

**EARTH HOUR:** This year's theme was "Reduce, Reuse, Change the Way We Live"

## Sarova Whitesands Beach Resort and Spa staff participate in 2019 global switch off event (Earth Hour)



Sarova Whitesands Beach Resort & Spa staff plant 60 palm trees as they participated in 2019 global switch off event popularly known as the Earth Hour on Saturday March 30th, 2019 as part of their environmental commitment. This year's theme was "Reduce, Reuse, Change the Way We Live". The event that involved both the staff and guests was marked with an array of activities ranging from switching of the lights for one hour between 8.30pm and 9.30pm, taking Earth Hour pledge of replacing energy efficient lamps at home, use public transport, and save water and awarding guests and staff who best captured the event theme.

**EARTH HOUR:** | PAGE 4

### Samsung Galaxy S10 series launches in the Kenya Market



Samsung Electronics East Africa Managing Director of Seok Min Hong (right), Head of department Internet and Mobile at Samsung Charles Kimari (middle) and Ryan Mule product marketing manager Samsung Electronics East Africa display the new S10 phone during the launch of the phone into the Kenyan market

**REPORT BY ANDREW KILONZI**

Samsung East Africa has officially launched the Galaxy S10 into the Kenyan Market.

The Samsung trio, Galaxy S10e, S10 and S10+ which is engineered to meet the distinct needs of today's smartphone market had earlier been opened for pre-orders for Kenyan customers from 21st of February.

Samsung Electronics East Africa Head of Mobile division Charles Kimari, said that the device would offer consumers a new all-round experience with ground breaking innovations on the phone's look and feel as well as the overall performance. He added that the devices will officially be on sale from the 12<sup>th</sup> of March and Pre-Order customers can pick their devices from then.

"We are very thrilled to introduce the new Samsung S10 to our customers in the Kenyan Market, which is a very exciting product," said Mr Kimari. "It has been 10 years of pioneering smartphone innovations in our Galaxy S range that has enabled us to create a next level experience with the new S10 that sets a new standard for smartphones."

The Phone is anchored on a decade-long S-series lineage, is a super charged device that sets the stage for the next generation of mobile experiences. The S10 series features an all new Infinity O Display with dynamic Super AMOLED and HDR 10+ technology that guarantees and immersive and true to life viewing experience. With improvements in lens technology and artificial intelligence, the S10 range will also provide consumers with the ability to capture and shoot high quality images and video that can rival professional gear.

On the security front the S10 & S10+ feature the next generation of biometric security with an Ultrasonic fingerprint sensor embedded in the display. This will offer customers faster and more secure fingerprint access to their device with a single tap of their finger on the display.

The phone will be available in Prism White, Prism Black, and Prism Green. Galaxy S10+ will also be available in two, all-new premium Ceramic models: Ceramic Black and Ceramic White for the 512GB.

ADVERTISEMENT ●●●●●●



# A delicious gift for SUPERMOM



EVENTS ●●●●●●●●

**The MaDaFu - Mombasa & Coast Event Guide April 2019**

**NIGHTLIFE & ENTERTAINMENT**

**Mondays**  
**Bob's Bar Nyali**  
 Old School Mondays with DJ Eddirah | DJ Jeff Medley | DJ Mr Vice  
**Club Hypnotica Nyali**  
 BYOB Bring Your Own Bottle  
**Mint Lounge Bamburi**  
 Mondays Afro Ride with DJ Teekay | DJ K-Slin  
**Tuesdays**  
**Apollo Club Changamwe**  
 Katika Rhumba with DJ C-Mple Ken  
**Bob's Bar Nyali**  
 Talent Tuesdays with Johnny Skani | DJ Eddirah | Mr. Vice | Jeff Medley  
**Mint Lounge Bamburi**  
 Oldies Ultimate Tuesday Plan with Benz The Captain  
**Danka Lounge & Grill Mtwapa**  
 Total Tropical Reggae  
**Wednesdays**  
**Anuba Lounge Nyali**  
 Ladies Night  
**Apollo Club Changamwe**  
 Soul Night with DJC-Mple Ken  
**Country Club Mtwapa**  
 Dance Rock Wednesdays with Thah Bishop | DJ Max  
**Danka Lounge & Grill Mtwapa**  
 Ladies Night Out with Samantha  
**Klub Zero 4 Mombasa**  
 Candie's Girls & Cocktails with DJ Candie | DJ Havvy | DJ Mems  
**Sheba Lounge Nyali**  
 Ladies Night with DJ Boneyz  
**Sky Lounge Bamburi**  
 Romantic Wednesdays  
**Steam Bar & Grill Nyali**  
 Afro Jazz And Soul



**Thursdays**  
**Bidibadu Beach Restaurant Diani Beach**  
 Reggae Night with DJ Flow | DJ Q-Drop  
**Club Hypnotica Nyali**  
 Thursday Bum Bum Night with DJ Hans | DJ James | DJ James  
**Kim 4Love Beach Club**  
 Reaggae Healing with Ronnie Irie | DJ Snake  
**Klub Zero 4 Mombasa**  
 Dread Waves Reggae Thursdays with Daddy Silk | Seleka Adam | MC Blackroze  
**Sheba Lounge Nyali**  
 Throwback Thursday

**NIGHTLIFE & ENTERTAINMENT**



**Fridays**  
**Club 8 Bamburi**  
 Mellow Reggae Fridays with Thah Bishop | Selector Gadafi | MC Warrior  
**Club FA Ukunda**  
 Reggae Healing with Ronny Irie  
**Moonshine Beach Bar Nyali**  
 Electric Fridays with DJ Delph  
**Saturdays**  
**Amigos Beach Bar Diani Beach**  
 Beach Party 2 pm  
**Club Backyard Bamburi**  
 Rockerz Reggae with Thah Bishop | DJ Kamah | DJ Max | MC Rickie  
**Klub Zero 4 Mombasa**  
 Party Nights with DJ Havvy | DJ Mems  
**Sundays**  
**Apollo Club Changamwe**  
 Nick Wuod Alego  
**Club Hypnotica Nyali**  
 Money Or The Box with Juukua The Band  
**Club The Place Bamburi**  
 Redemption Reggae Sundays with Thah Bishop | DJ Max | MC Ricky  
**Klub Zero 4 Moi Avenue**  
 Soul Soul Survivor with DJ Havvy | DJ Mems  
**Tapas Cielo Nyali**  
 Sunday Afternoon Affair with DJ Elec-trick | Aj The DJ | DJ Flaxx | DJ Blaiz  
**The New Bigtree Bamburi**  
 Anygiven Sunday with DJ Boneyz | MC Tony Boy

**All Information without Warranty**

**LEISURE**

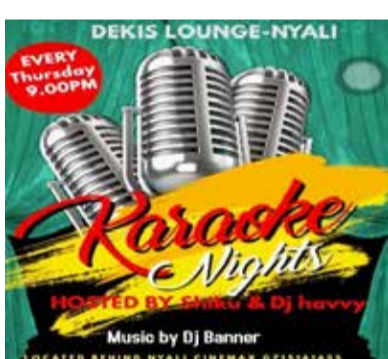
**Fridays**  
**Pirie Piries Bar & Restaurant Diani**  
 Friday Hockey Night 5.30 pm  
**Saturdays**  
**Pirie Piries Bar & Restaurant Diani**  
 Petanque 3 pm

**FUN & FAMILY**

**Sundays**  
**Chamiachi Hotel Nyali**  
 Lafta Fun Fest  
**Amigos Beach Bar And Restaurant Diani Beach**  
 Sunday Family Outing

**LIVE MUSIC**

**Tuesdays**  
**Klub Zero 4 Mombasa**  
 Band Night with Juukua The Band  
**Safari Inn International Meeting Point Shanzu Tourist Road**  
 Maranda & Band  
**Sheba Lounge Nyali**  
 Mombasa Roots Band  
**Wednesdays**  
**Bob's Bar Nyali**  
 Rhumba Wednesdays with Smart Rhumba Band | Jeff Medley | DJ Mr Vice  
**Bidibadu Beach Restaurant Diani Beach**  
 Karaoke Wednesdays with DJ Q-Drop  
**Cheers Bamburi**  
 Pioneers Band  
**Club Hypnotica Nyali**  
 Juukua The Band  
**Moonshine Beach Bar Nyali**  
 African Night with Ricky Mulolo & Idologia Musica Band  
**Thursdays**  
**Bob's Bar Nyali**  
 Reggae Thursdays with Generation Band  
**Danka Grill & Lounge Mtwapa**  
 Safari Sound Band Live  
**The Lounge Nyali**  
 Ricky Mulolo with Idologia Musica Band  
**Fridays**  
**Safari Inn International Meeting Point Shanzu Tourist Road**  
 Jambo Africa Band  
**Saturdays**  
**Bob's Bar Nyali**  
 Saturday Afternoon Plan with Jambo Africa Band | DJ Jeff Medley | DJ Eddirah | DJ Mr Vice  
**Cheers Bamburi**  
 Maranda Band  
**Sundays**  
**Bob's Bar Nyali**  
 Grown & Sexy with Safari Sound Band  
**Danka Grill And Lounge Mtwapa**  
 The Solitaire Band Live  
**Moonshine Beach Bar**  
 Chill Out Sundays with Generation Band 2 pm



whats-on-mombasa.com

**KARAOKE**

**Tuesdays**  
**Club Hypnotica Nyali**  
 Hypnotic Karaoke Night with Wanja  
**Klub Zero 4**  
 Live Band Karaoke with Juukua The Band  
**Palm City Grill Bamburi**  
 Wednesday Karaoke Night with Titia Tola  
**Shots Bar Bamburi**  
 Karaoke Tuesdays with Ciku  
**Wednesdays**  
**Danka Lounge & Grill**  
 Ladies Night out Karaoke Night with Samantha Wendy  
**Thursdays**  
**Apollo Club Changamwe**  
 Thirsty Thursday Karaoke with Njeri | DJ C-Mple Ken | VJ State  
**Cheers Bamburi**  
 Karaoke Night  
**Dekis Lounge Nyali**  
 Karaoke Nights with Shiku | DJ Havvy | DJ Banner  
**Sundays**  
**Sheba Lounge Nyali**  
 Sunday Service Karaoke with Soni Ft Kowa



**SINGLE EVENTS**

**Wednesday 10 | 04**  
**Prideinn Paradise Beach Resort Shanzu**  
 ISACA Kenya Annual Conference 2019 8 am  
**Tuesday 16 | 04**  
**Prideinn Paradise Beach Resort Shanzu**  
 @25 Annual Directors Conference 8 am  
**EAT & DRINK**  
**Sunday 21 | 04**  
**Amigos Beach Bar Diani Beach**  
 Seafood Barbeque 12 pm  
**LAUNCH PARTY**  
**Friday 19 | 04**  
**Azura Lounge Nyali**  
 Day Dreams: Official Mombasa On TheGo Launch Party 12 pm

**NIGHTLIFE & ENTERTAINMENT**

**Thursday 18 | 04**  
**Anuba Lounge Nyali**  
 Good Friday Eve Party  
**Friday 19 | 04**  
**De Coffee Pub Kilifi**  
 Baraka The Prince Live with DJ Fivestar | DJ Queen The Stargal  
**Azura Lounge**  
 Day Dreams - Mombasa On The Go Launch Party  
**19 & 20 | 04**  
**Diani Beach Club**  
 Full Moon Beach Party 4 pm  
**19 to 22 | 04**  
**Distant Relatives Kilifi**  
 Beneath The Baobabs  
**Saturday 20 | 04**  
**Anuba Lounge Nyali**  
 Easter Party with DJ Silki



**SPORTS**

**19 to 21 | 04**  
**Memon Villa Mombasa**  
 Volleyball Dentistry For You EA Open 2019  
**Sunday 21 | 04**  
**Office of the Governor Mombasa County**  
 The 6th Mombasa Open Roller Skating Championships

**ARTS**

**18 to 21 | 04**  
**Alliance Française de Mombasa Nyali**  
 Safari ya Sanaa Mombasa Art Exhibition 9 am

**CHARITY**

**Saturday 20 | 04**  
**Club Backyard**  
 Charity Day for Majaoni Rescue Centre

**YOUTH**

**09 to 13 | 04**  
**JCC Bamburi Centre**  
 The Mega Youth Washa Summit 2019. #TwendeWashaCamp

**CLEAN UP**

**Sunday 21 | 04**  
**Mnarani Primary School**  
 Mnarani Beach Clean Up 10 am

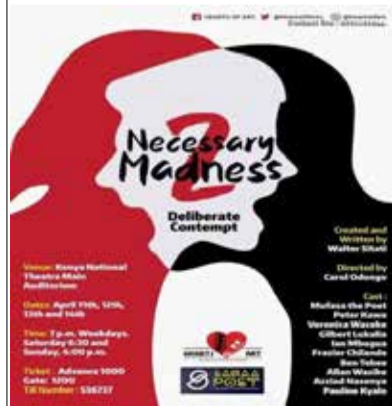
**EASTER**

**Sunday 21 | 04**  
**Piri Pirie's Bar & Restaurant Diani**  
 Piri Pirie's Extravaganza Photo Hunt

**The MaDaFu - Nairobi Event Guide April 2019 - All Information without Warranty**

**CONCERT**

**Saturday 20 | 04**  
**Kenya National Theatre**  
 Lumumba Live Mega Concert 6 pm  
**Sunday 21 | 04**  
**Rosselyn Riviera**  
 Redfourth Easter Concert 3 pm



