

**OLD TOWN:** The walls of this town were built to last. The aging balconies and doors are carefully restored to bear the original characteristic of Ancient Arab designs.

## Old Memories Of Old Town



**ABOVE:** A photo of the Old Town Mombasa. Photo; Courtsy. **LEFT:** Old Town Painting By Zuber Bakhrani.

### OLD TOWN

Old Town is an area of Mombasa, Kenya. Situated on the south-east side of Mombasa Island, the Old Town covers an area of 72 hectares (180 acres), and is inhabited by a mix of local, Arab, Asian, Portuguese and British settlers

Recently when I walked the narrow streets of old town in Mombasa, my mind started running. I was thinking of how amazing it must have been here in the old days and how living must had been abundant and rewarding. Although old town was obviously restored, the establishment looked like it lasted for many generations with little to not much change through the years.

They weren't constantly trying to 'improve' things, the message that I got was they maintained what they had and lived life with.

**OLD TOWN:** | PAGE 4

## Shree Cutchi Gujarati Hindi Union, Nairobi Conducts CSR Activity

The Shree Cutchi Gujarati Hindu Union, Nairobi conducted a CSR Activity by supporting the 10th Annual Lions Club of Nairobi Host's Sports and Fun Day for Children with special needs on 17th February 2019.



C.C.H.U. receives a Certificate of Appreciation from Lions Club of Nairobi Host



C. C. H. U. representatives witness and enjoy the Annual Sports and Fun Day



C. G. H. U. Nairobi Trustee -Mr. RKD Shah, Chairman, Mr. Meghji Patel, Hon. Secretary, Mr. Bhimji Patel along with a few committee members and volunteers

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EVENTS ●●●●●●●●

### Lions Club of Nairobi Host's 10<sup>th</sup> Annual Sports and Fun Day for Children with Special Needs



Nairobi County Women Representative, Hon. Esther Passaris interacting with the children at the event Nairobi County Women Representative, Hon. Esther Passaris interacting with the children at the event

On 17th February 2019, Lions Club of Nairobi Host held its 10th Annual Sports and Fun Day for Children with Special Needs.

Around 800 children from 32 special schools participated at the event which was held at SSDS Grounds along Lower Kabete Road.

The event was graced by the presence of Nairobi County Women Representative Hon. Esther Passaris, Lion Ravi Matharu the The District Governor of Lions who was also the Chief Guest of the event, Sponsors, SCLP Samaj School Leos, fellow Lions, members of the SSDS Temple Management and other distinguished dignitaries.

At the event, children with special needs (Visually Impaired, Dumb and Blind, Physically Handicapped, Mentally Handicapped and those with hearing impairment) participated in several sporting activities, fun and games.

Every special need child received branded Lion T-Shirts, Pens, Free Transport, refreshments and lunch.

Lion Dr. Ramji Patel thanked all the dignitaries, sponsors, participants and wellwishers who made this event successful and thanked MaDaFu Newspaper for covering the event.

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## The MaDaFu - Mombasa & Coast Event Guide March 2019

### NIGHTLIFE & ENTERTAINMENT

- Mondays**  
Bob's Bar Nyali  
Old School Mondays
- Tuesdays**  
Apollo Club & Restaurant  
Changamwe (Airport Road)  
Katika Rhumba with DJ C-Mple Ken
- Mint Lounge Bamburi**  
Oldies Ultimate Tuesday Plan with Benz The Captain
- Wednesdays**  
Amigos Beach Bar And Restaurant  
Diani Beach  
Ladies Night
- Apollo Club & Restaurant**  
Changamwe (Airport Road)  
Soul Night with DJ C-Mple Ken
- Dekis Lounge Nyali**  
Ladies Night with DVJ Banner
- Club Comeback Watamu**  
Beats Madness with VJ Delph
- Sheba Lounge Nyali**  
Ladies Night with DJ Bonez
- Sky Lounge Bamburi**  
Romantic Wednesdays
- Thursdays**  
Bidibadu Beach Restaurant Diani  
Reggae Night with DJ Lesh | DJ Unique Bwoy
- Club Hypnotica Nyali**  
Miss Bum Bum Thursday
- Sheba Lounge Nyali**  
Throwback Thursday
- Fridays**  
Apollo Club & Restaurant  
Ohangla Night with Odiemo Sirkal
- Club FA Ukunda**  
Reggae Healing with Ronny Irie
- Dekis Lounge Nyali**  
Friday Night Party with Erick Omtere
- Club Hypnotica Nyali**  
Freaky Friday
- Sheba Lounge Nyali**  
Take Me To Sheba with DJ Mvp | MC Tonny Boy Sululu



- Saturdays**  
Apollo Club & Restaurant  
Ohangla Night with Odiemo Sirkal
- Bidi Badu Restaurant Diani Beach**  
The Saturday Beach Party with Tucker Tha Entertainer
- Moonshine Beach Bar Nyali**  
Electric Fridays with DJ Delph

Find more detailed information on our website [whats-on-mombasa.com](http://whats-on-mombasa.com)

### NIGHTLIFE & ENTERTAINMENT

- Saturdays**  
Sheba Lounge Nyali  
Take Me To Sheba with DJ Mvp | MC Tonny Boy Sululu
- Sundays**  
Klub Zero 4 Moi Avenue  
Soul Sunday with DJ Frankie | DJ Havvy | DJ Jackie | DJ Mems
- Tapas Cielo Nyali**  
Sunday Afternoon Affair with DJ Elec-trick | AJ The DJ | DJ Flaxx | DJ Blaiz



- LIVE MUSIC**
- Tuesdays**  
Safari Inn International Meeting  
Point Shanzu Tourist Road  
Maranda & Band
- Klub Zero 4 Moi Avenue**  
Band Night with Juukua The Band
- Sheba Lounge Nyali**  
Mombasa Roots Band
- Wednesdays**  
Club Hypnotica Nyali  
Juukua The Band
- Cheers Bamburi**  
Pioneers Band
- Moonshine Beach Bar Nyali**  
African Night with Ricky Mulolo & Idologoa Musica Band
- Bob's Bar Nyali**  
Rhumba Wednesdays with Smart Rhumba Band | Jeff Medley | DJ Mr Vice
- Thursdays**  
Danka Grill & Lounge Mtwapa  
Safari Sound Band Live
- Bob's Bar Nyali**  
Reggae Thursdays with Generation Band
- Fridays**  
Garden Park Hotel Mtwapa  
Social Rhumba with Ricky Mulolo & Idologia Musica



## The MaDaFu - Nairobi Guide March 2019 - Single Event Guide

### CONCERT

- Sunday 17 | 03**  
Diamond Plaza  
Neha Kakkar Live in Concert 7 pm
- Sunday 17 | 03**  
Kenya National Theatre  
Rejoyse 2 pm

### FAIRS & EXPOS

- 22 & 23 | 03**  
Sarit Centre 10 am  
UK Universities Education Fair
- 26 to 28 | 03**  
Kenyatta International Convention Centre (KICC)  
Kalasha International TV & Film Market



### LIVE MUSIC

- Sunday 10 | 03**  
The Alchemist Bar  
Barak Jacuzzi & Friends
- Thursday 14 | 03**  
J's Westlands  
Buula
- Sunday 17 | 03**  
Whiskey River Lounge  
Gogosimo Band
- Wednesday 20 | 03**  
Ankole Grill  
Bengatronics
- Alliance Française**  
Anewel & the Pan African Pentatonic Project
- Thursday 21 | 03**  
J's Westlands  
Makadem
- Saturday 23 | 03**  
Alliance Française  
Imarhan - Tuareg Desert Rock Quintett
- Thursday 28 | 03**  
J's Westlands  
Wambura Mitari
- Sunday 31 | 03**  
Piccolina  
Koreggae - Koroga Meets Reggae with Roots Connection Band
- Every Friday**  
Tamambo Karen Blixen  
Calabash Band
- PHOTO EXHIBITION**
- 26 to 28 | 03**  
Michael Joseph Centre  
Kumbukumbu 9 am

All Information without Warranty

### LIVE MUSIC

- Fridays**  
Safari Inn International Meeting  
Point Shanzu Tourist Road  
Jambo Africa Band
- Apollo Club & Restaurant**  
Changamwe (Airport Road)  
Ohangla Night with Odiemo Sirkal
- Saturdays**  
Apollo Club & Restaurant  
Changamwe (Airport Road)  
Ohangla Night with Odiemo Sirkal
- Cheers Bamburi**  
Maranda Band
- Bob's Bar Nyali**  
Saturday Afternoon Plan with Jambo Africa Band | DJ Jeff Medley | DJ Eddirah | DJ Mr Vice
- Sundays**  
Big Tree Beach Bar  
Any Given Sunday with Mombasa Roots Band
- Sky Lounge Bamburi**  
Smart Rhumba Band
- Danka Grill And Lounge Mtwapa**  
The Solitaire Band Live

