Educate Your Own awards twelve scholarships during the 2019 Summer semester

By Eannes Ongus

This Summer, EYO has awarded twelve students with scholarships from funds raised by alumni, parents, students, faculty, staff, and friends of USIU-Africa. To date, the fund has raised over Kshs. 2 million and awarded scholarships to 39 USIU-Africa students. In order to build a more sustainable scholarship program, EYO has launched a Kshs.10 million Endowment Fund, whose projected annual yield of Kshs.1 million will support at least 20 students in perpetuity. The fund will raise money through several activities such as the annual fun run, car wash project and other giving campaigns.

Since 2015, the USIU-Africa community has become part of a larger movement that is changing the narrative for students pursuing higher education at USIU-Africa. Educate Your Own (EYO) is a fundraising campaign that supports zero dropout rate among continuing students who are facing financial challenges. USIU-Africa is committed to attracting the very best students from across the globe, to study and learn at all levels, regardless of background or circumstance.

EYO congratulates the twelve awardees of the 2019 Summer scholars and wishes them the very best of luck in their studies. EYO also wishes to most sincerely thank all supporters for creating a lifelong impact in the lives of the students through giving.

Should you wish to support the on-going EYO Endowment Campaign, send an email eyo@usiu.ac.ke / or ckamala@usiu.ac.ke. You can also send your contribution through Mpesa pay bill no. 516900; Account – EYOFund.

Mukhwana, Caleb Wafula
Freshman, BSc. Information System and Technology
Expected year of graduation-2022
“A kind deed touches not only the heart, but also the soul and spirit”

Kimuthia, Michael Mwangi
Junior, IBA. Entrepreneurship
Expected year of graduation-2020
“You cannot be comfortable without own approval”

Peter Saltabau Sitei
Senior, BSc. Information System and Technology
Expected year of graduation-2019
“A good heart is bigger than anything”

Leila Mnyazi Juma
Sophomore, IBA
Expected year of graduation 2021
“Don’t Judge a person based on a momentary situation”

Mjiwa, Grace Wanjira
Senior, BSc. Accounting
Expected year of graduation-2020
“To see in life, you need light. EYO has contributed in lighting my life, my education. I heartily say thank you”

Kimani, Michelle Wangari
Freshman, IBA. International Relations
Expected year of graduation-2022
“With tears worth a thousand words, and a smile of gratitude on my face, I would like to say thank you to EYO. May you continue supporting our fellow students”

Syander, Lavender Wangiri
Junior, IBA. Entrepreneurship and Marketing
Expected Year of graduation-2020
“We are stronger together”

Odundo, Sandra Joan
BA. Psychology
Expected year of graduation-2021
“USIU-Africa is legitimately a family. I am so honored to be a part of it. Thank you.”

Sarah Mwikali Masila
Freshman, BA. Journalism
Expected year of graduation-2022
“What matters is how we connect to each other and how we treat one another with patience, compassion and honesty”

Boniface Wekesa
Freshman, BA. Journalism
Expected of graduation-2022
“I believe everyone gets a chance, you reading this means yours is about to come”

Longangi, Antonio Amanda
Sophomore, BA. International Relations
Expected year of graduation-2021
“Semper Anticus (Always forward)”
A faculty member and graduate student in the Department of Journalism & Corporate Communication have presented their research work at the International Communication Association (ICA) conference held in Washington DC.

Graduate student (MA Communication Studies) Jimmy Ochieng’ presented a research paper in the political communication division titled “Newspaper Visibility in Non-Election Period: Predictors of Kenyan Women Politicians in News”. He authored the paper with Dr. Kioko Ireri (Associate Professor of Journalism and Mass Communication) and the Chair of the Journalism department.

Funded through the 2015-2016 internal research grants, the research explored a four-year visibility (April 9, 2013 to April 9, 2017) of 68 female Kenyan MPs in four English national newspapers - Daily Nation, The Standard, People Daily and The Star. To be specific, the study examined three aspects associated with the four newspaper coverage of women politicians in Kenya. First, the study examined the major characteristics associated with the most covered female politicians. Second, it investigated variables that predicted their visibility in the press. Third, the research examined whether senior female MPs and those holding leadership positions receive significantly more coverage than their other counterparts.

