictor for securing their future. It is what will determine how they compete in the world as leaders, taking up positions that were previously reserved only for boys," the First Lady said.

"As parents, we know the biggest impact on a child's success comes from ensuring that they have space to thrive, through equal access to opportunities. This is what the core of the World Thinking Day theme is all about - Equity," she added.

The First Lady spoke today at Loreto Convent Msongari in Nairobi when she presided over celebrations to mark this year's World Thinking Day.

The annual celebrations bring together girl guides and girl scouts around the world to discuss issues affecting the movement.

First Lady Margaret Kenyatta urged girl guides and scouts to embrace solidarity and friendship for one another so as to influence positive change in their communities in line with

this year's theme of 'diversity, equity and inclusion'.

Speaking on this year's theme, the First Lady stressed the need for the girls to continue upholding diversity as well as respect and appreciation for all things that make them unique.

"Diversity urges us to explore our differences, to accept and learn from one another. This is one of the virtues that the (girl guides and scouts) movement has come to be associated with. And I applaud you all for holding firmly on to this," she said. The First Lady observed that the spirit of inclusion underpins key values and principles that have grounded the powerful constituency of girls and women into a strong solidarity of sisterhood under the Kenya Girl Guides Association.

"It is evident that this

movement has created change makers and transformed the lives of its members," she said.

The First Lady also took the opportunity to pay tribute to Lord Baden Powell who founded the institution that is reputed to have the biggest global membership, impacting individuals, communities and nations united in making the world a better place.

"As Patron, it is encouraging to witness the growth and impact of the Kenya Girl Guide Association has had on millions of girls and women across the country.

"I am particularly encouraged to see how the association has contributed immensely to the character building in our girls and women, teaching them resilience, discipline, selflessness and patriotism," the First Lady said.

She commended the girl guides and scouts for their determination and courage that has enabled them to stand out as role models and become a source of motivation for their peers.

"Your hard work, strong dedication and courage deserve our praise. This makes me optimistic about the bright future for our girls," the First Lady said as she assured the association of her continued support as its patron.

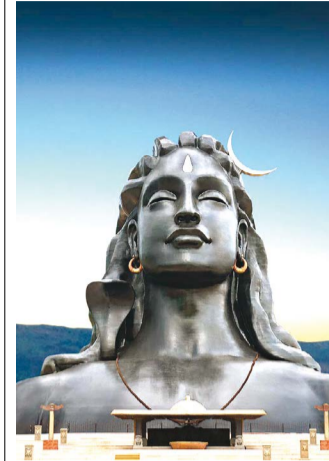
Other speakers included Public Service and Gender CS Prof Margaret Kobia and KGGA Chief Commissioner Prof Faith Nguru.

Prof Nguru thanked the First Lady for her dedication and continued support to the girl guides movement.

"You have remained a model of excellence for our girls and women in the country," Prof Nguru said.

On her part, Prof. Kobia assured of her ministry's continued partnership with the Girl Guides Association which she said has enabled girls to develop their confidence, resilience and commitment which are critical to the social and economic transformation of the country.

## MAHASHIVRATRI



This festival is celebrated on the night of Maha Vad 14, when Lord Shiv manifested as Shivaling, or cylindrical murti (idol) form.

There are numerous stories extolling the glory of Mahadev (Lord Shiv) in the Puranas. He has been worshipped in Bharat (India) since ancient times. Archaeologists have discovered his meditative-postured murti in Mohenjodaro. Initially his murti was worshipped. Later this was replaced by the Shivaling, symbolically representing the jyoti-flame of the fire, and not as a phallic symbol, as has been persistently and ignominiously misrepresented by non-Hindu writers since colonial times. The Shvetashvatava Upanishad (1-13) refers to Shivaling upasana-worship.

Two other significant events occurred on Maha Shivaratri; the onset of Dwapar yuga and the manifestation of the 12 Swayambhu Jyotirlingas of Bharat.

The Shiv Puran relates a story of Maha Shivaratri's glory: In ancient times, a Bheel (forest inhabitant) named Gurudruha trudged through a forest to hunt deer. At night, without having sighted a single animal, he unknowingly climbed a bili tree on the banks of a lake. Later at night,

a doe arrived to drink water. Gurudruha aimed his bow and arrow at her. While aiming, he unknowingly dropped some bili leaves and his drinking water below on a Shivaling. The deer then requested him to allow her to entrust her fawns to her husband, after which she would return. After much haggling he agreed. While awaiting her return, he stayed awake by aimlessly plucking leaves and dropping them below. Again they fell on the Shivaling. Thus he unknowingly performed its puja while remaining awake all night. Finally the doe returned with her family, She informed him that along with her, he'd have to kill her family too. As he aimed, some more leaves fluttered down on the Shivaling. The collective punya (spiritual merit) accrued from the puja performed unknowingly, eradicated all his sins. This purified his heart. Repenting his flawed life of sin, he set the deer free. As he sat repenting, Lord Shiv manifested in front of him and granted a boon, "You shall be born in a town known as Shrungver, as a man named Gruha. Lord Vishnu will grace your home as Lord Rama and redeem you." Shivji also blessed the deer which attained a better destiny.

The Garud and Skand Puranas cite similar versions, about a king named Sundersenak and an evil hunter named Chand, respectively.

On this day, Hindus observe a fast all day and perform a special Shiva Puja (veneration) at night. Devotees offer bili leaves (aegle marmelos) and perform an Abhishek (ritualistic pouring) of the Shivaling with milk. Shivites apply three horizontal stripes (tilak) of holy bhubhuti (ash) on their foreheads. This tilak symbolizes the three eyes of Shiva and signifies purity. On Mt. Girnar in Saurashtra, a grand mela is held, where people throng to have a sight (darshan) of sannyasis and mystics.

## Subhash Modi, completed 40 years umpiring

Kenya is going to host the first edition of Africa T20 Cup finals, what a time to celebrate the wonderful achievement of Subhash Modi, completed 40 years umpiring.

His achievements as an umpire are exceptional. He represented International Cricket Council (ICC) Umpires Panel for Affiliates and Associates from 2006 to 2010 when he retired and then became the Regional Match Referee for ICC Africa Region. Subhash has umpired in East Africa, England, Scotland, South Africa, Ireland, Dubai, Abu Dhabi, Malaysia, India, Zambia, Malawi, Mauritius and the Seychelles. Kenya Cricket Umpires and Scorers Association honored him with

the Green and Gold Badges and later on with Life Membership. Manish Rughani, Secretary General of Lohana Sports and Cultural Festival honored Subhash with the First Ever Festival Life Time Achievement Award for his "outstanding contributions to Sports" during the 32nd Lohana Sports and Cultural Festival in Dar es Salaam in 2012.

On his accomplishment, Subhash respond to ACA

"The journey of thousand miles starts with a single step and I have also enjoyed my successful and joyful umpiring journey of 40 years with total satisfaction. There has never been a dull moment. It has been great being in the company of World's Best Match Referees, Cricket Umpires, Officials and

administrators.

I would also like to see our Kenya Umpires and Scorers get a lot of wonderful opportunities for their better tomorrow.

I am proud to represent our Country Kenya & Kenya Cricket Umpires & Scorers Association.

Finally, I have enjoyed supporting our Association and the noble game of cricket for unending number of years.

With appreciations to you all for the tremendous support in my Cricket Umpiring Career over the four decades. I have enjoyed my cricket umpiring, training, organizing seminars, Match Refereeing and also enjoyed playing cricket. I am looking forward to our new cricket season."

Subhash Modi has a unique record of not only umpiring

match involved his son, former Kenyan captain Hitesh Modi, but to give his son out LBW to Bangladesh bowler Mashrafe Mortaza. ICC Match Referee Vishwanath Gundapa congratulated Subhash that this was the first time a father and son duo were featured in an official ODI match. This feat was repeated in two more ODIs, Kenya vs Bangladesh.

He has umpired 22 ODIs and nine T20 matches. Subhash is also a former Kenya National Cricket Selector. He has organized many cricket tours overseas, conducted umpires seminars and training to improve the standard of the umpires. Subhash Modi is still active in Umpiring and Match Refereeing in Kenya despite his knee injury last year when he



was hit by the cricket ball during the Cricket Kenya Tournament. Subhash is congratulated on

the great occasion by cricket administrators, officials and players

# Desai Memorial Foundation is spreading their wings all over Kenya



Students posing for a photo, Mr. Mukesh Desai, Teachers from the school, Head Teacher Ms. Anne Ngena, Alex Muhia (DMF) and students from the school.

Through distribution of textbooks, library books and reference books DMF members are making a difference. Our mission is to provide books to schools throughout Kenya including the remote

areas, in order to support the development of literacy skills and to encourage a love of reading for all children said Agnes Gomes. The schools that benefited from the books donation on 14th January 2020, were New

White House Academy - Voi, Kibo Slopes Academy (Primary) Kuku - Oloitokitok and Qolcha Academy, Bifu Primary School, Mukh Gura Primary School from Sololo (Marsabit County).

## PHOTO STORIES



The team who worked with dedication to make the cancer awareness camp successful with Hon. MP Richard Chonga from Kilifi South.



Sister Phedis Kadii [right] of Jocham Hospital in Mombasa shows clients the new equipment used for screening primary cervical cancer, abnormal vaginal bleeding and genital warts among others illness during the launching of colposcopy services unit in the hospital

## Eye camp by MWA

The Mombasa Women's Association hosted a successful outreach eye camp organised by the Pwani Lions Club, Mombasa at the MWA hall. Amongst the four hundred and twenty five patients that were screened, twenty three patients were diagnosed with cataracts, fifty four patients were dispatched with reading glasses, twenty patients IOLs and seventy four patients were screened for diabetes. The following day, surgery was performed on all twenty three patients and discharged. The followup of all operated patients will take place in due course.



The MWA committee members and Dr Gokele with the patients who had the cataract surgeries.

## PHOTO STORIES

### Premium film show "hellaro" for the senior members



From left to right: Mr. Rashmi Shah, Mrs. Bindi Shah (Hon. Secretary of VOC Nairobi), Mrs. Shaina Shah (Chairperson Senior Social Committee Of VOC Nairobi), Mr. Satyan (Bunny) Shah

On 12th December, 2019 Senior Social Committee of Visa Oshwal Community organized a premium Film Show of the National Award Winning Gujarati Movie "Hellaro" at Anga Theatres. Everyone who came to watch the Film were very receptive, enjoyed the Film thoroughly. The Theatre Management served everyone with Popcorn and Water.

