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# The KABARAK FLAME

Issue 006 March, 2011

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## Kabarak University launches her first Music book

Former President of Kenya and Kabarak University Chancellor H. E. Daniel T. Arap Moi, in the launch of the Music book

By John Cheruiyot

The first book "Music in Kenya" ever published by Kabarak University was launched recently in a colourful ceremony attended by scholars, clergy and dignitaries from all works of life. The second other book "Sing Praises to Jehovah" published by AIC Kabarak Community Chapel was

also launched.

The occasion was officiated by H.E. Daniel Toroitich Arap Moi who is also the University Chancellor. Those in attendance included Prof. Dankit Nassiuma, the VC Kabarak University, Prof. Peter Kibas DVC Kabarak University, Prof. Caleb Okumu of Maseno University, Prof. Emily Acheng Akuno of University of Kwa Zulu University, Dr. Henry Wanjala of Kenyatta University, Others were Bishop Silas Yego of AIC Church Kenya, Rev. David Oginde, Bishop of *Christ is the Answer Ministries*, Rev. Dr. Robert Langat the Bishop of African Gospel Church, Dr. Jacob Ole Miaron, the Permanent Secretary of Ministry of State for National Heritage and Culture.

Choirs from churches, universities, parastals, government ministries sang some of the songs contained in the launched song books. The university choirs were from Nairobi, Kenyatta, Moi, Maseno, Masinde Muliro, Daystar and Kabarak. The parastal choirs were from Ports Authority, Central Bank, TSC, among others.

Those who delivered key note speeches included Dr. Jacob Miaron who gave a lecture on "The role of Music in the promotion of patriotism and development", the other was Rev. David Oginde who spoke on "The role of music in Christian worship in educational institutions"

The books "Music In Kenya" and "Sing Praises to Jehova" were officially launched by H. E. Daniel Toroitich Arap Moi who is the Chancellor of the University.

The dedication of the books was led by Rev. Silas Yego the presiding bishop of AIC and as-



Photo courtesey Ken Keter

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## A word from the editor

**K**abarak University is driven by a vision to become a world class university. She is therefore laying the solid foundation on pillars which will deliver on the dream.

The launch of the first publication by the university recently is a pointer to the fact that Kabarak University is taking research and publication seriously.

During the January Semester, the University convened a one week International Music Conference drawing participants from Europe and the African continent. Last year in December she sponsored an international business forum which brought scholars from Stanford and Kenya together.

This shows the commitment of Kabarak University's emerging role in shaping the global academic landscape.

On the pursuit of excellence the university has signed collaboration with universities overseas such as Liberty University in US [theology], York St. Johns University [Business], Jo-ensu University [Computer Science] Finland, University of Wolverhampton [Technology] UK. Charlestone University W. Virginia US.

Other collaborations still on the process include the



following: Stanford University US, Abertay University (Digital Forensics) [Scotland], Christ United Methodists Mississippi [scholarship],

The University will introduce new programmes to be launched in the course of the year. These programmes include Bachelor of Science in Nursing, Pharmacy and Clinical Medicine & Community Health.

Kabarak University like the sister institutions [Moi High School Kabarak and Moi Primary educational icons] is set to be an icon and a symbol of academic excellence with the capacity to deliver dream professionals required throughout the world.

The university will celebrate her 10 years next year boasting of her capacity to offer courses from certificate to doctoral level. This is no

mean achievement.

Kabarak University's success is her Christian heritage. God the creator of university is the source of success in Kabarak University.

The commitment to the higher moral values is the heart beat of academic discipline and success in Kabarak.

Kabarak University is thus the university to watch in the coming decades.

The Referral and Teaching Hospital is underway for construction after which all the core degree programmes in medicine will be rolled out.

With a visionary Chancellor and dedicated faculty and staff, Kabarak University is set to be the best in the country and beyond.

**John Cheruiyot**

## KABARAK UNIVERSITY STUDENTS ORGANISATION (KUSO) MESSAGE



**F**irst, I wish to thank the Almighty God for His care and love that He has enabled us this far. May His name be praised. It is my profound pleasure and a privilege on behalf of Kabarak University Student Organization (KUSO), as the Secretary General to the Or-

ganization to welcome you all to be part of Kabarak university community. We are humbly grateful to the management staff of Kabarak University for the quality academic curriculum they offer to us. If your actions inspire others to dream more, learn more, do more and become more, then you are a leader, for this, I salute the management fraternity. Welcome to Kabarak, home away from home, where not only academics is offered but academics in biblical perspective and excellent sports and recreational facilities. For student leadership, it has helped to nurture talents for present and future leaders. To those aspiring for this leadership, "to be a great leader and so always master of the situation, one must of necessity be a great thinker in action". An eagle was never yet hatched from a goose's egg".

Lastly, may we all be visionary leaders as the bible says in proverbs 29:18, "Where there is no vision, the people perish". Thank you and God bless you all.

**Felix Kibusa**  
Secretary General

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## Kabarak University launches her first Music book

sisted by Rev. Dr. Robert Lang'at and Rev. David Ogide.

During the launch the Second President H. E. Daniel Arap Moi urged the government to reintroduce music in schools.

Rev. David Ogide noted that studies show that music of birds boost growth in plants and so is classic music.

Rev. Silas Yego observed that music invoke the presence of God and that the Israelites were delivered by God from their enemies when they sang songs to God. He further noted that music plays a major role in the worship of God.

The Music in Kenya is a comprehensive case study of music development, composition and performance in Kenya. It is an 874 page with in-depth analysis by 30 music scholars drawn from universities. They included Mr. Fredrick Ngala of Kabarak University, Prof. Caleb Okumo of Maseno, Moi, Prof. Hellen Atieno Odwar of Maseno, Dr. Mellitus Wanyama of Moi University, Dr. Arthur Kemoli of Nairobi, Mr. George Mwiruki of Kenyatta University, Mr. Kaskon Mindoti of Maseno, Mr. Dominic Khaemba of Kabarak University, Mr. Geoffrey Mukoto of Kenya Conservation of Music, Fred Ochieng Atoh of Nairobi University. Others were Mr. Blasto Ooko from Kengen, Paul Ochieng from Telkom, George Dinda and Samuel from Ports Authority, Dorothy Shumilla from Moi High School Kabarak, and Thomas Wasonga from Permanent Music Commission among others.

The research and the publication of the both books and the one week International Music Conference were sponsored by H. E. Daniel T. Arap Moi who is the Chancellor of Kabarak University.

## THE EDITORIAL TEAM



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# SPEECH BY HIS EXCELLENCY, DANIEL T. ARAP MOI, CGH, THE SECOND PRESIDENT OF THE REPUBLIC OF KENYA AND CHANCELLOR OF KABARAK UNIVERSITY DURING THE BOOK LAUNCHING CEREMONY ON THURSDAY, 4th MARCH 2011

**Distinguished ladies and gentlemen,**

I greet you all in the name of the Lord Jesus Christ.

May I begin by thanking God for enabling me to preside over the launch and unveiling of these two music books, namely, *Music in Kenya* and *Sing Praises to Jehovah*.

I have always loved music. Having witnessed the activities of the early Christian missionaries who established education institutions in various parts of the country and introduced Western Music, I developed a liking for well-balanced, blended singing that brings out all the harmonic parts in harmonized melodies.

The Bible indicates clearly in several books and verses that music was in heaven before creation and that those who will inherit the Kingdom of God will perform music eternally. The book of Psalms and Song of Solomon is largely dedicated to the music director. The Bible also indicates that Angles sang when Christ was born. Singing is therefore a noble activity that all humanity should engage in.

**Christian Music:** As a Christian, I have always encouraged musicians to sing Christian music and especially hymns which are grounded in Biblical doctrines. I am happy to note that many churches to-date still perform hymns as part of their worship activities. However, I have also realized that a new culture of performing choruses whose texts are not well thought out is creeping into our churches. Indeed, many gospel musicians have done well in composing songs which have blessed Christians and encouraged them to soldier on with Christ's work. There is however a small group of gospel musicians driven by narrow economic pursuits who have released into the music market songs with questionable meaning and purpose. I wish to advise the clergy to control the use of such songs in the churches.

There is also a worry-

ing trend whereby serious gospel music is finding its way into dance and drinking halls, making it difficult to distinguish between holiness and satanism. Gospel songs should be sang and used only for the purposes of serving God Almighty and not to entertain drunkards.

**Traditional songs:** As an African, I encourage the performance of meaningful traditional songs as a way of preserving our rich culture. This is because as one of the people who fought colonialism, I witnessed the colonialists demonize African culture as barbaric and satanic in their attempt to assimilate us into their own culture. Many traditional songs have educational value to youths and the community at large. Indeed, traditional music is now a major attraction for tourists visiting our country. It must be realized that even though we embraced western culture, we are still Africans and African music should be preserved for generations to come. Performance of African traditional cultural music enables Kenyans to appreciate diverse cultures and in that way, people are able to live in peace and harmony.

**Patriotic songs:** As the President of this country, I encouraged young people to perform patriotic songs. These songs enabled us to have an identity and a sense of pride in our sovereignty as Kenyans. Patriotic songs also carry educational value because through them, Kenyans learn many things including government policies. Patriotic songs also exhort Kenyans to remain peaceful and united because without peace, achievement of our development agenda would remain a mirage.

True patriotism is devoid of hatred and that is what we are lacking as a nation. Patriotic songs can be performed with much profit to the government and citizens. This is because patriotic citizens are willing to defend their country and its policies. The developed world notably, Britain and America have used patriotic songs effectively



**His Excellency Daniel T. Arap Moi, Second President of the Republic of Kenya**

and to-date, in their various conservatoires, they have preserved volumes of patriotic songs some of which have also been published in their hymnals. Our National Anthem is both a hymn and a master piece of a patriotic song.

**Music in Education:** In 1981, I appointed the Mackay Commission which recommended the current 8-4-4- system of education. One of the major components of the original report was the introduction of music as an examinable subject from primary school to the university level. As a result of this, music was introduced in Teachers Training Colleges and this led to the development of talent and capacity building for our young musicians. Several curriculum changes have so far been made in the last few years and unfortunately music has been removed from the list of examinable subjects at the primary school level.

One major consequence of this action is the reduction of student numbers taking music at secondary school and university levels. Besides, due to Kenya's education system being examination oriented, teachers at the primary school level would not want to waste time teaching a subject which will not

be examined. It is critical for the government to revisit this policy so as to encourage young people to pursue music at all levels. There is need to maintain many middle level colleges offering vocational courses including music.

On many occasions, I encouraged universities to develop departments of music. Although Kenyatta and Maseno Universities departments of music were the pioneers, it is gratifying to note that many universities notably, Kabarak, Moi, Daystar, Kenya Polytechnic among others are moving towards the same goal. Days are gone when studying music in the university was regarded as backward.

Most western nations regard music highly and respect music scholars and performers. I would like to encourage university students to pursue music both as an academic endeavor as well as a vocation and a means of self employment.