Findings indicate that a typical Kenyan woman politician in newspaper news is affiliated with a major party (88.2%), junior in seniority (76.5%), belongs to a big tribe (58.8%), and holds no parliamentary committee leadership (58.5%). Seniority, commenting on corruption, criticizing government, and commenting on devolution (a news system of governance) predicted their coverage in newspaper news. At the same time, senior MPs and those holding positions of leadership received significantly higher coverage than their other female counterparts.

On the other hand, Dr. Dorothy Njoroge (Assistant Professor of Strategic Communication) presented a paper titled “Exploring Narratives about Female Politicians in Kenya”. The study examined how Kenyan women politicians make sense of messages they receive about their political careers.

Based on in-depth interviews with 14 female politicians, four major themes emerged. The first is “silence is golden” – meaning that women leaders aren’t expected to air opinions but should be silent followers of male counterparts. Second is “female body isn’t suitable for leadership” – where female politicians are mocked by electorate and male colleagues for biological roles such as pregnancy which is translated as “incapacity to lead”. The other theme is “inhospitable political environment” where women politicians experience physical or verbal attacks by male colleagues especially about their morality. Lastly is the “mere decorative role” where women politicians are trivialized as pretty decorations for parliament and flirtatious behaviour from male colleagues.
develop and revise existing courses and programs during his stay.

Dr. Woldu holds a Ph.D in Medical Anthropology and Graduate certificate in Public Health from the University of Florida, in Gainesville. His dissertation field work focused on the social and ecological determinants of malaria in Mwea Division in Central Kenya. Dr. Woldu conducted postdoctoral work at Ohio University on Substance abuse and HIV/AIDS risk in Korogogo, Nairobi. He is the lead faculty for the USIU-Africa-UHCL collaborative initiative which led to the signing of a Memorandum of Understanding (MoU) between the two universities that will focus on faculty exchange, establishment of joint institutes for professional development in Africa, and student exchange programs. His areas of research are social and behavioral determinants of infectious diseases in East Africa, particularly Kenya. He is passionate about conducting research on infectious diseases and finding ways to mitigate this health problem both at the scientific and policy levels. Dr. Woldu has published a book and several peer reviewed journal articles on infectious diseases, human rights and health, and substance abuse on Africa and African diaspora.

‘Unbalanced’ movie premiers during African Film Night

By Diana Meso

Produced by the pioneer class of the B. A Film Production and Directing program, the movie “Unbalanced” was premiered on Tuesday, June 18 at the auditorium during the African Film Night- an initiative by the Department of Cinematic Arts (USIU-Africa) to showcase various films produced across Africa every month.

The movie which was written and directed by Kevin Osoo (Film Production & Directing) depicts how the millennials struggle to maintain a balance between their studies, relationship and work all at once. It also draws attention to the typical life of a university student.

The movie production was supported by Dr. Rachael Diang’a (Chair, Department of Cinematics, Assistant Professor, Film and Animation , School of Communication, Cinematic and Creative Arts), Danielle Mbagu, Gituro Mwangi, Mustafa Surrow, Salim Wandate, Margaret Njeri, Mageto Ndege, Daniel Skilton, Stephen Mwangi, Alan Munyao, Cedric Kircheiner, Brandon Wema, Daniel Kigaa, Christian Khaemba, Michael K‘ngoria, Fulgence Ndilo (Finance Department) and Yusuf Saleh (HR Department) who was also part of the cast. The actors include Tsepiso Kanhemba, Joy Mmare, Men Madaline, Candice Njoroge, Tony Bach, Wesley Casimir, Moureen Kariuki, Alfred Chidiebere and Michael Kingori’a.

Present at the event, the Vice Chancellor Prof. Paul Zeleza congratulated the producer and the cast of the movie, pointing out that this was just the beginning of greater movies to be produced in USIU-Africa. He went on to say that the movie is a clear indication that the university is indeed the leading Film School in the region.

On the other hand, Dr. Racheal Diang’a urged participants to take advantage of opportunities to act in such films, saying that everyone in the university has the potential to be featured in any film.

Additionally, other short movies from various parts of the continent were also screened during the event; they include: Animation projects and Mad Love produced by USIU-Africa students, KIU, Seed, Clench and Solo produced in Kenya. The Bad Mexican produced in Uganda, Got Flowers Today produced in Nigeria and Forget Me Not produced in South Africa were also screened, courtesy of Docubox.

