March 25 - 31, 2023

CAMPUS THIS WEEK

Counselling Department hosts annual Alcohol and Drug Awareness Week

By Patrick Obel and Lydia Winda

The annual Alcohol and Drug Awareness week 2023 campaign was scheduled to take place from March 21, 2023 to March 23, 2023. The theme for this year was, 'Don't be High, Just say Hi'. However, due to unavoidable circumstances we were forced to begin the events on Wednesday March, 22, 2023.

The outdoor activities took place at the tents that were pitched at the parking lot B both on Wednesday and Thursday before we proceeded to the auditorium for our panel discussions. We had alcohol screening exercise at the tents using AUDIT and SMAST for those who were interested to evaluate their alcohol use. We provided numerous information and education communication (IEC) materials about different drugs and other relevant psychological information including the types of services offered at the USIU-Africa Counseling Center. The counselors were available at the tents to administer the tests and answer questions of concern to those who visited the tents.

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The week culminated in a talk show in the auditorium held on Thursday, March 23, where students got to hear expert advice from panellists ranging from finance to how to safeguard themselves against drug abuse. *Photo: Spencer Muthusi*

Scrabble team hosts Scrabble Clinic facilitated by Scrabble champion, Allan Oyende

By Shyat Lemoshira

Allan Oyende, African scrabble champion, sharing his experience and tips to students. *Photo: Shyat Lemoshira*

On Thursday, March 23, 2023, the USIU-Africa Scrabble team held a demonstration in Wooden Block E, led by Allan Oyende, a Scrabble champion in Africa, and Limo Kipkemoi, the current Chairman of the Scrabble Kenya association. During the demonstration, the guests emphasized that the game is about word power, which constitutes 60% - 65% of the game, strategy, which makes up 20% - 25%, and miscellaneous application, which comprises 10%. The remaining percentage depends on luck, based on the player's tile selection.

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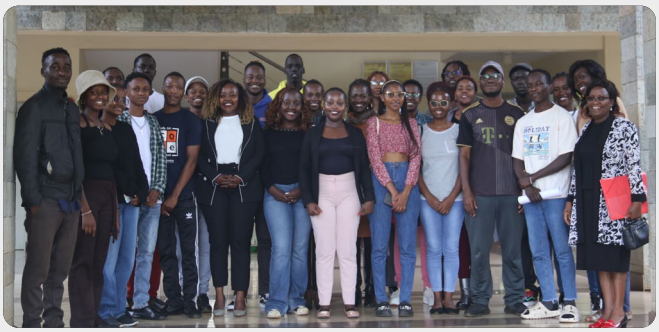
United Nations Office on Drugs and Crime visits the USIU-Africa Business Club

By Yviona Musa



The USIU-Africa Business Club together with their patron and representatives from United Nations Office on Drugs and Crime (UNODC), pose for a photo on Thursday, March 24. *Photo: Emelda Wanza*

Representatives from the United Nations Office on Drugs and Crime (UNODC), Phoebe Mwangi and Jennifer Githu, visited the USIU-Africa Business Club on March 24, 2023. The Club, which has its own constitution, boasts 150 registered members and is rapidly expanding. The meeting, chaired by Debra Kyalo, a member of the club committee, was attended by more than 50 members. During the forum, UNODC was open to hearing various business ideas from the students.

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CAMPUS THIS WEEK

School of Graduate Studies, Research and Extension hosts a virtual webinar in celebration of International Women's Day

By Yviona Musa

On International Women's Day 2023, a transformational virtual webinar on various issues on women was held. The webinar, hosted by Ms. Salome Asena, a Senior Research Officer at the School of Graduate Studies, Research and Extension, shed light on key areas that need concentrated attention. Gracing this occasion were highly respected women who have been pacesetters and change evokers in their respective professional fields. The discussion kicked off with a question-and-answer session.

Ms. Munoko Karen Musikoyo, an Agribusiness and Gender Expert at FARA who has been a voice on matters of climate change spearheads the conversation on gender equity, with an emphasis on the various challenges faced in her field of work. These include the problem of seeing that women's roles are scarce at the level of leadership and decision-making. Another challenge discussed is the lack of balance in the distribution of resources with men being the main beneficiaries of such as well as the lack of inclusion for women in various sectors.

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Roysambu Chief Inspires Environmental Conservation at USIU-Africa

By Trevor Malinda

The Roysambu Chief, Mr. Geoffrey Mugo (third right) during the tree planting session after his visit to campus. *Photo: ENSO Club/Trevor Malinda*

ENSO Week began on Tuesday, March 21, and ran through Thursday, March 23, with the highlight being a visit from the Roysambu Chief, Mr. Mugo Geoffrey, on Wednesday. The event successfully promoted environmental awareness, and students engaged in various activities focused on sustainability and conservation

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USIU-Africa Leeway Games: A Fun and Engaging Way to Release Stress and Connect with Fellow Students

By Niyonzima Fabrice

The first ever USIU-Africa Leeway Games event took place on Thursday, March 23, 2023 in the Auditorium. The event was designed to create social interactions among students, faculty, and staff and to provide a fun and engaging way for everyone to release stress during the semester.