**Books:** One of the books being launched today are a permanent record of what my government and I did in laying a firm foundation for the development of music in this country. Today, the musicians we see around are a product of several government policies developed

during my presidency. Such policies included the development of music curricular in schools, colleges and universities, respect of culture, guaranteeing freedom of worship and encouraging a culture of performance. I would like to advise Kenyans to avoid political witch-hunting and trivializing achievements of the previous government for short time selfish political gains.

To be able to build on what we have already achieved in music, I would like to recommend that

1. The government should make music an examinable subject at the primary school level with the aim of encouraging the youth to study and take music seriously
2. Stringent anti-piracy laws and penalties should be enacted so that we can control unlawful breaching of copyrights laws which deprive young artists of their rights and proceeds.
3. That Scholarships should be Awarded to talented students, teachers and lecturers to enable them to exploit their talents and improve on their skills
4. There is need to set up a National Academy of Music to deal with teaching and training of music personnel. This should go hand in hand with the establishment of a national orchestra and opera house similar to those existing in the western world. This will enable young Kenyans to learn and improve their skills in the playing of various orchestral instruments.
5. That national music studios be put up in various parts of the country to enable artists to record

their compositions. Similarly, national music archives should be set up to preserve traditional music and musical instruments including compositions by indigenous Kenyan composers

6. There is the urgent need to establish a national choir or choral union that can represent Kenya in various international fora.

Ladies and gentlemen, I would like to recommend the book *Music in Kenya* to music teachers, scholars and researchers in music history. I would like to recommend the book *Sing Praises to Jehovah* to clergy men, music teachers, choir masters, congregations of various churches and the public at large, locally and abroad, to be used solely for the purpose of spreading the gospel of Jesus Christ, our Lord and Saviour.

My vision is to see a country that is united, prosperous, peaceful and full of love, a country where tribalism shall be no more, a country where Christian values and ethics shall remain supreme, and a country that leads the rest of Africa in performance of excellent music, all for the glory of God.

May I thank the local and the international guests who are gathered here today, members of the technical committee that worked tirelessly to accomplish this great task, the local church council and the Kabarak University management. I also thank the many guests and singers who have performed today as well as the participants in the international music conference. May you find your stay in Kabarak University rewarding.

May we return to God with thanksgiving and offer praises acknowledging that He is the only one who controls our destiny and is worthy of praise using music.

*God bless you all*

H.E. Daniel T. Arap Moi, CGH.  
CHANCELLOR, KABARAK  
UNIVERSITY

# Message from the Vice Chancellor

## To the September 2010 Kabarak University First year Students

**I** take this opportunity to welcome our first year students to Kabarak University. We as an institution attach a lot of value to our students because every student who passes through Kabarak University is and carries a message about the institution.

I also wish to congratulate you for having been admitted to your various degree programs. I would like to assure you that coming to Kabarak University has been the best and wisest decision of your life. The University provides the environment in which you can build your academic careers and it will be up to each of you to work diligently and take advantage of the opportunities the institution has to offer. Do not disappoint your parents and the University who have high expectations of you.

Kabarak University was founded by His Excellency Hon. Daniel Toroitich Arap Moi, with the goal of providing a Christian environment which can help mould young people academically, morally and spiritually and prepare them for a tough and sometimes lonely world. Since its inception in 2002, the university has continued to grow in population and academic programmes. We offer degree programmes at the Bachelor's, Masters and PhD levels with our focus on excellence in quality standards. Our continuous improvement process as a University is aimed at producing the best in academics and character that honours God.

Our vision as a University is to become a center of academic excellence that is committed to the cause of Jesus Christ. We endeavour to provide holistic quality education so as to prepare our students for the service of God and humanity. This calls for each one individually and collectively to be committed to high quality, a positive attitude to work, being receptive to change and conducting oneself in the fear of God.

First year Students: University professors around the world now feel that their first-year students are less mature, rely too much on the internet and expect success without putting in the required effort. They further allude to the fact that current students lack the ability to learn independently and need extra attention to succeed.

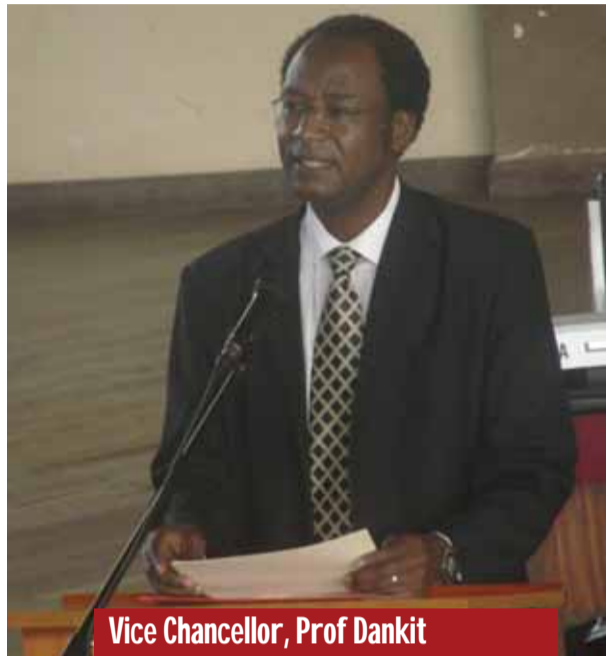
Many students agree with their profs and a first year student in response said this: "High schools don't prepare you very well for lectures because they really spoon feed you." "The teachers speak very slowly and put everything on the board, and you copy it down and you know exactly what they want you to know, whereas in the University, it's a lecture, and for an hour, the professor is talking and you're like, 'Oh My God I don't know what to write.'"

New students play a crucial

**Our vision as a University is to become a center of academic excellence that is committed to the cause of Jesus Christ**

role in the continuing growth of the University. To have first year students is an assurance that our institution has a future. It is a challenge when an individual leaves the comfort zone of a familiar high school to venture into the unknown territory in the University.

Problems of society do not always require simple solutions and that is why the University prepares you and expects you to learn as much as possible to meet these challenges. The public looks to the educated in so-



Vice Chancellor, Prof Dankit Nassiuma, Kabarak University

are expected to manage your own life and set your own goals. Some students here at KABU have been known to be overwhelmed by freedom to the extend of losing their academic, social and spiri-

ciety for solutions to intricate challenges that they face and their inability to provide help will constitute failure of the educated as well as the educational system. The University has high quality programs with highly qualified scholars who can help you become a solution provider to national challenges rather than being a problem.

In a University, there is a lot of freedom but the freedom that you enjoy must be used for meaningful personal development rather than self destruction. You

are expected to manage your own life and set your own goals. Some students here at KABU have been known to be overwhelmed by freedom to the extend of losing their academic, social and spiri-

tual focus and have ended up being discontinued from the University. My advice is that you don't fall into this trap. Antisocial behaviour, racial and ethnic bigotry as well as all types of inhuman behavior are triggered by the need to feel important and relevant in the name of freedom. We desire that as God has brought you to Kabarak University, you will endeavour to understand and fulfill your purpose in life.

As a community, we abhor antisocial behaviour such as drunkenness, drugs, smoking and immoral conduct. It is your duty to conduct yourselves maturely. You are responsible individuals and I trust that you will continue to be responsible. However, the University has regulations to guide you as outlined in the student handbook. The KABU management will continue to work closely with the KUSO leaders to resolve student matters and advance the mandate of KABU.

As you join KABU, this is the first step in the long journey and a vital segment to many of your dreams and ambitions in life. It is indeed your journey in the discovery of God's purpose in your life. I urge you to look back and thank God for your achievements so far and at the same time look ahead and be

thrilled by the enormous challenges and potential that lie ahead.

It is well known that the greatest tragedy in life is usually not death as some may think, but a life lived without a reason. Nothing is more dangerous than to live and not know why God has given you life. Ignorance of purpose is a very dangerous and expensive thing because it allows you to live your life and never get to know that you ever lived-a wasted life. Our prayer is that your days and years in KABU will not be wasted and fruitless years.

As an institution, we draw our students from every part of this country and even internationally; and I therefore urge you to make good and lasting friendships and learn from each other. Build more bridges and less walls around yourself because this could be the place where your future spouse or boss is located.

The threat of HIV/AIDS is real and students have to be aware of the reality of the disease and to protect themselves against infection. You have to have the courage to run away from immorality, drugs and alcoholism. Only a coward will partake of what he/she cannot handle and reject what he cannot lose. Do not be afraid to run away from sin and I urge you to take responsibility for your health.

Extra-mural activities: It is very vital to balance professional development with holistic development by participating in extra-mural activities such as clubs, associations, Christian ministries and sports. Such activities provide opportunities for interaction and engagement and expose students to diversity.

The University, has programs that support hard working students. Limited scholarships are offered to students who find their way into the two academic merit lists i.e. The Vice Chancellor's List and the Dean's List which are designed to encourage academic excellence

as we explore more avenues for raising resources to help needy students. Our students have access to HELB loans, MHEST bursaries, CDF funds and other possible sources and you need to take the initiative to seek for support.

(Is 33:15-16). Our desire in KABU is to raise up people who are academically competent and whose character is of high quality founded on six pillars: 1) Walks righteously, 2) speaks uprightly, 3) honest, 4) cannot be corrupted, 5) guards what his ears hear and 6) what his eyes see. He will dwell on high and his place of defence will be a fortress on rocks, He will not lack food or water.

Finally Ladies and Gentlemen, I leave you with these thoughts. When you graduate, in the 9th graduation of Kabarak University on Friday Nov 22nd 2013, I hope you will look back on your Kabarak University experience with the recognition that here you were able to accomplish and experience at least three things:

To prepare yourself, not only for a live of personal satisfaction and professional success, but also for service to others.

That here in KABU, you were able to find a conducive home away from home where you have grown academically, spiritually and socially to experience and know Jesus Christ as Lord of your life and be a vessel for Godly transformation.

This is no small challenge, but judging from the experience of those who have preceded you, I think I can say that you will be amazed and delighted by this place. All of the KABU resources are yours to enable you bloom.

I wish you all a successful and rewarding stay at KABU. May your hopes and aspirations be fulfilled. God bless you.

*Prof. Dankit Nassiuma,  
Vice-Chancellor*

# OFFICIAL SPEECH BY FREDERICK B. J. A. NGALA (MBS) THE CHAIRMAN OF TECHNICAL COMMITTEE ON PATRIOTIC SONG BOOK AND HYMN BOOK PROJECT

**Y**our Excellency, the 2nd President of the Republic of Kenya, about three (3) years ago the idea of coming up with a new hymn book for worship purposes was mooted. As we explored the aforementioned idea, yet another one of compiling patriotic songs sang during the last three (3) decades popped up. We decided to walk the talk, consulted widely, received your consent and gathered a galaxy of prominent music scholars and artists who would constitute the technical committees. Weeks later the project was commissioned with a clear mandate of coming up with two different music books: on the one hand the committee of experts was supposed to carry out research into the development, management, composition and performance of music in Kenya during the last thirty (30) years. On the other hand, another committee was supposed to compile hymns, songs and choruses with strong doctrinal foundations based on Biblical Christianity. This song book was supposed to contain African and western songs to be used by all ecumenical gatherings the world over.