It was a two hour full of enjoyable Film. Very different and a lot of Senior Members informed us that this movie reminded them of their youth in the Villages they were before they came to Nairobi, Kenya.

### Senior social committee of Visa Oshwal Community luncheon



-The Senior Social Committee and the organizing Committee. From left to right: Kailash Shah, Mina Shah, Shaina Shah, Kanti Shah, Jagdish Shah

EVENTS

# NGONG HILLS HOTEL VALENTINE COMPETITION- "Guess my weight"



Willis Opondo (3rd right) and Glories Lavoga (3rd left), the overall couple winner of the Ngong Hills Hotel's valentine "Guess my weight and take me home" competition receives their prize of the valentine cake from the hotel General Manager Grace Ogolla ( 2nd right). Assisting her is the hotel's and Executive Chef Sospeter Gitahi (left) and Front Office Manager Stephen Mwinzi (2nd left) and Sales & Marketing Manager Martin wambugu (right). The competition required the couple to lift the cake and guess its weight. **INSET: A couple Brandon Njau (2nd left) and Edna Nduati (2nd right), make an attempt on "Guess my weight and take me home" valentine competition at Ngong Hills hotel on Valentine Day . Looking on hotel General Manager Grace Ogolla (left) and Front Office Manager Stephen Mwinzi. The competition required the couple to lift the cake and guess its weight. Willis Opondo and Glories Lavoga.**



Nairobi Woman Rep Esther Passaris (2nd right) presents a cheque of Sh260,000 to Mama Fatuma Goodwill Children's Home Treasurer Hussein Shariff Omar (3rd right). The sponsorship will go towards kitchen renovations at the children's home. Looking on is from left National Government Affirmative Action Fund (NGAAF) Committee Member Pamela Usagi, Assistant Chief Eastleigh North Sub-location Jawahir Mohamed, Edwin Khwesa, Mohamed Hiribae and Patrick Lumumba.

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## PHOTO STORIES

### Sun Africa Beach Hotel



Nyali sun Africa beach hotel in Mombasa North, GM Mr. sanjeev Kumar [ left] chats with Mr. Mike Belliere and his wife Dee , from United Kingdom [UK] who have been visiting hotel for last 38 years during a colorful reception the hosted for its repeat clients.  
**PHOTO BY TITUS MUSAU**

### Travellers Beach Hotel repeat clients reception



Travelers Beach Hotel MD Mr. Nicky Dhanjal [right] serves tourists with a piece of cake during a reception the Hotel Hosted for its Repeat client. The function which attended by mostly international guests was graced by the CEO of the Kenya coast tourism Association Mr. Julius Owino.



### MADAFU NEWSPAPER KENYA VALUED OUTLETS:

- |  |  |
|--|--|
| <p><b>NAIROBI:</b><br/><b>Westlands &amp; Parklands:</b><br/>Pals Bookshop (Diamond Plaza)<br/>Microcity (Sarit Centre)<br/>Bhagwanji Sweet &amp; Farsan (3rd Parklands near Kusi Lane)<br/>Annapurna Ration (PJ Centre)<br/>Anga Cinema (Diamond Plaza 2)<br/>Ashapura Sweet Mart (Kirima Shopping, 5th Parklands)<br/>Bajrang (Sky Mall)<br/>Cake Ville (Amani Plaza, 3rd Parklands)<br/>French Maid (Kirima Shopping, 5th Parklands)<br/>Kumar Brothers (Diamond Plaza)<br/>One Stop Ration Store (3rd Parklands)<br/>On The Way Supermarket - all branches<br/>Sona Shoppe (Westgate Shopping Mall)<br/>Aura Restaurant (Sky Mall)<br/><b>Industrial Area:</b><br/>Bunny Industries Limited (Dakar Road)<br/>Tradecon (Dar es Salaam Road)<br/><b>South C:</b><br/>Cake Ville (South C Shopping Centre)<br/>Mahesh Hair Stylist (South C Shopping Centre)<br/><b>Langata:</b><br/>Creative Concepts (opp. T - Mall, next to Shell)<br/>Sona Shoppe (Galleria Shopping Mall)<br/><b>Village Market:</b><br/>Jit Gems<br/><b>KAREN:</b><br/>Sona Shoppe (Karen Crossroads)<br/><b>NAKURU:</b><br/>Hyrax General Supplies (Biashara Avenue)<br/>Fairdeal Furniture<br/><b>ELDORET:</b><br/>Eazy Phonz and Photos Ltd (Uganda Road)<br/>Kenya Jalaram Co Ltd - opp CBK<br/><b>VOI:</b><br/>Abbas Aluminum Supplies<br/>Bafagih Supermarket</p> | <p><b>THIKA:</b><br/>D-Lyt Pan House (Section 9)<br/><b>MOMBASA:</b><br/>Blue Room Restaurant<br/>Grill House - Ratna Square<br/>Nyali Cinemax<br/>KNCCI - Likoni Plaza<br/>KAM - Nbi University Building<br/>Abson Motors<br/>Car &amp; General<br/>Noor Opticians - City Mall<br/>Vijay Optica - CBD Fontanella<br/>Safecon Enterprises<br/>Hare Krishna Temple - Nyali<br/>Nyali Centre - DKL<br/>Law Query - DKL<br/>Fairdeal Furniture - CBD<br/>Yaris Institute - Haile Selassie Avenue<br/>Mombasa Afrigas - Nyerere Avenue<br/>Hakimi Stationaries - Moi Avenue<br/>Camfoto - Makadara<br/>AudioAsh Coolers - opp Sapphire Hotel<br/>Bombay Bistro - Petro<br/>Graphic World Ltd Lumumba Road<br/>WildWaters Ltd<br/>Various Hospitals<br/>Epic Centre Mall<br/><b>KISUMU:</b><br/>Western Emporium<br/><b>DIANI:</b><br/>Palm Beach Hospital<br/>Food Plus Supermarket<br/>Aasan Solutions Auditors<br/>Moiz Supermarket<br/>Various Restaurants &amp; Hotels<br/><b>MALINDI:</b><br/>Uzima Training Centre - CBD<br/>Various Hotels &amp; Restaurants<br/><b>RUIRU:</b><br/>Shaniram Hardware &amp; Agricultural Limited</p> |
|--|--|

EVENTS



Today, on the 10th of February 2020, the Hindu Council Women's Wing visited the ALMS Old age Home in Nakuru. They took along clothes, food items including fruits and medication as well as unga, cooking fat and rice to name but a few. We distributed these amongst them and received happy smiles and blessings after spending some quality time with them.



Leopards Beach Hotel staff Ms habiba Salim [left] presents a flower to Adrea idery and Dirk werniga a couple from Germany on arrival for a colorful dinner the Hotel hosted for its guests Mark this years Valentine celebration day which was observed worldwide  
PHOTO BY TITUS MUSAU



Sarova Whitesands Beach Resort & Spa Front Office Receptionist Salma Mohamed (in blue dress) feeds her husband Abdulrahman Gafila a cake during a surprise congratulatory party organized by the hotel after she won a house in the ongoing Safaricom's Lipa na Mpesa Competition. Looking on are hotel staff.

## HRSC Roof Replacement at Mawele

Hindu Religious and Service Centre (HRSC) on 27th January 2020 completed replacement of Roofing Sheets on a block of Classrooms in Mawale Primary School in Mawele District, Machakos County. The classrooms roof was blown away last year during heavy rains and strong winds. The school had been unable to use the classrooms for the last six months. The roofing sheets were donated by Chanderia Bros. of Nairobi. The roofing structure material and labour costs were paid for by HRSC.

Mr Daniel Mwaniki, head master of Mawele Primary School, on behalf of the BOM, PTA and students thanked HRSC for coming to their aid in replacing the roof and continued support in providing text books, stationery, etc. and one hot meal daily to the students for the last five years.

Babu Shah  
Convenor - HRSC School Feeding Program



## Kite-flying



On the 19th of January 2020, the CGHU Nakuru organised a kite-flying activity at the Lions Primary School ground with numerous food stalls selling luscious dishes. A handsome amount was collected which will proceed to charity.

## OPINION

# THE BEAUTY OF ISLAM SERIES – EP 03 YEY – IT'S RAMADHAN (2020)



By AHLAM MANSUR

**P**raise be to God who enabled us to witness the last Ramadhan and 2 months to come - God Willing (April), another Ramadhan will be here with us again. It seems like Ramadhan is coming closer every year, preparation is key into successfully get into, read below for tips on making goals, gaining God-Consciousness and getting your body and soul ready to fast for the month.

Spiritual Preparations:

Let's talk facts. Do we expect to become righteous overnight? The Ramadhan moon is sighted and BOOM!!! The God consciousness seed blossoms into a radiant flower within us? NO, of course NOT!

How can we rectify our mistakes from now and achieve the goal of becoming righteous? Let's find out:

## 1. Fasting The First Half Of Sha'ban: (from 25th/26th of March – depending on moon sighting)

Aishah (May Allah Be Pleas'd With Her) said: "The Messenger (Peace Be Upon Him) used to fast until we thought he would never break his fast, and not fast until we thought he would never fast. I never saw the Messenger of Allah fasting for an entire month except in Ramadhan, and I never saw him fast more than he did in Sha'ban."

I refer to this as starting my "internal countdown timer"! These fasts tend to send a 30-day advance notification to your mind and body. You will experience the spiritual foundation being laid within yourself.

You will have also succeeded in following the advice of the Prophet (Peace Be Upon Him), and in turn obeying God. Also, if your intention while observing these fasts was to please God sincerely, you have managed to multiply your rewards!

## 2. Begin The Countdown

Put all your social media to beneficial and productive use. Share Ramadhan posts, tips, articles, verses and so on. When the hype goes up, the excitement

grows and the preparation increases ten folds! By this, you will get into the spiritual 'groove' quite early, thereby, increasing your acts of worship.

## 3. Stock Your Mind

We know how to stock our pantry for Ramadhan. How about doing the same with our mind? Confused? I am referring to seeking knowledge. Read, read and read more! Gather information on the non-obligatory practices to be observed during Ramadhan, how to enhance rewards in this blessed month, how to purify yourselves, how to please God and so on. The topics are endless and so are the resources. You are not expected to become a scholar overnight.

Start small maybe one verse per day with explanation, an inspirational article, stories about our Prophets, anything will do. Just make a start!