**FESTIVAL**

**Friday 19 | 04**  
**Ngong House**  
 Kuriisa 5.30 pm  
**Saturday 27 | 04**  
**Ngong Racecourse**  
 Hype Fest 2019 with Sautisol | Khaligraph Jones | Kansoul | Naiboi | Ochungula Family 10 am

**NIGHTLIFE & ENTERTAINMENT**

**Wednesday 10 | 04**  
**Shooters & Dips Club @ The Panari Hotel**  
 Ladies Night & Special Karaoke Night with Lulu  
**Thursday 11 | 04**  
**Sands (Aldive Plaza)**  
 The Gala Live Show  
**Saturday 13 | 04**  
**The Alchemist Bar**  
 Afro Social with Suraj | Jack Rooster  
**Saturday 13 | 04**  
**Carnivore Grounds**  
 Pachos Festival ft. Osito Kale | Emma Jalamo | Musa Jakadala | Dola Kabary | Otieno Small | Lady Maureen | Nahna | Prince Indah | Osunga Wudo Auma | Icwe Sam | DJ Slyze 3 pm  
**Saturday 13 | 04**  
**Muze**  
 The Kaya Collective | DJ Kace | Mixmaster Lenny | Insight Sound



**LIVE MUSIC**

**Wednesday 10 | 04**  
**K1 Klub House**  
 Karry Kimany Live at K1 8 am  
**Thursday 11 | 04**  
**J's Westlands**  
 Tetu Shani  
**Every Sunday**  
**Whiskey River Lounge**  
 Gogosimo Band  
**Thursday 18 | 04**  
**J's Westlands**  
 Afrosimba  
**Sunday 14 | 04**  
**Captain's Terrace Restaurant**  
 IRIE Nairobi with Cheif & The Marshalls  
**Thursday 25 | 04**  
**J's Westlands**  
 Nairobi Horns Project  
**Saturday 26 | 04**  
**Dagoz**  
 Live Saturday with Makadem 7 pm  
**Sunday 28 | 04**  
**The Hub Karen**  
 Art of Jazz - International Jazz Day 12 pm  
**Every Friday**  
**Tamambo Karen Blixen**  
 Calabash Band

**CHARITY**

**Sunday 14 | 04**  
**Wakenya Watenda Wema**  
 Visit of Isreal Faith Childrens Home (Nakuru Free Area Munyeki)  
 Meeting Point: Kencom Stage  
 Opposite Hilton Hotel

**FAIRS & EXPOS**

**11 to 14 | 04**  
**Kenyatta International Convention Centre**  
 28th Kenya Homes Expo  
**13 & 14 | 04**  
**Sarit Centre**  
 The Almuslimah 7th Wedding Fair  
**24 to 26 | 04**  
**Kenyatta International Convention Centre**  
 Tems Africa Ict Expo 2019 - Largest Tech Exhibition In East Africa  
**26 to 28 | 04**  
**Sarit Centre**  
 Beauty Kenya 2019 International Trade Exhibition 10 am

**THEATRE**

**11 to 14 | 04**  
**Kenya National Theatre**  
 Necessary Madness 2  
**Sunday 14 | 04**  
**Michael Joseph Center**  
 Lord Egerton Show 3 pm  
**Thursday 25 | 04**  
**Kenya National Theatre**  
 The Vagina Monologues

**MUSICAL**

**12 to 14 | 04**  
**Braeburn Theatre - Garden Estate**  
 Esther the Musical presented by Potterhouse School  
**Saturday 26 | 04**  
**Braeside Gardens**  
 Black Monday Musical

**MOTOR SHOW**

**Sunday 14 | 04**  
**Two Rivers Mall**  
 Sunset GT



**FLEA MARKET**

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

**DANCE**

**Sunday 28 | 04**  
**Kenya National Theatre** 12 pm  
 Instrumental Dance Showcase

**ARTS**

**Wednesday 24 | 04**  
**National Museums of Kenya**  
 Make Art for Autism 10 am

**SPORTS**

**Saturday 27 | 04**  
**Impala Sports Club**  
 Kenya Melt Down - Aerobics Championship 12 pm

LEISURE ●●●●●●

**EARTH HOUR:** This year's theme was "Reduce, Reuse, Change the Way We Live"

**EARTH HOUR:**  
FROM PAGE 1

Guests holidaying at Sarova Whitesands Beach Resort & Spa participate in 2019 global switch off event popularly known as the Earth Hour on Saturday March 30th, 2019 by planting 60 palm trees as part of their environmental commitment. This year's theme was "Reduce, Reuse, Change the Way We Live". The event that involved both the staff and guests was marked with an array of activities ranging from switching of the lights for one hour between 8.30pm and 9.30pm, taking Earth Hour pledge of replacing energy efficient lamps at home, use public transport, and save water and awarding guests and staff who best captured the event theme.



**SAMSUNG**

65" QLED TV QA65Q6FNA



An out-of-this-world viewing experience that never fades.



SAVE  
18%

Shs 269,995/-

**219,995/-**

Incl VAT

DISCLAIMER: Picture may differ from actual product.  
\*Available While Stocks Last  
Visit us: Ratna Square, Nyali, Mombasa

**shankar**  
shankar Electronics Ltd

**RAMAYAN:** The language is simple, beautiful, and vivid.

# RAMAYAN



**KARAN K. PANDYA**

Age Valmiki's Ramayan is a poetic description of Lord Shri Ram's life. It is in Sanskrit and is known as the adikavya – first poem. It contains 24,253 shlokas (verses) in seven books (kandas): Balakanda, Ayodyakanda, Aranyakanda, Kishkindhakaanda, Sundarkanda, Yuddhakanda and Uttarakanda.

The language of the Ramayan is simple, beautiful, and vivid. It has become so famous that it is a source of all later Sanskrit epic poems. Like the Mahabharat, it is recited and enacted in all languages and regions in India as well as in countries like Indonesia, Thailand, and other places where Hinduism has spread. Lord Ram, in the Ramayan, is shown as a perfect being, an incarnation of virtue to emulate.

He lived, ruled and remained within the bounds of propriety, and hence he is called Maryada Purushottam. The main characters of the epic include King Dashratha of Ayodhya and his three wives and sons:

Kaushalya, Sumitra and Kaikeyi. Kaushalya was the mother of Ram, Sumitra gave birth to two sons, Lakshman and Shatrughna, and Kaikeyi gave birth to Bharat. Ram, the eldest, became crown prince of Ayodhya. The night before Ram's coronation Kaikeyi demanded Dashratha the fulfilment of two wishes he had promised many years earlier.

The request came as a shocking surprise for the king. Kaikeyi demanded that Ram be exiled to the forest for fourteen years, and her son Bharat, be given the throne instead. Ram, His wife Sita, and Lakshman spent their years of exile in the forest, patiently bearing discomforts and trials that came their way. In the final year, Sita was abducted by the evil Ravan, the king of Lanka. Then with the help of Sugriva, Jambavan, Hanuman and the monkey army (vanaras), Ram killed Ravan and his army and rescued Sita. Ram thus destroyed nonrighteousness (adharma) and re-established righteousness (dharma). Finally, Ram and Sita were crowned as the king and queen of Ayodhya.

The Valmiki Ramayan

portrays the glory of Ram as an ideal man, son, brother, husband, king, possessing virtues of truthfulness, nobility, valour and kind-heartedness. Sita is an ideal of fidelity and devotion. The sacrifice, dedication, and allegiance of Lakshman and Bharat to Ram are incomparable. Hanumanji's humility, devotion and sacrifice to Ram are extolled in the Rayaman. The Ramayan depicts the picture of an ideal man, family and kingdom (Ram Rajya). The emphasis is on virtuous conduct, annihilation of evil and establishment of righteousness.

It has provided enough ideas and ideals to inspire countless to rise from the human level to divine heights. In the Ramcharitamanas, the Hindi version of the Ramayan text, Tulsidas portrays Ram as an incarnation of Lord Vishnu. His edition of the Ramayan inspires devotion and glory of Ram as God.

The verses (chopais) from the Ramcharitamanas are very popular and sung with devotion in India and abroad. Out of the several vernacular editions of the Ramayan Kamban's Ramayan in Tamil, Krittivasa's Ramayan in Bengali, Cherman's 'Ramayanam' in Malayalam, Ranganatha's 'Ramayanam' in Telugu, Giradhara's 'Ramcharirta' in Gujarati and Madhav's Ramayan in Assamese are popular in their respective states. If the world of literary work has to be evaluated by the impact it has had on each succeeding generation, then the Ramayan of Valmiki stands out as supreme in world literature. Its influence and effect on Hindu religion, social values, literature, music, dance, drama, paintings, sculptors, in fact, on so many facets of Indian life, is immense and enduring. It has been said that as long as the mountains stand and rivers flow on this earth, the story of Ram's divine adventures will remain famous in the world.

**GREENTECH SOLUTIONS LTD**

## Heaven is Now Under One Roof!

**Solar Water Heaters | LED Lighting | Tiles | Home Decor**

GreenTech Solutions offers you the most reliable products and solutions sourced directly from Europe, Australia and Asia with guaranteed quality and performance for all the ranges.

In Association with: **GRESPANIA CERAMICA** and **THERMIC brightgreen**

Ground Floor - The Planet Bamburi, Mombasa  
 Email: neil@eawel.com / sheel@eawel.com  
 Tel: (+254) 711 505 393 / 723 332842

# MADAFU NEWSPAPER

**Madafu Newspaper** is owned and Published by Madafu Publications Limited.  
**P. O. Box 80518 - 80100 GPO Mombasa.**

**Editor@madafu.biz Website: www.madafu.biz**

For Advertisements, Articles, Notices, Distribution, Sales and General Inquiry you may contact the above address for now.

**Design by:** Madafu Publications Team

**Printed By:** Nation Media Group Ltd - Nairobi

**CONTRIBUTORS:**

**Cover Photo / Event Photos** by  
 Mr. Andrew Kilonzi & Mr. Titus Musau  
 Miss Atiya Mughal  
 Mr. Dietmaar Roessler - Events & Media  
 Mr. Karan Pandya  
 Mr. Shivaji Oxenburg

Miss Avni Parmar  
 Mr. Paresh Morjaria  
 Dr. Edwin Muinga Chokwe  
 Miss Ahlam Mansur  
 Mr. Partick Ogola  
 Dr. Kishore Patani  
 Dr. Muinga Chokwe  
 Mr. Ngure Kimotho  
 Mr. Max Nisen / Mr. Eric Goldschein  
 Mr. Alex of Quareismatic Photography  
 Mr. Nabil Sasoon - Madafu Website Administrator

**Madafu Publications Ltd. is the leading provider of event and lifestyle information in Kenya. Through our Newspaper and Website, we provide the most comprehensive and accurate information about what's happening around Kenya in sports, nightlife, music, theatre, movies, the arts, kids events and more. We also provide business listings, movie reviews and updates. To advertise with us, Email: editor@madafu.biz**  
**Madafu Publications Ltd. P. O. Box 80518 - GPO 80100, Mombasa, Kenya**  
**visit our Updated Website: www.madafu.biz**

**SALES, MARKETING & OPERATIONS**  
 Mr. Reishi Arun Parikh

**EDITOR**  
 Mr. Reishi Arun Parikh  
 Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO.

**Nairobi Office:**  
 Mr. Satyen Shah; Bunny Industries Ltd

All Advertisements are accepted subject to the Madafu Publications Ltd Terms and Conditions and Guidelines. The Publisher cannot be held responsible for the accuracy of the information contained in the Advertisements and does not enter into disputes on behalf of third parties.

## FINANCE ●●●●●●●●

**INVESTMENT:** These stories remind us that it's possible to overcome just about anything, from parents passing away, to extreme poverty, and more.

# Rags to Riches - Billionaires Who Started With Nothing

BY MAX NISEN AND ERIC GOLDSCHNEIN

In a time of rising inequality and sluggish growth, rags to riches stories are harder than ever to come by. Indeed, many of the richest people in the world were born into their wealth.

That makes it even more essential that we remember the people who started with nothing, and through hard work, talent, grit, and a bit of luck, managed to rise to the very top.

## Maria Das Gracias Silva Foster escaped a Brazilian shantytown to become Petrobras' first female CEO

The current head of Brazilian oil giant Petrobras spent her childhood in Morro do Adeus, an extremely poor neighborhood that became a shantytown. Her mother worked constantly and her father was an alcoholic. She collected cans and paper to make extra money.