I stand here sir, before the mighty gathering of who is who in the field of music, politics and academia to declare that the work has been accomplished. By the grace of the Almighty God, He has brought us this far. I wish to take the early opportunity to profusely thank your Excellency for the encouragement, technical and financial support that enabled us to turn our dream into a reality. Today we have two books namely Sing praises to Jehovah and Music in Kenya. I would also hasten to thank the university management, the local church council and the great professors and artists who facilitated this work (the members of the committee are introduced).

May I assure you that generations upon generations, the mighty and the low, the rich and the poor, the wretched of the earth as well as the creame de la creame of the society shall make reference to the hymn book, shall belt out songs from it, shall use the pieces published therein for classroom analysis, shall use the researched and well documented topics in the book to educate the masses and shall use the rewards and the music to spread the gospel of Jesus Christ to the far end of the world.

I declare that research and publication of these books is the one and only contribution by one person single handed, His Excellency, Daniel T. Arap Moi of such enormity and significance in the field of music, that has been witnessed in the recent past and may not be witnessed by the inhabitants of this world in the near future. The book music in Kenya has twenty (20) chapters of well researched and documented topics on how music has developed, been managed, composed and performed in Kenya during and after your reign. It is a study of your contributions in the development of music in Kenya. It summarizes your contributions to the development of music in the churches, schools, colleges, universities, parastatals and other institutions. This book adds to the rare list of books on the recent history of music in Kenya. Teachers, lecturers, tutors and researchers as well as music enthusiasts will find its utilitarian value quiet high. The book Sing Praises to Jehovah is colossal collection of 1,520 songs, choruses and hymns, African, African-American and western, for children, youth and adults sang across the ages covering all the topic in the Christian calendar. This book can be used by teachers, lecturers, clergy men, choir masters and the general public. The bible in Psalms 150 Vs 6



**FREDERICK B. J. A. NGALA (MBS) THE CHAIRMAN OF TECHNICAL COMMITTEE ON PATRIOTIC SONG BOOK AND HYMN BOOK PROJECT**

says that let everything that has breath praise the Lord. Psalms 147 vs 7 also says that sing to the Lord with thanks giving. This being a directive from the word of the Lord we present to you a source book of songs for praising of the Lord. These books come with DVD instrumental recordings which will make it easy for choir masters and various congregations to listen and to teach various songs.

Your Excellency sir, today we relieve the good old days of Nyayo. You will agree with me that there is a tendency to make political hard cash out of demonizing all the good things you deed to this country. This assembly of men and women of good will, young and old is an attestation to the fact and truth about your achievements in music and that the truth about your achievements shall triumph despite orchestrated attempts to hide them by people holding other political opinions. This book sends to the annals of history the truth about your governance, philosophy, economic management as well as educational policies. Sober politicians and music historians as well as other academics saved to the uttermost living by the truth

will concur that your days as the president were days of true peace, genuine love and enduring unity. They will respond in unanimity that music was one of the key instruments of creating cohesion in the Kenyan society, that as we sang together, peace and tranquility, love and unity became truly abundant.

We recall with nostalgia the days when musicians would stand up to be counted amongst the many, when music was an examinable subject in the primary schools, when children from different communities joined together as mass choirs to sing songs of unity. We cherish the days when singing was truly rewarding and when musicians visited your homes and state houses to have a meal with your Excellency.

As a patron of Kenya

Association of Music Arts Education, we would like to exhort you to use the forum to mobilize forces within and outside the government to promote music. We as the music fraternity call upon Kenyans to embrace music because performance of music is concomitant with many benefits.

Politically, singing unites people with different opinions and political divide. It is used to convey ideologies and its content. You will recall that the communists of the east and the capitalists of the west composed songs to marshal their forces and popularize their political ideologies.

Historically, it is a source of historical information and data ie a historiographical instrument. Religiously it is an instrument for praising God

converting souls to Christ. In the field of education it is used to educate the masses on various health issues and the government policies. In the field of psychology of learning it has the so called Mozart effect whereby those who sing and play the piano more often perform well in the sciences and mathematics. In the field of physical education and sports it provides good exercises for the vocal chords. Music builds stamina and reduces stress as it is used in the field of aerobics. In the field of medicine and psychotherapy it is used as an antidote to psychosomatic, psychiatric and neurological conditions. Academically, it is a subject like any other. Economically it is a source of livelihood for many performers and makers of instruments. Socially, it is used as a means of acculturation and socialization.

Your Excellency, we are unequivocal in thanking you for using astronomical sounds in supporting music through such projects as this one. We may need at this point to compile serious compositions and arrangements by Kenyans with a view to preserving these pieces of art work for posterity. It is equally important to compile traditional songs and tunes with education value for the future generations since most of these songs are getting extinct or are being adulterated by some musicians tempting to arrange them for popular music performance. In Kabarak we will be requesting to assist in the establishment of an ultra modern music studio to assist composers and performers to record their songs. May God bless you abundantly and add many days to your life as he did to Hezekiah so that we may continue to gain wise counseling from your Excellency, so that music may continue to thrive in Kenya, so that many souls may be converted to Christ our Lord and Saviour.

**Thank you.**

**As a patron of Kenya Association of Music Arts Education, we would like to exhort you to use the forum to mobilize forces within and outside the government to promote music**

## News briefs

## Book supplier

**M**r. Ahmed G. Virjee the marketing manager of Regent Book Supplies visited Kabarak University recently. Regent Book Supplies is a UK based firm international bookseller, subscription agent and library supplier.

Regent supplies books to universities in East Africa, West Africa, and Central Africa.

The company supplies Kabarak University with books for all degree programmes. They sell the latest editions.



## Bomet CDF Committee visit Kabarak

**T**he Bomet SDF committee led by their visited Kabarak recently. They delivered a cheque of Ksh.140,00 for 14 students sponsored by the fund.

They promised to increase the support and help sponsor more students to Kabarak University in the coming semesters. They paid a courtesy call to Dr. John Ochola the Registrar Academics and Research.

They were impressed by the facilities and the programmes offered at Kabarak University. The team thanked the Chancellor H.E. Daniel Arap Moi for his contribution to the excellent developments in Kabarak University.

## Kapropita Girls

**A** team of Kabarak marketing team and students had a successful meeting at Kapropita girls on 4th January 2011 where over 800 students listened to Mr. Eliud Wasike of Town Campus, Robert Chelagat of Purchasing and John Cheruiyot of PR.

## Sacho High School

**T**he vice Chancellor was the chief guest over the weekend at Sacho High School. The school held a thanks and prize giving day. Sacho had done well in the 2010 KCSE. The school had 22 straight As, 27 A, 24 B+, 19 B, 13 B-, and 3 C+ the school registered a mean of 10.1574.

In attendance were the alumni, parents, friends and the stakeholders of the school.

The VC urged the student to embrace excellence where they strive to exploit their potential as opposed to seeking to visibility and being better than others. Excellence is the VC noted is pegged on personal potential other than on competing with others.

## Mochongoi High School

**A** team of students and staff visited Mochongoi over the weekend. The team was led by Prof. Peter Kibas among those in the entourage were Eliud Wasike the Nakuru Campus co-ordinator, John Cheruiyot Public Relations officer, and Robert Chelagat of Procurement. The students in the team represented the various schools and departments. The students encouraged the form fours to work diligently so as to pass the exams and proceed to university.

Mochongoi High School was celebrating their first B+ in seven years. The student who scored the B+ had 286 marks in KCPE!

Prof. Peter Kibas preached during the school's thanks giving session. Many students gave their lives to Christ to be like Prof. Kibas who gave his life as a student. They were

## FOUR TOWN CAMPUS STUDENTS DONATE AN AQUARIUM TO THE VC

By John Cheruiyot

**F**our students of Business Management and Information Technology from Nakuru Town campus handed over a fish aquarium they designed and constructed to the Vice Chancellor Prof. Dankit Nassium at Kabarak main campus.

The four students were Sylvester Korir, Dennis Yegon, Ronald Gichuhi and Titus Baiywa.

Others who were present included Dr. Kagen the Director of Postgraduate Institute, Quality Assurance and Research, Dr. Ronald Chepkilot, Registrar Administration & Human Resource and Dr. John Ochola, the Registrar Academics & Research.

The Vice Chancellor commended the four students for their creative work and their generous donation of the same to the university.

The four students were instrumental in the establishment of a newsletter in Town Campus known simply as Kabarak Flame.

The four students were ranked the runners up during the research week for their creative work. They had been awarded a cash prize of Ksh.7,000.

## A touch of blessings

### Former Kabarak University provost Dr Robert Langat being installed as the new Bishop of African Gospel Church - AGC at Kericho Bible College



#### KABARAK UNIVERSITY SCHOOL OF POSTGRADUATE STUDIES

Master of Business Administration (MBA):  
Strategic Management, Operations Management,  
Entrepreneurship Management, Finance, Accounting,  
Human Resource and Marketing. (Duration: 2 years)  
Doctor of Philosophy (PhD) in Education, Business,  
Entrepreneurship studies, Chemistry, and Theology.  
(Duration: 3 years)



**“Education with a biblical perspective” is Kabarak’s motto.**

# KABARAK: WHERE BUILDINGS ARE DEDICATED TO GOD

By John Cheruiyot

**K**abarak is founded on precepts and world view of the Bible. It is a Christian institution by choice and a Christian institution by orientation.

The founder of Kabarak University H.E.Daniel Toroitich Arap Moi a devoted Christian has lived his faith since his baptism in October 1936.

In his 24 year presidency he never missed a Sunday service in a Church or a Christian chapel. He has since maintain the same momentum since he left presidency in 2002.

He attends most of his Sundays at Kabarak Chapel ,an architectural masterpiece. The chapel is a stone throw away from the dinning hall.

The Kabarak University dining hall is another colossus and a fabulous building.

The bread of life is shared in chapel while the bread of man is fed to the body at the dinning hall.

Kabarak University is no ordinary university. Moral dress code is followed to the letter. Kabarak is a no smoking zone. It is a kept as holy as is humanly possible. Kabarak Chapel is where human spirits are purified, cleansed and liberated to serve both man and God.

God is the King of every aspect of Kabarak life.

Yet man has the power of free choice to accept him or not.