### LEISURE

- Fridays**  
Pirie Piries Bar & Restaurant Diani  
Friday Hockey Night 5.30 pm
- Saturdays**  
Pirie Piries Bar & Restaurant Diani  
Petanque 3 pm



### FUN & FAMILY

- Sundays**  
Sunrise Resort Nyali  
Lafta Reloaded
- Garden Park Mtwapa**  
Family Show 12 pm
- Chamiachi Hotel Nyali**  
Lafta Fun Fest
- Amigos Beach Bar And Restaurant Diani Beach**  
Sunday Family Outing
- Kaskazi Beach Hotel Diani Beach**  
Family Fun Day 10 am
- Kilua Resort Shanzu**  
Family Fun Day - Buffet Lunch And Swimming

All Information without Warranty

### KARAOKE

- Mondays**  
Casablanca Reloaded Mombasa  
Karaoke Mondays 9 pm
- Tuesdays**  
Club Hypnotica Nyali  
Hypnotic Karaoke Night with Titia Tola
- Wednesdays**  
Bidibadu Beach Restaurant Diani  
Karaoke Wednesdays with Francine Zigo | Tucker Tha Entertainer | DJ Lesh | DJ Unique Bwoy
- Danka Lounge & Grill**  
Karaoke Night with Samantha Wendy
- Thursdays**  
Apollo Club & Restaurant  
Changamwe (Airport Road)  
Thirsty Thursday Karaoke with Njeri
- Sundays**  
Sheba Lounge Nyali  
Sunday Service Karaoke with Soni



### CONFERENCE

- Saturday 09 | 03**  
Prideinn Paradise Beach Resort  
Shanzu  
KAMMP Annual International Scientific Conference
- Saturday 09 | 03**  
Bahari Beach Hotel Nyali  
International Women's Day - Round Table
- Friday 15 | 03**  
Swahili Pot Hub  
Global Women's Voice Conference 2019
- Saturday 16 | 03**  
Swahili Pot Hub  
Hacker Village
- Wednesday 27 | 03**  
Reef Hotel Nyali  
The 7th Annual Governance & Ethics Conference

### FAIRS & EXPOS

- Monday 18 | 03**  
CityBlue Creekside Hotel & Suites Nyali  
UK Universities Education Fair  
Mombasa
- Wednesday 20 | 03**  
CityBlue Creekside Hotel & Suites Nyali  
Kingston University - Uniserv  
Mombasa Exhibition

### NIGHTLIFE & ENTERTAINMENT

- Saturday 09 | 03**  
Moonshine Beach Bar Nyali  
Wakanda Afrofuturistic Party 8 pm
- Sunday 10 | 03**  
Anuba Lounge Nyali  
Dohty Family Uptown Reggae with Kriss Darlin
- Saturday 16 | 03**  
Azura Lounge Nyali  
Reggae Festival with Selector Arafat | Junior Dreadd
- Saturday 23 | 03**  
Moonshine Beach Bar  
Bobby Bhangrar with DJ Deshal 8 pm

### FUN / COMPETITION

- Saturday 30 | 03**  
Patel Samaj Hall  
Funtakshari Fun Unlimited



### LIVE MUSIC

- Saturday 09 | 03**  
Mikaye Restaurant Nyali  
Juma Tutu And Friends - Bosco Baya | Nafsi Huru | Uledi Udizize | Emi Kitasako
- Friday 29 | 03**  
Sky Lounge Bamburi  
Emma Jalamo

### TALK

- Friday 29 | 03**  
Tamarind Restaurant  
Stories Of Significance with Daudi O. Anguka

### THEATRE

- 08 to 10 | 03**  
Swahili Pot Hub  
Honest Liar

### EXHIBITION

- Monday 11 | 03**  
Alliance Française de Mombasa Nyali  
The Flipflop Exhibition



### ARTS

- Saturday 09 | 03**  
Villa Rosa Kempinski  
Private Dreams Exhibition
- Sunday 31 | 03**  
The Alchemist Bar  
Kuona Artists Collective



### FLEA MARKET

- Every Sunday**  
K1 Klubhouse  
The K1 Fleamarket 10 am

### ARTISTS

- Saturday 30 | 03**  
Uhuru Park  
Support Women Artists Now 10 am

### FESTIVAL

- Saturday 30 | 03**  
Kilimani Project Foundation  
Kilimani Street Festival 10 am

### BALLET

- 30 & 31 | 03**  
Kenya Cultural Centre  
A Midsummer Night's Dream

### EAT & DRINK

- Sunday 31 | 03**  
Ananas, Lower Kabete opposite Sarit Centre  
The Shuk 2019: Israeli Food & Wine Festival 12 pm
- Sunday 31 | 03**  
Bric A Brac  
Kenyan Chili Festival 2019

### GOLF

- Sunday 17 | 03**  
Karen Country Club  
2019 Magical Kenya Open
- Friday 22 | 03**  
Karen Country Club  
10th Community Golf Tournament

### STORYTELLING

- Saturday 16 | 03**  
Michael Joseph Centre  
Soul Session Storytelling 5 pm

### POETRY SLAM

- Saturday 23 | 03**  
Goethe Institut  
Poetry Slam Africa 2 pm

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LEISURE ●●●●●●

# Old Memories Of Old Town



RIGHT: Old Town Painting By Zuber Bakhrani. LEFT: A photo of the Old Town Mombasa. Photo: Courtsy.

Recently when I walked the narrow streets of old town in Mombasa, my mind started running. I was thinking of how amazing it must have been here in the old days and how living used to have been abundant and rewarding. Although old town was obviously restored, the establishment looked like it lasted for many generations with little to not much change through the years.

They weren't constantly trying to "improve" things, the message that I

got was they maintained what they had and lived life with reverence, thankful and wise

It's so sad how backwards we live nowadays, in constant debt and all the while wasting valuables only to feed the overgrowing hunger of civilization that will never quench. Decolonizing the mind also starts with shifting certain patterns. In the days gone by, aspect of generational knowledge was essential.....we maintained the reef, for fishing, utilized resources and techniques for

weaving our own baskets, utensils, cups, tools, blankets, mats, with no trash or plastic to plague our oceans and marine life. It can still be done so how far-fetched an idea is it really??? Those days we maintained a society where a community raised a child learning all they needed to know how people were the scientists, botanist, historians, astronomers, biologists and oceanographers.

There is no doubt that we would utilize western technology to our benefits of growth, luxury, and

entertainment.

While providing opportunities for our generations to learn the worlds and seek it out..... but keeping balance is what it's all about it is time we start to take hold of the shovel that is our minds, and continue to dig ourselves out of this hole that we have been led into. Anything is possible..... To me it's about maintenance with a sustainable foundation for the future. We can still grow, but through balance and wisdom

## KBCWS conducts Saraswati Puja



Kenya Bengalee Cultural and welfare Society celebrated Saraswati Pujo on the 10th February at the New Shiv Temple along Ring Road Parklands. Maa Saraswati is the Hindu goddess of knowledge, music, art, wisdom, and learning. Hindus celebrate the festival of Vasant Panchami in her honour and mark the day by helping young children learn how to write alphabets on that day (Hate Khori). The "Hansh" seated below

the Goddess is a sacred bird, which if offered a mixture of milk and water, is said to be able to drink the milk alone. It thus symbolizes the ability to discriminate between good and evil.

The season and festival also reflects the agricultural fields which are ripening with yellow flowers of mustard crop, which Hindus associate with Saraswati's favorite color. People dress in yellow saris or Kurtas to associate themselves with the Goddess. A typical

Bengali lunch was served post the Pujo and it was followed by a Carrom Tournament and a Bengali Movie Show.

The Chairman, Mr Prateek Ghose when interviewed by Madafu mentioned that the Bengalees in Kenya uphold religious and cultural values and pass them on to the next generation. He pointed out that despite living in a land that is thousands of miles away from India, the Puja is performed exactly as per Bengali traditions.





## Synergy Between Soulmates



By Atiya Mughal

We often ask ourselves what this Synergy present between soulmates is, and who exactly is a soul mate? A number of times we are told that a soul mate is one who we meet, fall in love with and marry that's it. Sometimes we don't even last as a couple, so how can this be a soul mate and what happened to the synergy then?