## 4. "Mirror Mirror On the Wall!"

Look past your skin, flesh and bones, deep into your soul. You know what kind of prohibited activities you are involved in- big or small. Train yourself from now to get rid of them, one at a time. Punish yourself for repeating it and thank God each time you refrain from it. Being a responsible Muslim, it's time to learn self-control.

## 5. The Pre-Ramadhan Plan

Education plans, career plans, wedding plans, etc. - we are great at all of it. Then why not a pre-Ramadhan plan? You know your life, your schedules and your commitments. Keeping these in mind, chalk out a daily/weekly task plan (you could do this mentally too) that should include at least one Islam oriented activity- non-obligatory fasts and prayers, Qur'an recitation, reading an Islamic book/article, listening to a lecture, charity and so on. The point is to 'Islamize' your time. Of course, this is not only a pre-Ramadhan, post-Ramadhan or during-Ramadhan plan alone, but something you should make a regular habit of throughout the year.

## 6. Sincere Prayer

Do not under estimate the power of

prayer and this applies to everyone and do not over estimate your capabilities. You may have had a sincere intention but maybe, you did not ask God to help you achieve it. If that's the case, you will eventually end up giving up on it. Remember without the Will, Mercy and Help of God, you cannot be successful. You must make an attempt to turn to God. Ask Him to help you. Ask Him to make you steadfast in your pursuit, ask Him to help you attain His pleasure.

We are the slaves of God. We ought to submit to Him with humbleness. Beg for His forgiveness, yearn for His Mercy, ask for His Guidance, for the ones who are truly guided are the ones guided by Him - The Almighty!

## 7. Small Beginnings

Start small. Set achievable goals. Do not overburden yourself. Else, you will run out of steam in a week. Always set aside some "me" time too, but bear in mind to keep it permissible.

There are many ways in which you can make small beginnings. You can include voluntary (non-obligatory) prayers to your daily prayers, fast at least one voluntary fast per month, read one page Qur'an daily, include the daily remembrances before eating, leaving the house, entering the washroom, etc. This hardly takes 10 minutes out of 24 hours.

Are we not ready to set aside such a small amount of time for the One who has blessed us with this life? We actually can. Brothers and Sisters, let us not be among those who only remember their religion in the month of Ramadhan. Our Lord is calling us to righteousness and success.

How long will we live in this world? 40, 60 or maximum 80 years? What next? Have we submitted ourselves in totality to our Creator?

Let's make this Ramadhan the turning point in our lives. Break free from the deceptions of this world and indulge into the sweetness of faith.

Let's start now and be at our best and God Willing, we will gain maximum rewards.

Ramadhan Mubarak.



A new day, another chance granted to receive a blessing. Today on 20/2/20 I was able to help two street boys from pinkam house corridors in Nakuru east get into a caring organisation. Thanks to the chairman of the SCANN boys who agreed to take him in and provide him with food and shelter



Kenya Coast Tourism Association Chairman Victor Shitakha (right), look as Sarova Whitesands Sales Manager Josephine Muanzi (second left) and Restaurant Manager Robert Kimotho plant mangroves seedlings at Mikindani Ganaola beach during a tree planting initiative organized by Skal Coast, sarova Whitesands and Big Ship community group increase the mangrove vegetation cover along coastline, reduce the human encroachment and educate the youth on the importance of conserving the environment. Looking on is the The initiative saw 1,000 trees planted of the targeted 10,000 trees.



Ethics and Anticorruption Authority in conjunction with Hindu Council of Nakuru and Lions Club of Nakuru, held talk regarding integrity and ethics with students of Lions club of Nakuru on 19th Feb 2020

# 6 Must-Have Components in Your Marketing Plan

With customer needs evolving at a rate only second to the speed of light, businesses are finding themselves trying to adapt on every possible front to fulfill the needs of their customers. From birthday wishes to reminders on offers, constant communication with your customers is the surest way to know that you are still in business.

The following six aspects are a guarantee that if given the necessary thought and implemented well, will propel your business to the level that makes it a reputable brand. They are basic in nature but can be overlooked if they are not prioritized. Read on to find out more about them.

1. Website development- as the base platform for your marketing activities. Your website is not only a source of information about your products and services but an online platform capable of executing the same duties done in your physical location. Bearing this in mind, the website should have the capacity to engage prospects, convert them into customers and retain them.

2. Social media- your business requires a presence in the common social media platforms out there. Though, you must identify which social media platform best serves the needs of your clientele. This enables you to pursue high quality leads with a high likelihood of converting into customers.

3. Marketing automation- this not only eliminates tedious work from your end avoiding a burnout but also demonstrates

the priority you place over your customers and prospects. Marketing automation coupled with targeting ensures that your content is served to the right audience, at the right time when it is needed and where it is needed, clearly demonstrating that you know and understand your customers.

4. Content marketing- content is always regarded as "king" in marketing. What makes content to be king is quality, though not in all instances, but relevance of content will always prevail. When creating content pay attention to right-kind of high quality content and not just high quality content.

5. Inbound marketing- this involves all the methods and approaches taken to let potential

customers know who you are, what you do and how relevant your services are to them. This makes it easy to establish trust with them as they are aware that you have the solutions to the challenges they face.

6. Search engine optimization- this is the ease with which your content is likely to appear in Google search results. The content is mostly from the blog section of your website that references to the search query a user types in the search console. Well optimized content not only appears on the first page of search results but should also be listed among the top three results. This is one of the proven ways to drive traffic to your website without incurring any costs. Keywords analysis and planning is among the main activities around which search engine optimization revolves around.



## Sometimes Life

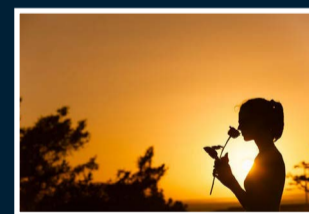
Sometime the road seems too long,  
And it's hard to keep faith and be strong.  
Days and months go by,  
And sometimes it's tiring to try.

Nothing seems right anymore,  
Life is nothing but a bore.  
When looking around you realize you are alone,  
All those close to you once are now long gone.

The ones who were once your strong shoulder,  
Now lay around like huge boulders.

Nothing but dread fills up your heart,  
You are hopeless no matter where you start.

No longer the laughter and joy,  
The heart has been treated by all like a toy.  
Suddenly no one seems to care,  
But even that pain is somewhat easy to bear.



You are alone in this world no matter what you do,  
It's the sadness and sorrows that molded you into what you are.

You may be hard on the outside,  
But inside the heart gets swallowed like the rocks in the ocean tide.

Eyes are lost in thought,  
Face is stern, remembering the emotional war you fought.  
Family and friends leave you behind,  
How did you stumble upon this kind?

Hurtful words they speak and harsh actions they take,  
Never considering how they can your heart break.

When you need someone the most,  
They all become so busy and are so lost.

When you speak with them, "I'm busy now" later madam,  
But when you are keeping away,  
They call up "I need your help" they say,  
Forgotten and invisible you are to them.  
But when things go wrong, to you they come.

To them your problems are a drama,  
And theirs will be explained in the best grammar.  
If ever you warn them against something bad,  
You are jealous and just not for them glad.

When good comes your way, It won't last another day, they say.  
Jealous hearts are everywhere,  
Seeing you happy and successful is enough for their hearts to tear.  
When you ask for some advice,  
Be sure it won't be anything nice.

To see you trip and fall,  
Gives the enemies a reason to have a ball.

The ones closest and nicest to you,  
Are the fake ones, which will always be true.  
Real people and real friends are hard to find,  
And with them your heart shall forever bind.

All the pain of life can consume the heart,  
But don't let it as it's just a tiny part.

No matter how unhappy the world makes you,  
Always be to yourself true.

One small step each day,  
Will make success head your way,  
Never look back, always look ahead,  
Follow your dreams and one day you'll be glad you had.

Leave those who belittle your dreams,  
Ignore those who at you mean words they scream.  
Sometimes the road does seem long,  
But walk this journey singing the happy song.



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**Mombasa & Coast Event Guide March / April 2020 - presented by wh@t's on mombasa**

NIGHTLIFE & ENTERTAINMENT
<b>Mondays</b>
<b>Club Hypnotica Nyali</b> BYOB - Bring Your Own Bottle
<b>Club Zero 4 Mombasa</b> Corporate Mondays Karaoke
<b>Tuesdays</b>
<b>Bunga Bunga Nyali</b> Nostalgic Tuesdays with DJ Geepsjakablak   DJ Aga
<b>Club Apollo Mombasa</b> Rhumba
<b>Club Hypnotica Nyali</b> Epic Pool Party with DJ James   DJ Prince   DJ Hans
<b>Marina Englishpoint</b> Ghazal Night - Indian Cuisine & Music
<b>Wednesdays</b>
<b>Apollo Club Choma Zone Airport Road</b> Girls' Night Out
<b>Club Savannah Mombasa</b> Reggae And Lovers Rock with Daddy Silk   DJ Max
<b>Club Zero 4 Mombasa</b> Girls & Cocktails with DJ Eddirah   DJ Masha   DJ Mems   DJ Jackie
<b>La Follia Mtwapa</b> Rombosa Twerk Night Competition with MC Chatatizzo
<b>Mingles Lounge Nyali</b> Jamdown Reggae with VDJ Edden
<b>Moonshine Beach Bar Nyali</b> Old School Wednesdays with DJ Frankie Walter
<b>Silos Pub Nyali</b> Ladies Night
<b>Thursdays</b>
<b>Bidi Badu Restaurant Diani</b> Ital Mature Reggae with DJ Bizz Ke   MC Dobra
<b>Club Zero 4 Mombasa</b> Dread Waves Reggae with DJ Daddy Silk   MC Blackroze   DJ Max
<b>New Samba Sports Bar</b> Urban Thursdays with DJ Willie   DJ Emire
<b>Papa Remo Beach Watamu</b> Watamu Beach Party with VJ Delph