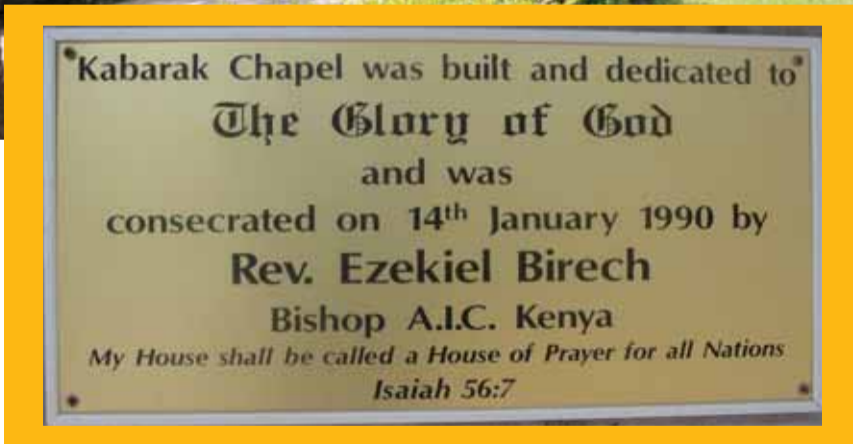
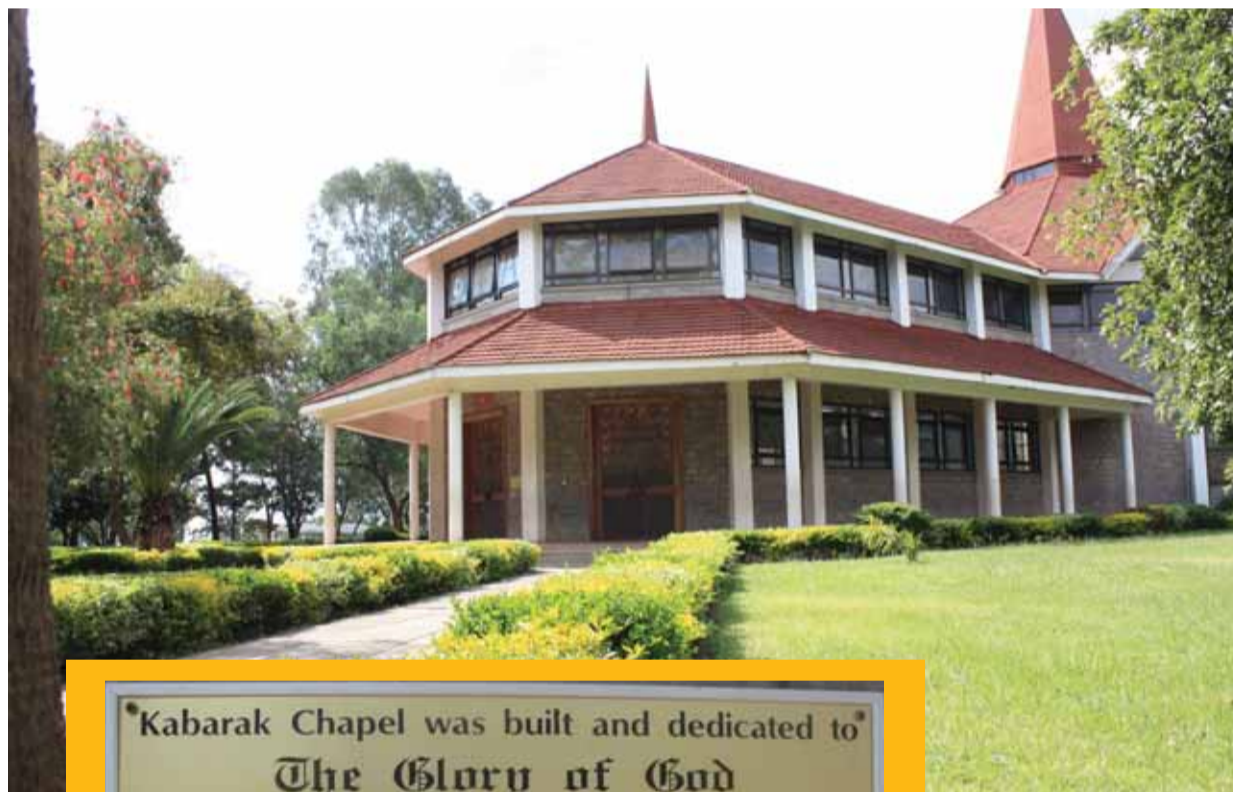
As you walk the expansive large scale lawns you get the feeling of the presence of a supernatural power. A power which detests immorality and every evil. The place may not be heaven but it is a replica of a celestial place.

Trees and green lawns are benchmarks of Kabarak. The lawns were designed and populated with every kind of vegetation by its founder.

Every one who has set his or her feet on Kabarak cannot but marvel at the workmanship put into this university. Nothing in Kabarak is a work of accident all what is visible was designed by a genius and a passionate architect driven by divine principles.

Kabarak is envision to be

**March 2011: In the World class education centre, A unique trend of dedicating life to God has been set by the chancellor of this Prestigious university.**



a world class knowledge centre of excellence.

Every building is dedicated to God.

The Chapel epitaph reads “Kabarak Chapel was built and dedicated to the Glory of God and was consecrated on 14th January 1990 by Rev.Ezekiel Birech Bishop AIC Kenya.”

The library epitaph reads “This library was dedicated to the Glory of the Lord.

Study to show yourself approved unto God, a workman that needs not to be ashamed rightly dividing the word of truth, II Timothy 2:15, Friday 13/10/2006”

The female hostel reads “This hostel was dedicated to the glory of and was officially opened by H.E.Daniel Toroitich Arap Moi CGH, second president of the Republic of Kenya and the Chancellor of Kabarak University on Fri-

day 3rd September 2010”.

Every building except the Chapel was personally inaugurated by the founder who is the university’s chancellor. The man who was the chancellor of all the public university until 2002, is a man driven by sheer love for innovation and entrepreneurial spirit.

Kabarak today is a fabulous place yet 32 years ago the place where the magnifi-

cent campus is located was a wheat land, a grassland and cattle Kraal.

Today the once a farm land is a crucible where the brains of Kenyan youth are now sharpened, moulded, energized and empowered.

One day Kabarak will among world class centers of learning where inventions and discoveries will be harnessed.

Africa’s Nobel Prize winners will come from Kabarak University. The most cited scientists, economists, and thinkers of the world will come from this place.

This is the vision that Moi had in his mind when he set a part a part of his land for the glory of God.

Did you Know?

Kabarak University Library the gateway to knowledge ...



**T**he Kabarak University Library

is a fully equipped and well organized repository of knowledge assets. Its vision is to become an excellent information centre for academic and research activities of the University community by providing a conducive environment for reading and learning.

The library incorporates ICT in delivery of its services through an online public access catalogue. This is an online database of scholarly articles that are shared by universities worldwide. Through the OPAC, students, lecturers and researchers can access journals, publications and other scholarly materials.

# Moi's Name a Brand of Academic Excellence

By John Cheruiyot

Seven years into post Nyayo era Moi's name has begun to vibrate with fame and excellence in educational institutions.

**I**t was evident in 2010 KCPE and KCSE results where the top KCPE and KCSE candidates both came from Kabarak institutions. The top KCPE candidate Collins Kimetto was a student of Moi Primary Kabarak while the top KCSE Albert Kamau again hailed from Moi High School Kabarak both are schools built by Moi in his land. Moi Kabarak was established in 1998 while Moi Primary Kabarak in 1991.

Moi High School Kabarak celebrated 30 years in 2008 while Moi Primary celebrated 20 years in March 2011.

Indeed 2010 KCSE results propelled Moi's name throughout the nation. On the list of the top 100 district schools two Moi named schools excelled. These were Moi Secondary Amalo which was number 18 while Moi Forces Academy Mombasa was number 54.

On the private category Moi High School Kabarak topped the list followed by Moi Forces Academy Lanet in position two.

**Moi the second president of Kenya himself a teacher, a politician and a Christian is transforming Kenya's educational landscape very significantly**



**The top boy in Moi High School, Kabarak in KCSE being lifted by his colleagues**

The provincial category of schools had three Moi named schools. These were Moi Tea Girls Secondary School at the 5th position followed by Moi Girls School Nairobi in position 39th and

by Moi Singiroi Girls in position 52nd.

Moi the second president of Kenya himself a teacher, a politician and a Christian is transforming Kenya's educational landscape very significantly. He remains an icon and a symbol of education in the country.

Key secondary schools

throughout the country are at the top nationally due to Moi's personal involvement in the affairs of such schools.

Pangani Girls Nairobi is a classic example which was a mediocre day school in the 1980s but was transformed into a giant academic institution posting excellent results. In the 2011 KCSE Panagani had 27 straight As and 94 A-, and 70 B+, Kabarak High School on the other hand had 45 straight As, 94 A- and 56 B+ in essence the two schools are what they are because of one man: Moi.

Moi thus changed Panagani's destiny and that of the nation.

Other schools which benefited from Moi personal intervention include State House Girls, Kapsabet Boys, Sacho High School, Sunshine, and many countless schools both private and public.

Hence Moi's name is slowly becoming synonymous with academic excellence and as a mark of success.

Moi's legacy thus is slowly taking the path of

academic and educational perspective.

For the century to come Moi's institutions will shine throughout the nation. Educational institutions will remind the posterity of a great man who was born in the 20th century and who reigned at the end of 20th century and the beginning of 21st century in Kenya.

Moi University one of the fastest growing public university founded through Moi initiative as a president built from the scratch is found in almost in every county.

Moi thus the longest serving Kenyan president has left a mark greater than Kenyatta and Kibaki's presidencies combined.

Kenyatta was president for 15 years he saw the birth of Nairobi University in 1970 and when he passed on in 1978 Nairobi University remained the only university in Kenya. Moi founded Moi Kabarak High School just four months after becoming president and six years of his presidency Moi University was established.

Within ten years he phased out the A level system of education which hindered educational development in Kenya. A-level or form five and six were two powerful sieves with which the youth were separated forever from



**The top boy in  
Moi Primary  
School in KCPE,  
Kabarak**

climbing academic ladder of the nation.

Many who had excellent passes in O level with division one or two never saw the inside of any university

because it was impossible to go to university without going through A level.

It was during Moi's era that education was given maximum support. Universities were increased. It was in Moi's era that the legislation for the establishment of private universities was passed and this led to the establishment of chartered private universities.

Hence education as the engine of development was triggered in Moi's era.

Today those with grade C in KCSE may enrol for pre-university for one year and then pursue undergraduate programme. It is today easy to pursue a university degree than in any other era. This began in the 1990s when private universities were established and more so when the parallel programme was introduced in public universities. Currently the limiting factor in university education is money. Given bursaries and scholarship many Kenyans can access education at college and university level with ease.

Indeed seven years outside presidency Moi's involvement in education is no secret. Last year in December he hosted an international business forum involving students from Stanford grad-

uate school of business . This year at Kabarak he hosted a one week music conference where two music books were launched.

Indeed Moi the educationist has set the pace for quality education in Kenya. Moi' own institutions are academic centres of excellence.

Kabarak Universities the youngest of Moi institution is nine years old but is currently offering doctoral programmes. Kabarak University is build on firm Christian pillars where integrity, honesty and excellence are the driving forces. Give it a few years Kabarak University is set to become a world centre of academic excellence just as the other Kabarak institutions are currently.

All these from one man who visualized and envisioned the creation of educational institutions with a touch of excellence and innovation.

The posterity will no doubt treat Moi with respect and honour he deserves. In 3011 Moi will no doubt be remembered as the architect of Kenya's educational miracle.

*The writer is a Public Relations Officer in Kabarak University.*

**New Appointments**



**Joseph Cherutoi, Finance Manager, from KADET Ltd, Faulu Kenya, Postbank,CMA, Alumni of Nairobi University and Moi high school kabarak**



**Newly appointed dean of students  
Dr Moses Alela**



**Dean of Business School Dr. Charles zakayo**

# A brief overview of Kabarak University

## Vision

To become a world class centre of academic excellence as a Christian humanities, law, business, science and technology institution.