The games included musical chairs, hot potato, limbo, three-legged race, darts throwing, tennis basketball, and others. Eight people participated in the event.

One of the highlights of the event was the game of musical chairs. Many members of the audience enjoyed watching the participants compete in this classic game. The excitement and laughter that filled the room were contagious.

Participation in such events can help build a sense of community among students, especially for those who are new to the university. It creates an environment for students to meet new people, make friends, and enjoy a sense of belonging.

The games played during the event encourage teamwork and healthy competition, which are important skills that can be applied in various aspects of life.The Leeway Games provided a great opportunity for students, faculty, and staff to come together and have fun while also taking a break from their work. It was wonderful to see the joy and excitement on the faces of those who participated.

Read more

USIU-Africa Alumni Association hosts webinar on Mental Health and Wellbeing

By Esther Lihavi

The USIU-Africa Alumni Association held its inaugural webinar of the quarterly series 'Mental Health and Wellbeing' on Thursday, March 23. Joan Thuo, popularly known as Joan the Career Coach (Class of 2009, BA Psychology) was the guest speaker and Hannah Moturi, the Vice Chairperson of the Alumni Association was the moderator.

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CAMPUS THIS WEEK

Pictorials: USIU-Africa in Pictures

By CTW Team

The Vice Chancellor, Prof. Margee Ensign visited The Ghetto Classics Orchestra in Korogocho on Saturday, March 25, alongside Jubilee Group CEO, Mr. Julius Kipng'etich and Head of HR, Ms. Ann Karanu. During the session, the team had an opportunity to interact with the Orchestra and learn how they used music to inspire and transform the lives of children from disadvantaged communities. Photo: Courtesy.

Mission's yoga teacher Dr. Kapil Kesari speaking to Clinical Psychology students on the effects of yoga in Post-Traumatic Stress Disorder (PTSD). In his talk, he also explained different breathing techniques for PTSD. Photo: Courtesy.

The USIU-Africa rugby team, the Martials after their match against the KCB rugby team at the Mwamba Cup Quarter Finals. While the Martials may have lost their match, the team was proud of their performance against KCB, who are currently ranked among the top rugby teams in the country. Photo: Emelda Wanza

Alumni Profile: Sylvia Bosire, Chief Operating Officer, BlipEarth

By the Alumni Relations Office

Sylvia Bosire is the COO (Chief Operating Officer) of BlipEarth - a social media start-up company based in Texas, which shows you what is trending around you. She graduated from USIU-Africa in 2005 with a BSc. in IST. She further did her Masters in Information Systems from Kennesaw State University in Georgia. She has worked in the IT industry for more than 15 years and founded BlipEarth in 2021 together with other partners.

Sylvia Bosire is the Chief Operating Officer at BlipEarth, a social media start-up company based in Texas. She graduated from USIU-Africa in 2005 with a BSc. in Information Systems & Technology. *Photo: Sylvia Bosire*

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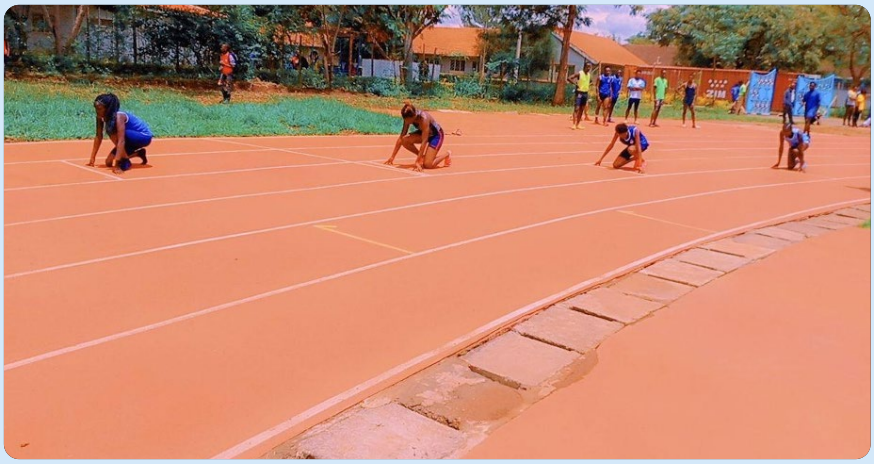
SPORTS UPDATES

By Shyat Lemoshira, Tecla Ursula & John Sande



Prisca Buganda competing in the 100 meter race. *Photo: Tecla Ursula*

ATHLETICS

The USIU-Africa track team competed in a Kenya University Sports Association (KUSA) match on Saturday March 25 at Kenyatta University throughout the course of the weekend. Alexia Mbagaya and Prisca Buganda, who represented USIU-Africa, competed in the 100-meter event against Mount Kenya University and Kenyatta University, finishing fourth and sixth, respectively. In the 200 meters, the track team was able to rally when Alexia Mbagaya of the USIU-Africa squad finished third against athletes from Mount Kenya University and Kenyatta University. When Michael Aleu competed in the 400-meter race and the long jump field event, he helped the USIU-Africa track team soar to victories.

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For comments, submissions and queries, please contact the Marketing and Communications Department on **pr@usiu.ac.ke** or on **0730 116 237 /307 /420 /585 /562**