NIGHTLIFE & ENTERTAINMENT
<b>Fridays</b>
<b>Club Hypnotica Nyali</b> Freaky Fridays with DJ James   DJ Hans   DJ Prince
<b>De Coffee Pub Kilifi</b> Drink Till You Drop with Malg_Thedeejay   DJ Teeone
<b>Mingles Lounge Nyali</b> Free Car Wash Fridays
<b>New Samba Sports Bar</b> Sensational Reggae Fridays with Dr Fred   DJ Smarter   MC Warrior
<b>Sheba Lounge</b> Friday Night Live
<b>Saturdays</b>
<b>Brazuca Diani</b> Classic Reggae Saturdays
<b>Club Hypnotica Nyali</b> Saturday Night Life with DJ James   DJ Hans   DJ Prince
<b>Sundays</b>
<b>Club Zero 4</b> 165 Sundays with DJ Sparta   DJ Eddirah   DJ Mems   DJ Masha
<b>Sheba Lounge Nyali</b> Sheba Sunday BBQ Party
<b>Silos Pub Nyali</b> Throwback Thursdays
<b>Skippers Deck Bamburi</b> Sunday Brunch with DJ Phauz

KARAOKE
<b>Tuesdays</b>
<b>New Cheers Bamburi</b> Live Band Karaoke
<b>Thursdays</b>
<b>De Coffee Pub Kilifi</b> Uptown Karaoke Night with Rencia   Malg_Thedeejay
<b>Fridays</b>
<b>New Cheers Bamburi</b> Live Band Karaoke
<b>Brazuca Diani</b> Karaoke Fridays
<b>LEISURE</b>
<b>Thursdays</b>
<b>Sheba Lounge Nyali</b> Quiz Night
<b>Fridays</b>
<b>Piri Piries Bar &amp; Restaurant Diani</b> Friday Night Hockey
<b>Saturdays</b>
<b>Piri Piries Bar &amp; Restaurant Diani</b> Petanque 3 pm
<b>FUN &amp; FAMILY</b>
<b>Sundays</b>
<b>Amigos Beach Bar Diani Beach</b> Sunday Family Outing 2 pm

LIVE MUSIC
<b>Tuesdays</b>
<b>Klub Zero 4 Moi Avenue</b> Band Night with Juukua The Band   DJ Mems   DJ Eddirah   DJ Masha
<b>Safari Inn Shanzu Tourist Road</b> Maranda & Band
<b>Sheba Lounge Nyali</b> Mombasa Roots Band
<b>Wednesdays</b>
<b>Camp Zodiak Africa Lodge Mtwapa</b> Live Acoustic
<b>Danka Grill &amp; Lounge Mtwapa</b> Generations Band Live
<b>Eagle Nest Mtwapa</b> Maranda & Band
<b>Maasai Beach Bar Nyali</b> Ricky Mulolo & Idologia Musica Band
<b>Fridays</b>
<b>Club Legend Mtwapa</b> African Sounds Band ft. James Ngala
<b>Moonshine Beach Bar Nyali</b> Jam With Juukua
<b>Papa Remo Beach Watamu</b> Afro Fusion & Jazz Nite with Fanisi Band
<b>Safari Inn Shanzu Tourist Road</b> Jambo Africa Band
<b>Status Grill Mtwapa</b> Ricky Mulolo with Idologia Musica
<b>Yul's Aquadrom Bamburi</b> Safari Sound Band
<b>Saturdays</b>
<b>Camp Zodiak Africa Lodge Mtwapa</b> Live Acoustic
<b>Maasai Bar Nyali</b> Ricky Mulolo & Idologia Musica
<b>Safari Inn Serena</b> Jambo Africa Band
<b>Sundays</b>
<b>Climax Bar &amp; Restaurant Shanzu</b> Ricky Mulolo & Idologia Musica Band
<b>Club Hypnotica Nyali</b> Juukua The Band Live Performance
<b>Moonshine Beach Bar Nyali</b> Chill Out Sundays with Generations Band
<b>Nomad Beach Bar Diani Beach</b> Iris Jazz Duo

NIGHTLIFE & ENTERTAINMENT
<b>Saturday 07   03</b>
<b>Buddhas Tree Backpackers Mtwapa</b> After Dark Club Sessions with Hmz   Prolific   DJ Ragen
<b>Gichungo Reggae Club Diani</b> BeachReggae Healing with DJ Ronnie Irie   King Alifa   MC Sky
<b>Monday 13   04</b>
<b>Vipingo Ridge</b> Easter Monday Band On The Beach 12 pm
<b>HEALTH</b>
<b>16 to 22   03</b>
<b>Shree Cutchhi Leva Patel Samaj Mombasa</b> Artificial Limbs Camp - Surgery Camp For Physically Disabled
<b>CHARITY</b>
<b>Saturday 04   04</b>
<b>Kibarani - Sagala Lodge</b> Cyclothon In Aid Of Various Charities
<b>FUN &amp; FAMILY</b>
<b>Saturday 04   04</b>
<b>Mamba Village</b> Charities Easter Family Fun Day at Mamba Village Centre
<b>FESTIVAL</b>
<b>10 to 12   04</b>
<b>Butterfly Pavillion</b> Roots Zetu Festival with Great Music   Finger Licking Food   Carnival Activities   Fashion Show   Family Activities   Art Exhibits   Artisan Market 8 am
<b>Thursday 16   04</b>
<b>Mama Ngina Drive</b> Boda Boda Festival - Mombasa County 9 am
<b>SPORTS</b>
<b>18th &amp; 19th   04</b>
<b>Treasury Square Mombasa</b> The 7th Mombasa Open Roller Skating Championships 8 am



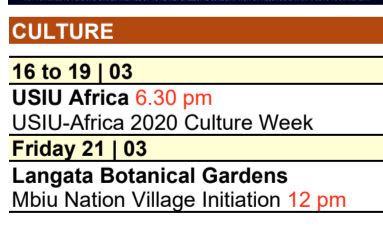
**Nairobi Event Guide March / April 2020 - presented by wh@ts on nairobi**

NIGHTLIFE & ENTERTAINMENT
<b>Saturday 14   03</b>
<b>Muze Club</b> Rising Stars: Dwson
<b>Saturday 21   03</b>
<b>Crooked Q, Woodvale Groove</b> Fusion with Xannox   Armageddon   Chucky   Fozzak   Surai 9 pm
<b>Ravers Paradise</b> Joe Mfalme Party 11 pm
<b>Friday 28   03</b>
<b>Shark Palace Resort</b> Al Invasion - The Fourth Edition
<b>Ibis Styles Sky Rooftop Lounge</b> Disco Inferno Part 2
<b>Bourbon Bridge Lounge 11 pm</b> We Made It Party with Joe Mfalme
<b>Friday 10   04</b>
<b>Encore Nightclub</b> Thutha Party Edition 2 with Lexy Ph   MC Kevo   DJ Marv   MC Kiki 9 pm

CONFERENCE
<b>Saturday 18   04</b>
<b>Diamond Plaza Parklands</b> Africa Unit - Beauty & Fashion Conference 5 pm

LIVE MUSIC / CONCERT
<b>Thursday 12   03</b>
<b>Geco Cafe</b> Acoustic Brewed Sessions with Jack Muguna 8 pm
<b>Friday 13   03</b>
<b>Dagoz Artist Bar And Venue</b> Super Friday With Vivian Olang 7 pm
<b>Friday 15   03</b>
<b>Michael Joseph Centre 7 pm</b> The Art Of Love with Kwame Rigii
<b>Friday 27   03</b>
<b>The Junction Mall</b> Queens Of Jazz with Analdo Kanga   Sage   Maria Goretti 7 pm
<b>Saturday 28   03</b>
<b>The Carnivore</b> Afro-Rock Reggaeton - A Night Of Live Roots Music: Jus/Jaballa in Concert with Romantico & Samaki Mkuu and The Upendo Mmoja Band ft. Yawezeka Strong, Steve Gee, Dinah Ndombi and Joy Birech
<b>Saturday 04   04</b>
<b>August 7th Memorial Park</b> Empress So Divine 3rd Edition 12 pm
<b>Saturday 11   04</b>
<b>KICC Grounds 6 pm</b> Serve Jah Reggae Concert ft. Luciano Jah Messenger with Reggae Powerhouse Band   Skill   Bonafide Reggae Band   Gravitti Band   Jah Lex
<b>Saturday 18   04</b>
<b>Dagoz Artist Bar &amp; Venue</b> Live Saturday with Murfys Flaw 9 pm

SPORTS
<b>Sunday 05   04</b>
<b>Uhuru Park 2 pm</b> WeekDiamond 10K Nairobi Run



CULTURE
<b>16 to 19   03</b>
<b>USIU Africa 6.30 pm</b> USIU-Africa 2020 Culture Week
<b>Friday 21   03</b>
<b>Langata Botanical Gardens</b> Mbiu Nation Village Initiation 12 pm
<b>DANCE</b>
<b>07 &amp; 21   03    04 &amp; 25   04</b>
<b>Alliance Française</b> West African Dance Class with Kahithe
<b>03 to 05   04</b>
<b>Azure Hotel</b> South Africa to Nairobi Kizomba Sensação

CIRCUS
<b>Saturday 28   03</b>
<b>Srakasi Dome</b> Circus 8 pm
<b>FESTIVAL</b>
<b>12 &amp; 13   03</b>
<b>YMCA University Way Slip Road</b> Africa Postfest - Africa's First Podcast Festival 11 am
<b>Sunday 15   03</b>
<b>Nairobi Polo Club</b> Kenya Kite Festival 2020 11 am
<b>Saturday 28   03</b>
<b>Kenya Forest Association 10 am</b> Nywele Fest with Marini Naturals
<b>10 to 12   04</b>
<b>Carnivore Ground</b> Indirica Festival
<b>Sunday 26   04</b>
<b>Uhuru Gardens Langata Road</b> The Matatu Festival 10 am
<b>POETRY</b>
<b>Sunday 08   03</b>
<b>Jahazi Coffee House 4.30 pm</b> Mental Health: Poetry   Music   Art
<b>Saturday 14   03</b>
<b>Goethe Institut</b> Poetry Slam Africa 2020: 1st Preliminary 2 pm
<b>FAIRS &amp; EXPOS</b>
<b>07 to 09   04</b>
<b>Sarit Centre 8 am</b> Nairobi Security Expo & Conference

CONFERENCE
<b>19 to 21   03</b>
<b>KICC</b> Regional Chef's Conference East Africa 9 am
<b>02 to 04   04</b>
<b>Sarit Centre</b> DISCON - Get Ready To Elevate Your Game 9 am
<b>ARTS</b>
<b>29   02 to 29   03</b>
<b>Rosslyn Lone Tree Estate</b> Exhibition About Vanishing Africa by Timothy Brooke
<b>AUDIO WORKSHOP</b>
<b>12 to 14   03</b>
<b>Ngong Race Course Waterfront</b> Gig Dynamics Open House - Workshops - Live Performances



All events without warranty!