## Mission

To provide holistic quality education to all age groups, equipping them with knowledge, practical skills, and Christian moral values necessary for the service of God and humanity.

## Moral Code

“As members of Kabarak University we purpose at all times and in all places to set a part in our hearts, Jesus Christ as Lord” [1Peter 3:15]



Front view of Kabarak University main campus's Administration Block

inculcated in Christian world view and who are visionary, dedicated to the service of God and humanity through their careers and training.

Kabarak University is set to become a world class university injecting the spiritual dimension which have been lost by top public and western universities.

## Location

Kabarak University is located 20 km North of Nakuru town,

along Nakuru - Eldama Ravine highway. It is a serene, and spacious environment ideal for both research and learning.

## Population

Currently, the University which admitted its first few batch of students in 2002, has about 2000 students pursuing both undergraduate and postgraduate programmes. The University has graduated over 1000 professionals since its first graduation ceremony in 2005.

## Facilities

The institution stands on a 600 acre land and has the best facilities which include the state of art library. Others include ultra modern computer, science and medical laboratories. These well equipped labs are designed to produce scientists who will make

## Nakuru Town Campus

Kabarak University has a Nakuru Town campus which was established in 2003 located on Nakuru-Kisumu highway in Giddo

Plaza. It has modern facilities for effective learning which include well equipped computer laboratory, and a well stocked library with a 24/7 internet connectivity.

The programmes in the town campus are flexible designed for working class professionals. They are offered in the evening and during the weekends to enable the working class to access higher education at their convenience without compromising on the quality.

## Schools/Institute

Kabarak University has four schools namely: The School of Law, the School of Theology, Education & Arts. The School of Engineering, Science & Technology, and the School of Business. By the mid or the end 2011 another school will be launched: The School of Health Sciences to house nursing, pharmacy, surgery and clinical medicine which will soon be rolled.

The other academic division is the Institute of Postgraduate Studies, Research and Quality Assurance. The institute offers masters and doctoral degree programmes. It currently offers MBA and PhD programmes.

## Background

Kabarak University is a Christian, chartered, private institution of higher learning offering holistic Christian-based quality education, training, research, and outreach activities for the service of God and humanity.

It was established in October 2002 by the 2nd President of Kenya, His Excellency Daniel T. Arap Moi, who is also the Chancellor. The Chancellor envisioned to set up a Christian University with capacity to produce competent, ethically and morally up right professionals in all fields. Professionals

**Kabarak University is set to become a world class university injecting the spiritual dimension which have been lost by top public and western universities**

**The Fear of God**

The pillars of Kabarak University are built on the rock of ages; built on Christ and the fear of God. From the Chancellor, the Vice Chancellor, the university management, the staff and the student body all pay homage to God the creator of universe. Every member of Kabarak community is encouraged to exercise humility, honesty, integrity, quest for knowledge, high moral standards and the concern for the welfare for others.

**University Governance**

**Governing Council**

The University Council is headed by Prof. John Lonyangapuo who is also the Permanent Secretary in the Ministry of Public Works while the Vice Chancellor is Prof. Dankit Nassiuma a renown professor of Statistics.

**University Management**

The University management team consist of the Vice Chancellor, Prof. Dankit Nassiuma, the Deputy Vice Chancellor, Prof. Peter Kibas [Academics, Administration and Finance], the University Librarian, the University Provost, Dr. Ronald Chepkilot Registrar [Administration & Human Resource], Dr. John Ochola Registrar [Academics & Research], and the Dean of Students Dr. Moses Clement Alela

**University Operations**

The day to day University operations are executed in three divisions:

- The Academic and Research division
- The Administrative and Finance division
- The Spiritual Affairs and Welfare division

The first two divisions above are under the Deputy Vice Chancellor while the Spiritual and Welfare division is under the University Provost.

The Academic and Research division ensures that all academic programmes are competitive, well executed, up to date, global driven and geared towards the realization of Kenya's Vision 2030 and beyond. The division include four schools and Postgraduate Studies Institute. The schools are: School of Law, School of Business, School of Engineering, Science & Technology, and School of Theology, Education & Arts.

The Administrative and Finance Division provide essential services for effective learning.

The departments under this division are:

- Administration and HR

- Registry
- Finance
- ICT
- Estate
- Facility Management
- Catering and Accommodation
- The Guest House and conferences
- University Farm

The Spiritual Affairs and Welfare Division ensures that all the University Chaplaincy operations are efficient, effective to meet the needs of students and the staff. The division oversees the process of integration of faith and learning.

The programs under Spiritual Affairs are;

- Morning chapel Devotions
- Mid-Week chapel services
- Sunday Services
- Christian Union Fellowships
- Hostel Fellowships
- Choirs and Bible Studies
- Mentoring Programme
- Christian Outreaches within and outside the university.

The above programmes boost and enhances the spiritual growth and development of the university. The Spiritual Affairs and Welfare division makes Kabarak University a unique institution of higher education. It gives it the capacity to impart ethical and moral values to her graduates. They are mentored and helped to build strong moral prin-

ciples which secular world lacks. These activities are designed to educate the whole person helping every individual attain acceptable character consistent with Biblical standards.

**Faith and learning**

Our approach in integrating faith and learning makes us a distinctly different from other institutions of higher education. It is why our graduates are desired by employers nationally and internationally.

**ACADEMIC PROGRAMMES**

Kabarak University has four schools and one institute. These are the school of Business, School of Theology, Education and Arts, the School of Law and the School

of Science, Engineering and Technology.

**The School of Business**

**Introduction**

The School of Business was established in 2002 to offer undergraduate programmes leading to the Bachelor of Commerce in Accounting, Finance, Marketing and Human Resource Management. Other programmes offered at the school include : Bachelor of Science in Economics, Mathematics or both, Bachelor of Business Management and Information Technology [BMIT].

The courses are offered in Kabarak main campus and Nakuru Town campus at Giddo Plaza along the Nakuru-Kisumu highway.

The courses are designed to produce graduates who will contribute to the global business and corporate leadership. The school blends excellent teaching ,and research with Christian moral values. Hence students are equipped with skills and knowledge which empowers them to meaningful contributions to their society.

The school collaborates with York St. John University in United Kingdom .Our students have the opportunity to complete their studies abroad.

**Career Prospects**

Our graduates are in high demand by employers who look for integrity and performance. Our graduates render business leadership in: Economics, Planning, Marketing, Accountancy, Finance, Banking, Research, Project Management, Taxation, Human Resource, Administration, Investment Advisory, Business Consultancy, Insurance, Entrepreneurship Purchasing and Supplies among others.

**Study Duration**

The school offers a four year academic course in 3 calendar years through a tri-semester academic calendar.

**Internship**

All the students in the school take a compulsory 8-10 week internship at their third year of study. This allows students to blend theory and practice in the real world. They learn and apply what they learnt in class in a supervised work environment.

**Faculty**

The members of faculty are highly experience and hold at least a master degree in their field of specialization. They are national and international scholars drawn from Kenya and all parts of the globe.

**The Spiritual Affairs and Welfare division makes Kabarak University a unique institution of higher education**



The diverse background our scholars help the school acquire international outlook

### Academic Trips and Clubs

The Business School organizes academic trips every semester to various industries and firms throughout the country to give students industrial orientation and practical touch. There are several business clubs that give students the opportunity to exercise their experiences thus enhance their social skills.

### Research

Business School is involved in research in such areas as: Microeconomics, Entrepreneurship, Human Resource and Taxation to mention a few.

The school offers short course, seminars and workshops in the following areas: Managing Small Medium Enterprises, Starting small business, Marketing, Computer proficiency, Strategic Planning, Preparing Business Plan among others.

The other course the school offers include: CPA, ABE [Certificate, Diploma and Advance Diploma]

### The School of Theology, Education and Arts

The School of Theology, Education and Arts offers holistic quality education, equipping students with knowledge, practical skills and Christian moral values sought for in current job market. The schools offers two programmes: Theology and Education.

Programmes offered:

- Bachelor of Theology
- B.Ed Arts: Geography, Music, English, Kiswahili, Literature, History, Computer Studies, CRE [Any two subjects]

- Bachelor of Theology
- B.Ed Science: Computer Studies, Maths, Physics, Biology, Chemistry [Any two subjects]
- PhD: Education Administration and counselling psychology

### The School of Law

The School of Law is the latest and fastest growing school in Kabarak University. It was established in 2010. The founding dean was Prof. P.L.O. Lumumba who is now the CEO of KACC.

The school was born at a time when the legal fraternity is under intense scrutiny from the whole nation. Many Kenyans today have no confidence in lawyers, the judges and magistrates. Kenyans have no confidence in the court of law.

The legal practitioners have lost public confidence to the extent that a total overhaul is the cry of every Kenyan.

The police and KACC are crying foul that courts have lost the teeth of justice. Criminals are set free for as long as they are connected. The results is the obvious: police execute criminals on the spot of crime. The public administer mob justice on criminals thus near anarchy is the trend.

This means Kenyans in real sense have lost confidence in the institutions where lawyers are trained, nurtured and mentored.

Kabarak University is aware of all these. The expectation of the nation is nothing less than a rebirth

**Daniel Moi gives a bible to one of those newly baptised at Kabarak Jordan Swimming Pool**



**The second president of the Republic of Kenya, Daniel Moi, during the official launch of The School of Law, looking on is the Patrick Lumumba**

and a new womb where legal babies are conceived and brought forth into the world of justice and injustice.

Kabarak Law school is founded on Biblical, and Evangelical Christian tenets. Integrity, honesty and the fear of God is the basis of the Law School.

The Kabarak Law School is set to produce the ideal lawyer and the magistrate the Kenyan public has been looking for. It is a tall order. It is a mission impossible yet with God nothing is impossible. God is the father and the author of justice

and righteousness. He wants justice for all. The poor and the rich, the powerful and the powerless, the fatherless and widows.

The cry for justice throughout the nation is being translated into the reality in Kabarak Law school.

A new breed of lawyers and legal experts seeking for justice for all, is the driving force in the establishment of Kabarak School of Law.

The School of Law is Christian institution expected to produce men and women serving God as servants of justice and righteousness. Men and women driven by higher goals of invisible and spiritual values beyond the physical and the perishable.

Programmes Offered

- Bachelor of Laws LLB
- Diploma in Law

### School of Engineering, Science & Technology

The school of Engineering, Science and Technology of Kabarak University offers undergraduate programmes, pre-university and bridging courses for those who want to improve their competence in the science subjects.

The learning programmes in the school are supported by modern, state-of-the-art computer and science laboratories, field trips and industrial attachments in reputable

local and international corporations.