The screening was held as part of a film curation grant that Dr. Diang’a won late last year. The grant which was funded by Global Challenges Research Fund (GCRF) through University of Glasgow (UK), Africa in Motion Film Festival (UK) and Docubox (Kenya) provided a platform for Dr. Diang’a to be trained on film curation, together with other film professionals in Kigali, Rwanda and organize a film curation event.

The event was also graced by Timothy Owase, Chief Executive Officer of the Kenya Film Commission, Victoria Goro, Kenya Film School, Wambui Gathee from Docubox and students from several Film Schools in Nairobi.
**Film students attend a Masterclass with a professional film director**

By Dr. Rachael Diang’a

On Saturday June 15, five Film Production and Directing students, together with their faculty Dr. Rachael Diang’a participated in a one-day film directing masterclass with a renowned Kenyan Film Director, Reuben Odanga, who has directed several TV dramas including Selina. The training was organized by the Kenya Film School (KFS) and supported by Film Lecturers and Trainers Association, Kenya (FLeTA-K) where Dr. Diang’a is the Vice Chairperson. The training was an opportunity to link academia and industry and at the same time providing students with hands-on experience.

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**Why it is important to schedule physiotherapy checkup on a regular basis**

By Ernest A. Mwanzi and Dr. Tasneem Yamani

Physiotherapy is a science-based profession and takes a ‘whole person’ approach to health and wellbeing, which includes the patient’s general lifestyle. It helps in reducing or eliminating pain through therapeutic exercises and manual therapy techniques such as joint and soft tissue mobilization or treatments such as ultrasound, taping or electrical stimulation. As a result, it helps to eliminate pain or heal from an injury.

Physiotherapists use their knowledge and skills to improve a range of conditions associated with different systems of the body, such as neurological (stroke, multiple sclerosis, parkinson’s), neuromusculoskeletal (back pain, whiplash associated disorder, sports injuries, arthritis), cardiovascular (chronic heart disease, rehabilitation after heart attack) and respiratory (asthma, chronic obstructive pulmonary disease, cystic fibrosis).

Patients who experience joint related pain such as having trouble standing, walking or moving, regardless of age can benefit immensely from physical therapy through stretching and strengthening exercises that help restore mobility. Physiotherapy is also used to help recover from a stroke and assist in diabetes management. It’s very common to lose some degree of function and movement after stroke and physical therapy helps to strengthen weakened...
parts of the body and improve gait and balance. Physical therapists can also improve patients’ ability to transfer and move around in bed so that they can be more independent around the home, and reduce the burden of daily care.

Physiotherapy has known benefits that can be incorporated as part of management of diabetes to effectively control blood sugar. Additionally, people with diabetes may have problems with sensation in their legs and therapy can help provide and educate patients on proper foot care to prevent further injuries.

For women with concerns, such as with pregnancy and post-partum care, physiotherapists can provide specialized treatment for bowel incontinence, breast cancer, constipation, fibromyalgia, lymphedema, pelvic pain, and urinary incontinence.

Other specialized needs for physiotherapy include improper and poor posture especially at the work place due to prolonged use of a computer keyboard and/or mouse which can lead to frequent muscle aches and nerve pain. To relieve pressure on the lower back, patients are advised to use a chair with back support and keep their feet supported on the floor or on a footrest. It is also advised to maintain elbows at 100 to 110 degrees when working in order to keep a relaxed position at the keyboard. This could require a slight negative tilt (front of keyboard higher than back) when working in upright positions.

To manage poor posture, it’s advised to always take breaks away from the desk and include stretches for optimal results. If possible, take a one or two-minute break every 15 to 20 minutes, or a five-minute break every hour. Every few hours, get up, move around, and do an alternative activity. Aerobic exercise helps to sustain strength, improve cardiovascular conditioning, and counteract the strain of sedentary computer use.

It is for these reasons that the University Health Center organized a Physiotherapy Camp to assist employees on issues related to activity induced pain and back pain among others. The Health Center contracted the services of Lamech Bogonko who is an experienced Clinician with 8 years’ experience as a physiotherapist and is the team physiotherapist for the Kenya national rugby sevens team.

USIU-Africa Rugby team conducts rugby clinic in Uganda

The USIU-Africa rugby team visited Uganda from June 7-8 where they held a series of rugby clinics and also had an opportunity to play a friendly match with the Uganda Cranes. They visited several schools marketing the institution to students who are graduating from High School this year and also took this opportunity to recruit students to join the rugby team. The delegation was led by Prof. Maina Muniafu who is the team patron and was accompanied by the rugby team and other support staff.