## Detaching

**W**e are all human and have a tendency to attach ourselves to people and materialistic things so strongly that if we were to lose them, it destroys us in the process, and we are lost without them. To pick ourselves up again gets difficult. We feel like that one person used to make us happy or because of them we would smile and laugh more, no, this is not the case and we need to stop feeling that. The first and only rule of life is "no one can make you happy, but you - yourself"

Yes, people can make you laugh for a while, that's fine but do not "attach" yourself to them. Laugh in the moment with them and then get back to your own life.

Always try doing different things, try and meet different people, never stick to one particular activity or routine.

By adding change into your life you are opening up to other opportunities too and giving your mind new stuff to focus on. This will bring about joy in whatever you do.

Attachments cause a lot of unhappiness in one's life, like for example you are attached to money and you spend it on whatever you desire most of the time, then one day you are short of cash that deep inside you, you start feeling that emptiness and weirdness.

You no longer feel the joy you felt and you want something but you can't get it. You become depressed and

moody too.

Another example is, you have a friend who hangs out with you all the time, you do things together and never miss being everywhere with that particular friend, then one day this friend has to move away because of work or marriage, and you are left alone, it hurts and you miss them but that is not the end of the world, thanks to technology we can now communicate at the touch of a button. So you should remember and cherish all the memories with that friend and be happy.

Don't stop doing those things just because the person went away, instead keep doing them. Meet new people and interact with them.

Just make sure you are not too attached to anything, as life is too short to be attached to someone or something that may leave you sooner or later. And train your mind and heart to accept detachment at any given point of your life. Be strong.

Detachment is equally hard but with a strong will power you can do it. Fill your life with as many people to love and care for, engage yourself in many activities, do charity work, visit the aged and the sick.

Spread that love you have within you and that will help you overcome the attachment to specific people and things.

"Detachment is the key to new beginnings"



## Facts of life



### WHY, WHEN WE TWIST AND TURN IN YOUR SLEEP SO MUCH, IS IT VERY

#### • RARE TO FALL OUT OF BED?

Even when you're asleep, your brain is still aware of its surroundings to some extent. It

will have remembered how big your bed is and how far your body can safely turn. Should you get too close to the edge, it'll tell your muscle and you'll roll backwards. Be

Warned, though. Your brain will often lose its bearings if you've been drinking or you're in an unfamiliar bed.

#### • WHY DO WE EXPERIENCE STATIC ON ALIGHTING FROM A CAR?

When a car runs on the road, the friction between the rubber of the tyres and the bitumen surface of the road creates an electrical charge that builds up in the vehicle. Rubber is a good insulator so the charge isn't easily discharged to the ground. The human body has a high water content and so we are good conductors of

electricity. When we step out of the car, the charged electrons seeking another conductor reach across space creating a small stab of lightning between us and the car. The electrical charge runs

#### • WHY DO CATS SUDDENLY DASH MADLY ROUND THE HOUSE FOR NO APPARENT REASON?

It may be very funny to see Twiddles pointlessly racing up and down the stairs or fighting with the sofa but his behavior has parallels with football hooliganism. 'Cats and men are natural hunters,' say Zoologist and author of Catwatching, Desmond Morris. 'If the lead indoor, sedentary lives, the instinctive desire for violent activity will build up until it explodes. In the cat's case, the explosion will mimic the movements the animal would go through when stalking or attacking prey. In the case of young men, it can task the form of 'Hunting' rival soccer supporters.'

## Emotions

Mixed emotions run through my soul,  
And deep into a dark hole I fall.

Sometime the past comes rushing back,  
And I lose my focus and lose my track.

Everything is really confusing me so,  
I wish I could far away go.  
I want to scream and cry,  
But even then the tears are lost no matter how hard I try.

The pain I feel within my heart,  
Is just enough to make the misery start.

At times I want to drown my sorrows,  
But dull become my tomorrows.

A hope awakens somewhere in me,  
The suddenly it just wasn't meant to be.  
Dreams I stopped believing in

awakened again,

Only to be shattered and broken, ending them in pain.

No one sees the silent tears I cry,  
In front of all I smile and being strong I try.

Sometimes death seems the solution to all,  
As no one seems to care whether I walk or fall.

I look ahead and nothing I see,  
Sometimes it's just a shadow of me.

I want to sit aside, alone and think,  
That doesn't help as lower I sink.

I wish these emotions I could kill,  
That way I'd have a stronger will.

But I do know now I am standing tall,  
And nothing and no one will ever make me fall.

## Foods for better skin



### EGGS, LEGUMES, AVOCADOS, NUTS AND SOYA BEANS

All contain biotin, an essential vitamin for fat and curb metabolism. A deficiency can lead to dry skin and brittle hair and nails.

### SALMON

It contains astaxanthin, a cautioned that improves skin elasticity, so you'll have fewer fine lines.

### OMEGA-3S

Found in walnuts, DHA-fortified foods

and cod-liver oil, omega-3s seem to put shine in your hair and help skin look and feel young.

### GREEN-TEA

Its free oxygen radical scavengers protect against sun damage.

### POMEGRANATE

When applied topically it helps skin make more collagen and speeds healing.

### TOMATOES

Study participants who ate tomato paste with olive oil daily for ten weeks reduce their risk of sun burn.

## CORPORATE GOVERNANCE

## FC Speech during a Training on

Protocol:

**G**uest of honour sir, Mr George Kinoti, who is the DCI, The senior DCI officers accompanying him, the legal counsel, Hon. Imanyara, the moderator of PCEA church present, the trainers, members of Excom, fellow colleague members of PCAK, ladies and gentlemen.

Guest of honour Sir, way back in 2016 when we conceived the idea of coming up with a professional body, we did not have enough strength and we looked for experts who could at least help us in areas of concept development. We got

one special personality we pay tribute up to this day.

Fellow colleagues, we cannot forget the contribution of the late KTN journalist, madam Angilee, during the initial stages of PCAK formation, when her consistency and innovation turned all our little faith as founder

members, into the impetus that made us work against the odds to realise the dream of having a professional body. Towards this, I am humbly asking each one of us to be upstanding and observe a minute of silence in honor of madam Angilee. May God rest her soul in heavenly peace.

Guest of honor sir, there is no doubt that this great field had been like a large ship without an engine for a long time.

From the time PCAK achieved its legal recognition, this great ship is now piercing waves as it prints its name among giant professional bodies in Kenya and abroad. It is undeniable, that there cannot be one like it, with so many subdisciplines amalgating together into one for the sake of professionalism. Your support has made proud as the founding chairman (FC).

Guest of honour sir, I must admit that we as PCAK have come from far, since the idea was conceived and actualized last year during the Annual General Assembly.

I cannot thank each one of you enough for your support in various ways, seeing that we are a non-profit-making organisation and as such have relied on funds from well-wishers and Members' subscription, to carry out certain events and buying of merchandise to get a little income.

Guest of honour Sir, Ladies and gentlemen, one of the major milestones is the acquisition of the certificate of registration and the decoration of members with a medallion

“

**Fellow colleagues, please note that it is our duty to ensure that members are served to the best of our ability and receive what they deserve and as such, we urge you to bear with the little delays, seeing that we didn't have a secretariat in place to hasten some of the process.**

didn't have a secretariat in place to hasten some of the process.

We thank God that this far, we are temporarily housed by our legal counsel as we seek to have a permanent place. Thank you Hon. Imanyara for that hospitality.

We have already undertaken the required due process and soon, we will be having an assistant to carry out vital duties of the secretariat, such as the registration of members. We agreed that the students will be paying a subscription fee of five hundred (KES) annually and I request their Chairman to reach out to them to become bona fide to enjoy privileges like the training we are having today.

In our last Board meeting, Sir, we interviewed candidates who turned up for the role of an external auditor and since this is not an AGA, but a Training session, we will have full reports during the AGA, obviously because matters raised/executed in the AGA must be resolved in the same forum.

Dear colleagues, I will continue to urge members to observe the rules for our day to day interaction in the whatsapp group forums so that each one of us is comfortable enough to exercise the freedom of expression within the bounds of professionalism. We also encourage you to make use of our website.

Though we have put a disciplinary council in place, the council is not by any means longing to exit any member on the basis of gross misconduct,

as "RCrim", allowing them to use the honor after their names. I have seen the excitement that came with the medallion and we have to keep on doing it to the upcoming members under the category of Full Individual Member (PFIM).

Obviously, this honor is pegged on the expectation that the member so awarded shall carry it as a symbol of professionalism, key being the integrity and selfless service to humanity. PCAK deserves the right to withdraw it and knock you out of the list of honour to use it if you are found to have fallen short of the best practice.

Fellow colleagues, please note that it is our duty to ensure that members are served to the best of our ability and receive what they deserve and as such, we urge you to bear with the little delays, seeing that we



**CORPORATE GOVERNANCE**

# corporate Governance to all PCAK members

rather , their major desire is to oversee order and observance of Ethics.Kindly, let us comply with the standing rules.

PCAK had and has rolled out certain programmes and activities , last year and early 2020 that have seen it appear in print, digital and FM media. The most fascinating is the courtesy call paid to the DCI who PCAK has recognised as a chief criminologist and hence honored as member 001 .

He accepted our invitation to grace our training this day as a chief guest and Mr DCI feel welcome once again .

Sir, we take cognizance of the great transformation you have made in the DCI Directorate. Your commitment in fighting crime has instilled alot of confidence to kenyans and the world at large.

PCAK has always identified itself with the Directorate fully as seen in their recent voting ( for forensic kits) in earnest, for DCI, in the whatsapp fora and

as such , we congratulate you for being the first runners up.

Guest of honor sir, Your bravery and gallantry determination to liberate Kenyans from all crime , especially that against property and humanity will be a history to be read forever in this country.

Mr DCI Sir, we believe you have a lot for us today.Most of all, we cannot forget the partnership proposals and the ptomise that all your Directorate will enroll as members of PCAK. Thanks for hosting us out of your very busy schedule ,sir.

Mr DCI sir, PCAK has come up with various organs as drawn from its constitution and presented in an organogram herewith attached.This is in a bid to improve on its governance and service.This is what has informed the training we have today.

Benjamin Franklin ,speaking on learning said, " tell me and I forget, teach me and I may

remember, involve me and I will learn".

Guest of honor Sir, it is for this reason that the board found it worthy to have all its members involved in the training so that they learn about the management of associations and this in essence would translate into them understanding many governance implications , hence reducing, many

wrangles that end up wrecking organisations even before they are fully actualized.