We need to understand these two terms well first before we can make our judgments. Firstly a soul mate is a person who is ideally suited for another person, with whom one has a feeling of deep natural affinity, with similarities, romance, love, comfort, intimacy, spirituality, compatibility and trust, someone who will see your pain through your silence, who will care even when you are experiencing difficulties, stand by you when you constantly push them away, wait for you for as long as it takes and talk to you after a fight never giving up on you no matter what the situation may be. Synergy is to have a connection through synchronicity that brings two people close together, the energy to make two people work on something together to create astonishing results rather than being done individually.

When two people meet be it as friends, strangers or as colleagues at work, there is always an energy that brings them towards each other, their personalities and behavior make you want to talk to someone. It can also

be one is attracted to the other by the looks. But when two special people are meant to meet, it is this very synergy that pulls and keeps bringing them together in various situations that we call fate, but it's not fate that brought them together, but the synergy instead. This then strengthens the bond that has been created among the two, so that whatever they do has to be done together, even decisions made have the two parties input. If a problem occurs, they will look for solutions to overcome it. With this the closer they get, the stronger the synergy becomes, therefore resulting into soul mates.

When these two individuals have been brought together there is nothing and no one that can separate them as they have now been joined not just at the hearts but at their souls too, making them one soul in two bodies. Soul mates can't live without each other because their day starts and ends with the other half. Due to their deep understanding and trust, they can't be broken no matter what someone may tell them. If there is a problem somewhere that may arise in their relationship, they will lay it out on the table and discuss how it can be tackled without hurting the other. Most of all they support each other to pursue their dreams and not give up just because they have a responsibility towards the family.

Soul mates are best friends gifted from the universe and are special beings of love.

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Saturday, **30** March 2019

@ Patel Samaj Hall,  
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Food Stalls from **6:30 pm**  
Mouthwatering Patel food

Event Starts @ **8 pm** onwards

For More Details Contact  
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- Payal on **0724 036441**

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Madafu Newspaper is owned and Published by Madafu Publications Limited.

P. O. Box 80518 - 80100 GPO Mombasa.

Email: [editor@madafu.biz](mailto:editor@madafu.biz)

[news@madafu.biz](mailto:news@madafu.biz) [yaris@africaonline.co.ke](mailto:yaris@africaonline.co.ke) Website: [www.madafu.biz](http://www.madafu.biz)

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Design by: Madafu Publications Team & Yaris Institute Graphics.

Printed By: Nation Media Group Ltd - Nairobi

### CONTRIBUTORS:

Cover Photo by CGM - GPU  
Mr. Elcaboos Lamboghini

- Salim

Miss Atiya Mughal

Mr. Stambuli Abdillahi

Nassir

Mr. Hamza Zakaria

Mr. Dietmar Roessler

Mrs. Anjhna

Mr. Karan Pandya

Mr. Shivaji Oxenburg

Miss Avni Parmar

Mr. Athman Amra

Mr. Eric Manyara

Mr. Paresh Morjaria

Miss Kendi Kimathi

Dr. Edwin Muinga Chokwe

Mrs. Patti Vaughn

Pst. Munene

Miss Ahlam Mansur

Mr. John Ogembo

Mr. Partick Ogola

### SALES, MARKETING & OPERATIONS

Mr. Reishi Arun Parikh

### EDITOR

Mr. Reishi Arun Parikh

Head Office:

K. T. Plaza, Haile Selassie Avenue, Mombasa

Nairobi Office:

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VOLLEY BALL ●●●●●●●●



**DENTISTRY FOR YOU**  
**EA OPEN 2019**  
 Traditional Volleyball. Mombasa | Kenya  
**PLAY YOUR GAME**



## EA Open 2019

Memon Sports Club in conjunction with Mombasa County's Department of Youth, Gender & Sports is in the process of organizing the Traditional Volleyball EA Open. The tournament will attract the best teams from all over East Africa over three days this Easter weekend, 2019.

The Events main sponsor is Dentistry for You, a UK based enterprise which is part of the Harunani Group of Companies and offer premium dental services to the community. Our Silver sponsors are Bomu Hospital and Maroo Polymers. Innovus have confirmed as our Bronze sponsors.

As much as Traditional Volleyball will be the mainstay of the event, various other entertainment avenues for the kids and ladies including exhibition stalls will be arranged along with a food court to satisfy the taste buds. This will also include Netball and Badminton for the ladies in a competitive format along with various other carnival games and fun activities for the kids.

EA Open 2019 promises to be a bigger and better event all together than the previous editions Memon Sports Club has hosted.



Come be part of the blockbuster this Easter weekend either as a participant, player, supporter, exhibitor, sponsor of various categories or a well-wisher at large. We promise great fun and action on and off the pitch as the teams battle it out to win the prestigious regional trophy.

With over 3000 people visiting the venue in 2016, exhibition stalls and banner sponsors are definitely in for big gains through sales and product promotions to a large audience. Our online PR and Marketing activities will ensure your business and enterprise gets premium coverage, pre, during and post the event.



Get in touch with us through the media below to be a part of this historic event in Mombasa.

### Traditional Volleyball



Traditional volleyball has its roots in East Africa, India and Pakistan. The game is usually played within most of the Asian communities worldwide. Traditional volleyball varies from indoor gymnasium play, outdoor play on sand, grass, or clay - as well as street volleyball for recreation.

There is a three-touch or two touch system like International volleyball, however, traditional volleyball does not require the bump-set-spike scenario. Instead, traditional volleyball is based on a consistent volley of the ball -only the serving side can score- and players play a style which is considered "closed hand/fist" play. The game can be played with up to nine participants per side (similar to Asian nine-man volleyball, but with variations to the game), or as little as five. There is no rotation in traditional volleyball, however, in certain East Indian and Southeast Asian communities, they do allow rotating as the rules tend to vary from team to team. The court can vary from 30ft to 30ft to as large as 35ft by 35ft.

### EA Open 2009 and 2016

Memon Sports Club have previously organized the EA Open twice in the last ten years. Premier Flour Mills were the chief sponsors of the 2009 edition while Dentistry for You took the gold slot in 2016 in conjunction with Mombasa County's department of Youth, Gender & Sports. The games were played over a period of 3 days for both the events. A total of 28 teams from Dar E Salaam, Tanga, Arusha, Kisumu, Nakuru, Nairobi & Mombasa participated in both the 2009 and 2016 events.



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Have you looking for the best site to download movies or stream? There are numerous free sites that you can use to stream and download movies and TV series of your choice. Subject to which one is legal and has high-quality content we have listed a few for you

- 1. C123 Movies**  
[www.C123movies.com](http://www.C123movies.com) is known for offering high-quality content. The site is easy to use as the only requirement needed is to sign up for an account which is a pretty easy task to do.
- 2. YTS**  
[www.yts.am](http://www.yts.am) is mostly even better than The Pirate Bay and Torrentzilla. The site is known for its endless collection of films that makes it easy for you to stand higher chances of getting what you want.
- 3. Movie Watcher**  
[www.MovieWatcher.is](http://www.MovieWatcher.is) This website offers unlimited downloading content ranging from TV shows, drama, thriller, comedies and science fiction.
- 4. Putlockers.cafe**  
[www.Putlockerr.cafe](http://www.Putlockerr.cafe) is among the highest rated websites. It also has one of the simplest navigation.
- 5. Download Any Movie**  
[www.download-anymovie.com](http://www.download-anymovie.com) is a site that you can use to download any film just as the name suggests. This is a crucial feature that makes the site unique. The high-quality content displayed on the website has also contributed to the excellent rating.
- 6. Movie Couch**  
[www.moviescouch.pro](http://www.moviescouch.pro) beats other boring sites that keep nagging you with additional subscriptions or requesting your details of payment.
- 7. Archive movies**  
[www.archive.org](http://www.archive.org) gives you plenty of ideas and options whether old or recent release of a film.
- 8. Movie Flixter**  
[www.movieflixter.to](http://www.movieflixter.to) gives you an amazing variety of information regarding the launch of a film as well the score.
- 9. Watchmoviesfree**  
[www.watchmoviesfree.us](http://www.watchmoviesfree.us) Unlike other sites that can only be accessed if you have an account, this site gives you the chance to load the films free of charge.
- 10. SD Movies Point**  
[www.sdmoviespoint.vip](http://www.sdmoviespoint.vip) is one of the most comfortable sites to download a film of your choice at zero cost. The site gives you a variety of options from Bollywood, Hollywood, Punjabi, and Pakistani among many others.