Programmes offered are:

- B. SC – Environmental
- B. SC – Environmental Science + BMIT
- B. SC – Computer Science
- B. SC – Telecommunication
- B. SC – Information Technology
- B. SC – Maths + Statistics (Regular and School Based)
- B. SC – Physics or(+ Education) – B. Ed. Sc (Regular and School Based)
- B. SC - Chemistry or (+Education) - B. Ed. Sc (Regular and School Based)
- B. SC – Botany or (+Education) – B. Ed. Sc (Regular and School Based)
- B. SC – Zoology or (+ Education) B. Ed Sc (Regular and School Based)

Programmes coming soon:

- DIP + B. SC – Clinical Medicine
- DIP + B. SC – Pharmacy
- DIP + B. SC – Nursing
- B. SC – Actuarial Science
- B. SC – Environmental Management
- B. SC – Environmental Engineering
- B. SC – Electrical and Electronic Engineering

**School of Business**

Since inception in 2002, the School of Business has continued to offer quality business education in Biblical perspective. The school occupies a strategic position as a leader in human capital development. It has managed to bring together theory and practice, experience and talent to produce innovative decision makers.

The courses offered by the school are:

Bachelor of Commerce with the following options:

- Accounting
- Finance
- Marketing
- Human Resource
- Bachelor of Science in
- Economics
- Economics and Mathematics

Bachelor of Business and Information Technology with the following options:

- Double Major [Business & Technology]
- Business Major
- Information Technology Major

**STUDENTS AFFAIRS DEPARTMENT**

By Dr. Moses Alela

Kabarak University is a community of faith and of learning. The University offers programmes and services conducive to academic and spiritual growth.

The University recognizes the importance of Christian life that in the lives of Kenyan professionals. It is the desire of the University to share this kind of life with Kabarak University students that prompts it to require students to attend Christian activities and church worship services.

As a community of faith and learning, spiritual discipline is required, which include taking courses in biblical studies as part of the academic programme.

As a Christian institution of higher learning, we expect Christian faith and values to govern the behaviour of our students, Faculty and staff. We are persuaded that such values will create professionals with servant leadership qualities.

On admission and registration, students are expected to declare a commitment to uphold the Christian rules and regulations governing student's life as outlined in the students handbook.

The student's affairs department is headed by the Dean of students who has two assistants. The other staff members under this department include:

- Students counsellors,
- Sports officer,



**A view of Kabarak University town campus**

- life saver who functions as a swimming coach,
- a secretary and a clerk.

**Vision**

Our vision is to be an excellent student's affairs department which provides innovative quality services and helps our students to nurture Christian moral values for service to God and humanity.

As a department, we encourage students to achieve holistic education which helps them to become dependable Christian professionals

We provide programmes which ensure that our students grow holistically (academically, spiritually, socially, physically and even economically

Our core values include:

- Servant leadership
- Excellence
- Justice
- Teamwork
- Continuous improvement

Some of our responsibilities include:

- Providing good orientation to new students
- Creating programmes which ensure students grow holistically such as: mentoring, counselling, crises intervention, chapel, Christian fellowships, mission outreach, sports competitions, disciplinary mechanisms, among oth-

- ers.
- Enact and review policies governing student's affairs.
- Coordinate sports, clubs and associations activities.
- Recommend students who qualify for available scholarships such as:
  - United Methodist Church scholarships
  - Work study programme scholarships
  - Academic excellence awards for those who appear on Vice chancellor and Dean lists.
  - Ensure bereaved students are supported morally and financially
  - Develop and regulate students affairs budget
  - Ensure students get basic medical services
  - Provide a strategic plan which guides student's affairs de-

partment into the future.

Our department encourages students to join clubs and associations such as:

- SIFE,
- AIESEC,
- DRAMA,
- FONACON,
- Environmental
- and many others in order to discover, develop and use their gifts and talents.

Our department is very sensitive and responsive to students needs

We expect student's grievances to be channelled to authorities in a biblical manner. Prompt response to student's grievances is always guaranteed by our department.

Our channels of communication with students are clear and open in order to avert any unnecessary misunderstanding.

Channels of communication include:

- Memos
- Briefings in both formal and informal meetings
- E-mails
- Phone calls
- Public lectures among others
- Feedback from our students is highly valued as a mechanism through which the department can evaluate its performance.

As a department, we ensure that:

- The rights of our students are respected and not violated.
- Students know and carry out their responsibilities.
- Those who fail to carry out their responsibilities are liable to disciplinary actions.
- We always give second chances to first time offenders. This however depends on the nature of the offence.
- We deliver quality services effectively, efficiently, with courtesy, honesty and with integrity.
- Professionalism is a virtue we hold so dearly as a department
- By virtue of our university being a Christian university, we do everything from a Biblical perspective.
- Our desire is always to produce Christian professionals who are trustworthy. This alone has made employers rush to Kabarak to get our students immediately they graduate. If you know of people out there looking for a university which trains Christian professionals, welcome them to Kabarak University. A place where our almighty

God is given the glory and honour he deserves. Be blessed.

### What scholars and lay people say of Kabarak University:

- "Excellent compound ideal environment for learning" Henry Mwambi from South Africa.
- "Young University with lots of promise" Prof. F. Sagary Nokoe from University For Development Studies Tamale, Ghana.
- "A beautiful and stimulating venue for our conference" Andrew Mead from University of Warwick London.
- "Great environment and facilities" Peter Njuno from Human Sciences Research Council Pretoria South Africa.
- "A solidly established university" Prof. P.L. Shalo, Egerton University.
- "A serene environment for academic excellence" Javan Mutua, Life Ministry.
- "Oasis of hope for future generation" Duncan Mutuma Kenya Student Christian Fellowship.
- "There is a great future for Kabarak University" Allan Mbugua, African International University Karen Nairobi
- "Kabarak University: A university of the future" Dr. Julius G. Tanui African Doctoral Academy University of Cape Town, South Africa
- "What a beautiful campus!" Ellen Bienstock, Cultural

- Attaché US Embassy.
- "May the Law School make a difference in Kenya" Bishop Silas Yego, Bishop of AIC Kenya.
- "Beautiful campus, peaceful and tranquil environment" Prof. Noah O. Midama, VC, KCA University.
- "Beautiful University" Soyeoun Park, Daystar University, Nairobi Kenya.
- "May God bless the School of Law" Prof. C. Chesaina, Nairobi University.
- "The launch of the School of Law is historic" Prof. P.L.O. Lumumba.
- "Kabarak offers an inspirational commitment to student wellbeing through the development of its teachers in innovative, contemporary teaching and learning practice. Leadership in the collaborative PACP programme has enabled York St. John to develop further its vision of global Vice Chancellor York St. University.

Comments from guests to International Music Conference held at Kabarak University from 1-6th March 2011.

- "Wonderful and very exciting experience." Dr. Sam K.I. Chukum, Department of Music University of Nigeria, Nsukka, Nigeria.
- "Excellent organization" Dr. Rose A. Omolo - Ongate,

- Maseno University.
- "Amazing welcome" Dr. Colin Durrant, Institute of Education University of London, UK.
- "Wonderful occasion" Prof. Hellen Atieno, Department of Creative Performance Arts, Maseno University.
- "Great opportunity and well organized function" Prof. Emily Achieng Akuno, Maseno University.
- "This is an inspiring event worth of praise" Mr. Kiprono Kittony, National Chairman Kenya Chamber of Commerce.

### High School students' impression of Kabarak University during Career Clinic held at the University on September 2010

- "Kabarak University truly offers life changing courses." Nelson Nish, Moi Minariet High School.
- "Kabarak University is an excellent campus. I am on the way to this university" Tabitha Koech, Tabagon High School.
- "Multitalented students were attracted to Journalism clinic during the Career Fair Day at Kabarak University" Eric Kurgat,

- Kapsogut Boys High School.
- "To be a real journalist come to Kabarak University". Amos Basuben Keringet Sec. School.

### What Stanford MBA students observed during the International Business Form Held on December 14TH 2010 at Kabarak University:

- "Thank you very much for inviting us to this great forum. I hope we Japanese can contribute to African/Kenya growth in some way." Naofumi Nishi, nishi\_nao@gsb.stanford.com
- "Thank you to be in your presence Your Excellency. Thank you for your welcome." Hroch Simonian, hrch@gsb.stanford.edu
- "Thank you for hosting such inspiring forum. It was a privilege to be part of the great forum." Yoko Masui, masui-yoko@gsb.stanford.edu
- "You have a wonderful school." Steve Mckee, skmckee@stanford.edu
- "Congratulations for your wonderful school" Jacinata Carral, jcarral@stanford.edu
- "Thank you for providing us with your amazing hospitality on your beautiful campus" Rami Harrawi ram@gtalk.com
- "Beautiful university full of friendly and hospital faculty and students" Acile Sleiman.acile@stanford.edu

- "I feel privileged to have been able to visit Kabarak University" Maya Simon, maya.simon@gsbstanford.edu
- "I loved visiting your university and meeting such talented faculty and students!" Clarke Smith, clarks@stanford.edu
- "It is my honour to be here and hear the excellent speech." Bilige Suode, suode\_bilige@gsb.stanford.edu
- "Thank you so much for welcoming us to your beautiful school. It has been a privilege to meet and speak with Kabarak students and staff. Asante Sana". Megan Lucy Zoback
- "Thank you very much for your hospitality and the opportunity to interact with the Kabarak community. This forum has been very insightful and we look forward to continued relationships" Linda Lamptey, llamtey@gsb.stanford.edu
- "I am learning a lot about Kenya and feel so welcomed here. I look forward do doing business with you!" in Liu, min@gsb.stanford.edu
- "We really appreciate your hospitality and look forward to building a great relationship." Shanice Young, young-shanice@gsb.stanford.edu
- "Thank you for having us .It was an honour and pleasure to visit your beautiful campus" Joanna Pratt, young-joanna@gsb.stanford.edu
- "It was a pleasure and privilege to visit Kabarak." Charlic Kubal, ckubal@stanford.edu
- "Thank you for the tremendous opportunity to visit Kabarak and engage with the community". Nadine Rumble, rumble-nadine@gsb.stanfrod.edu

Many who visit Kabarak University marvel at the beauty and the excellent facilities they see at the university.

Kabarak University is no doubt one of the emerging institutions of higher in the Sub-Saharan African dedicated to research, science and knowledge for the 21st century.

Indeed science, innovation and knowledge are vital resources today on the planet Earth. That is why Kabarak University is seeking the Wisdom of God to produce great innovators, great inventors and great agents of positive change in Kenya, Africa and the whole world.

### Daniel Moi with the Vice Chancellor at the ladies's new hostel during its official launch



# Kabarak students on Air!

**F**our students and the PRO were on air at kass fm studio on 9th Feb. 2011. For a career talk show. The students and the PRO took about two hours explaining and discussing what is involved in career development

**Participants were :**

- Monica Chepkwony Bachelor of commerce (Finance)
- Zacheous Kirwa Theology
- Felix Kimutai Computer Science
- Janet Cherotich Education

The aim was to target the youths and parents on career choices as well as place the university externally.



# Kabarak goes international

**K**abarak University hosts its first ever international student from Latin America. Ticiana Figueiredo is a Brazilian whose native language is Portuguese. She is a student of social communication from Federal University of Bahia (UFBA) Salvador. She speaks Portuguese, Spanish and English. She has been offering Portuguese lessons to both staff and students. She came through AIESEC international exchange program and she will be with us for a period of three months, working in the public relations, the human resource and the Environmental Science departments. Her experience in communication, Human resource, external relations and project management has lead to her interest in social and environmental issues.