She started as an intern at Petrobras in 1978, but broke through barriers to become the company's first female head of field engineering. Bloomberg reports that her tireless work ethic has earned her the nickname Caveirao, for the armored vehicles police use to clean up crime ridden Brazilian neighborhoods. She became the company's first female CEO in February.

## Do Won Chang worked three jobs to make ends meet before starting Forever 21

Do Won Chang and his wife, Jin Sook, moved to America from Korea in 1981. When they first arrived, Do Won was forced to work three jobs at the same time to support them, as a janitor, a gas station attendant, and in a coffee shop. Eventually, they were able to open their first clothing store in 1984.

That one store grew into Forever 21, which pioneered fast fashion and is now a multi-national, 480 store empire that generates around \$3 billion in sales a year. It's a family business, with the couple's daughters Linda and Esther helping to run the company.

## Harold Simmons grew up in a shack without electricity and became a multi-billionaire

Now a billionaire several times over, Harold Simmons grew up in the extremely rural town of Golden, Texas, where he lived in a "shack" that had no plumbing or electricity. He still managed to make it to the University of Texas, and graduated Phi Beta Kappa with a B.A. and masters in Economics.

His first venture was a series of drugstores, the first of which was almost entirely financed with a loan. That became a 100 store chain that he sold to Eckerd for \$50 million. From there he went on to become a master of the corporate buyout. He currently owns 6 companies traded on the NYSE, including Titanium Metals Corporation, the world's largest producer of titanium.

## Zdenek Bakala fled communist Czechoslovakia with only \$50 and is now a coal magnate

In 1980, when he was 19 years old, Bakala fled communist Czechoslovakia with a \$50 dollar bill wrapped in plastic wrap hidden in a sandwich. He made it to

Lake Tahoe, where he washed dishes at a Harrah's casino.

He eventually got an undergraduate degree from UC Berkeley and an MBA from Dartmouth. He went into banking, and eventually back to his home company, opening Credit Suisse First Boston's first office in Prague after the Wall fell. He presides over a coal company with a \$2.52 billion market cap and eight production sites across Central Europe, which broke ground on the first privately owned coal mine in Central Europe since 1992.

## George Soros survived the Nazi occupation of Hungary to become one of the world's most successful investors

George Soros survived the Nazi occupation of Hungary after his father paid a government employee, whose Jewish wife he had helped hide in the countryside, to let him pose as his godson. After the war, he escaped the country, which had come under communist rule, in 1947, to stay with relatives in London. Soros put himself through the London School of Economics by working as a waiter and railway porter.

After graduating, Soros sold goods at a souvenir shop before writing managing directors at merchant banks in London until he finally got a job. That was the beginning of a long and enormously successful career in finance, including his famous bet against the British pound in 1992, which earned him more than a billion dollars in profit in one swoop.

## Guy Laliberté ate fire on the streets before introducing Cirque du Soleil to the world

The Canadian-born Laliberté began his circus career busking on the streets: playing accordion, walking on stilts and eating fire. He gambled by bringing a successful troupe from Quebec to the Los Angeles Arts Festival in 1987, with no return fare. The bet paid off, and the circus group was eventually brought to Las Vegas, where they became the world famous Cirque du Soleil we know today.

Today, Laliberté is the CEO of Cirque, a professional poker player and space tourist, with a total net-worth of \$2.5 billion.

## John Paul DeJoria lived in his car before John Paul Mitchell Systems took off

As a first generation American, DeJoria had it rough from the beginning. His German and Italian parents divorced when he was two, and he sold Christmas cards and newspapers to help support his family before he turned 10. He was eventually sent to live in a foster home in Los Angeles.

DeJoria spent some time as an L.A. gang member before joining the military. After trying his hand as an employee for Redken Laboratories, he took a \$700 dollar loan and created John Paul Mitchell Systems. He hawked the company's shampoo door-to-door, living out of his car while doing so. But the quality of the product could not be denied, and now JPM Systems is worth over \$900 million annually. He also created Patron Tequila and has a hand in a variety of industries, from diamonds to music.



ABOVE: A photo of Harold Simmons

## Ursula Burns grew up in a housing project on Manhattan's Lower East Side and now runs Xerox

Before the Lower East Side was cool, it was a hub for gangs. Burns was raised by her single mother in a housing project there. Her mother ran a daycare center out of her home and ironed shirts so that she could afford to send Ursula to Catholic school. She went to NYU, and from there became an intern at Xerox.

She's now Xerox's CEO and chairwoman. Burns is the first African-American woman to lead a Fortune 500 Company.

## Howard Schultz grew up in the Brooklyn projects before becoming CEO of Starbucks

Schultz grew up in the Bayview projects of Canarsie, Brooklyn. He always wanted to climb "over the fence" and go beyond the lifestyle provided by his truck-driving father. Despite destitution, he excelled at sports and earned a football scholarship to the University of Northern Michigan.

After graduating with a degree in communications, Schultz went to work for Xerox before discovering a small coffee shop called Starbucks. Enamored with the coffee, he left Xerox to become

the company's chief executive in 1987. After beginning with 60 shops, Starbucks now has over 16,000 outlets worldwide, giving Schultz a net worth of \$1.5 billion. He even went on hiatus and came back as CEO to lead Starbucks out of a decline.

## Li Ka-shing quit school at 15 to work in a plastics factory and is now the world's richest East Asian

The family of Li Ka-shing fled mainland China for Hong Kong in 1940, and Li's father died of tuberculosis when he was just 15. Quitting school to work to support his family, Li made plastics and later plastic flowers for U.S. export.

By 1950 Li was able to start his own company, Cheung Kong Industries. While at first manufacturing plastics, the company later moved into real estate. Similarly, Li expanded his ownership of different companies, and today has his hand in banking, cellular phones, satellite television, cement production, retail outlets, hotels, domestic transportation, airports, electric power, steel production, ports and shipping, and investing in cool apps, among other industries.

## Francois Pinault was a high school dropout who now leads luxury goods group PPR

Pinault quit high school in 1947 after

being teased for his poor background. He joined his family's timber trading business and in the 1970s began buying up smaller firms. His ruthless business tactics — including slashing jobs and selling his timber company only to buy it back at a fraction of the cost when the market crashed — gave him a reputation as a "predator." He had similar tactics in the real estate business, and did well buying French junk bonds and taking government money to save businesses from bankruptcy.

His self-made worth helped him start PPR, a luxury goods group that sells brands like Gucci and Stella McCartney. At one point the richest man in France, Pinault and his family are now worth an estimated \$13 billion, and have historic homes around the world.

## Leonardo Del Vecchio was an orphaned factory worker whose eyeglasses empire today makes Ray-Bans and Oakleys

Del Vecchio was one of five children who could not be supported by his widowed mother. After growing up in an orphanage, he went to work in a factory making molds for auto parts and eyeglass frames, where he lost part of his finger.

At 23, he opened his own molding shop. That eyeglass frame shop expanded to the world's largest maker of sunglasses and prescription eyewear. Luxottica makes brands like Ray-Ban and Oakley, with 6,000 retail shops like Sunglass Hut and LensCrafters. His estimated net worth is now \$11.5 billion dollars.

## Kirk Kerkorian went from boxer and Royal Air Force pilot to Las Vegas mega-resort owner

Kerkorian, who learned English on the streets, dropped out of 8th grade to become a boxer. His family was a casualty of the Great Depression, and Kerkorian went about finding skills to help bring income home. He became a daredevil pilot for the Royal Air Force during World War II, delivering supplies over the Atlantic on routes that would crash one in four planes.

From the money he made running supplies, Kerkorian became a high roller on the craps table and eventually a real estate magnate in Las Vegas: he bought The Flamingo and built The International and MGM Grand, stalwarts of the Vegas scene. He's worth a few billion dollars today.

## Sheldon Adelson is another Las Vegas hotels magnate who tried his hand at a few industries

Adelson grew up in tenement housing in Massachusetts, where he shared a bedroom with his parents and three siblings. His father was a Lithuanian taxi driver and his mother had a knitting store. When he was 12 years old, he started selling newspapers and a few years later ran a vending machine scheme on the same corner.

Adelson tried his hand at a few different industries, from packing hotel toiletries to mortgage brokering. His biggest break came from developing a computer trade show. He turned that wealth into a purchase of the Sands Hotel & Casino, and later the mega-resort The Venetian.

HEALTH ●●●●●●●●

**HEALTH:** Life takes its toll on humans. As we go through life, the good and the bad affects our bodies.

# Two Brothers Fighting Leukemia

**MADAFU REPORT**

**T**wo brothers, Faris and Firoz have been battling Leukemia since their early age. Faris was diagnosed with leukemia in 2015, bone marrow is the factory for new blood cells and immune cells. In a transplant, bone marrow is wiped out with chemotherapy and sometimes radiation. At his young age of 9 years he managed to go for 20 chemotherapy cycles, but his family could not conceal for the remaining 4 cycles of chemo.

Early 2018, Firoz the younger brother started having frequent infections with persistent high fevers. Baby Firoz at 2 years of age suffered broken arms and legs without getting involved in any sort of accidents. It raised an alarm to the doctors in Mombasa immediately as he also had several swollen nodes on his neck and head it is then the results came out as having LYMPHOBLASTIC LEUKEMIA same type as his brother. He was then immediately referred for a cancer specialised treatment on cancer management abroad. It is a shock in the family with 2 siblings of the same disease.

*"Cancer journey goes beyond the treatment. It's about care and affection. It's about who walks with you on that battle field. Whether you win or lose, you are still a victor because that's where the intermission begins."* - Jimia Yusef

Abdul, Secretary General at Fadlcarda Leukemia Foundation

"Cure" is not often a word associated with diseases like leukemia. But for Mombasa resident Jimia, there had to be a way to support these brothers. After setting up a campaign on donations based crowdfunding platform M-Changa, the community generously supported the campaign contributing KSH. 295,683 for Faris and KSH.1,054,207 for Firoz. Miraculously, the boys were able to receive treatment and are now on maintenance.

As we're all too familiar, large expenses such as medical and funeral costs come at unexpected times, making them almost impossible to plan financially and creating the need to fundraise from family, friends and even strangers.

M-Changa is a Kenyan online fundraising / digital harambee platform. M-Changa was launched in 2012 to make fundraising **more convenient, more efficient** and **more secure** than the traditional harambee. To date, 30,000 fundraisers have raised millions of dollars from over 350,000 contributors.

To make fundraising more convenient, individuals and organisations can register an M-Changa fundraiser for free in less than 5 minutes at [www.changa.co.ke/signup](http://www.changa.co.ke/signup) or by dialing \*483\*57#. Once registered, fundraisers can manage their own fundraiser Share Page; allowing anyone to View, Share

& Donate to their fundraiser. Anyone viewing the Sharepage will see their fundraising targets, pictures, videos and story. Social Media widgets make it easy for anyone to share the fundraiser across social media. Anyone who wishes to contribute to the fundraiser, both locally and internationally, may do so via Safaricom PayBill, Equitel, Airtel, T-Kash (coming soon), Visa Card, MasterCard & PayPal. Each contribution is reflected on the Sharepage in real-time, so anyone can track the progress of the fundraiser.

One of the core values at M-Changa is security & accountability. Before a fundraiser may withdraw funds, fundraisers must be pass the M-Changa verification process and be treasurer protected

Once verified, fundraisers can withdraw funds at any time via M-Pesa or EFT bank transfer. In 2019, M-Changa hopes to increase its presence in the Coastal region, recognising there are many fundraisers already happening that could benefit from the platforms convenience, security and accountability. For those interested to know more, visit [www.changa.co.ke](http://www.changa.co.ke) or contact M-Changa's Customer Care on: 020 765 0919, [support@changa.co.ke](mailto:support@changa.co.ke) or Facebook: @ChangaAfrica.

**DECISION MAKING:** Everyone has made bad decisions. Yet to succeed and have self-confidence, you must make decisions. When you are afraid of decisions, you build up stress, create confusion and make people wait.

## How To Make Great Decisions

**W**hen you put off making decisions is to take a vote. Asking for people's opinion is like saying, 'I don't have any self-confidence. Please tell me what to decide.'

The first thing you need to decide is that you can make good decisions,

To make good decisions you simply need enough information.

List all of your options and find the answers to these 15 questions for each of your options. You will know some of these answers and can find out others.

1. What is the goal or purposes of each option?
2. How does the purpose of each option align with your goals?
3. What are the statistics for each choice? Each of your options has static's
4. Finances? Two vital questions; What will each option cost? How much money will each return? The cost is not barrier if the predicted return is greater than the cost.
5. Sequences? Most people forget to look at the exact steps involved with each solution.
6. Is this choice legal and ethical? Is it fair for everyone involved? Will you be proud of your choice in future?
7. What is the probability of success? Estimate the odds of successful each choice if you have no concrete data.
8. Do I have the resources? Resources include people, space, skill, knowledge, money and time. Do you have the necessary means for each choice?
9. What are the end results? If everything

went smoothly, how would each choice turn out? What would the result be? How would it change things in year or two?