## Employment

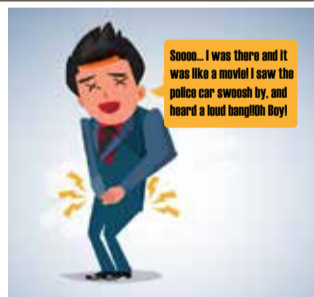
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Which number replaces the question mark and completes the puzzle?

10	
8	13
16	6
4	19
22	?

## Archery Sudoku

w	b		o
			w
	o		
o	s	w	b
b			

It's archery BOWS and arrows Sudoku - fill in the grid with the letters B, O, W and S, making sure no letter is repeated in every row, every column and within each mini grid. Share with us a photo of the completed game and we will mention you in the next edition!

## Sudoku

	6				
			6	2	4
3		4		1	
			2		
			4	5	
		1			2

Fill the grid with the numbers 1 to 6 in such that each number appears only once in each row, column and region (answer in the next edition).

## What is the car's parking spot number?

16	06	68	88		98				

6 Year olds can solve this puzzle in under 20 seconds, How long will it take you?

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## MaDaFu Newspaper Conducts CSR by appreciating Children with Special Needs

MaDaFu Newspaper Team presented certificates of participation labeled as “You’re a Star” to around 800 children with special needs on Sunday, 17th February 2019 at the Lions Club of Nairobi Host’s 10th Annual Sports and Fun Day.

Seen in the photo is District Governor of Lions, Lion Ravi Matharu along with MaDaFU editor, Mr. Reishi Parikh while Nairobi County MaDaFu Co-ordinators Mr. Satyan (Bunny) Shah and Mrs. Shaina Shah and look on.





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## KAHAWA Thungu

BY ATHMAN AMRAN

The problem with some women. They are not concerned about their husbands' problems; all they care about is their friends. They want to look good in front of their friends but leave their husbands in problems and alone.

January eventually came forcefully like a robber because of the many responsibilities it demands from people who have already been dealt a dizzying punch by "pleasurable" responsibilities of December holidays.

Therefore January "robbed" me of all the money in my wallet at "responsibility-point" and it went to school fees, new school books, new uniforms and the shoes because my daughters' feet chose to grow, of all the months, during December! All these responsibilities made me pensive at our kahawa thungu place which seemed to worry my friend Khalifan, who adjusted his white over-worn kofia and cleared his throat to speak.

"Why do you look sad?" he said as a mischievous smile began to form on his lips. "Has your wife run away because you could not fulfill the January responsibilities?" If it was another person saying that I swear I could have punched him on the face but it was my friend Khalifan and I knew him well. I said, "I am as broke as nothing I

can compare with. But I have fulfilled my responsibilities, at least I have tried." "So, what seems to be the matter now?" Khalifan asked.

"The wife has begun her sing-song about Valentine's Day," I said. "She expects a new red dress, new red shoes and a new red handbag for the day." Khalifan burst out in a loud laugh that shook his entire body. When he finally took control of himself he said, "What! I do not believe this! I guess, she will also want a red handkerchief, a red car and a red bulb!" I looked at Khalifan and I knew he did not understand. "All that she wants is not for my benefit," I said. "She will be meeting with her friends and she would want to appear Valentine."

They usually do that and they have a "girls" night-out. The thing is that she does not even consider the expenses I have already incurred. All she is worried about is her friends and how she will be viewed by them. "O, poor guy," Khalifan said as the other friends at the kahawa thungu place were now all ears. "I had thought she wanted all that to please you." My friend Papa, the philosopher, joined in, "That is the problem with

some women. They are not concerned about their husbands' problems; all they care about is their friends. They want to look good in front of their friends but leave their husbands in problems and alone. That is why I have decided never to marry."

Khalifan nodded in agreement. "You are right there Papa," he said. "Some women are insensitive especially towards their husbands. But I take no nonsense from my wife. I tolerate nothing like these foreign rubbish of Valentine's Day. When I cough she listens and asks if I need some water."

I wanted to laugh at Khalifan but I decided to continue looking serious. His wife was a bulldozer. At home he is what people say, amekaliwa chapati, meaning the wife sat on a chapati and gave him to eat so that she could have a say in everything. I do not have the money and she knows it. But I will know how to deal with the situation when the time comes. "I can never marry," Papa, the philosopher said. "Not in this life or in the hereafter." I looked at Papa with a smile as I took a sip at my kahawa thungu.

## Mombasa Women's Donation



Mombasa Women's Association at Old people home to make Wazee happy and the children of Child welfare society and Mombasa children Home.

Here at old people home we donated food hampers with bed sheet, pillow case, towel, bath soap,

slippers, tooth paste and tooth brush to each Mzee and cheque. of Ksh 20000/-twenty thousands to child welfare society and Mombasa children home each and distributed biscuits to everyone. Wazee and Children were very happy and prayed for MWA. Here from left Mrs Usha Patel, (Joint treasurer) Mrs Illa

Shah, (ex official) Mrs Suman Kanji (Vice Chairlady) Mrs Sadhna Doshi and (Chairlady) Mrs Harminder Kandhari presenting a cheque to official of Child Welfare Society looking on are the Elders, Children and Staff. Thank you **Mrs Harminder Kandhari - Chairlady (MWA)**

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Kumar Brothers (Diamond Plaza)  
One Stop Ration Store (3rd Parklands)  
On The Way Supermarket (both Parklands and Muthaiga branches)  
Sona Shoppe (Westgate Shopping Mall)  
Aura Restaurant (Sky Mall)

#### ***Industrial Area:***

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## KWALE EYE CENTRE

BY DR HELEN



*"It is possible to make the world a better place.. but you can't change it all.. so just do what you can.."*

Had you asked me 25 years ago 'what on earth I was doing?' I would have replied (as I would today) 'responding to what is needed' What was needed was affordable, accessible eye care and we set out to provide this, but even building an eye clinic wasn't the answer because it wasn't accessible to those who really needed it, so we headed out into the community.



It took a long time to build trust. For the first 8 years we found less than 100 people each year who were blind from cataract (still the commonest cause of preventable blindness in Kenya), now we perform over 1,000 operations and see over 30,000 people each year.



Of course, we came across all sorts of problems in addition to eyes, some of which we could help with, some of which we couldn't, but we usually 'knew a man who could'. We learnt how important it is from the beginning to work with everyone who is trying to make a difference. So, we set up a health forum in order that we could meet and understand what everyone was trying to do and know how to refer to each other so the people suffering reached the right people to help. We have a children department linked with the Ministry of Education (because children with visual challenges need additional attention at school) and we work closely with the Ministry of Health so that we can use the available services as efficiently as possible. The most important we do in the big picture is to train eye care professionals. Recognised as a Training Centre by the Medical Board, Kwale Eye always has students who will do the work in the future. Most blindness is needless, and we have so much more work to do. We look forward to continuing to change in response to what is needed and to reach as many people as possible. None of this would have happened without a huge amount of support from very many people. With our team of caring supporters, staff and friends, we can do anything. We do what we can.



It was just another day for eye surgeon, Dr Helen Roberts MBE FRCOphth, but her days are not quite like anyone else's. It takes her around 15 minutes to restore sight to a person blinded by cataracts, and she might treat up to 20 patients in a day. On this day, however, Helen's routine was interrupted by the arrival of a large cake which her staff had secretly baked for her in celebration of the fact that it has been 25 years since Helen decided to dedicate her life to Kenya and during that time Kwale Eye Centre has seen over 500,000 people and carried out over 35,000 sight

restoring eye operations.

That's quite an achievement, and Helen celebrated it by sharing the cake with her staff and all the patients in her clinic that day. Helen's clinic, Kwale Eye Centre (KEC) lies just inland from Mombasa's famous Diani Beach. And, while dinner at one of Diani's glossy hotels will cost about the same as making a blind man see, most of the local people are so poor they can't even scrape together the money for the subsidised fees: so, they pay with a chicken, a few mangoes; or a smile.

KEC never turn a patient away. Which is probably just as well when you consider the following; Kenya's rate of blindness is ten times that of the Western world; of the world's 45 million blind people 90% live in the developing world and of the millions of Kenyans who go blind, 80% need never have done so. Blindness, tragically, is largely preventable.