## AIESEC

The international platform for young people to explore and develop their leadership potential

**A**IESEC is the world's largest student-run organization. Active in over 1700 universities across more than 107 countries and territories, our international platform enables young people to explore and develop their leadership potential for them to have a positive impact in society.

AIESEC uses an innovative approach to engaging and developing today's youth. By offering opportunities to build extensive international personal networks and explore leadership opportunities, we provide a platform for young people to discover direction and ambition for their futures.

AIESEC Kenya, headquartered in Nairobi, is a registered national, not-for-profit organization present in 9 leading Kenyan universities and is currently expanding to 4 universities.

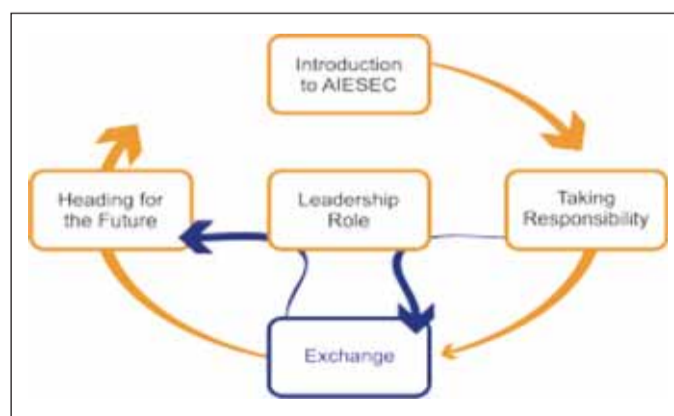
5 key principles guide the behavior of our members as they go through the AIESEC experience:

1. Global internship program
2. Leadership opportunities
3. Developing self-awareness and personal vision
4. Increasing theoretical knowledge and practical experience

**Challenging world view**

**Leadership approach**

AIESEC's approach to developing high-potential students into



globally-minded responsible leaders consists of an innovative

5. Building personal and professional Networks

**5-stage experience.**

Our experience enables young people to develop themselves into

leaders that have the skills, networks and perspectives necessary to drive positive change in the world.

In the first stage of the experience, we introduce our members to the organization and engage them in a goal-setting exercise, allowing them to map out their personal and professional development goals.

Our members then take these goals and compare them to opportunities in AIESEC, identifying which opportunities would best enable them to achieve their goals.

Having identified which opportunities in AIESEC best align with their personal and professional development goals, in the next two stages our members start to take action towards achieving their goals. They begin developing practical management, entrepreneurial and leadership skills by taking responsibility over certain projects and activities and by moving into a formal leadership role in AIESEC locally, nationally or internationally.

In the final stage our members prepare to enter the workforce

and take the skills, perspectives and networks they have gained in AIESEC to drive positive change in the world, wherever they go, whatever they do.

**The Basics**

AIESEC was formed in 1948 internationally

AIESEC focuses on facilitating international exchange and leadership experiences for youth

AIESEC has a global network of over 38,000 members who work out of 1,700 universities in over 100 countries

Annually, AIESEC facilitates over 7,500 internships and 8,300 leadership opportunities

Globally, AIESEC partners with organizations such as Cadbury-Schweppes, Microsoft, Sony, DHL, among others

For more info about AIESEC, visit [www.aiesec.or.ke](http://www.aiesec.or.ke) [www.aoesec.org](http://www.aoesec.org)

*By Emmanuel Choge*

# Photo Gallery



Dr Jacob Ole Miaron, PS Ministry of State for National Heritage and Culture addressing the crowd during book launch



Director of Salvation Army Choir during the music book launch



Former President, Daniel Arap Moi, right, and the VC Prof Dankit Nassiuma, left during the Music Book Launch



Bishop Silas Yego, left and Dr Bahjat Batarseh of The Way of Light Ministries, USA



Kabarak students holding babies at Ngata Baby Center



Mrs Staci Keter, Director of AGC Baby Center

# Photo Gallery



Kabarak mass choir performs during a joint Sunday mass service at the Chancellor's Court



Moi Primary School pupils, Kabarak, during a joint Sunday service



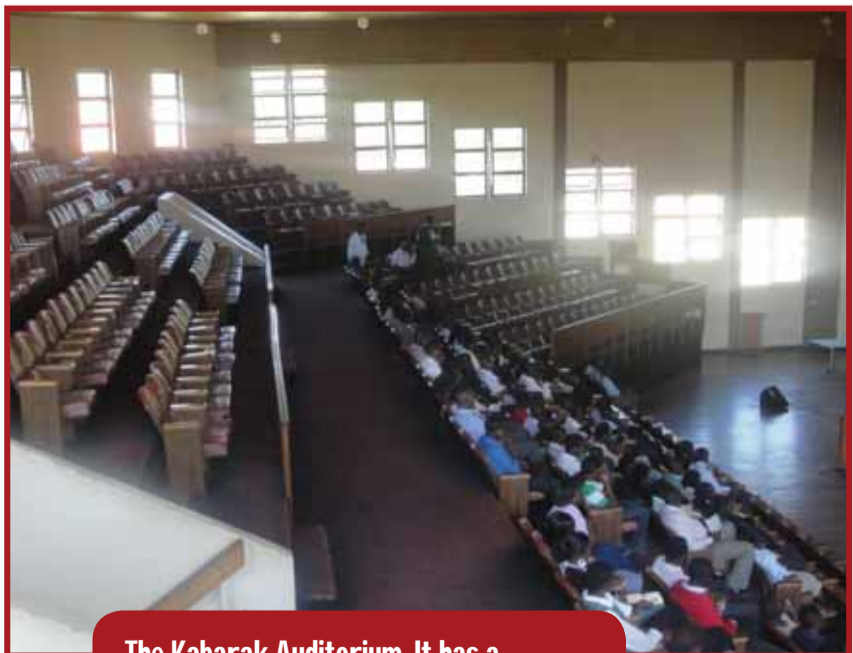
Moot Court session



First years class during the orientation at the auditorium



Students register for the AISEC conference



The Kabarak Auditorium. It has a sitting capacity of 1000 people

# Photo Gallery



Former President Moi giving a sermon at the Kabarak Chapel



The former President, Moi during his birthday celebration at Kabarak



The Second President of The Republic of Kenya, Daniel Arap Moi, and also The Chancellor of Kabarak University, during tree planting ceremony



The Second President of The Republic of Kenya, Daniel Arap Moi, and also The Chancellor of Kabarak University, officially opens the new ladies hostel at Kabarak University



DVC Prof. Kibas with Merica Group CEO



DVC prof Kibas, centre, with School based students from western province

# Photo Gallery



The KABU rugby team in blue in action with one of the neighbouring team



KABU soccer team ready for action



Kabarak soccer team in yellow and white in one of the tournament



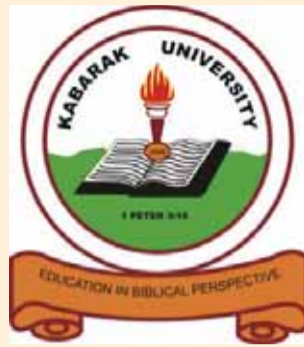
First years class during the orientation at the auditorium



KABU football team in action



The Chancellor At the Kabarak Chapel during the Christmas carol Sunday December 2010



**KABARAK UNIVERSITY**  
**OFFICE OF THE REGISTRAR (ACADEMIC & RESEARCH)**

**APRIL AND MAY 2011 INTAKE**

Kabarak University is a private, chartered institution of higher learning offering holistic education on strong Christian foundation. The University is located 20 km, north – west of Nakuru Town in a serene environment along Nakuru – Eldama Ravine Road. The University invites applications for admission to programmes offered at its **Main Campus, Nakuru Town Campus (NTC)** and **Alphax College – Eldoret (ACE)**.

**SCHOOL-BASED PROGRAMMES COMMENCING ON 13<sup>TH</sup> APRIL 2011**

Programme	Minimum Admission Requirements	Venue	Tuition Fees per Semester (Ksh)	Duration
Bachelor of Education (Science)	KCSE C+ with C in two teaching subjects, or P1 Certificate, or Diploma in Education	Main Campus	40,000	P1 - 9 sessions, Dip Ed – 7 sessions
Bachelor of Education (Arts)				
Master of Business Administration ( <b>MBA</b> ) (Options are listed below)	First Degree Second Class Honours (Upper Division), or Lower Division with 2 years of work experience	Nakuru Town Campus	12,00 per unit (Maximum 4 units per session)	4 sessions

**PROGRAMMES COMMENCING ON 2<sup>ND</sup> MAY 2011**

**SCHOOL OF BUSINESS**

Bachelor of Business Management and Information Technology (BMIT)	KCSE C+ with C (plain) in Mathematics and English	Main Campus, Nakuru Town Campus, Alphax College	60,000 (MC) 50,000 (NTC)	8 semesters
Bachelor of Commerce	KCSE C+ with C (plain) in Mathematics and English	Main Campus, Nakuru Town Campus, ACE	60,000 (MC) 50,000 (NTC)	8 semesters
Bachelor of Science in Economics and Mathematics	KCSE C+ with C+ in Mathematics	Main Campus	60,000	8 semesters

**SCHOOL OF LAW**

Bachelor of Laws	KCSE C+ with B (plain) in English, or Diploma in Law with Credit Pass	Main Campus	75,000	8 semesters
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**SCHOOL OF SCIENCE, ENGINEERING AND TECHNOLOGY**

Bachelor of Science in Computer Science	KCSE C+ with C (plain) in Mathematics, Physics and English; or Diploma in Computer Science or	Main Campus	65,000	8 semesters
Bachelor of Science in				

Telecommunications Bachelor of Science in Information Technology*	Information Technology with at least Credit Pass.			
Bachelor of Science in Environmental Science	KCSE C+ with C (plain) in Biology, Chemistry, Geography, Physics, or Maths	Main Campus	60,000	8 semesters
Pre – University	KCSE C Plain	Main Campus Alphax College	40,000	2 semesters
Bridging Certificate Course in Mathematics*, Biology, Physics, or Chemistry	KCSE C+ but have not attained a C (plain) in Maths, Biology, Physics, or Chemistry	Main Campus	17,500	8 weeks

\*Also offered in Alphax College (Eldoret)

**SCHOOL OF THEOLOGY, EDUCATION AND ARTS**

Bachelor of Theology	KCSE C+, or Diploma in Theology	Main Campus	45,000	8 semesters 5 semesters for Diploma holders
Bachelor of Education (Science)  Bachelor of Education (Arts)	KCSE C+ with C in 2 teaching subjects	Main Campus	60,000	8 semesters

**MASTER OF BUSINESS ADMINISTRATION (MBA) COMMENCING ON 2<sup>ND</sup> MAY 2011**

<b>MBA</b> Options: <i>Human Resource Management, Management Information Systems, Entrepreneurship Management, Finance, Accounting, Operations Management, Marketing, Strategic Management</i>	First Degree Second Class Honours (Upper Division), or Lower Division with 2 years of work experience	Nakuru Town Campus	60,000	4 semesters (Evenings and Weekends)
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**NOTE:**

- Successful applicants with KCSE aggregate of A- or higher are eligible for 50% tuition waiver for the first academic year.
- Applicants with relevant diplomas validated by Commission for Higher Education (CHE), or those with professional certificates such as KNEC, CPA, and CPS are eligible for credit exemptions.
- The university runs three semesters per calendar year. Two semesters constitute one academic year. A student who continues with her/his studies uninterrupted will be able to graduate in three calendar years.