10. What do others want me to do and why? As your choice probably affects other people, you want to know what choice they want you to make. More importantly, why they want you to make it. Make a list of everyone who is affected and you believe they want. You are not asking them to help with your decisions, you are merely gathering information.
11. What are the potential gains and benefits? List each of these categories for each choice
12. What are the potential losses and liabilities? Worst-case scenarios and risks. For each risk, look at how you can protect yourself or your group.
13. What are all the barriers and difficulties for each choice? What gets in the road of each choice? Lack of money? No one else wants it? Not enough time? Fear?
14. What would be easy and effortless about each choice? Some choices involve no barriers at all.
15. What do I really want? What am I willing to do? What interests me? Which choice
16. turns me on and makes me happiest? Why do I feel like doing it?

You never regret a correct decision. It stands the test of time. A series of correct decisions will build your certainty and confidence. And once those around you learn you are usually right, they follow your lead without hesitation.



*the ultimate movie experience...*

**EXPERIENCE 3D LIKE NEVER BEFORE- IN ULTRA HIGH DEFINITION ON OUR NEW STATE OF THE ART 4K LASER PROJECTOR WITH SUPER LIGHT 3D GLASSES.**

# FORTHCOMING ATTRACTIONS











RECEIVE SHOWTIMES, OFFERS AND PROMOTIONS AT NYALI CINEMAX EACH WEEK ON YOUR PHONE

**WHATSAPP YOUR NAME TO 0786470007**

AND ADD THE SAME NUMBER TO YOUR CONTACTS

Like & Follow Us





[nyalycinemax](https://www.facebook.com/nyalycinemax)

**CONTACT US**

0786 470 007 | 0786 470 008

0721 100 907 | 0733 470 000

**THERAPY:** The greatest and fastest cure for acute stress is watching bollywood movies and that is an indisputable fact.

# Why Do We Watch Films? Therapy?

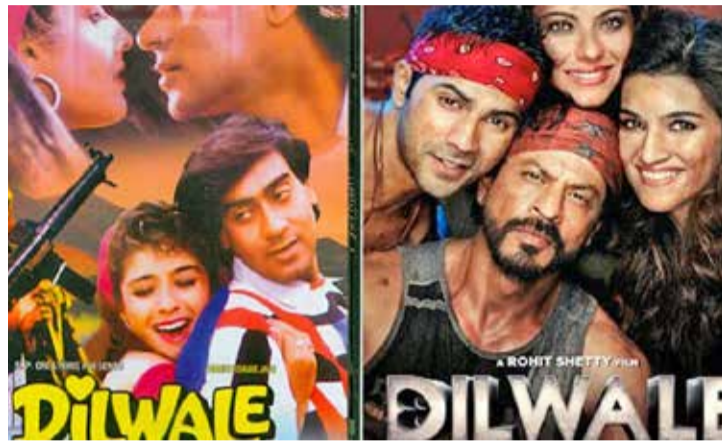
BY PARESH MORJARIA

The greatest and fastest cure for acute stress is watching bollywood movies and that is an indisputable fact. Unknown to the west, there is a zone beyond the twilight zone which is where watching bollywood movie will beam into, in a flash. Watching Tollywood movies (South Indian) will get you a couple of hundred zones beyond that but that's a story for another day.

I have been a fan of Bollywood movies since I was knee high to a grasshopper. Like any other normal families from the sub continent, our premier family passion consisted of making spicy food and watching bollywood movies. Going to Drive-in cinema was the climax of our Sundays because that was where all the new bollywood films were released. Since I have watched bollywood movies from the black and white era to the colored, it would safe to say I am a qualified veteran on this subject. Over 4 decades Indian films have evolved greatly and here are some of my observations of the changes:

In the olden days, hair seem to be the in thing with the heroes. The only place a shaving blade was going to touch him was his face; anywhere else was a no-go zone. Bushy eyebrows and jungle under the armpit was hep. Shrub on the chest was like a medal of honour and villains and heroes used to use any excuse to display them like the six packs the heroes of today like to show. The ladies of that era must have loved it too judging from the fan following of the likes of Rajesh Khanna, Jetendra etc. It got a bit messy with the villains like K.N Singh who took the fad a bit far; he actually had hair breaking out from his nose and ears too. But the one who took the cake was undoubtedly Manmohan Krishnan! That guy had enough hair jutting out of his ears and nose to put the mighty Amazon to shame. No wonder we did not have global warming issue in those days. Thank God that he was never given a role where he had to bare his chest; it would have mentally scarred kids for the rest of their lives.

The other thing that has evolved is



the rules governing the consumption of alcohol in movies. In the olden days the hero invariable never drank or smoked. The only one exception to the rule was if the hero had suffered a severe heart break. With the heroine the rule was cast in stone, even if she was stuck in a skimpy bikini in the most northern tip of the Arctic Circle, she would be only permitted a sip of tea from a plastic thermos to try save herself from extreme hypothermia. The mind-set of the audiences in those days was such, that seeing any lady, including the vamp, indulging in alcohol, would have been enough to sent hoards to the ICU or to trauma centre at the very bare minimum. On the other hand you could never be a villain if you were not a) drunk, B) a chain smoker and c) a leech. Remarkably all the villains of that era had two things common without exception: VAT69 and 555. Rumour has it that there was actually only one empty bottle of VAT 69 in the entire industry and that the demand for its availability for shooting the villains scenes in movies was much higher than that of the top heroes' and heroines of that era.. It must have been tough for the superstars of that era to play second fiddle to an empty bottle. Thankfully there are no such inhabitations these days. Nowadays it would be a surprise if not only the hero, but the heroine, her parents, all her maid, her dog, and all miscellaneous did not drink with total nonchalance. I think it would be fair to say movies of today would bomb at the box office if the star cast were required to be teetotallers.

The attitude towards kissing and

sex has perhaps taken the biggest twist in Bollywood. I remember when kissing was symbolized by two flowers coming together and our parents would look at each other with a goofy smile on their faces (as kids we used to wonder why until we came upon the eureka moment) . Flowers symbolized everything physical in relationships. Two flowers hugging meant kissing in progress, flowers blooming from a bud means a child heroine entering into adulthood, a heavy army boot crushing a flower meant rape etc. Sex between hero and heroine before marriage was strictly forbidden unless the following conditions existed:

The hero and heroine were caught in a storm in a dense forest after finishing singing their duet and happen to stumble upon the only one abandoned cabin that existed to seek refuge in.

The cabin was devoid of everything else but just happen to have two skimpy towels at hand

The abandoned cabin just happened to have a ready fireplace complete with firewood, kerosene and dry matchbox inside

The heroine is in danger of dying from hypothermia and the only option the hero has to save her life is to have sex

The heroes of that era were nothing short of supermen. They only needed to have sex once that too out of compulsion, to get the heroine pregnant and at lightening speed too (now we know where the word express delivery originated from). If today is the era of instant food, those days were the era of

instant pregnancy. And the heroines didn't even need to go through any pregnancy tests either. They just had to vomit once and the whole world would know that she was pregnant. You see things like food poisoning or stomach upsets simply didn't exist in those day thus if you vomited, you were pregnant, period!

Its pretty shocking how things have changed in today's bollywood. I was horrified when I watched a movie where a heroine just grab the hero's butt and in the next shot they were making merry in bed. For persons like me who would go into frenzy at the sight of a heroine donning a sleeveless top, this is a huge cultural shock. I cringe on the inside every time we watch bedroom scenes in a movie in company of my kids who by the way watch it with complete ease.

Everything in bollywood has changed in the last 20 years. Gone are they lyrics and the poetry in songs that had deep meaning and make you think again about certain aspects of life. Today we have songs about how to catch and match the fall of a lady's sari or someone wishing he was the button on his sweethearts blouse and if the poet is suffering from a writers block, how about " Pa Pa Papapa Papapapa?" There is actually a song with this as their main lyric!!

Music has changed too. Sitar and flute have given way to guitar and drums. It's not all bad though but only thing is they are not tunes that will stay with you for the rest of your lives like some of the old ones. Who can forget those famous Dev Anand, Rajendra Kumar songs or the Rajesh Khanna and Jeetendra era songs. They will always remain evergreen even in today's era of Rock and Hip Hop.

The only thing that has remained constant is that the stars of entire bollywood have remained super healthy from the era of Prithivi Raj to the present of the likes of Tiger Shroff.. I tried to emulate them in every way, from trying to fight 10 baddies at a time to dancing around trees singing songs and I did succeed to a large extent too but ultimately I had to concede defeat. You see at some point I had to go for a poop, something to which our bollywood stars seem to never have to do!.

# Is Mombasa In Shambles?

(BY AFTABHUSSEIN ALIBHAI)

Mombasa in shambles?? Well I don't get the concept of people saying that it's made up of you all? So the culture of the city will only change if we all change. Moving out of Mombasa and coming back won't make any difference, you can be a toxic figure. It's not the city... it's you!!! You can't fix a problem with a bigger problem. Upgrade your thoughts Mombasa's, water yourself because you deserve to grow.

I agree I have never seen it so bad. I agree things are going downhill but it's not the end of the world!! Come together, set politics and abuses aside and help and advice the governor in planning, engineering, managing the traffic, managing the city and a lot more. He listens, do it! Why just grumble??.....

I, for one am sad that a lot of heritage buildings were destroyed by reckless, misguided and bad planning. There are those who would like to silence those who keep mentioning this but remember those who ignore history are destined to repeat it! We should always try to prevent those dreadful planning and redevelopment blunders that has since given us so many problems and lost opportunities. Let's resist those in authority today and in future from committing the same mistakes.

But whilst we can't exactly bring back the originals that Mombasians miss a lot, we can with effort, vision, leadership and appropriate investment rebuild Mombasa to be proud of.

We can work towards getting rid of architectural rubbish and eyesores and SYSTEMATICALLY return quality and character and beauty to our streets with buildings that will once again be loved and stand for centuries..... And restore the social and economical vitality that we all surely wish to see in Mombasa.

# Is Suicide the last option?

BY AVNI PARMAR

It's always undecided what leads a family member, a friend or a celebrity to commit suicide. Such harsh steps are only taken when an individual is going through a rough phase in their life. How can we help such individuals and make an impact in their lives with positivity? This is what we will discuss in this article.

Parents, friends or partners always come across their loved ones to be in somewhat stressful situations and sometimes tend to ignore, thinking it's a small issue that can be handled by them. No, this is where they are wrong! Certain situations are very traumatic in an individual's life that can cause them to show changes in behaviour. This is where parents or friends need to step in to be aware and resolve the issue.

Suicides are most common in the youth as they tend to be sensitive in resolving certain situations, whether in friendship, abuse, exams, break-up, jobs, family issues, financial issues, mental health condition, poverty, lack of education or physical disability illness.

There are many ways through which increase in suicide rates can be prevented for example listening to the individual and letting them express their feelings, finding the warning signs such as dramatic mood changes, increase of alcohol/drug misuse or talking about being trapped or being burden on someone, or keeping them busy by extra-curricular activities.

So no, suicide isn't the last option to resolve one's insecurities of life or stressful phases. Seek medical help or report if you find any symptoms in an individual who wishes to take such drastic measures.

# Report on Mamba Village, Nyali, Mombasa

Our Chief Inspector, Eric Dadu, visited Mamba Village about a month ago to check on the condition of the horses that had been reported to us. He was in fact shown round the whole facility, by the new manager, which was very run down. He spoke to the manager at length about what needed to be done for the horses.

Myself, our Vet, Dr. Peter Gitau and Eric paid another visit to Mamba Village today, the 15th March, to see what progress had been made. We were taken on a tour of the whole

area and found a lot of renovations going on. All the crocodile areas are slowly being sorted out, the water emptied out and the ponds, which are then being cleaned and refilled with fresh, clean water. One of their water pumps is being repaired but once this is back things will quicken up.

The two horses, although still thin, are very much improved. They were munching happily on big bundles of hay and there was lots more hay in a store area. There were also bags of food for them. The third horse that Eric had seen on his previous visit has

since died but it was a very very old horse.

The aquarium area is being worked on. All the tanks have been emptied and cleaned.

They have a snake handler looking after the few snakes that they have and the plant nursery area has been started up again.

KWS have been there checking on the crocodiles and giving advice. They are going to return there at the end of the month to check on the progress.

Dr. Gitau had a long talk to the

owner, Mr. Awiti, on the phone and he is going to go back on Monday to give advice on the aquarium and other things.

All in all, a lot of work is going on at Mamba Village to get the place looking good again but it will take some time and the new manager is very keen and anxious to get it done as soon as possible.