The magic of having one's sight restored in 15 minutes, which is all the time it takes to 'do' a cataract, affects people differently. Helen tells the story of one old man who had been blind for most of his life. Persuaded by the community worker to come into the clinic, he had his operation, walked out into the carpark, threw away his white stick, summarily dismissed the small boy who had led him around, and danced off down the road. Another man who had been blind for 15 years returned to his village and shrieked with laughter over how much his neighbours had aged. Best of all is the tale of the community worker who came across a blind man up a tree, from which a noose dangled. He was sobbing in despair; his life seemed to be worthless. The community worker lured him down from the tree, onto the back of his motorbike, and in to the clinic. The next time he saw the man, he was up a tree again: laughing, singing and cutting down coconuts.

All this comes at a cost; KEC is entirely funded by charity, the rest by the work at the clinic for which people can pay plus Helen's endless round of fundraising events, 'What better gift can you give than the gift of sight?' is her campaign slogan. What indeed? Ksh8, 000 pays for a cataract operation in an adult and Ksh100,000 sponsors support for a partially sighted child through schooling in a mainstream situation. It's not much to ask for such a precious gift.

Helen herself asks for very little. Merely the money to keep her clinic running. And, despite that fact that in 2001 she was awarded an MBE by Queen Elizabeth II, she remains inspired only by her gift. 'When you take the eye pad off after cataract surgery and the patient can see for the first time in years' she says, 'they give a little smile. Then that smile grows and grows until it stretches from ear to ear. That's my reward'.

So, if you'd like to fuel such a smile, why not spend the best Ksh8,000 you'll ever spend.



# Fengshui & Vaastu Shastra



BY JANAK BHAGAT

## What is Fengshui?

Feng Shui is an ancient art and science developed in China, somewhere in the 9th century BC. It is a combination of knowledge, experience and energy that teaches us how to balance the energies in any given space - be it a home, office or garden - in order to assure good fortune for people occupying it. In these modern times the Fengshui of most buildings is against the laws of nature.

## What is Vaastu Shastra?

Vaastu Shastra is the science of designing buildings in accordance with the laws of nature. These laws state that the balance of the five elements must be maintained in order for positive energy to enhance your environment. Vaastu Shastra

had started around 3000 BC to 6000 BC it has been a very technical subject and it used to be handed down from Master to Master and with time it is now being taught in different schools in India.

Are both these based on any type of religion? No, they are not, both practices are sciences, like meditation, yoga and taichi; they simply originated from different countries and can be practiced by anyone who is in search for prosperity and bliss.

## What happens if the building / apartment are not Fengshui compliant?

If in a given space the elements are not balanced little by little, from minor to major obstacles begin to occur. We believe in the "energy world" something called Chi/Ki in Chinese, and Prana in Hinduism; in the Hebrew we call it Manna, this energy exists in the energy world, it is subtle it cannot be seen through our naked eyes.

When this Chi is not balanced in your environment it effects the environment plus the person living in that environment. We cannot Fengshui a person but we can Fengshui a place, there are

different techniques to balance the chi of a person, it to name a few; yoga, tai chi, chi kung, reiki and pranic healing, even martial art practices can balance the chi in one's body. In Fengshui and Vaastu we have to balance the 5 natural elements that are present in the universe, by doing this we are enhancing our environment, which in return helps us stay healthy mentally and physically and it also helps in achieving our goals be it financial goals or emotional goals.

I will give an example of a bedroom. The Bedroom

The bedroom plays a big role in our quality of relationships and sleep. Let's take Tom and Jake for examples; they are in the same house simply different bedrooms, one is successful in his career the other is not.

Tom can sleep effortlessly, as soon as he enters his room and lands on the bed, he is fast asleep in 3-5 minutes, he has no problems in falling asleep, he will wake up straight in the morning, fresh and excited for a new day and challenge, Tom is not successful in his career.

Jake on the other hand, he is totally physically drained and tired as soon as he wakes up, it takes him 10 to 15 minutes

to fall asleep sometimes even longer and every 1 hour or so wakes up, he would also get a feeling that he is being watched and he would feel anxious and heavy because of this. He wakes in the morning, he is tired and feels like he has to force himself up and face new challenges and go to work half-heartedly, his career is successful but it is a pain to go to work.

What is the difference? Why are Jake and Tom having this problem, medically they are both fit, physically they are both fit, but what is happening? Let us take a look at the room features; Tom's Room - the entry to the room is in his favor, and his room is a square shape, the bed is facing the right direction with the principles of Fengshui and Vaastu, the Toilet is not in the right direction. Jake's Room - is also square, the difference is that the bed is not positioned in his favor and there is a window behind the bed. The toilet is in a favorable position; he has a mirror facing him as he sleeps and there is beam across the room.

In Fengshui and Vaastu, the Toilets and Mirrors the positioning of bed, the shape of the bed and furniture, play a big role, the beams and ceilings

also play a big role. Let us analyze Tom's room a bit deeper and why he is facing obstacles in his career sector. We checked earlier Tom is happy and sleeps well, he is active but his career is failing him, as we mentioned, he has a toilet that is not in the right direction for him.

Now in Fengshui and Vaastu, the Toilets and Bathrooms play a big role in career, knowledge and skill, if the said area is not balanced well, then the person over time suffers unsteady jobs, he may not be interested in the job, he may not get the right job or he may get the right job but the pay is not what they need. So for Tom to be successful the toilet area needs a remedy and needs to get balanced so that his job sector and his opportunities are in favor for him instead of being against him. He needs to place Fengshui articles in the toilet and the room.

Now let us take Jake, he cannot sleep well, because his bed is positioned in such a way that it is not in his favor, his head is facing North, he needs to re position the bed. In Fengshui it is important to note, in a bedroom you must have a bed that has a head board and it is important that the window is not behind the bed. Because this will bring the feeling of being watched as you sleep. The mirror is reflecting him, this also makes you feel like you are being watched.

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# Real Estate Investment Trust - Reits



**BY ERIC MANYARA**  
 Trader at Sterling Capital Ltd.  
[emanyara@sterlingib.com](mailto:emanyara@sterlingib.com)

Summarily, REITs are pooled investments which are typically designed to enable investors benefit from investments in large-scale real estate enterprises. They generally invest in real estate through property or mortgages and often trade on a securities exchange as a stock.

Since the passing of the Real Estate Investment Trust (Reits) Regulations under the Capital Markets (Real Estate Investment Trusts) (Collective Investment Schemes) Regulations, 2013, by the Capital Markets Authority back in 2013, only Stanlib Fahari I-REIT has successfully been approved and presently listed at the Nairobi Securities Exchange.

Summarily, REITs are pooled investments which are typically designed to enable investors benefit from investments in large-scale real estate enterprises. They generally invest in real estate through property or mortgages and often trade on a securities exchange as a stock thereby providing the much-needed liquidity in these asset classes.

Notably, one of the two main types of REITs in Kenya; the Income Real Estate Investment Trusts (I-REITs), primarily derives its revenue from property rentals. It owns and manages income generating real estate for the benefit of investors hence the distributions to investors are underpinned by commercial leases thereby making the income returns predictable and



generally less volatile. I-REITs therefore, provide an instrument for investing in the real estate market that offers both

liquidity and a stable income stream. The second main type of REIT in Kenya is the Development Real Estate Investment Trust (D-REIT).

This REIT is principally involved in the development and construction of property for sale or and for rental purposes.

That said, there has been lackluster appetite for the product as evidenced by the trading of the Fahari REIT since its listing in October 2016, largely perceived to be due to limited awareness about the product by most investors.

REITs notwithstanding, are awash with tax incentives geared to spur interest in the product which opens up the property market to retail investors.

The CMA's concerted endorsement for the exemption of REITs from VAT-which essentially accrues to both rent and professional services- to boost investor appetite, was most timely. This culminated with the recent adoption of the proposal to amend the VAT Act to exempt from VAT the transactions related to transfer of assets into REITs and Asset Backed Securities (ABS) through the Finance Act 2017.

The relief from VAT, charged at a standard 16 per cent, follows exemption of Reits-related asset transfers from the 10 per cent stamp duty and capital gains tax in 2015, charged at five per cent of net proceeds from sale of land and building.

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# Frequently Asked Questions On Hinduism



BY KARAN K. PANDYA

## How old is Hinduism?

The concept of time is cyclical in Hinduism and not linear as it is in the West, where there is a beginning and an end. There are four yugas or eras: Satyuga (1,728,000 years), Tretayuga (1,296,000 years), Dwapara (864,000 years) and Kaliyuga (432,000 year). At the end of the last era, namely, Kalyuga, the cycle repeats itself, beginning again with Satyuga. So that is why Hinduism is believed to be eternal or Sanatana Dharma. Also, since it was revealed by God, who is eternal, Hinduism is also eternal – hence the name Sanatana Dharma.