A quote from a corporate governance Report(King Report) stated as follows:

"What corporate governance means is that people outside looking into the company will see that the people inside who are practicing qualitative governance are making decisions on an intellectually

honest basis and are applying care and skill in making business judgments."

This training is therefore serving to open the inside management to the outside ( members of PCAK) .This basically training in integrity , transparency and accountability .

Scholar R.Trucker once said in regard to corporate governance that , " if management is about running business,governance is seeing that it is run properly".

I therefore welcome all of you to participate fully at the end of which we will give you a certificate.It was meant for the board but we felt that it was fitting to have bona fide members trained as an inceninentive.

We have cost shared with the PCEA management .

In this way, we are sure that the beginning of of our partnership with PCEA to have PCAK engage in training

its members in security skills from time to time has started in earnest.

Guest of honour Sir, today we are happy to announce that one of our major function is the installation of our patron in Kenya the right Reverend ; who is The moderator and head of the Presbyterian university Mr.....

As I conclude ,Mr.DCI sir, May I also at this time deliver the greetings of our International Patron, Dr Rev Baillie of Africa Mission and a padre of UK Military.

Once again I thank you for turning up and mine is to wish you an eventful day in hope that this learn will be an asset to equip you into accessing opportunities that come your way in future.

Thank you and God bless you.

\*FC: Maurice Munene Mugambi\*



**What corporate governance means is that people outside looking into the company will see that the people inside who are practicing qualitative governance are making decisions on an intellectually honest basis and are applying care and skill in making business judgments.**

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COFFEE

COFFEE

*Train Your Mind to Ignore*



The mind can easily be trained to adapt the habit of ignoring and blocking out all the unwanted thoughts and negativities that surround us. Because it is these thoughts that make us go into depression, as we keep thinking about what someone said to us, why they said that and why were they so heartless, with that, more thoughts start growing, adding bitterness and unhappiness into our lives. At times we take things very personally which is wrong, because how someone may treat you doesn't define you, but it defines the other person, but even then we shouldn't be quick to judge them for their rudeness or

ill behaviour, instead we should give them the benefit of the doubt. They may be undergoing some problems or having certain issues and didn't realize their behaviour at that point. We can also be experiencing such behaviour too at a point.

That is why we need to understand that because of how life has changed drastically many of us are suffering from personal, health or financial issues, a lot of times things might be said to us that were not meant to be said, therefore we need to train our minds to ignore such behaviours. Other than that, we also have some people who like saying things to others just out of envy

and jealousy, and those things can really pinch your heart. Block such comments out and tell yourself "this can not affect me, I am a much happier person" and let this sentence be your ignore negativity mantra all the time. Don't take anything said to you personally, just smile and say "thank you". It is not an easy task but with practise you will soon come to master it and your mind eventually gets trained to ignore. Never let anyone make you feel bad about anything.

"A sound mind with positive thoughts is always a happy blessed mind"

By Atiya Mughal

**4-SIGNS YOUR BESTIE MAY ACTUALLY BE A TOXIC PERSON**

If you are ever in that space where you are confused about what to think about your friend .....Choose to believe your gut. Here are some red flags to know for sure if this FRIEND of yours is actually a toxic person, who's harming you.



life, and tells you to leave them, then they have major issues.

3. YOU KNOW THAT THEY BITCH ABOUT YOU TO OTHERS.

Those who are constantly, bitching to you about others, are for sure bitching about you to others too. While it is obvious that such a person is toxic, some people consider themselves to be exception to the rule. Well, they aren't

4. THEY DON'T HAVE BOUNDARIES.

If your friend snatches your phone and reads your messages, or takes your clothes and shoes without telling you or talks to your family without your knowledge about something sensitive, they boundary issues. The best way to explain this is; they have no respect for your consent, opinion, or personal space.

1. THEY ARE JUDGEMENTAL ABOUT YOUR FINANCES/ SOCIAL STATUS

If this FRIEND talks about his/her privileged up bringing and puts others down, or judges others based on their socio-economic background, ditch that person; he/she ain't your friend.

2. THEY TELL YOU WHOM TO BE FRIENDS WITH

If your friend constantly tries to tell you who to be friends with and who to avoid, make no mistake about it, they are overstepping a

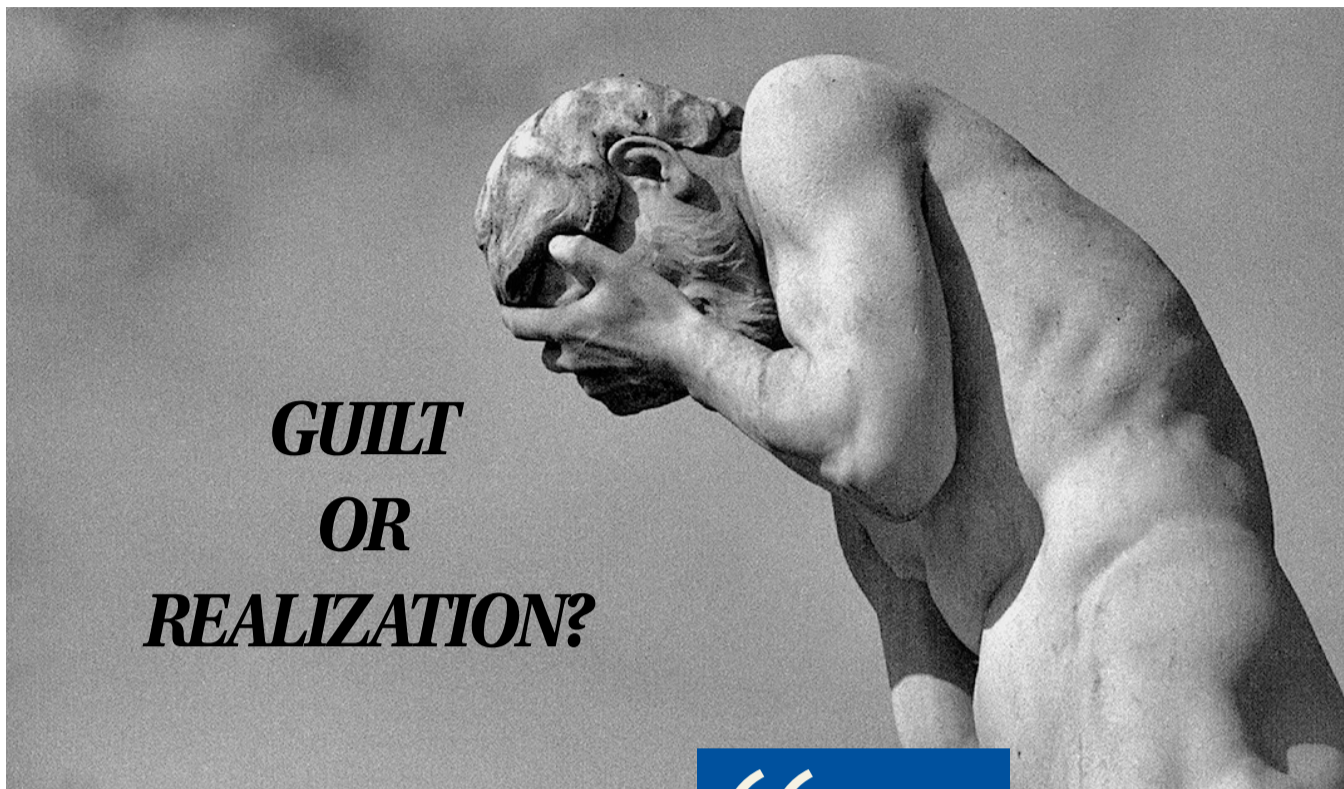
very important line; Your choice. While it, natural to look out for our friends and warn them about someone who may not be good influence, their are caveats to this. It, ultimately your decision. If your friend hates everyone in your

ANDY



ARCHIE





# GUILT OR REALIZATION?

**W**e confuse Realisation with Guilt and so most of us feel that guilt is necessary for improvement. Transformation of any habit or sanskar or action requires two things - knowledge and power. For example, all of us know Anger is damaging, so we have the knowledge and yet when situations arise we react, because we don't have the power to remain stable. When we have made a mistake, we have the knowledge and the desire to correct it (make amends) but we also need strength in the soul.

Guilt means repeated inner commentary of our past actions, angry with our self for having done it and sadness that it should not have happened. All these emotions deplete the power of the soul and a weakened soul tends to make the same mistake again. Any negative emotion cannot create a positive result and hence guilt can never be good. Guilt focuses only on the past action, and sometimes wrong action also means we label our self as 'bad' or 'not good enough' because that is what people taught us. These labels lower the self esteem of the soul.

Realisation means the awareness - yes I have made a mistake, awareness of how I can correct (make amends) and then attention on doing it differently the next time. Realisation does not spend time in the past but focuses on taking care in the present and the future. ( Paschataap Nahi, Prayashchit Karo - do not repent, but make amends )!

### IS GUILT USEFUL?

Guilt is self inflicted anger which depletes our emotional energy and deprives us of the strength needed to transform.

Since childhood we were taught that if we have done something wrong, we should be guilty about it, and if we were not, people around us made us feel guilty. We started believing guilt was natural and necessary to transform. Guilt is anger which is inflicted on the self. When we get angry with others it is once in a while, and the other person feels our anger is unnecessary and thereby does not accept it. Even then anger is damaging emotionally and physically to both - the one who

gets angry and the one on whom it is inflicted. What about when we get angry with ourselves, guilt? It is not once in a while, we have to live with the angry person 24X7, for days, sometimes years.

When someone else gets angry with us, we defend ourselves, but when we get angry with ourselves we accept it because we feel it is justified. Doctors tell us that anger if not vented out creates more damage. Guilt is internal anger, we cannot vent it out. We are the one creating the internal anger and we are the one on whom it is being inflicted and we are accepting it. If anger is damaging, guilt is toxic.

Our role is to empower people while we advise them. Power can be radiated only when we ourselves remain stable even if they are not able to implement our advice immediately. Release the expectations and accept different sanskars.

### Taking Responsibility, Overcoming Guilt

When you free yourself of guilt, you live in peace within. You take on responsibility and stop sentencing (punishing) yourself internally with feelings of guilt. Taking on responsibility is constructive; it allows all your potential to remain awake and flow. You feel free and unburdened. When you get it wrong, you can find different methods to relieve yourself of the burden that it might imply. For example, being sorry for or feeling sad for something that you have done means that you are aware that you have acted against your own wellbeing or that of another. Realizing it is good; it is the base for any positive change. The important thing is not to sentence (punish) yourself. Learn the lesson. Say sorry, if it is the right thing. Put it right.