Diana  
(Diana Purchase, Manager, Mombasa Branch)

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



*District Governor of Lions, Lion Ravi Matharu*



*Lions Club of Nairobi Host President, Lion Githinji Kahuthu*



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



*Children with Special needs participating in one of the races*



*DG Lion Ravi Matharu flags off one of the races*



*Lions Club of Nairobi Host Committee*

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 Count 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 well-wishers who made this event successful and thanked MaDaFu Newspaper for covering the event.



Photographer : @quareysmatic\_photography; Retoucher : @king\_quareysma. Model: Samera; Headwrap by : @stara\_by\_rahma. Makeup : @ummulkhey1 . Studio : @photo\_worldke. Assistant: @officialpapichulo\_jr

## Three Greatest Teachers in Nature

BY PARESH MORJARIA

Life is a big university and one never stops learning age not withstanding. One just needs to be observant and have an open mind to learn especially from Mother Nature. But if you have a twisted mind like mine your knowledge goes into the realms of twilight zone.

Let me share my observations of the 3 greatest teachers in nature according to me:

### The Mighty Cockroach

A wise man I know once described the cockroach as "the ugliest radiation surviving piece of crap" which I think is quite an apt description, although in my personal opinion, he went a bit overboard with the flattery. Notwithstanding its looks, it is one of the mightiest creatures in the world, if you think about it. It is capable of creating chaos everywhere it makes an appearances. I have seen it create havoc at parties, cinemas, homes etc., just by showing up. It doesn't roar like a lion or bark

like a dog but its effect is almost always same. And unlike Lions and Elephants, it is never going to be in danger of extinction. In my mind the cockroach is the mightiest creature in the world and my logic behind this conclusion? A man fears his wife the most and the wife is absolutely terrified by the cockroach, think about it. It goes to prove one thing: you don't have to be all brains or brawns to be the mightiest creature in the world but just being disgustingly repulsive is enough.

### The Mosquito.

There are two big lessons to learn from the mosquitoes: the art of communication and craftiness. Let's start with the former. I don't know if you noticed that when a mosquito finds its way into your mosquito net, it will be followed by hoards of them in a matter of few minutes. If you observe the size of this creature and compare it to the surface area covered by a mosquito net, it must feel like the size of five universes to this tiny pest. Yet it is able to lead all the

rest of his mates precisely through the smallest of breaches in the net and guide it onto the meatiest part of you to feast on. If I didn't know better I think they must have like a Facebook imbedded in their brains which is permanently connected to the UMBU WiFi network. Every time one of them finds a way in, she (I have to assume it's a she because of obvious reasons ) just logs on and pegs in the exact co-ordinates, and Hey presto! You have a party with drinks on the house

I also learnt that mosquitoes are really crafty creatures. No other creature would have come up with an idea of hanging around in a smelly place like a toilet for hours and hours with the knowledge that the prey would ultimately arrive and will have to spend enough time for you to feed, digest and feed again and again. The knowledge that the victim will be stripped to leave huge parts of prime juicy areas exposed has be part of the plan too. You have to admit, it's a wickedly diabolical scheme.

### The Ant

Ants are geniuses at navigation. On a particularly boring day I observed a line of ants carrying their shopping home in a well organized line. Wickedly I decided to disrupt it with a series of obstacles designed to confuse and disorient them. The barriers took them further and further away from their original direction but somehow they found their way back home. In the context of their size compared to the surface area of the compound they operate on, it's remarkable that they always find their way home. How can I say for sure that they go home? Well they have kids, and in order to have kids you need to go home to your wife, don't you? I am sure you are now thinking that they could go for the illegitimacy but I am quite confident that this is not possible. You see the word "infidelity" doesn't exist in the Ant dictionary because it is simply too big. It would take roughly 200 ants standing side by side to insert the word into their dictionary. It would just be less complicated and cumbersome to go back home to you wife!

Organized by



Memonsportsclubmsa

In conjunction with



@memonsportsclub

Mohammed Hussein Aboo - 0722353424  
 Mohammed Salim Varvani - 0720852438

# DENTISTRY FOR YOUTH 19TH - 21ST MEMON VILLA, MOMBASA

**75+ sponsors**

**Bigger than 2016**

**4000+ people expected**

**Record teams from outside Mombasa**

**350,000/- in prize money to be won**

**32 teams participating**

**Over 25 shops and stalls for variety items on sale**

**Five grounds, four venues**

**Competitive Netball and badminton for ladies**

## DENTISTRY FOR YOUTH EAST AFRICA OPEN Traditional Volleyball PLAY YOUTH

MEMON SPORTS CLUB once again plays host to the East Africa Volleyball Open Championships, this Easter holidays in Mombasa. The last edition in 2016 was a blockbuster and this one promises to be even bigger. With 32 teams confirmed and over 4000 visitors expected through the three days from Kenya, Uganda and Tanzania, Memon Sports Club invites you all to be a part of this social spectacle. A must attend event for all, April 19th to the 21st, are the dates to mark out.

### Our Banner Sponsors

- Aboo Insurance Brokers Ltd
- Aboo's Catering
- Ahlam Enterprises Ltd
- Alvi Trading Co. Ltd
- Ammsum Investments Ltd - ACE GROUP
- Ancarta Construction Co. Ltd
- ANK Construction Ltd
- Armaan Suites & Restaurant
- ASL Ltd
- ASL Ltd - Chemicals division
- Bamusa Construction Ltd
- Basta & Sons Ltd
- Budget Driving School
- Delta Seven Security Ltd
- Digital City Ltd
- Emran Tours and Safaris
- Famal Pharmaceuticals Ltd
- Galaxy Paints
- Guardian Bank
- Hardware & General Supplies Ltd
- Hotel Sapphire

- Huseini Ba
- I Spy Africa
- Jaykay Me
- JCB Kenya
- JS&CO. H
- Karibu Flo
- Kaku Mus
- Lota Auto
- Magram B
- Masumali
- Metcast E
- Millbrook
- Mombasa
- Mombasa
- Nairobi me
- Nanak Me
- Nasib Pair
- Nurex Car
- Osman Ka
- Pride Inn
- Roadtaine
- Rodex Pa

### EVENT PARTNERS



# OU E.A.OPEN 2019 APRIL 2019 OMBASA, KENYA



Y FOR YOU  
EN 2019  
all. Mombasa | Kenya  
OUR GAME



## Sponsors

- Bakery
- ca Ltd
- mechanical Engineering Ltd
- a - Ganatra Plant & Equipment Ltd
- Hardware Ltd
- our Mills Ltd
- ani
- mobiles Ltd
- utchery Ltd
- Meghji Insurance Brokers Ltd
- ngineering Works
- Garments Ltd
- Cement
- Canvas Ltd
- emon Sports Club
- chanical Engineers Ltd
- nts & Hardware Ltd
- ngo & Clearing Ltd
- adernani - In fond memory of Yasin Varvani & Raheela Kadernani
- Hotels & Conferencing
- rs Mombasa Ltd
- ints

- Santech Ltd
- Shamsudin Haji Ahmed & Co. Ltd
- Sifa Investments Ltd
- SMA Fibre Net LTD
- Tayari Lesso Ltd
- Texas Alarms (K) Ltd
- The Cruisehub Ltd

- Vapco Construction Co. Ltd
- Vivaldi Global Ltd
- Yaqut Enterprises Ltd
- Yusra's Farm
- Zessta Trading Co. Ltd
- Zeywi Zawadi
- Ziovani Ltd
- Zulfa Designers

## Our Main Sponsors



### DENTISTRY FOR YOU

Dentistry For You is an established Group of 13 dental practices operating since 1986, providing high quality dental services both on the NHS and privately with over 70 dentists and a supporting staff of over 100 across London, Essex and East Sussex in the UK. It also oversees three cosmetic clinics in the Middle East, two in Jeddah and one in Medinah, Saudi Arabia. Dentistry For You also manages Dentac, an institute for excellence in dental postgraduate education. Dental Courses are conducted on an International level. Dentistry For You's vision is being an industry leader providing outstanding personal attention, education and care, one patient, one family, one neighbourhood at a time. This has created over 200 jobs nationally, promoted staff self-development and created access for over 43,000 patients per year with an average satisfaction level of 92%.

For more information log on to <https://www.dentistryforyou.co.uk/>



### MAROO PAINTS



Maroo Paints has come a long way to become a leading Paint company. Maroo has come a long way since its humble beginnings in 2006. It has grown into a formidable and competent Paint Manufacturer & service provider. Over the 12 years, through continuous innovations and customer centered sevice, the company is evolving into a market leader in paints. Today, Maroo manufactures a wide range of paints & paint products for decorative and industrial use.

VISIT US ON: [www.marooproducts.com](http://www.marooproducts.com)



### BOMU HOSPITAL

### BOMU HOSPITAL

HEALTH • HOPE • HUMANITY

Health • Hope • Humanity

Bomu Hospital is a not for profit registered and recognized non-governmental healthcare organization. It is a project of the Mkomani Clinic Society, an entity that came into existence in the late 70's when a group of citizens who were conscious of the dire lack of accessible and affordable health care services for the poor and destitute, got together and established a small out-patient facility in the Mkomani area of Mombasa, Kenya. In the last 40 years, the organization has grown, and so has its activities. Today, Bomu Hospital operates as a social enterprise whose mission is 'To provide access to quality health care for all regardless of their socioeconomic status.' Bomu Hospital is now a brand with the flagship institution in Changamwe and 6 medical centres within Mombasa, Kwale, and Kilifi counties. The Hospital offers a large range of medical services including outpatient consultations, specialized clinics, in-patient care, maternity, new born unit, radiology services, operating theatres, and diagnostic services with an ISO 15189:2012 accredited laboratory.

For inquiries contact:

P.O. Box 95683, 80106, Mombasa, Kenya . Soweto Road, Changamwe West.

Tel: Mobile +254-722/0734-574755 Office: +254-20-2331444, 2352555 Fax: +254-41-3434666

[www.bomuhospital.org](http://www.bomuhospital.org)

CHANGAMWE . LIKONI . MARIKANI . AL-WALIDAYN . WEMA . TIMBONI . MIKINDANI



### INNOVUS

Business • Leadership • Technology

### INNOVUS GROUP

Innovus Group is a consulting group focused on serving the comprehensive needs of businesses in the full range of the business cycle. Innovus is founded and led by a team of networked experts with strategic insight and industry-gained experience in business and technology including financial management, ICT risk and strategy, business strategy planning and execution. Our areas of expertise also include tax advisory and compliance, business development and marketing, customer relationship management, business startups and turnarounds, corporate training and business thought leadership. At Innovus you are assured of quality services that are provided with the highest standards of technical support.



### ABOO'S CATERING

A family run business that has been serving mouthwatering delicacies for over 6 decades spanning over 3 generations. The team is currently headed by Mohamed Hussein Aboo who is also a member of the prestigious Chaine Des Rotisseurs, an International Association of Gastronomy. We do catering and event planning for all occasions and of various sizes. Aboo's Catering - Our expertise makes the difference.

## Our Kits Sponsors

- |   |  |
|---|--|
| Aboo Trading Ltd<br>Mombasa                                   | FDP<br>Mombasa   |
| Kadernani Renovators<br>Mombasa                               | Shehnai Restaurant &<br>Kitchen Masters<br>Mombasa                   |
| In memory of Abdulmajid Aboo<br>lyfet and Mohamed Swaleh Aboo | Grapholith Printers & Stationers &<br>Dominating Concepts<br>Mombasa |
| Fourwalls Construction<br>Nairobi                             | Maahir Construction<br>Mombasa                                       |
| Saima Pan House<br>Nairobi                                    | Pepsi<br>Mombasa   |
| Vivaldi<br>Nairobi  | Pembe Flour Mills<br>Nairobi   |
| Zulfa Designers<br>Nairobi                                    |  |

ADVERT & EVENTS



## OUR PEOPLE | OUR SERVICES

Dedicated to provide quality medical care, our ultra modern centre is equipped with the state of the art equipment. With a team of qualified professional healthcare personnel, we endeavor to give you the *care you deserve.*



**PHYSIOTHERAPY**  
Modern well equipped physiotherapy unit.



**THEATRE**  
For a wide range of day care.



**DIGITAL XRAY**  
X-ray unit for all general imaging studies including Bariums.

*When I fall sick it is HE who cures.*



**SONOGRAPHY**  
Latest sonography equipment for a variety of medical sonography.



**RECOVERY ROOMS**  
Comfortable, modern recovery rooms with basic amenities.



**LABORATORY**  
State of art medical diagnostic machines offering a wide range of medical laboratory tests.

**Jamaly Building, Maalim Juma Rd. P.O.Box: 84609 – 80100 Mombasa-Kenya**  
**Tel: +254 41 2221711/41 2221747 | Mob: +254 791 473 431 / 0731 243 825**  
**Email: saifeefoundation@medical.co.ke | Web: www.saifeefoundation.co.ke**



Mombasa Women's Association Charitable Trust sponsored outreach eye camp organised by Pwani Lions Club at MWA Hall. Gift of Sight, The eye camp was successful. The total number of patients screened and tested for Diabetes were 280. IOLs 40 and 85 patients were dispensed with free reading glasses. 40 patients diagnosed with cataracts. Cataracts operation performed at Lions Medical centre.