## Do Hindus believe in one God or many?

Most Hindus believe in one supreme God called Paramatma, Parameshwar or Bhagwan. He is worshipped in His many manifestations like Ram, Krishna, Shiva and others. The Hindus also worship the life-supporting elements of nature like the sun, earth, water, fire, moon etc. and also other spiritual beings called devas. There are 330 million devas.

## What is the Hindu concept of life after death or rebirth?

The principle of rebirth is called punarjanma. The law of karma is responsible for the apparent disparities in humans. Our past karmas are responsible for our present existence and our present actions will shape our future existence. There are many instances of people remembering details of their previous lives. Extraordinary talent or intelligence, too, exhibited at a very young age, like remembering an entire book, solving mathematical problems etc. can only be attributed to the person's legacy of past births. Every individual is responsible for his or her action, and to reap the fruits of ones karma's one has to be born again and again. Rebirth is necessary for the soul's spiritual elevation. Perfection or self-realisation may not be achieved in one birth.

## Why do Hindus worship sacred images or murtis?

Murti-pooja or image worship is a valid method practised for millennia among most Hindu traditions. Murti-pooja provides a focus for worship and a reminder of God's virtues. When a murti or idol is consecrated in accordance with Vedic rituals in mandirs or temples that murti is believed to be the manifestation of the Divine. Thereafter, worship of the murti is believed to tantamount them over their eyes and head to be blessed by God's divinity. Arti is performed at the conclusion of every ritualistic worship; generally performed twice in home shrines (morning and evening), and five times in mandirs (temples).

## What is the significance of blowing the conch shell?

The conch (shankha) is usually blown before and during the Arti, to mark an auspicious occasion, and before starting a ritualistic worship. The divine sound of the conch drowns all other disturbances and thoughts, and to elevate the mind to a prayerful mood.

The conch is also placed on the altar of mandirs

(temples) and homes as a symbol of Om, the Vedas, dharma (righteousness), victory and auspiciousness.

## Why is the bell rung in mandirs (temples) and also during worship rituals?

Ring a bell produces an auspicious sound. By doing so before darshan (praying) of a deity it makes the mind and heart auspicious and holy. Also, during the Arti the bell, drum, and conch are sounded to drown other worldly disturbances, calm one's thoughts and to facilitate one's senses and mind to focus on God.

## Why is the cow believed to be sacred in Hinduism?

God created the world and all living things. He also pervades in all things. So, Hindus have a reverential attitude and behaviour towards animals, plants, rivers and mountains. In Vedic Hinduism the cow was venerated and in classical Hinduism it came to be worshipped. Due to the fact that the bull and cow were central to the agricultural society of the Vedic Aryans, and that milk and its products were used in rituals, they became objects of veneration and worship. The other reason why the cow is venerated and worshipped is because it symbolises purity, Mother Earth and non-violence. It is believed that the demi-gods reside in its body. The five products of the cow that are highly valued for their sacredness and purity are milk, curd, butter, dung and urine.

## What is the significance of a sacred lamp (deep)?

In almost all Hindu homes a sacred lamp (deep) is lighted at the altar of an image of God. Some even maintain it continuously. The light of the sacred lamp represents the divine light of God. It symbolises knowledge and enlightenment that eradicates the darkness of ignorance, which is essentially I-ness and Mine-ness. Another belief is that the oil in the sacred lamp symbolises one's base instincts and the wick the ego. When illuminated by spiritual knowledge the base instincts get exhausted and the ego slowly perishes. The flame of the sacred lamp always burns upwards; likewise, spiritual knowledge elevates a person. The sacred lamp is lit on all auspicious occasions, in daily worship, rituals and festivals. It is also lighted in educational and social events like inaugurations etc.

## Why do Hindus cremate the dead?

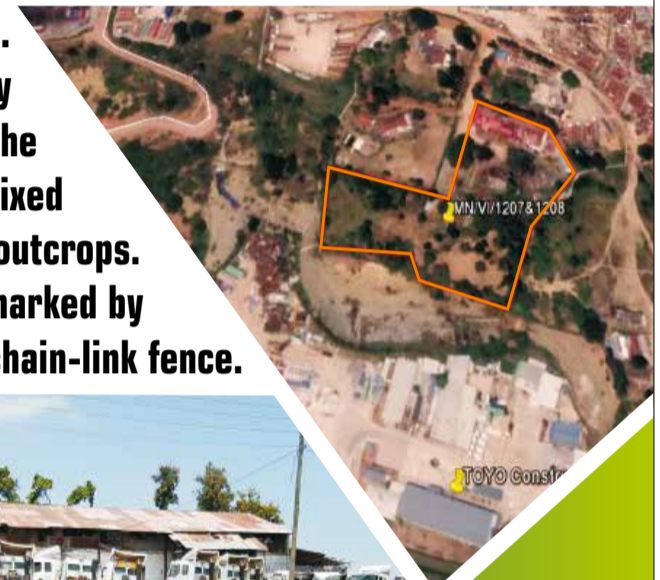
When a person dies, the relatives consecrate him or her with death rites for the deceased's future spiritual good. It is an important event because the next world is of great importance to every Hindu. It is customary to offer the holy water of The Ganges and place Tulsi leaves in the mouth of the dying person. After death, the body is bathed, perfumed and decked with flowers. A special frame or bier is prepared to take the dead body to the cremation ground. The bier is carried by men – by the sons or brothers or nearest relatives and friends of the deceased as an act of honour to him. The pyre is ignited amidst chanting of a Vedic hymn. The fire god (Agni dev) is believed to be the messenger between the gods and humans. He leads the soul of the dead person to the next world. Thus the Hindus consign the dead body to fire i.e., they cremate it. The ashes that remain after cremation are collected and later ritually immersed in holy rivers or an ocean.

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# KPA Strategic Plan 2018-2022 Launched

## MADAFU REPORT

The Authority launched its Strategic Plan for the 2018-2022 period on Friday setting pace for provision of efficient and competitive port services in pursuit of world class ports of choice status.

The five-year plan outlines the business direction and key focus areas that KPA will follow in the next five years as it seeks to grow in the maritime trade and establish new markets and partnerships in the region.

To realize this vision, the plan is premised on five strategic objectives; to improve port services, to improve customer satisfaction, to sustain business growth, to improve labour productivity and to enhance risk management and environmental sustainability.

Speaking during the launch at a hotel in Mombasa, Cabinet Secretary Ministry of Transport, Infrastructure, Housing, Urban Development and Public Works Mr. James Macharia commended KPA for coming up with a customer-centric plan noting that it was aimed at addressing current and emerging industry demands.

"This will entail development of new port infrastructure, acquisition and modernization of equipment

and devising innovative ideas that will improve and sustain efficiency, influenced by high quality research, innovation and knowledge management," said the CS in a speech delivered on his behalf by the Ministry's Chief Administrative Secretary Hon. Chris Obure.

He said at the national level the government would support all the initiatives of the Strategic Plan for its successful implementation.

Addressing the same meeting, KPA Board Chairman Gen. (Rtd) Joseph Kibwana described the plan as timely, coming at a critical time when the country was focusing on harnessing the potential of the blue economy to support economic growth while ensuring environmental sustainability of the oceans for future generations.

"The Board is keen and committed to ensuring that the needs of the stakeholders are addressed adequately and that is why this Strategic Plan takes a customer centric approach. The Board is so far keeping abreast with the global maritime trends to ensure that the Port of Mombasa and all other upcoming ports operate at global standards for customer satisfaction," said the Chairman.

On his part Managing Director



Transport and Infrastructure Chief Administrative Secretary Hon. Chris Obure, Chairman Committee on Transport, Public Works and Housing Hon. David Pkosing, KPA Board Chairman Gen. (Rtd) Joseph Kibwana and KPA Managing Director Dr. Arch. Daniel Manduku display copies of the KPA Strategic Plan 2018-2022.

Dr. Arch. Daniel Manduku, expressed the Authority's commitment to invest in human resources to improve on productivity, adequately respond to the needs of customers and the industry in good time, allocate and use resources prudently to achieve set out ambitions, to invest in modern equipment and infrastructure to improve efficiency

and to enhance collaboration with stakeholders both in public and private sector.

The MD highlighted a number of key transformative initiatives that the Authority is focused on in the new strategic plan which include; setting up of an operational control centre, customer engagement centre, Blue economy initiatives such as development of Shimoni fish

port, regional development projects working together with the County Governments in implementation of the Big Four Agenda and focusing on transit markets by enhancing regional presence.