Remember that yesterday has already passed. The past cannot be changed. You can't swallow the words that you said, since you already said them. You can't repeat the scene from yesterday in a different way because it already happened and stayed recorded on the film of this world drama. Therefore, don't repeat the words or the scene in your mind over and over again; doing that, you



**There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. It is important for us to accept on an inner level the code by which we think we should be guided and act**

keep alive something that is dead, since yesterday already stayed behind. Learn from the error and commit yourself to you and to your life, promising to yourself that you will not fall over the same stone again. You will think about it before speaking or acting.

If there are people or situations that lead you to fall over the same stone i.e. they lead you to make the same mistake, which was committed earlier, again, perhaps you will have to avoid them for a few days or a time, until you have strengthened yourself and have the inner security that they will not influence you. This is not running away; it is wise knowing your weaknesses and knowing that to get into similar situations with the same people is only to repeat the same errors and to worsen your well being and that of the other. Trust in yourself. You can overcome these mistakes and stop making them. It is a question of loving yourself and living. Out of love, you stop hurting yourself and hurting the other.

Crying over past mistakes, you don't mend anything. Open yourself to forgiveness. Raise the level of your thoughts so that they don't keep you in a state of sadness and loss of hope. Don't allow your inner judge to sentence (punish) you each time that you act, since that way you won't feel free. Your judge that you carry within makes your life bitter; however, it is you that gives this judge the capacity to exist. If the inner judge is in harmony with our conscience, it is good, because it wants to protect us. On creating guilt it warns us that we have broken a rule of our code

of beliefs, values or behaviors. It alerts us to the fact that we are acting against something important of ourselves. At those moments it helps us to observe and question what is real, true, important and even sacred in our life and for us.

There is a difference between when we have established our own code of values or beliefs in life, and when we feel obliged (forced) to obey an imposed code of beliefs. It is important for us to accept on an inner level the code by which we think we should be guided and act. When we act out of obligation (compulsion), by following a code of beliefs or behaviors that we feel have been imposed but aren't accepted as our own, we should ask ourselves why we act out of obligation (compulsion), basing ourselves on a code we have not accepted. Are we perhaps afraid that, if we don't do it, we will feel guilty?

When we violate the codes of belonging to a group, family, social class or community, generally we feel guilty. If this guilt leads us to question ourselves about what is right for our conscience, we progress in our personal growth and improve our clarity. It is necessary to respect ourselves, being clear about what the beliefs are on which we base our life, think, feel and evaluate. This will help us to avoid the gap between what we should and what we want to do. Until the should and the want are joined, we leave an open space for guilt.

When we act according to how we feel we should, we will feel guilt for not doing what we want. While we act according to what we want, we will feel guilt for not doing what we should. When guilt warns us that there is something to check and correct within us and we are willing to see it, have a dialogue with the self and clarify, we are on the right path. Sometimes guilt acts as an excuse for us to apologize without really taking on the responsibility for what happened; we pass on the responsibility to the established norms, norms that in this case we haven't accepted as our own. In any case, the solution to guilt is to take on self-responsibility.

**In Spiritual Service, Brahma Kumaris**

## Go Deep

**M**ost of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. And when two people who both live on the surface meet, the exchange, the conversation, is superficial, sometimes totally bereft of meaning. Often it leaves us totally unsatisfied. And as we share news of our surface observations, we come to know our own superficiality, but we are not strong enough to resist it. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of our ourselves.

Everyone has depth but we confuse the heart with emotion,

and forget that emotion is the result of getting too close to events on the surface. So one of our deepest needs, which is to go in deep, is seldom satisfied. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves. We only know what is at the bottom of the ocean by going there, diving deep and switching on a light and looking through the lens of a camera. The results are images of depth.

How on earth will we ever see what is in our heart unless we dive deep inside, switch on the light and look. Those who do will tell you it changes everything. What do they see? Simple, only beauty and truth. They are always there, waiting for us to return. Waiting to welcome us and to introduce ourselves to our self.

## HEALTH SMART



## In pursuit of happiness

**B**eing happy could add years to your life. While happiness doesn't cure illness, it does help health people live about 7.5-10years longer, according to an analysis of more than 30 studies.

The size of the effect is comparable to that of smoking or not, Researches don't know for sure how happiness fosters physical health, but happy people may be more likely to watch their weight and be more perceptive of symptoms of illness.

The research is encouraging for those who are upbeat, but if happiness seems elusive, the study might be all the more depressing. The good news's that psychologist Dr Timothy Sharp says that happiness is something that can be learnt, much like healthy eating habits.

### WAYS TO GET HAPPY

- Set aside a worry time, such as half an hour after work. If worries come up at other times, put them out of your mind until worry time.
- Practise random acts of kindness. Research shows altruism is a powerful catalyst for happiness.
- Redefine happiness. Some

people think happiness only means pure joy, but it also includes emotions such as contentment. Work out what happiness means to you.

- Be curious. Set aside time to do something new, such as taking up a new sport or visiting a different town.

### MEDICAL UP-DATE DVT RISK AT THE OFFICE

SITTING at your desk for hours at a time could double your risk of dangerous blood clots, according to new research from New Zealand. Researches looked at workplace in activities a risk factor for venous thromboembolism. They found that people who sat for eight hours a day, including at least three hours at a time without getting up, had twice the risk of VTE as more active workers. To put that in perspective, prolonged travel is associated with a five-fold increase of VTE. It can be hard to turn active if you have an office job, but little changes can make a big differences. Medical research institute of New Zealand recommends workers get up from their desk at least every hour and move their feet from time to time while seated.

## ADVERTISEMENT



*You Shouldn't  
Be Afraid To  
Fail*

• **BALANCING WORK - LIFE;** we live in a 24\*7 culture. With the ability to stay connected around the clock, the line between professional and personal has blurred. I still try to send thoughtful messages to my wife during work hours. Quick face time call with kids, quirky Instagram update for friends goes along way in maintaining a balance.

• **HAPPINESS AND ENERGY HIGH;** spending time with the family gives me the biggest high. I love to play football with my kids and relate to their love for cars .And I'm a foodie.

• **WINNING TRICK UP YOUR SLEEVE;** you shouldn't be afraid to fail. What you should do is learn to accept your failure as a life lesson, and work harder with more determination.

• **ONETHING YOU ALWAYS SAY 'NO TO;'** Taking a train in Germany. I love driving cars, especially on German highways.

• **LIFE LESSONS LEANT;** if you learn from everything that happens to you, you will discover that there is no such thing as mistakes, only lessons to be learned. Every-thing in life happens for a reason.

• **YOU'RE SPIRIUAL DIET; I** love listening to music on my Beats headphones .It not only relxes me but also set me up for the day.

• **SUCCESS VS FAILURE;** Not being afraid of failure is the key, Learning from failure leads to success. If you haven't failed ,you don't know real success feels like.

• **DE-STRESS MANTRA;** Any sport can be my stress-buster. Am passionate about football. Besides football, I like playing badminton, tennis and basketball.

## Progress of Big 4 Agenda top priority as President Kenyatta meets Governors

President Uhuru Kenyatta today hosted the 8th National and County Governments Coordination Summit during which the implementation progress of Big 4 Agenda aligned programmes was discussed.

The President, who was joined by Deputy President William Ruto and Cabinet Secretaries, chaired the Summit at State House, Nairobi, where the leaders spoke about disaster preparedness, corruption and pending bills.

The President who expressed satisfaction with the ongoing roll out of Big 4 Agenda programmes on universal health coverage, affordable housing, manufacturing and food security thanked county governments for their partnership.

The two levels of government collaborate in the implementation of the Big 4 Agenda through the 'Framework for the Implementation of the Big Four Plan between the National and County Governments.'

On disaster preparedness, the Head of State lauded counties for their leading role in response to floods, land and mudslides that affected the country late last

year.

He pointed out that the 'Disaster Risk Management and Digital Platform for Relief Assistance' framework being developed will help streamline disaster response in the country.

"There is no doubt that these initiatives will not only in future minimize suffering of our people during floods and other disasters, but also provide resource-savings for other social programmes and projects," the President said.

President Kenyatta noted that Kenya has made tremendous progress since the inception of the devolved system of government which coincided with the first term of the Jubilee administration.

He said despite the remarkable progress achieved, there are challenges that have to be dealt with in order for devolution to work at its optimum.

The President cited pending bills and corruption as some of the challenges preventing Kenyans from enjoying the maximum benefits of devolution.

He termed pending bills as a wrong against traders who he said are incurring losses.

"There are still unpaid bills in accounts offices although the respective goods and services have been delivered some for over a year.

"I believe we must all commit to clearing these bills because by not honouring our obligations we not only compromise the performance of the economy but we are also harming the people who borrowed money to provide the service," the President said.

Besides the four subject areas, the summit discussed several reports by the Intergovernmental Relations Technical Committee and those of the Intergovernmental Budget and Economic Council.

Also discussed was a report by the Salaries and Remuneration Commission on the management of the ballooning public wage bill.

The summit meets annually and is established as a consultation platform for the national and county governments.

The governors were led at the State House meeting by Governor Wycliffe Oparanya of Kakamega County who is also the Chairperson of the Council of Governors.

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# 7 Challenges Of Business Redesign

Hello There

**W**ith the current business environment revolving around re-invention, innovation, and rebranding, many modern businesses are encountering challenges that are centered on technology, evolving customer needs, and product requirements. The challenges are not a sign of impossibility but rather present an opportunity that in-depth research and studies will be part and parcel of the policy formulation process before business objectives are decided upon.

1. Lack of trust- as consumer-based services adopt E-commerce and online markets, lack of trust is a major issue in enabling slow adoption by consumers on web-based shops. For example, when a customer remits the money for a product that is not delivered or is of inferior quality, this dents not only that particular business but the whole industry. Trust levels are major determinants in the growth or death of an industry and in the case of E-commerce, lack of trust also makes business transactions to be unnecessary costly than they should be.

2. Content marketing- content production is easy but quality and good content is difficult to generate. Content marketing is not about selling but rather providing solutions. Posting content on a daily basis that dwells on selling alone, will lead to disinterested prospects with your web pages, blogs, and social media posts. Content should educate, inform and entertain after that selling will be



much easier.