Here are cataracts patients after operation. Lion Doctor Gokhale with the MWA Committee. From right - MWA Mrs Usha Patel the joint treasurer, Mrs Ila Shah the Chairlady, Mrs Harminder Kandhari, Cataract patients, Dr. Gokhale and Mr. H.S Kandhari



Report By Andrew Kilonzi  
 Samsung Electronics East Africa Managing Director of Seok Min Hong (right), Head of department Internet and Mobile at Samsung Charles Kimari (middle) and Ryan Mule product marketing manager Samsung Electronics East Africa display the new S10 phone during the launch of the phone into the Kenyan market Samsung Galaxy S10 series launches in the Kenya Market. Press Release Nairobi, Kenya, March 12th, 2019... Samsung East Africa has officially launched the Galaxy S10 into the Kenyan Market.

The Samsung trio, Galaxy S10e, S10 and S10+ which is engineered to meet the distinct needs of today's smartphone market had earlier been opened for pre-orders for Kenyan customers from 21st of February.



Sarova Whitesands Beach Resort & Spa General Manager Siddharth Sathe (centre) with the hotel's 2018 Employees of the Year Gold Star awards winners: the hotel's Central Reservation Agent Consolata Muchiri (right) and Swahili dishes Chef Mwanaharusi Juma. The two were picked from their exceptional performance in set targets, guests' feedback and staff voting. The awards comes with complementary ANDREW KILONZI voucher for three nights for two at hotels in Nairobi County and a goody bag for each.



Shankar Electronics Ltd Chairman Ramzan (right) Alan and his wife Hafiza Ramzan are assisted by their customers in cutting tape to officially open the new Shankar Electronics Ltd Shop at Ratna Square in Mombasa County on Saturday 16th, 2019. Looking is the company Director Shaahid Sheikh (extreme right). The customers from left are Dr Narendra Acharya, Dr Subash Shah and Nick Dhanjal.



From right MWA- vice Chairlady Mrs Sadhna Doshi, Mrs Usha Patel, treasurer Mrs Damyanti Ved, Ex officio Mrs Suman Kanji, Chairlady Mrs Harminder Kandhari presenting cheque to Mr Norman of MTTI Mariakani, Mrs Rashidha Anjarwalla, Secretary Mrs Sital Sagoo, joint treasurer Mrs Ila Shah, two last year sponsored students of MTTI, MWA Mrs Gurmeet Kaur.

Mombasa Women's Association for young Socio economic Students to do professional courses at Mabati Training Technical Institute Maraikani. they sit for NITA certified technical courses. Principal Mr Norman assured 80% of their students get job or self employed.

MWA donated ksh800,000/(eight hundred thousands) to sponsor 19 students for different courses like Motor vehical electrician, Arc welding, general fittings, electrical wire man,, Tailoring, Hair dressing & beauty therapy, Turning, Motor vehicle mechanic



**PARENTING:** People have different ways of raising their children, some are very strict, some supportive, some are non supportive

# Respect Your Parents



BY ATIYA MUGHAL

Parents, the main people in each and everyone's lives all over the world are suffering in the hands of their children by not being respected. Some get shouted at or beaten, not given proper

food and medication, others are sent away into the old homes. Why do such horrible things to the people who brought you into this world and sacrificed everything for you?

They spoilt their health for you, hardly ever slept, remained hungry just to make sure you ate well, gave you all that you asked

and demanded for from them even though they couldn't afford it, tended to your needs when they were unwell.

Today when you are all grown up and have everything, you can't take care of your parents just because they are old and frail? Or that they are unwell? That's very shameful, they made you who you are today.

People have different ways of raising their children, some are very strict, some supportive, some are non supportive as well as those who don't have time for their children because they are too busy with their lives.

Our mothers worked hard, they got everything ready on time, saved us in embarrassing moments, and when they were unwell, did everything for us. Our fathers, worked day and night to make sure we got the best education and comfort, despite being given a lot of stress at their jobs, underwent

embarrassments just for our happiness.

So why can't we do the same for them, and return the love and care they gave us now that they are old? Ask yourselves did they abandon you when you were very sick? Did they beat you when you poured something or spoil the carpet?

Did they taunt you about how you ate everything? Did they not hug you when you broke down? They left whatever they were doing to hug and comfort you when you lost hope.

They prayed for you and gave you their blessings. We should be praying for them, we should hug and kiss them too. Spend more time with them, take them out and treat them to whatever they like.

"You only get one mother and father in your life. Love, respect and treat them well and always take their blessings and you will be successful in life. Parents are the angels we are gifted by God, treasure them"

## HOW TO GIVE UP SMOKING



Quitting smoking is not easy as it sounds but one needs to begin somewhere. First, make a firm decision that you want to quit. Reflect on the reasons why you are going to do so and the benefits of it.

Ask for support from your family and friends. Pick a date for quitting and stick to it.

Consult your doctor about your decision. Counselling and medications, if required will make it easier to achieve your goal.

Start working out daily as exercise helps relieve stress and helps the body cope with damage due to smoking. Practice deep breathing exercise daily. Find another relative or friend who wishes to quit smoking. You can help each other and make the process easier.

Drink lots of water. Not only does it help in flushing out the toxins in the body but also helps in reducing the cravings.

Analyse what triggers your craving to smoke, instead of lighting up to your craving, regularly jot down your feelings in a journal.

**One of the largest Human gathering for distributing weekly food rations for the needy in East and Central Africa.**



Young Children are served first, with teenagers and elders and finally the boys at the end. Its a tough feat controlling young children who rush and jostle to be first in the queue. The Volunteers do a good job.

Anyone and Everyone is invited to participate every Sunday.

After the Kenyan National Anthem is played which is patriotically sung by all present there from the Chairman of Mombasa Cement Limited - Mr. Hasmukh Patel to the 3 year old boy in the arms of his Mother who tries to sing with all and then Fantastic logistics where 100 Workers and Volunteers distribute variety of foodstuffs like Maize Flour, Biscuits, Bread, Juices, Sweets, Fruits etc to 13,000 People within an Hour! You see the Mombasa Cement Yellow Bags spreading all across Kilifi County.



## PERCEPTION ●●●●●●

**PERCEPTION:** The human body then is a complex organism, which is fundamentally under the influence of the brain.

## How we Relate to the Environment Around Us – Perception

**W**e have stated earlier that THE BRAIN commandeers all our physical, physiological, psychological and neurological activities that defines a normal, sane human being. The importance of the brain can never be overstated or gainsaid.

When the brain is in synch and performing optimally, the person will experience tranquility and clarity of mind to make sane and culturally acceptable maneuvers and or decisions within the ambit of that society.

However, when there is malfunction of the nervous system then one may exhibit traits of a mental disorder.

### PERCEPTION

**THERE are five perceptions or senses**, by which we experience the world around us.

1. **SIGHT** (VISUAL)
2. **HEARING** (AUDITORY)
3. **TASTE** (GUSTATORY)
4. **TOUCH** (TACTILE)
5. **SMELL** (OLFACTORY)

In normal circumstances one gets a certain perception upon there being a specific stimulus to that effect. It is through these modes of perception that a human being and other animals are able to navigate everyday life. In other words it's through the senses that one is able to enjoy and indeed survive.

Abnormalities in perception are more often than not associated with a mental disorder. It must be stated however that these disorders may be due to fatigue and anxiety and may be reversed even without medications. Where perceptual

disturbance persists then a diagnosis of a major psychotic disorder may be made. In search cases, psychoactive medications or tranquilizers must be started in order to reverse the situation.

### HALLUCINATIONS

**Hallucination is existence of a sensation without there being a stimulus.** The most well known mental condition associated with hallucinations is Schizophrenia.

In this condition the patient experiences auditory hallucinations of people discussing his or her actions or giving commands. In severe drug dependence syndrome like in alcoholic hallucinosis or khat (miraa) one may also get hallucinations. It's a terrifying experience and may lead to a patient committing crime or cause self harm under the influence and commands from these voices!

A patient once jumped over a railway crossing in Nairobi while running away from imaginary pursuers! This patient was suffering from alcoholic hallucinosis and was hospitalized at the Mathare hospital. Others blockade themselves in their homes fearing non-existent tormentors after their lives.

Others may run away from their place of work, home or school after hearing voices threatening them. They may therefore lose their jobs or place in school unless the employer takes time to find out why the employee is absconding duty. Remember not all hallucinations are drugs induced.

Indeed, forensic psychiatry is littered with numerous cases of crimes committed under influence of commanding auditory hallucinations or **delusions** (disordered thought process) due to mental disorder.

When these cases do occur, it takes the knowledge of the prosecution and the bench in order to dispense correct judgment, which would entail committing the culprit to mental health care under security, mostly at the pleasure of the President.

Such cases are involved in bizarre macabre actions by the culprits. In one such case a patient killed a neighbor, cut his genitals and took them to the police station!

### DELUSION

Delusion a firmly held belief by an individual that cannot be easily argued out and is inconsistent with the socio-cultural beliefs of the person's community.

It is a sign of psychotic mental disorder. For example an individual may believe they are Jesus Christ and you can not dissuade them to the contrary. At times one may believe that they are either bewitched or they are under Special branch surveillance for unknown crimes! It gets dangerous when the person acts on their delusions and may attack assumed assailants in self defense. Indeed murders or maiming have been reported under such psychiatric complications.

Existence of hallucination and or delusion in an individual is an indication of a serious mental disorder that will require medical intervention and drug therapy. One needs to note that this condition happens when the individual is fully awake and not during sleep (dreaming) etc.

### ILLUSION

In circumstances where there is misinterpretation of a certain stimulus the condition is called an **ILLUSION**. This happens when an individual is under some stress and with poor visibility, especially in the evenings and one may misinterpret certain stimuli like seeing moving objects that looks like an animal or human being, only to realize it was just a tree stump!

A person experiencing an illusion is not suffering from mental disorder, and

is perfectly normal. Illusion is normally temporary and happens under stress or poor lighting situations, say in evenings.

This condition is also associated with people under the influence of drugs or alcohol. They may complain of "seeing" insects or small animals on the wall! These illusions tend to disappear once there is more lighting in the room. A person suffering from this state will then demand the lights to be permanently on, to the chagrin of the other people staying together in the room!

**THE HUMAN BODY** then is a complex organism, which is fundamentally under the influence of the BRAIN. There are many active chemical products within the body, which determine how we live and behave. Over a period of time these behaviors become our integral persona or personality.

These, one would call environmental influences on our brains **before birth, during birth and after birth** and will indeed determine our character and mental health to a large extent.

Our character obviously is also influenced by the genetic loading we may be carrying. The genetic loading is shared between the parents on a fifty / fifty basis! However what is expressed in the offspring will to a large extent, depend on whether a specific trait is dominant in the offspring.

This is to say that an offspring can carry a certain trait but it remains subdued and will not be expressed externally (**PHENOTYPE**). What is contained in the genes is **GENOTYPE**.

This genetic loading will be very important where related couples (say between siblings or first cousins) mate and then the weak or **RECESSIVE** traits join to produce a phenotype and disease!

It is for this reason that close family members should **NOT** inter-marry as recessive dangerous traits now become exposed in the off springs! The cultural taboo against intermarriage of families

is **NOT** hot air and is based on these observations by various communities over generations! Families that closely inter marry hence have higher incidences of mental and physical disorders.

In communities, where there is frequent inter marriages, there is also a higher frequency of abnormalities in the off springs ranging from behavior disorders to physical and psychiatric complications, like deafness etc.

It's very important to note that **the Brain** will play a fundamental role in all this and also that the BRAIN will determine our health and in particular, our **MENTAL HEALTH**.

One then has to protect their brain from toxic environment which includes alcohol and drug abuse, head injury during birth and later on life, and toxic fundamentalist teaching that can intoxicate and confuse the brain neuro transmitters and hence cause a mental disorder.

A case in point is in contact games where there is brain damage as in boxing, horse riding, motor cycle racing without helmet or road traffic accidents associated with head injury.

So in case you start hearing voices (auditory hallucination), that no one else hears, or see things (visual hallucinations), smelling things that no one else smells (olfactory hallucinations), feeling things or insects creeping on your skin (tactile hallucinations) or tasting strange things on your tongue (gustatory) Then these are signs of a psychotic disorder and you need medical intervention.