The launch comes at a time when the Authority has implemented a raft of positive developments at the port of Mombasa and other subsequent smaller ports. The port

of Mombasa in the quest to improve on service delivery has developed infrastructure and modernized equipment.

Among those present during the launch ceremony included; Parliamentary Committee on Transport, Public Works and Housing Chairman Hon. David Pkosing, His Vice Chairman Hon. Moses Kuria, Lamu East MP Hon. Athman Sharif, Kenya Ferry Services Chairman Hon. Ramadhan Kajembe, KPA Board Directors Mr. Peter Gibendi, Ms. Mary Ngari, Ms. Alice Mwasika, Mr. Alex Mbuvi, Mr. Peter Njiri and Ms. Beatrice Nyamoita, General Managers Mr. Edward Kamau (Corporate Services), Eng. Rashid Salim (Engineering Services), Captain William Ruto (Operations and Harbour Master), Eng. Alfred Masha (Acting GM Infrastructure Development), Heads of Departments, staff and stakeholders.

The Transport Committee Chairman Hon. David Pkosing urged KPA to ensure the strategic plan is aligned to the necessary legislation for it to be more effective.

He assured the KPA Board and management of his Committee's support.



## HRSC - EVENT

On Saturday 9th February 2019, Hindu Religious & Service Centre in conjunction with Shri Digamber Jain Mumukshu Mandal donated 200 Solar Lamps in Laini Village, Machakos County. The process of donating 200 Solar Lamps to the villagers of Laini Village was made possible by Shri Jain Mumukshu Mandal, who through their member Preeti Shah with the help of HRSC's Nilesh Bhavsar, Jagdish Shah, and Reshma Patel was made possible on Saturday 9th February 2019. None of the families that benefited are connected to the National Grid and therefore, this was the closest each had come to electricity lighting. The average of a family is of five persons, which means 1000 persons have now been saved from the use of hazardous and expensive kerosene lanterns, which are responsible for many respiratory and sight problems among the users. Upto now HRSC and SJMM have donated 750 Solar Lanterns

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Thyroid marker	TSH
Cardiac screen	LIPID PROFILE

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Diabetes marker	HBA1C
Thyroid screen	TSH
Kidney profile	MICRO ALBUMIN
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# A Promise...



BY ANJHNA

What does it even mean nowadays? We actually make a thousand promises in many different ways intentionally and unintentionally. There are some unspoken, wordless promises that also take place

and are one of the most sacred and best kept ones. Promises between parents and children that actually need no words, the parent naturally rises to the occasion and protects, provides for, cares and loves their child. In return the child unknowingly promises to entertain, engage, enrage, love,

demand, drive crazy and become the most loved individuals in their lives.

Children sometimes wordlessly promise their parents that they will take care of their parents in their old age, through sickness, poverty and all the ups and downs of life. In other cases, the old age home

seems to be a preferred choice for a large number of people.

There are so many types of promises that we make, spoken vows in one's marriage, promises between friends to always be in touch, the unspoken kind where they know that they have each other's back. Children promising to be good in exchange for a sweet, chocolate or chewing gum are actually measured promises which are hardly delivered upon by them.

Words between star-crossed lovers are another level of promises on their own. With all these situations surrounding us, let us think about the reactions and repercussions that we either accept or shy away from.

Do we have any moral obligation or do we feel inclined to actually take care of our unspoken responsibilities, our parents, elders, siblings, spouse, friends, children even pets or are we evolving into a society that is only concerned with their achievement today's and don't want to be burdened by the slower pace of the other parts of their lives move at? Are we training ourselves and our children over time to take care of ourselves above all else? We do not care to sensitize our emotions to the actual emotional or physical need of our other extensions?

There is tremendous progress

in this world, we are growing at a phenomenal rate in terms of technology and research but our basic human feelings are becoming more and more trained to eradicate whatever we feel is slowing us down or becoming a recurring "nuisance",



Let us work towards a more encompassing community, better understanding, mutual respect and love, the future will be much better with all these human qualities rather than becoming robotic and totally limited to reaction to certain stimuli and wholly concerned with achievements of material goals above all else.

Unfortunately this list consists of all the basic relationships we start off with including but not limited to parents, friends, pets, work mates and mostly spouses.

Sadly, "everyone is dispensable"

this is the pace at which most of us are moving forward too quickly, leaving behind a trail of broken promises to our very pillars in various parts of our lives. We humans need to reprogram ourselves before it is too late. We know of many catastrophic events that have been brought to light a little late and working on it seems to be a long, tedious process, like global warming.

If we are not careful now, the future generations may not be able to jump start their emotions because there will be a very large void to fill and calculations may be made to actually check whether the result is worthy of the efforts.

Let us work towards a more encompassing community, better understanding, mutual respect and love, the future will be much better with all these human qualities rather than becoming robotic and totally limited to reaction to certain stimuli and wholly concerned with achievements of material goals above all else. Let us become more human and teach the coming generations to remain human and retain the basic foundations that are the only way to a strong and progressive society. Let us take our promises seriously and deliver on them without feeling remorse or trying to quantify our efforts in fulfilling them.

# Bribery Act: Obligation of a Business to Stop Corruption by Example.



By Janet Katisya -  
LawQuery



Kenya has been plagued by Corruption that has infiltrated public and private sector. The effect of this has far reaching negative impact on the **economy, development and integrity**. Bribery has almost become mainstream and part of "doing business in Kenya". This is a wrong assumption.

Under Corporate Governance; the accepted standard and values for business entities, one of the key values is **INTEGRITY**. Therefore while doing business bribery and corrupt actions are not acceptable. Every business should endeavor to incorporate the following values in its processes and operations to attract customers and investors.

**Rules of law Moral integrity  
Transparency. Participation  
Responsibility and accountability.  
Effectiveness and efficiency.**

(source [www.egat.co.th](http://www.egat.co.th))

There are various laws that make it illegal to

engage in corrupt activities e.g. **Constitution of Kenya 2010, Procurement and Disposal of Public Assets Act, Public Officers Ethics Act, Prevention of Corruption Act, Companies Act, Penal Code, Ethics and Anti-Corruption Act, Proceeds of Crime and Money Laundering Act and Bribery Act**. The Government agency in charge of corruption and integrity matters is the **Ethics and Anti-Corruption Commission (EACC)**. The matters are then prosecuted by the **Director of Public Prosecution (DPP)** for the State. Corruption cases are treated similar to criminal cases.

#### Catalyst of Corruption

From the foregoing, there are various pieces of law that Kenyans especially business people need to comply with regard to Corruption. A lot has been done to reduce corruption in public entities and the Bribery Act addresses bribery in the private entity. Private entities have been found to be key catalyst of

corruption by public officers.

The Bribery Act imposes several obligations and creates offences against private entities i.e. companies, partnerships, private citizens, their agents and associates.

#### What Offences are there in the Bribery Act?

1. Receiving a bribe
2. Giving a bribe
3. Bribing a foreign official
4. Failure to prevent bribery
5. Knowingly assists a person or activities intended to enable a private entity to give or receive a bribe
6. Failure to report a bribe incident or suspected bribery incident within 24 hours to the EACC

#### Penalty for Bribery

- a. Up to Fine of 5million or up to 10 years imprisonment
- b. 5 times the benefit acquired or loss to the government entity
- c. Confiscation of property acquired from a bribe
- d. Barred from engaging in procurement with National and County governments and their entities for 10 years after conviction
- e. Barred from holding public and state office for 10 years after conviction
- f. Barred from holding directorship position for 10 years after conviction
- g. Barred from holding a partnership for 10 years after conviction
- h. Any other sentence that will be a deterrent.

#### Legal Requirement to set up Anti-Corruption Policy

There is a **legal obligation** for every business to have in place procedures for Prevention of bribery - these should be documented, non-

compliance recorded and action take. The EACC is at liberty to inspect all businesses to ensure compliance with this provision of the Law. Has your business complied?

It is important to note that this law applies to all Bribery actions by a business whether in Kenya or outside of Kenya.

An Anti-Corruption Policy generally comprises of a **reporting system, declaration of being Corruption free, having an anti-corruption champion, sensitization training, legal audit of systems and procedures to ensure that they are corruption free**. Generally, the Cabinet Secretary responsible for matters relating to Justice, issues regulations to guide the content of such Anti-corruption Policy.