Application forms are available from the following offices and website, or from **Alphax College, Eldoret:**

<b>The Admissions Office</b> Kabarak University Private Bag-20157, KABARAK Tel. 051-343234/5 0729-223370 Fax. 051-343012 <a href="mailto:admissions@kabarak.ac.ke">admissions@kabarak.ac.ke</a>	<b>The Coordinator</b> Kabarak University Nakuru Town Campus Giddo Plaza Nairobi- Kisumu Highway Tel. 051-2215549, 0726-415541 <a href="mailto:nakurutowncampus@kabarak.ac.ke">nakurutowncampus@kabarak.ac.ke</a>	<b>Kabarak University Nairobi Office</b> Trans- National Plaza 3 <sup>rd</sup> Floor City Hall Way Tel.020-240634, Fax.2229090 <a href="mailto:nairobilaisnonoffice@kabarak.ac.ke">nairobilaisnonoffice@kabarak.ac.ke</a>
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**WEBSITE:** [www.kabarak.ac.ke](http://www.kabarak.ac.ke)

*Kabarak University Moral Code*

As members of Kabarak University family, we purpose at all times and in all places, to set apart in one's heart, Jesus as Lord (1 Peter 3:15)

# Kabarak University Guest House



*For Workshops, Conferences, Seminars, Wedding receptions, Picnics, Parties, Team building & Retreats with ample parking space for cars and buses.*

*We provide 24hr security for our guests*

**KABARAK GUEST HOUSE FOR COMFORT**

For booking and reservation contact  
Florence, +254 717680113 or Janet,

+254 722 490112



# Health Digest

## EATING HEALTHY

By Victoria Gitau

Recently we've been hearing of diet related illnesses in people who are in their twenties and even in their teens. The trend is going towards the ages of below ten years old. Have you ever seen a 9 year-old who looks like he's thirteen or fourteen? Or a boy who looks like a mini Santa-Claus? Well don't be surprised, you're not the only one who's noticed it! It's happening all over the world.

Obesity, diabetes, hypertension, kidney failure, cancer and the list goes on. These are some of the diseases that are caused by eating overly processed food or non-nutritious food. These dangerous diseases can very easily be avoided. Here are some tips;

vitamins and minerals you need to be healthy. Stick to water, milk and 100% fruit and vegetable juices as your main beverages and limit sugary soft drinks. If you get tired of plain water, add a slice of lemon or lime to add a touch of flavor. For kids, try some fruit juice jazzed up with carbonated water.

### Healthy Foods to Eat

The closer a food is to its natural state; the better it is for you. Fresh fruits and berries are great and will satisfy a craving for sweets. Whole vegetables have lots of vitamins and minerals, so eat more green, orange and yellow vegetables. Steam them to retain the most nutritional value and be careful with sauces; they may be high in calories and fats that aren't good for you.

Baked goods should be made from whole grains. Avoid sugary snacks and pastries as well. An apple is good for you, an apple pie really isn't.

Lean meats are good for you and don't forget the fish. The omega-3 polyunsaturated fatty acids in ocean fish are often deficient in our diets, so serve seafood two or three times per week. Baked fish and chicken are healthier than fried, and lean meats like bison or venison may be healthier than higher fat beef.

Processed lunch meats, hot dogs, bacon, and sausages have a lot of saturated fat and nitrates in them you don't want in your body. If you love these meats, you can find healthier versions sold at health food stores.

Remember to eat a variety of foods to get all of the

### Unhealthy Foods

- Battered and deep fried foods
- Sugary sodas
- Processed lunch meats
- Greasy snack chips
- White bread and refined pasta
- Most canned spaghetti
- Sugary breakfast cereals
- Frozen fried chicken, fish sticks

### Healthy Foods

- Green and brightly colored vegetables
- Dark leafy greens and lettuce
- Fresh fruits and berries
- Lean turkey and chicken
- Nuts, dried fruits and healthy snacks
- Whole grain breads and pasta
- Healthy cooking oils like olive oils and low cholesterol cooking oils
- Grass fed beef
- Cold water oily ocean fish
- Low fat milk or soy beverages
- Nuts, seeds, and legumes



Healthy foods



Fatty food, most dangerous



Fatty food, full of cholesterol

### Assess Your Lifestyle

Once you learn which foods are good for you, you need to look at your eating habits. If the foods you eat are not healthy, you might want to work within your habits and current lifestyle conditions, since they are usually tough to change. Consider these questions, then read on for tips to help you add healthy foods:

- Do you eat because you are bored, sad, or happy?
- Do you snack in front of the TV without even giving it much thought?
- Are most of your meals eaten at home or in restaurants?
- How often do you eat fast food?
- Do you like to cook?
- How often do you go to the grocery shop?
- Do you skip breakfast or lunch, then overeat later in the day?
- How big are the portions you consume?
- Do you crave sweets?

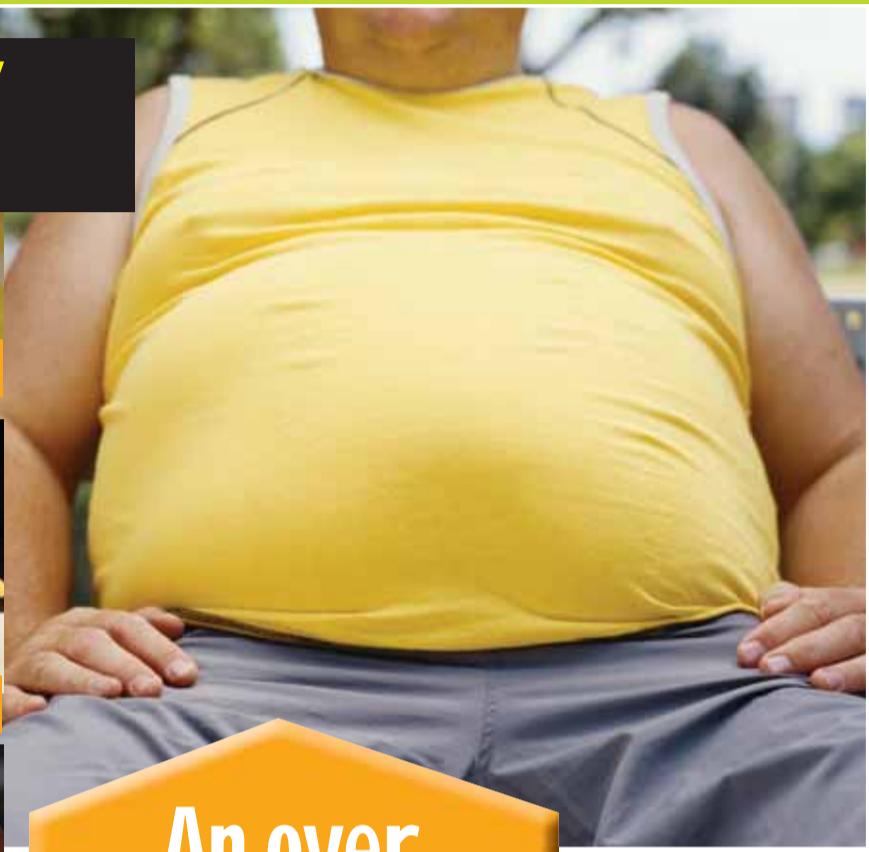
### Healthy Foods for Snackers

If you are an emotional eater, keep the junk food like potato chips, ice cream, and candy out of the house. Keep healthy snacks like fruits, crunchy vegetables with dips, or nuts handy. If you absolutely feel the need for a treat, then purchase a small piece of high quality chocolate or your favorite treat and enjoy it, just don't buy any to bring home.

The same tips are helpful for those who enjoy TV snacking at home. If you don't want to give up nibbling while watching your shows, keep low calorie foods close by, because it is very easy to eat too much when you are entranced by your favorite drama, football game or cooking show. Eat crisp raw vegetables with your dip instead of greasy chips.

- Are there foods you won't give up?

An overweight person



### Don't Skip Meals

If you skip breakfast, you may find that you lose energy by midmorning. Rather than skipping breakfast completely, split it in half. Eat a small breakfast early, such as an egg, small serving of oatmeal, or a slice of whole grain bread. Have a small snack on hand such as raisins and 10 or 12 almonds to eat at midmorning. This split breakfast is a much better solution than reaching for coffee and candy bars to perk yourself up.

### Control Portion Size

Our stomachs really aren't that big. Without stretching, the stomach will hold about two cups of food, but because the stomach will stretch, it can hold considerably more food than we need at any given meal.

When you eat at home, serve your meals already dished up on individual plates rather than family style at the table. You will be less likely to reach for "seconds" that way. At restaurants, avoid buffets, unless you are very disciplined. It is way too tempting to load up three or four plates plus dessert.

### Tame Your Sweet Tooth

Curb your cravings for sweets with fruits and stay away from sugary snacks and pastries. These treats have lots of calories and can be loaded with unhealthy fats. If the fruits and berries aren't sweet enough for you, add just a tiny sprinkling of sugar. Avoid sugary sodas and try iced herbal teas or ice water and a slice of lemon or lime.

### Things You Won't Give Up

Do you feel like you can't live without your chocolate? If there are foods you won't give up, enjoy them in smaller amounts. Buy one tiny high quality piece of candy and enjoy it, but don't buy a bag full of snacks to take with you. Limit other treats or favorite foods that aren't healthy, maybe let yourself eat them one time per month, or search for healthier versions at natural foods markets.

### Rome Wasn't Built in a Day

If you can't transform your unhealthy diet overnight, don't despair. Most people can't. Start implementing some of these ideas, even just one at a time. Every change you make will be one step in the right direction.

# SPORTS

## Sports facilities second to none



The institution has a good swimming pool to international standards

By Felix Kibusa



sports and Recreation and also the Secretary General to the organization, may I thank Kabarak university fraternity for the support they have given to both sports department and the KUSO at large. Kabarak university sport department greatly appreciate all students for their participation in sports and recreational facilities. The management at large can't be left behind since they have assisted the department of sports both financially and morally. The January-March semester has been short but we management to achieved the best. Kabarak university offers various sports and recreational activities, inclusive of Rugby team which performed well in the universities league. Ranging



The institution has a good football pitch which encourages talent development among the youth

**O**n behalf of Kabarak University Student Organization (KUSO), where I serve as the Director of

from indoor games like; (Badminton, chess, Table Tennis, pool, Darts) to outdoor games (including athletics and ball games), the university has really recognize their efforts of various sports and games by rewarding them. Our facilities are second to none, the track and other recreational facilities like swimming pool are excellent. The serene environment is favourable for all these activities and we as the department integrate sports and spiritual life in the university. Lastly, may all thanks and praise go to the Almighty God for His care throughout the semester and we pray for His blessings to be with us come next semester. Welcome all to Kabarak university, home away from home. Thank you all and God bless you all.

## PICTURE SPEAKS



Prof. Nassiuma planting a tree at Kapsakwony High School