**DR EDWIN Muinga MBCH MMED (PSYCH) HSC**  
[muinga@kabiyeini.co.ke](mailto:muinga@kabiyeini.co.ke)

**EXCERPTS FROM THE BOOK, "MENTAL HEALTH BASICS" By Dr. Edwin Muinga Available, Chania Bookshop, Nairobi, Kant Bookshop, Bahati shop, Mombasa.**

**Nation Media Group**  
Media of Africa for Africa

# There are no Limits... not even the Sky

**Whatever your printing needs, we've got you!**

**Eloquent words and outstanding graphics need elegant printing. Offering a wide range of exciting ad formats, A4 and B5 books on standard newsprint or Wood-Free Bond paper, printed off our best-in-class state-of-the-art new printing press**

**For further clarifications please contact Gabriel on:**

☎ **0720 645 586**  
✉ **gnjaramba@ke.nationmedia.com**



**EDUCATION:** Dr. Kishore's Journey to education

# My Journey to Education

A very interesting incident happened last month. A friend came to see me for a different kind of advice. His seventeen (17) years old son, is appearing his examination, have taken science subjects and want to go overseas for further studies. The son was asking lots of question to his father about what to expect in a new country and how to adjust to a new life and also at the same time to concentrate one the studies. The father has a small shop and has no experience of foreign universities and what/how to advise this teenager so he brought him to me.

The son seemed to be very enthusiastic and genuinely interested in good advice from someone very senior - seventy (70) years plus!! and to be honest, on my part I just love to tell my story and sometimes waiting for some audience to listen to my adventure, a journey in pursuit of further education.

I decided to take both of them to the Blue Room and told them jokingly that are going to have a session like "Koffee with Kishor".

As were settled on a corner in the Blue Room sipping upon cappuccino, I started telling the story and cautioned him just listen to the experiences and deduce his own conclusions, as the whole saga might sound like it happened in a pre-historic era!

In a light hearted manner I begin,

once upon a time, well to be exact, it was 1965, some fifty four (54) years ago, senior Cambridge results had come out - this is equivalent to Form IV now, and I had got good grades. Most students used to travel to India in those days to pursue medical or engineering courses. For either course you first have to do equivalent of the Form V and Form VI -called first year science and Inter science respectively.

I wrote to several top colleges in Bombay (now Mumbai). The address I wrote was just, for example, Elphinston College, Bombay, or Wilson College, Bombay or St. Xaviers College, Bombay. You have to send a copy of your result and a reply - pay stamped envelope. They are very prompt to reply saying that "you are eligible and will have to come for an interview on a particular date etc." Prompt yes, but this should take two weeks!!

So from Dar-es-Salaam I boarded a ship, 'State of Bombay', operated by the shipping corporation of India. Most students from East Africa used to travel by ship to India.

The ships were very well managed and catered specially for almost one thousand students. There were first class and second class cabins, but most travelled by Bunk class. We had to carry our own beddings. The trip from Dar to Bombay with a stopover for one and a half days in Mombasa and half a day in Seychelles would take

almost ten days. The breakfast, lunch, evening tea and biscuits and dinner were all provided in the ship. The whole package - all inclusive for Bunk class was (four hundred shillings. At that time there was East African currency. One US Dollar was seven shillings and for one hundred shillings you would get one hundred and fifty Indian Rupees ( .150)!

The parents of the students had to train, teach, motivate and give confidence to their children - telling them that education was very important and you have to go through all these and Almighty and family prayers will guide and protect you.

The ship reached Mombasa in the morning and was to stay here till the following day in the afternoon. Many students from Kenya and Uganda were going to board the ship from here.

I had my cousin with me. We were advised by many that while in Mombasa try to visit as many places as you can because you will be visiting the place quite often to and from Bombay.

As I was narrating this story to the young boy, I told him that the first place we visit in Mombasa was the Blue Room - and that is why I had brought him and his father to this place to stimulate my brain cells and to bring all the memory back to the present time.

Just near by the Blue Room on the Digo Road was Cosy Tea Room famous

for cakes and pie. Near that was the Purnima Restaurant, where you could get a full Thali meal. These were meeting places for student from all the countries. We then went to see the Wimpy Restaurant, next to the Tusks - it was popular for Burgers and chips. Later on we visited Fontanella - known for very good passion juice.

We were told that we must visit the Light House. As time was short and we wanted to see as many places as we can in a short span of time, we walked there from Fontanella at 2pm - in the hot, humid afternoon. We were impressed by the Big Baobab trees and the small ferries plying the Likoni channel. There was no Muhogo at that time but we had madafu, and the madafu seller politely advised us that this is not the time to come to the sea-front, you must come around 6pm, he said. This was a very good advice and we decided that we must in future as others for advice regarding time and climate etc before following other teenage instincts. Our learning process had began!!

We took a bus from Fontanella to the docks. We slept in the ship. Next day after breakfast we walked to the town - to by a small alarm clock and a transistor radio cum tape recorder. Both of these would give me company in the hostel rooms in Bombay for the following nine years. Now what little money we had left in our currency we charged it to Indian Rupees. There were many shops with big advertisement boards saying "money changers". We went to two or three different shops to bargain. This was my first experience

how to handle money.

When we returned to the ship, we saw many students from Kenya and Uganda boarding the ship. We were very happy to see them as we will have company of so many students of same age and pursuit.

All the boys and girls as well as the parents were crying during the farewell. We tried to help the students to find their bunks and help them with their luggage as we were already "veterans" on the ship.

I saw one boy crying very much so I went to him and consolingly said "Don't worry friend everything will be fine". Later the mother of the boy came to me and said, "Please look after my son". At that very instant I had matured a bit more and I had passed the first lesson in self-confidence.

How I looked at the boy in front of me and said, "Son, all these may not be relevant in this day and age. Things have changed completely. It is all anew world now".

His eyes were shining and he was giving full attention to what I was saying. At last he said, "Uncle, I am very impressed. Please tell me more. In fact you must write all these and publish this so all the youngsters should know how your generation had gone through life without the smart phones and modern technology. Your only strength was your will power, passion and compassion. Uncle please tell me more".

*(More with the next madafu)*  
**Dr. Kishore.**

**INTERIOR DESIGN SOLUTION**  
For *inspired* home furnishings

**Parbat Siyani Interiors Ltd.** specializes in the making and sale of quality hard & soft wood furniture at pocket friendly prices, Our collection includes; Sofas, Dining Units, Bedroom furniture, Office furniture and other Custom-built wooden products. Each collection is crafted in distinct styles to compliment your home.



Dining room Fitouts



Living room Fitouts



Quality Imported Tiles

**NITCO**  
TILES MARBLE MOSAICO



Aluminium Fabrication



Shower Cabinets & Bathroom Fitouts



Hard wood & Soft wood Kitchens



**PARBAT SIYANI INTERIORS**  
*We Consult, Design & Build*  
REFURBISHMENT & INTERIOR FIT-OUT CONTRACTORS



**LIVING ROOM \* DINING ROOM \* BEDROOM \* MODULAR KITCHENS \* WALL EFFECTS**  
**QUALITY IMPORTED TILES \* IRONMONGERY \* ALUMINIUM FABRICATION.**  
Visit Our Showroom For More Selection

Tel: 254 731 337 001 /40  
Mob: 254 709 555 518 /23

**PARBAT SIYANI INTERIORS LTD.**  
Showroom: Beijing rd. off Msø rd. Mlolongo. Email: reshma@seyani.com or psilshowroom@gmail.com

**FREE DELIVERY** WITHIN NAIROBI CITY & ENVIRONS  
ONLY ON FURNITURE & MODULAR KITCHENS  
\*Terms & Conditions Apply.

**RELIGION:** Love is compassion, mercy, respect and small acts of kindness and generosity.

# Closer than a Garment

BY AHLAM MANSUR

**“O MANKIND! Be conscious of your Sustainer, who created you from one soul and created from it its mate and dispersed from both of them many men and women. And remain conscious of God, in whose name you demand [your rights] from one another, and of these ties of kinship. Indeed God is ever, over you, an Observer.” Qur’an 4:1**

**M**arriage is a social contract and an institution between two consenting adults, male and female, who are willing to work together as partners in pursuit of mutual happiness and satisfaction. It requires commitment and hard work.

Today, in our celebrity - obsessed, sound-bite driven and materialistic motivated culture, so many marriages fail while others are at the peak of being broken. Many reasons result to this failure amongst them is lack of pre-marital counselling which enables one to be prepared - psychologically as to what he is getting himself into ; we are otherwise filled with illusions and reel imaginations of what marriage is without wanting to make efforts for its sustenance.

Adequate preparation, reflection, commitment, maturity and willingness can help, immeasurably, to bring out the best.

We all deserve to love and be loved, to share our lives with a person we consented to and find mutual satisfaction and happiness.

Marriage is a journey most people long to embark upon and it is the most deep soul - challenging and testing journey we will ever make for it can bring out the best in us or the worst.

LOVE:

*“It is He who has created you [all] out of one living entity, and out of it brought into being its mate, so that man might incline [with love] towards woman...” Qur’an 7:189*

Falling in love is easy but sustaining a loving relationship is hard work which most of us are not willing to commit to. We assume that marriage is all bed of roses, forgetting that even roses, as beautiful as they appear to be, have thorns which prickle.

In our cultures today, many people resort to all sorts of plans and schemes to prevent people from getting married - such as race, tribe and age.

Most of the time, youths tend to fall in love and get married without realising the cost of that love. Most of them assume that just being in love with a person is more than enough for them to get married. Later on, after a month or so, they see that everything else is different.

My dear, love is a verb which needs hard

work so be prepared to put in a lot of it so as to sustain a loving relationship.

It changes form with age and circumstances and requires constant renewal. It goes up and down and needs re-affirmation.

Love can be described through small acts of generosity:

- Compassion and Mercy
- Focusing on the good traits of a spouse
- Overlooking the traits you dislike
- Accepting and respecting them for who they are Doing things together regularly
- Love needs to be upgraded every now and then ; we need to do certain things so as to maintain it and make it flourish.
- Spend quality time together
- Respect and accept each other
- Trust each other to share thoughts, show vulnerability and emotions
- Be honest and show integrity

EQUALITY AND FAIRNESS:

Can we imagine a world where we are all the same?! Our differences keep us alive and interesting and make us attractive to one another.

Marriage is a bond held together by mutual rights and responsibilities for each of the spouses. It is a partnership between them and they are both required to play an active role in it. The man is appointed as the leader of the household and the woman as the supportive helper whose expertise in many areas cannot be handled by a man.

The male/female differences encompass not just the physiology but our spiritual being too. These differences does not make us better than each other. Knowing our differences is the key to successfully navigating and negotiating our way around in a marriage.

What makes you happy may not make your spouse happy and there is no logical reason why it should. We must understand that we all have different ways of solving problems, addressing issues and responding to events. This has nothing to do with the right or wrong way, it's simply about respecting our unique ways.

In families where the correct and natural standards are reversed, only chaos would prevail and dissatisfaction. A happy and successful marriage is assured if both spouses fulfil their duties and preserve each

other's rights. Knowing that we are different and learning how to relate to each other is essential in developing a meaningful marital relationship.

There is no need to wage a gender war in a marriage ; there is a need for understanding our uniqueness and complimentary roles.

*“The male is not [ or 'could not be'] like the female..” Qur’an 3:36*

A GARMENT :

God describes marriage and it's partnership like a garment.

*“They are as a garment for you and you are as a garment for them.”*

This illustration is indeed beautiful and very befitting because garments usually protect us from harm, hides our imperfections and shame, protects our privacy and most importantly, they make us beautiful.

The marital relationship fits like a garment, comfortable and unique to our individual's shape and size. I look at my wardrobe every single day, and see every garment that I have has a unique feature in it. While it makes me look beautiful when I put them on, they never loose their identity.

Team work over loss of individual's identity is all about a marriage. Garments compliment our looks so similarly our different roles in marriage is complimentary.

- Bringing out the best in each other: Nurturing and encouraging wholesomeness in growth and progress. A stale and stagnant relationship is soul - destroying.
- Understanding and Support : Provide support when needed and lend a hand. Be able to understand each other's dreams and support one's ambitions and aims in life.
- Not pointing scores: Discussions do not always have to end up in arguments or who has won. Understand that marriage is about team work and not competition.
- Complimenting skills and attributes: In any partnership, identification of strengths and weaknesses is the beginning of a flourishing adventure. The same applies to marriage. You should meet the skills gap of one another and improve where needed.

**“ The garment metaphor of the Qur’an however offers us an opportunity to redress the current gender disequilibrium and disease. Garments protect us from the**

perils of the elements, they hide our faults and beautify us.

Such a metaphor, if applied to our daily lives, would enable men and women to not only live more harmoniously together, it would create a more stable framework on which to build our societies.

Surely, men and women are the corner stones of any society and the marital relationship has the potential to be the very foundation of community and social advancement. Yet if this relationship is unbalanced, corrosive or lacks harmony, then the potential benefits and social empowerment of both genders united in common endeavour cannot be realised.

In stead, rising divorce rates, serial monogamy, infidelity and a general lack of cooperation will eat the heart of the sacred union of marriage, and eat away the heart of our societies.”

-Sarah Joseph - London, 2010

Through marriage, we seek to build comfortable environments in which we all enjoy the relationship.