#### Enhancing compliance of Bribery Act

To enhance compliance of this Act especially the reporting of bribery activities, there is a **whistle blowers protection** provided in the Bribery Act. In particular;

**"A person who demotes, admonishes, dismisses from employment, transfers to unfavorable working areas or otherwise harasses and intimidates a whistle blower or a witness under this Section is guilty of an offence and shall be liable upon conviction to a fine not exceeding one million shillings or to imprisonment for a term not exceeding one year or to both."**

Increasingly, with the renewed commitment to eradication and prosecution of corruption cases by the DPP, it is not beneficial or business to engage in Bribery. Any purported benefit is clearly not beneficial when weighed against the stiff penalties in this Act and other laws in Kenya. Eradicating corruption in business and making the business environment fair and competitive starts with every business and Kenyan making a commitment to be corruption free. Further, to report such bribery and corrupt acts for prosecution.

Janet Katisya Lawyers, Legal Compliance Consultant

Lawquery Kenya

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# Let us Know More About Islam

**“The merciful are shown mercy by the All Merciful. Show mercy to those on earth and God will show mercy to you.”**

**THE FIVE PILLARS OF WORSHIP – The foundation of a Muslim’s life.**

There are five obligatory acts of worship that every Muslim must dutifully carry out. Failure to do so is a grave sin. The edifice of Islam rests upon these pillars. One cannot be considered a Muslim if he or she denies that any one of these acts is obligatory.

The five obligations of Muslims are:

1. The Declaration of Faith, to “Testify that there is no deity except God, and that Muhammad is His Messenger”(Shahada)
2. The 5 daily prayers (Salat)
3. The Annual Charity, (Zakat)
4. The Annual Fasting (Sawm)
5. The Pilgrimage (Hajj)

## THE DECLARATION OF FAITH:

This is bearing witness that there is no deity except God and Muhammad is His Messenger. It must be based on sincerity and firm belief followed by actions. With this simple, important and powerful declaration, a person is considered as a Muslim.

The concepts within the testimony of faith can be explained by analysing each of three parts within the testimony.

The first part “No deity...” is a negation of polytheism. It is a disclaimer to the existence of any deity except God, or any entity that shares in any of the divine attributes of God.

The second part “...except God” is an affirmation of monotheism: God is the only One worthy of worship.

“Muhammad is God’s Messenger” is the third part within the testimony of faith. It is an affirmation of the Prophet hood of Muhammad (Peace be upon him) as the final Prophet and Messenger of God.

## THE FIVE DAILY PRAYERS:

Prayers establish a personal and spiritual connection between a Muslim and their Creator as well as a constant and practical reminder of a person’s duty to obey God.

The five prayers are prescribed once each at dawn, noon, mid-afternoon, sunset and nightfall which consists of Qur’anic recitations, supplications, praises to God and various movements.

In preparation for prayer, Muslims take ablution which entails washing certain parts of their bodies such as the face and hands to ensure physical purity.

## THE ANNUAL CHARITY:

This is an obligation to every Muslim who meets a certain criteria ( has wealth above threshold). Amongst the amazing benefits of charity is to reduce the gap between the rich and the poor by ensuring that everyone’s basic needs are met.

A mere 2.5% of one’s annual wealth is donated by eligibility such as the poor, needy, or those in debt.

## THE ANNUAL FASTING :

During the month of Ramadhan, every year, Muslims fast for 29/30days from dawn till sunset abstaining from food, drinks and sexual relations. It serves as a spiritual purification, inculcates patience and self-restraint and provides various health benefits which have been proven by scientists.

Ramadhan is the 9<sup>th</sup> month of the Islamic Calendar.

## THE PILGRIMAGE:

Pilgrimage must be performed once in a person’s life if they are physically and financially capable. It occurs annually, in the 12<sup>th</sup> month of the Islamic Calendar in Makkah ; Saudi Arabia. It unifies people of every race, colour, status and age as they

join in worship of the One God.

The great journey includes sacrifices, travelling and praying in various sites. This life experience humbles a person and makes them grateful and patience.

## THE CONCEPT OF WORSHIP:

Worship refers to any action that Allah is pleased with and Islam’s concept of worship is not restricted to only the five pillars.

Everyday activities can become acts of worship as long as the intention is pure and are aligned within the boundaries set up by God. Simple gestures such as smiling to others, being kind and good to your neighbours and even removing rubbish on the way are considered acts of worship.

The above mentioned acts of worship and those mentioned in the previous issue make up the essence of Islam. When practiced, Islam fulfils the spiritual, physical, psychological and social needs of all people and is a rational and practical way of life.

**“Whoever does righteousness, whether male or female, while he is a believer- We will surely cause him to live a good life, and We will surely give them their reward (in the Hereafter) according to the best of what they used to do.”** Qur’an 16:97

## ISLAM AND THE FREE WILL OF HUMAN BEINGS

An important aspect of Islam is that every human being has the free will to choose between right and wrong. God has Honoured humanity with this great gift. It carries grave responsibility, and, on the Day of Judgment, we will be accountable for our use of this gift.

Human free will does not in any way contradict the fact that God Knows everything that will ever occur in creation. Someone might ask: “If God Knows that I

am going to commit a sin tomorrow, then it is unavoidable that I do so because God’s Knowledge is Infallible and what God Knows will come to pass.”

God’s Knowledge of this person’s decision does not mean that he or she is being forced to make that decision.

Human free will does not in any way contradict God’s Absolute Sovereignty over everything in creation. Nor does it contradict the fact that nothing happens in creation except what God Wills. Some might say, “Therefore, I have no free will. My free will is but an illusion.”

God Created within each of us the ability to formulate an intention. God Wants us to be able to make our own choices. When a person makes a choice , God, by His Divine Will, Creates the actions and circumstances that allow the person’s intention to be carried out. It is God’s Will that human beings have free will.

God is not always Pleased with the decisions people make, but He Wants them to be able to make these decisions from their own free choice.

An example is a person’s will to do a good deed. The good deed may never be carried out, but God May Reward the person for his or her intention to do a good deed. If the good deed comes to pass, God’s Will allowed it to take place and God Will Reward for both intent and action.

God may reward you for good deeds willed but not carried out; He does not Punish for bad intent not acted upon. God Allows us choice ; we just need to make sure we make the right choices.

## THERE IS NO COMPULSION IN RELIGION

It follows from this emphasis on free will that Islam can only be accepted by free choice. The purpose of human life is to worship God of one’s own free will. Therefore, matters of faith only have value

if they are accepted on the basis of choice. If a person is coerced into accepting any religion, that acceptance is false and has no value.

**“There is no compulsion in religion. Truth stands out clear from error: whoever rejects evil and believes in God has grasped the most trustworthy handhold that never breaks. And God Hears and Knows all things.”** [Qur’ n 2: 256]

## THE ISLAMIC DRESS CODE

Islam promotes modesty and seeks to minimize vice and immorality in society. One of the ways it does so is by requiring modest dress. Islam sets the standards of decency for both men and women.

In most Western countries, there are laws defining what is decent. This usually amounts to the male having to cover his genitals and the female having to cover her genitals and her breasts.

If this minimum requirement is not met, the most the person can be charged with is indecent exposure. The reason cited for the difference between men and women in this matter is the difference in their anatomies.

On the other hand, Islam prescribes a more conservative minimum dress code for both men and women and these dress codes are similar to almost every other religion in the world.

A man must always be covered in loose and unrevealing clothing between his navel and his knee. This is the absolute minimum covering required. He must never , for example, go out in public wearing a short bathing suit.

A woman must cover everything but her face and hands, and obscure the details of her body from the public.

The wisdom behind this dress code is to minimize sexual enticement as much as possible for both men and women. Obeying this dress code is a form of obedience to God.

Some Western observers have assumed that the head covering of a woman is meant to show her inferiority to men. This could not be further from the truth.

In Islam, a woman that dresses this way commands respect and through her modesty rejects sexual servitude. The message that the woman gives when she wears Islamic dress is as follows:

**“Respect me for who I am for I am not a sex object.”**

The trials that befall a society that allows women and men to mingle freely, display themselves, and compete through sexual attraction, are significant and cannot be ignored. To make women into sex objects for the pleasure of men is not liberation.

In fact, it is a dehumanizing form of oppression rejected by Islam. The liberation of the Muslim woman is that she is recognized by the content of her character rather than by the display of her physical attributes.

A society which describes “**women liberation**” as women who must constantly worry about their looks, figure, and youth for the pleasure of others are trapped in a form of slavery.

Women can be defined by so much more than the mere physical beauty. Cheers to every woman who is liberated by their modesty, character, skills, talents and leadership.

Cheers to every woman who refuses to be identified and seen as inferior to men. NB:

For any queries, kindly feel free to reach me

By **Ahlam Mansur**  
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