3. The evolution of technology-technology evolutions on tools and platforms being employed by businesses

is evolving very fast in tune with ever-changing customer needs. A good example, in this case, would be the changes happening on the social media platforms

with regards to posting business content. The priorities being assigned on content based on its origin is making it increasingly difficult to grow and address

interested prospects and clients.

4. Skill gap- with applications and business processes all going online, appropriate training is a

requirement for aspects such as online order processing and payments, cloud-based accounting systems, business intelligence, data science, project management and much more. All these and much more will demand re-training every now and then.

5. Financial aspects of implementation-while paying attention to technology tools that automate business processes, the cost aspects for some of these tools is beyond the ability of many startups and small and medium enterprises. The free tools available can in some cases require much labor input and prolonged periods before success is realized.

6. Managing expectations-when embarking on implementing new business processes, a clear timeline has to be a consideration of the duration it will take to gain meaningful results from the new processes. Bearing this in mind it is important to employ parallel piloting of both new and old processes for fallbacks in case failures without interrupting daily operations. This way a complete overhaul is only implemented when desired output is guaranteed.

Eric Mukuthu

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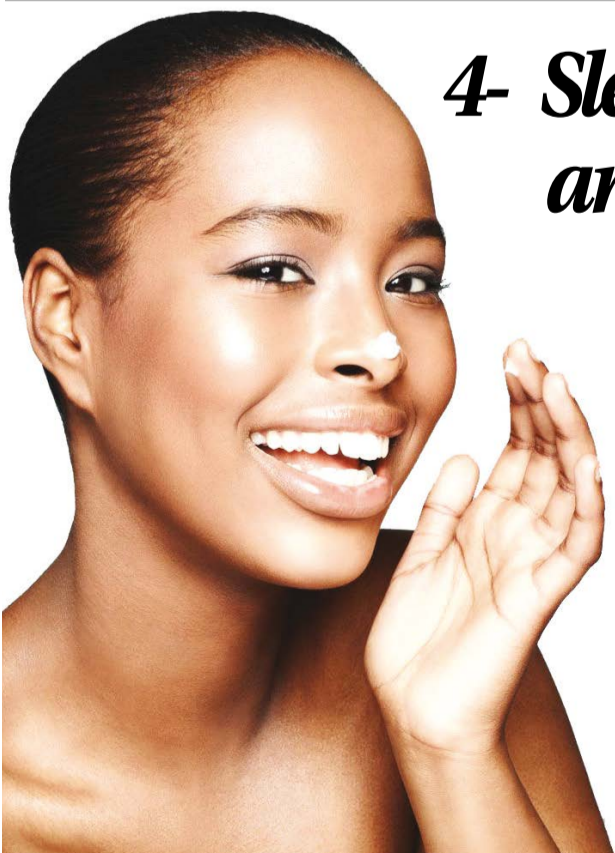
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About The Author

Eric is a firm believer that work should be made easier. In his free time he enjoys watching football while sipping coffee.

## 4- Sleep tricks for amazing skin;



1. SLEEP ON YOUR BACK; Lying on your stomach or on the same side every night can etch permanent sleep lines into your skin. If you can't adjust, switch to satin pillowcase the silky texture prevents crinkles.

2. RAISE YOUR HEAD; Stack a few pillows beneath your head to avoid puffy eyes. If you keep your head above your heart, fluid won't accumulate in your face.

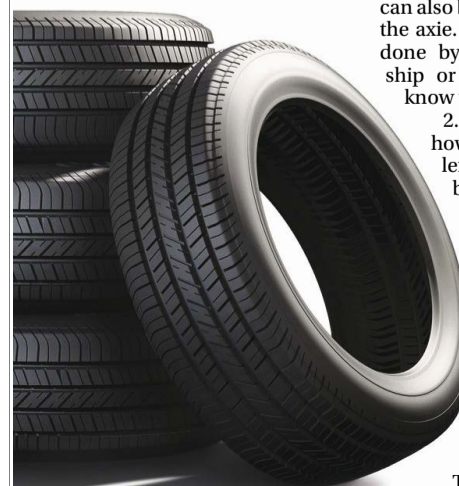
3. INVEST IN A HUMIDIFIER; Dry, hot air especially in winter, when room heaters are on, sucks moisture from skin. A humidifier puts water in the air, for soft and supple skin.

4. GET DEEPER SLUMBER; Use the bedroom for sleep only-doing so trains your mind to associate your bed with getting ZZZs. Avoid caffeine and exercise for 3 to 5 hours before bed time, and limit alcohol at night; each can keep you from solid slumber. Make sure your room is dark and cool {the ideal temp for sleep is 65-18.3 C} to transition into sleep mode don't watch TV or go online for an hour before turning in.

## Be friends with your tyres

**T**aking care of your tyre is an important as caring for your vehicle.

Here are some kind of indications that you keep track of for knowing when to replace your tyres.



1. WHEEL ALIGNMENT & BALANCING HAS NO EFFECT: When your car doesn't drive in a straight line even after wheel alignment, it is a possible, but not definite, indicator that the tyres need to be replaced. However, failure to drive in a straight line can also be the result of damage to the axle. Get a thorough checkup done by unauthorized dealer - ship or mechanic you trust to know the cause.

2. READ DEPTH : Check how much tread depth is left on the tyres . This is best done by looking at the tread wear indicator present on all modern car tyres. Alternatively you can also try the one rupee coin check . If the tread depth is less than what it should be, replace the tyres immediately as lesser depth decreases handling.

3. TYRE GRIP: Tyre grip is a function of

tread pattern, rubber compound, inflation pressures and, of course, correct wheel alignment, good steering linkage: In other words, general good condition of the car. Considering all these things being in order, if your tire indicator says it is time, change the tyre. Not replacing your tyre on time can be potentially hazardous in a number of ways. Worn-out tyres have a much bigger chance of picking due to the sheer lack of tread material in the tyre itself. Worn out tyres are also hazardous if driven on wet worn out treads also greatly reduce your car's stopping potential in wet condition. It is imperative then to double check your tyres around the month of May or just before the annual monsoon season begins. It is also good idea to always buy tyres from a brand instead of a cheaper foreign alternative, even if it means shelling out some more money .at the end of the day ,the tyres are the only thing that keeps your car on the road, intum ensuring you and your family's safety.

TRENDS

# 5 Social media trends in 2020

Hello There

Social media has grown to become a core component of almost every individual's part of daily life. We can summarily say that many of us cannot live without it. I recall a moment in the past when for a day I was not able to access my twitter account to know what was trending, left me really feeling that something crucial to my well-being at the time was missing. Bearing this in mind that social is not only here to stay but keeps improving I felt the need to share what we are likely to see from it, and some of it could be happening as we speak.

1. The credibility of social media platforms-the social media platforms currently at our disposal are fast gaining credibility as reliable and fast sources of information of current happenings in comparison to traditional media. For example, trends on twitter are preferred by many people as an indicator of the subject matter eliciting attention from a preferred section of the society. Therefore brands featuring as part of a trend on twitter can be used to highlight what that brand is all about?

2. Small talk on social media will have a very big impact- by making use of eye-catching



captions, images, infographics and videos, brands can spread news about their products using clear information which is easy to understand because it communicates clearly to the person receiving it.

3. Social media will become the "New Google"-as social media has clearly demonstrated its ability to build online communities through followers and likes, all manner of information will be made available there from learning, product launches and updates, testimonials and much more will make social media to be the new search engine.

4. Social CEO's- social media platforms have all implemented tools for direct online engagement between brands and their customers as well as prospects. With this in mind startup owners, innovators, managers, influencers can

finally break the red-tape barrier of access and have one-on-one engagement with their online communities as a way of improving customer service and strengthening the relationship.

5. Social media stores-with social media dominating in E-commerce the platform owners have not been left behind in implementing shopping carts that brands can use to facilitate purchases by their customers as a way of creating a one-stop value chain. Facebook and Instagram are good examples of enabled shopping using social media.

By Eric Mukuthu.  
About The Author

Eric is a firm believer that work should be made easier. In his free time he enjoys watching football while sipping coffee.



## Breast feeding good for mums

Breastfeeding is a two-way relationship, not a sacrificial deed. Normal physiology says breastfeeding is the obvious fallout of pregnancy and skipping it can have consequences it can do wonders to not just the baby's health but the mother's too in a big way.

### 1. SHEDDING BABY WEIGHT

There is a close link between breastfeeding and post-partum weight retention . The process burns up a lot of energy particular for mothers who are not feeding through bottle at all.

The breastfeeding process breaks down the un-necessary fat that accumulates in a woman's body during pregnancy.

### 2. CUTTING RISK OF CANCER

Nursing reduces a woman's lifetime exposure to hormones like estrogen which can promote breast cancer cell growth. Breast feeding is also believed to cut the risk of ovarian cancer as it delays ovulation.

### 3. STRONG BONES

Calcium ions necessary in the production of milk. Because

women lose calcium while lactating; many people assume breastfeeding moms have an increased risk of osteoporosis. However, current studies show that re-mineralizing of bones, less post-menopausal fractures and overall bone strength later in life.

### 4. HEART HEALTHY

A new study published in the Journal of the American Heart Association says breastfeeding may help mothers lower their risk of heart attack and stroke - even a decade after giving birth! This happens because the body's metabolism changes after giving birth, doing away with excess fat reserves. Exclusive breastfeeding also turns off the stress response, and protects against cardiovascular disease.

### 5. MENTAL HEALTH

Breastfeeding protects maternal mental health because it lowers the inflammatory response and studies have consistently shown that mother's exclusively breast-feeding their babies is at lower risk of suffering depression.

### 6. BEAUTY SLEEP

Exclusive breastfeeding increases both the quality and quantity of mothers' sleep. Several studies show that mothers who are exclusively breastfeeding their babies report longer sleep times and feel better and more energetic during the day.

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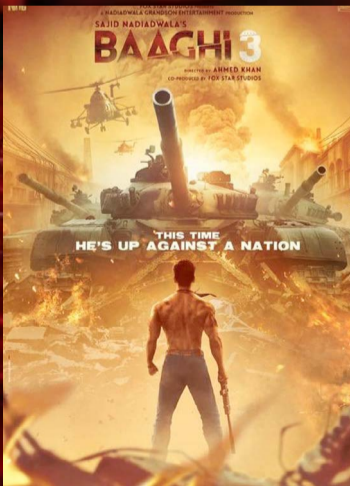


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