When faced with challenges - this is very normal and common in every kind of an institution/ partnership ; we should encourage one another to seek for reconciliation and counselling. Seek help to solve the matter and not to break the partnership.

*“The believers are but brothers. So make peace between your brothers, and remain conscious of God that you may receive His Mercy.” Qur’an 49:10*

In a marriage, we seek to build a peaceful, fulfilling and happy environment. Making peace at home requires negotiations and compromises as often as possible. Enjoy the partnership, invest in it and you shall reap benefits.

All too often, marriages seems like the end of the journey ; the happy ever after of every fairy tale yet marriage is in fact, just the beginning of the journey.

If these marriages can be based not only on trust, love and mutual respect but also on the notions of our respected scripts and God Consciousness and protecting friendship, then with so much hope, I am writing with a lot of believe, a belief in all of us as individuals, that we can again restore the balance and save our marriages and our societies.

Do Not Give Up and Do Not Disappoint My Hope and Belief In You.



Ratna Square, Nyali, Mombasa. [www.grillhouse.co.ke](http://www.grillhouse.co.ke) Tel: 0796 96 00 01

Valid till April 30<sup>th</sup> 2019. Dine in only. Cannot be combined with any other offer.

Valid when you check in on Facebook at Grill House – Exclusive Madafu offer. T & Cs may apply.



**SNAPSHOTS:** Events in the Mombasa County



**HOTEL ENGLISH POINT EMPLOYEES IN A TRAINING:** Virginia Wambui [seated centre] from Hotel Englishpoint In Mombasa takes her Colleagues through Customer care, Food safety and fire life and safety etc training during a three days workshop . The participants were drawn from all Hotel Departments. The Hotel GM Mr. Kennedy Mwichuli was also in attendance.



**INTERNATIONAL WOMEN'S DAY:** Women Members of Parliament [MPS] joins Employees of Hotel Englishpoint in Mombasa in a cake cutting ceremony to mark this years international women day. The MPS were in the Hotel for a weekend retreat.



Skal International Nairobi President Tony Kosgey (right) presents Sarova Whitesands Beach Resort and Spa General Mlanager Siddhart sathe (centre) with an award and a certificate during a gala night organised by the Skal International Kenya Coast in Mombasa to thank and award firms and individuals who supported the successful hosting of the 79th Skal International Congress late last year in Mombasa. Looking on is the Skal International Kenya Coast president Victor Shitakha. March 18, 2019. PHOTO BY ANDREW KILONZI



**MOMBASA DOCTORS TOURS JOCHAM HOSPITAL:** The CEO of Jocham Hospital Dr. John Chamia [left] explains a point to Mombasa Doctors and other stakeholders when toured the hospitals newly built wing to familiarize themselves with the newly installed Modern equipments.The institution which is now the biggest in coast province was upgraded at a cost of over 100 millions and will be used for higher Medical learning.PHOTOS BY TITUS MUSAU



Tourists at Travellers beach Beach Hotel , Club & spa participates in water games in the hotels swimming pool. despite being in low tourism season , many international Guests had visited the hotel to celebrate Easter holidays. PHOTO BY TITUS MUSAU



**National Referral Mechanism and the Victims of Trafficking Assistance Fund:** TRACE Kenya CEO Paul Adhoch (right) discussing with staff, volunteers, college and university students the National Referral Mechanism and the Victims of Trafficking Assistance Fund at the Bamburi Beach Hotel, Mombasa on 15th March 2019. Mr. Adhoch said that the Victim's Fund has never been utilized since the Counter Trafficking in Persons Act was passed in 2010 even as victims of human trafficking continue to suffer.PHOTO BY ANDREW KILONZI



**VOYAGER BEACH RESORT STAFF IN HOUSE TRAINING:** Voyager Beach resort staff led by Commander Sammy Maende [ back left] and F&B Manager Mr. Charles Otieno [ back second left] follow the proceedings during the coffee Barista training which was conducted by Mr. Antony Waringa [right] from Jacana Tea & Coffee company. The coffee will be served during this year Easter Holiday celebration. PHOTO BY TITUS MUSAU



Sarova Whitesands staff from left Levina Mukalla, Carolyn Kamudi, Elizabeth Kavata and Eliud Gachoka display the four 2018 Haute Grandeur Global Excellence awards that the hotel's Tulia Spa received recently. The awards are for the best resort spa, best wellness spa, best Ayurveda spa and best destination Spa.



Voyager Beach Resort Hostess Ms Tabitha Aringo serves the Resorts Return Clients from Europe with a welcome drink on arrival for a long holiday. The Tourists have been visiting the Hotel for the Last 25 years: PHOTO BY TITUS MUSAU



**RETURN CLIENTS AT TRAVELLERS BEACH HOTEL:** Travellers Beach Hotel Sales & Marketing Manager Mr. Wafula Waswa [right] serves a Welcome drink to return clients Mr. David Capon and his Wife Linda from UK who had visited country for a long Holiday The couple ans been visiting the Hotel for Last 17 year due to its Hospitality. PHOTO BY TITUS MUSAU.



**ON 14 MARCH, 2019 OSHWAL YOUTH LEAGUE NAIROBI ANNUAL GENERAL MEETING WITH A VERY DYNAMIC YOUNG TEAM**

The Oshwal Youth League recently had their Annual General Meeting on Thursday 14th March, 2019 at Oshwal Centre, Nairobi. The newly elected committee includes: Chairman as Kavitha Bharat Shah, Vice Chairperson as Jilna Purvesh Shah, Hon. Secretary at Ekta Pradip Shah, Treasurer as Neha Rajesh Gudhka, Assistant Hon. Secretary as Meghna Sandeep Shah and Assistant Treasurer as Ronak Jitendra Gudhka. Trustees: Mrs. Shaina S. Shah, Mr. Dhiraj D. Dodhia and Mr. Kiran R. Shah. The most recent fully sold out events organized by the League include Gorilla Trekking in Rwanda and A Coffee Workshop at Barista. This dynamic team carries out various fun filled activities and projects for the youth throughout the year. The caption for the Photo: The newly elected young and dynamic Committee of Oshwal Youth League Nairobi along with the three Trustees.



**RELATIONSHIPS:** Distance or no distance, in the end it's about how the couple triumphs over a difficult situation, and makes their marriage sail through tough times.

# Distance, Hardly a Barrier in Marriage

They should be will to bridge the communication gap between the partners instead of straining their relationship further

A popular saying goes "absence makes the heart grow fonder" according to which the bond of intimacy is imagined to grow stronger with distance. However, is it a realistic thought in the context of married couples who live away from each other in different cities, in some cases different countries, due to the nature of the job?

We live in an age where inflation is forever on the rise; standard of living is way higher than just making ends meet, and demands always manage to surpass the supply of monthly pay cheques. Situations such as these compel urban married couples to take up professional jobs that guarantee a fulfilling monetary figure at the end of each month.

So much so, that some jobs require traveling to far off places for prolonged period. Therefore it wouldn't be inappropriate to say that primary motivation why several couples stay away from each other is their respective careers and financial responsibilities, the other secondary reason being advancement in education.

Sumeet Singh a communication specialist, was a little skeptical about taking up the training batch in UK because that meant he'd have to stay away from his wife, for almost one and a half years. We had recently got married and I wasn't sure if it was the wisest decision. However, my wife was convinced that I should go and it was on her insistence that I signed up for the project. I stayed in London for about 18 months and her indefinite support was what kept me going," he shares.

Having to live away from your spouse is not so un-common in the present times and physical distance should not be barrier in achieving common goals.



Address Dr Seamier Malho-tra, Senior Psychologist and Psychologist and Psychotherapist The approach with which one tackles the relationship matters the most in such cases. The kind of efforts each partner puts in to avoid misunderstanding of any kind is of paramount importance. Small gestures like occasional gifts, regular calls, and frequent

Vests (if possible) ensure in the maintaining a healthy relationship." Circumstances might be similar for other such married couples but how the deal with them is surprisingly different.

Rosy, a beautician and hair dresser

lives in Delhi with her 5-year old son, while her husband is posted in Alanson, thanks to a "secure" government job has many benefits and that is why it is important for him to continue working there," she says. If given a chance, would she want to go and live with him? "No. Delhi has many renowned schools and I want my son to get first class education. Besides, I have a full time job here that pays well. We've spoken about it at length and agreed upon this set up mutually," she adds.

A thoughtful and practical decision as it may seem, thirty years ago things were not as easy as they are

today. For 52-year old Mrs Joseph, a stenographer, the challenge to live with a house full of in-laws while her husband went off to Qatar to make a fortune, was rather difficult. When asked if she disliked the idea of him going away in the first place, she answers uncomfortably, "Those days, we women did not have much to say. Husbands were the sole bread winners and we were expected to accept their decisions, good or bad." And was she able to bring about a change in the state of affairs in due course of time? Not really. "Things are still the same except that I have learned to live with it." Says a rather dejected Mrs Joseph

who even after twenty eight years of marriage only has memories of her husband's homecomings during Christmas every year.

It is during times like these like these that the role of an extended family is put to test. Marriage and relationship counselor Bitingly Sharma points out, "Discrepancies may arise if the in-laws are not supportive. They should be willing to bridge the communication gap between the partners instead of straining their relationship further. Distance or no distance, in the end it's about how the couple triumphs over a difficult situation, and makes their marriage sail through tough times.

Our Start-Up Business Package includes the following:

- 3 Page Standard basic Website
- Logo Design (3 revisions)
- Business Card Design
- 500 Business Card print outs on High Quality paper
- Electronic Letterhead Design
- Website & Email Hosting for One Year
- Facebook & Twitter Page Setup (with 5 posts)

**business startup package**  
\*KSH. 20,000

(+254) 0723 608 267 / 0729 336 715 : info@moonlightmediaservices.com

www.moonlightmediaservices

**Videography**  
(Scripting, Filming, Editing)



**OFFER: KES. 50,000**

Actual Cost: KES. 75,000

**Corporate Photography**  
Half Day



**OFFER: KES. 20,000**

Actual Cost: KES. 30,000



**SLEEP:** Sleep deprivation prevents your immune system from building up its forces. If you don't get enough sleep, your body may not be able to fend off invaders. It may also take you longer to recover from illness.

# Get Sound Sleep!

Sleep well for overall wellbeing  
 Insomnia is about getting enough sleep. It includes frequent or extended awakening in the Middle of sleep or sleep being delayed at night or shortened in the morning with early awakening affecting the total duration of night

## Lack of sleep can play havoc on your immune system.

### COMMON FEATURES

Anxiety or feeling gaited before sleep, feeling untested after sleep, sleepiness and lethargy throughout the day, difficulty in concentration, irritable tensed mood.

### TREATMENT

- Make a "sleep hygiene" habit
- Regular exercise helps. Early morning, late afternoon or early evening exercise doesn't interfere with sleep. However refrain from exercise four hours

- prior to sleep
- Snacks before bedtime should be light and fluid intake limited
- Stay away from caffeine ,nicotine and alcohol 4-6 hours before sleep
- Get up and go to beat the same time everyday as it helps your sleep cycle remain in rhythm
- Adjust the temperature, light and noise levels to your needs.

### ESTABLISH AN OPTIMAL SLEEP PATTERN

- Go to bed only when you are tired.
- Do not watch TV, work, study or eat in bed.
- If you are not asleep within 20 minutes ,get out of bed and sit and relax in another room in dim- light or read something till you sure sleepy again.
- Do not nap during the day.
- Do not take recovery sleep to compensate for a

### DEAL WITH TENSION & LEARN TO RELAX

- previous bad night.
- Set up a work activity y dead line at least 90 minutes prior to bedtime.
- Practice a relaxation routine in bed , concentrate on your breathing ; release all the tension from your muscle groups-arms, neck, shoulders, face and eyes, stomach and back and legs.
- Don't worry about inability to sleep.
- Postpone the thinking of problems top the next morning.

### HOW TO SLEEP

- Do not try hard to fall asleep; refrain from "clock watching."
- State to yourself that 'Sleep will come when it is ready.
- Try to keep your eyes open in the darkened room.
- Visualize appeasing scene.



**TOYOTA MARK X**



**TOYOTA PRADO 2014**

**BEST QUALITY CAR DEALS IN KENYA**



**TOYOTA PREMIO 2012**



**TOYOTA AXIO 2013**

First cash buyer before end of April will get a full fuel tank free.

CONTACT: SHIMA : 0721 348333 | AHMED : 0724 491149



GO DO >>> more



## More Power. Durability. Versatility

### Kibo K250

Contact us on:  
0798 404 122 | sales@kibo.co.ke

**Kibo Centers**  
Mombasa: 0714 78 33 80 | mombasacentre@kibo.co.ke, Kisumu: 0729046634 | kisumucentre@kibo.co.ke,  
Nakuru: 0743155525 | nakurucentre@kibo.co.ke, Meru: 0714784109 | merucentre@kibo.co.ke

www.kibo.bike