The Deputy Head Mistress and the games master of Namulyango High School welcomed the delegation and said that they were delighted to host USIU-Africa and invited the admissions department to visit the school and hold recruitment drives on a regular basis. The school had arranged for a mentoring session with over 200 students and rugby players who had an opportunity to listen to a brief history of USIU-Africa and the opportunities available for students who want to join the university. The delegation also informed the students of the extra-curricular activities that students that can enroll for as they undertake their studies such as sports and club activities. They emphasized that students had an opportunity to secure scholarships if they worked hard to maintain a good Grade Point Average (GPA) and excel in sports activities. The team mentioned that students can choose from two categories of sports scholarship that are available for USIU-Africa students which offer 40 percent and 65 percent tuition discount. They stressed that the main objective of these scholarships is to assist needy students who are talented in various sports pay part of their tuition costs.

Prof. Maina Muniafu thanked the leadership of Namulyango High School for welcoming USIU-Africa and said that he looks forward to forging a lasting relationship with the school in order to mentor the students as they undertake the studies. He urged the students in their final year of school to continue working hard as they prepare to sit for their final exams. George Muyombe, one of the rugby players who is also an alumnus of Namulyango had an opportunity to speak and articulated the benefits of joining USIU-Africa and playing for the rugby team.
Pictorial: EYO fundraising drive

EYO fundraising initiative offers car wash services to USIU-Africa community to raise funds.

Sport Updates
By Ernest Mwanzi

Basketball
On Saturday, June 15, during the Nairobi Basketball Association league matches, the men’s team (Marines) lost to Sharks 48 – 52 and the next day lost to Jomo Kenyatta University of Science and Technology 49 – 53 at Upper Hill School.

In the Kenya Basketball Federation (KBF) league matches played at Nyayo Gymnasium on June 15, the ladies’ team lost University of Nairobi 42 – 51, while their male counterparts beat Lakeside 60 – 56 the following day at the same venue.

Hockey
The Hockey ladies held Strathmore to barren draw at City Park during a Kenya Hockey Union league match on Sunday, June 16.

Upcoming events
VCT and Reproductive Health week | June 24-28
Social media report launch | June 27
2019 Agripreneurs Conference | June 27-28

Media Mentions
Compiled by Diana Meso

June 20: The Star mentioned USIU-Africa in an article titled “Odera gives youth a chance in Elgon Cup clash.”
June 19: The Business Daily mentioned USIU-Africa in an article titled “Author Ngugi wa Thiong’o celebrated at 80.”
June 18: USIU-Africa was mentioned by the Daily Nation in an article titled “Bring on Uganda! Kenya Simbas, Lionesses squads out.”
June 18: The Star mentioned USIU-Africa in an article titled “Equity Bank coach calls on players to improve on their shooting.”
June 18: USIU-Africa was mentioned by Capital FM in an article titled “Wokarach out of Uganda Elgon Cup squad.”
June 18: Capital FM mentioned USIU-Africa in an article titled “USIU-Africa releases its first major movie ‘Unbalanced’ courtesy of its Film Production and Directing program.”
June 17: USIU-Africa was mentioned by The Star in an article titled “Ngugi wa Thiong’o launches new essay book.”
June 17: The Daily Nation mentioned USIU-Africa in an article titled “Newbies Lakers go second after draw.”
June 17: USIU-Africa was mentioned online in an article titled “Six Set for Rugby Cranes Debut as Elgon Cup Squad is Revealed.”
June 16: The Daily Nation mentioned USIU-Africa in an article titled “Strathmore Gladiators break hockey league duck.”
June 16: USIU-Africa was mentioned by The Standard in an article titled “Newbies Lakers go second after draw.”
June 15: The Star mentioned USIU-Africa in an article titled “Skipper Nyongesa backs Butali to enjoy winning run.”
June 15: The East African mentioned USIU-Africa in an article titled “Calls for dialogue to solve Kenya, Somalia maritime dispute.”
June 15: USIU-Africa was mentioned by the Daily Nation in an article titled “Wazalendo hold Butali, as Sailors fire blanks in Kisumu.”
June 15: The Daily Nation mentioned USIU-Africa in an article titled “KPA hit Strathmore in basketball league at Nyayo.”