

Issue 7  
September 2021

# CAMPUS

# Talk

*...Keeping you updated*

A Newsletter of Gretsá University



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# ESSENTIAL SKILLS FOR SUCCESS

## *In the Modern Job Market*

By Mugambi Frankline

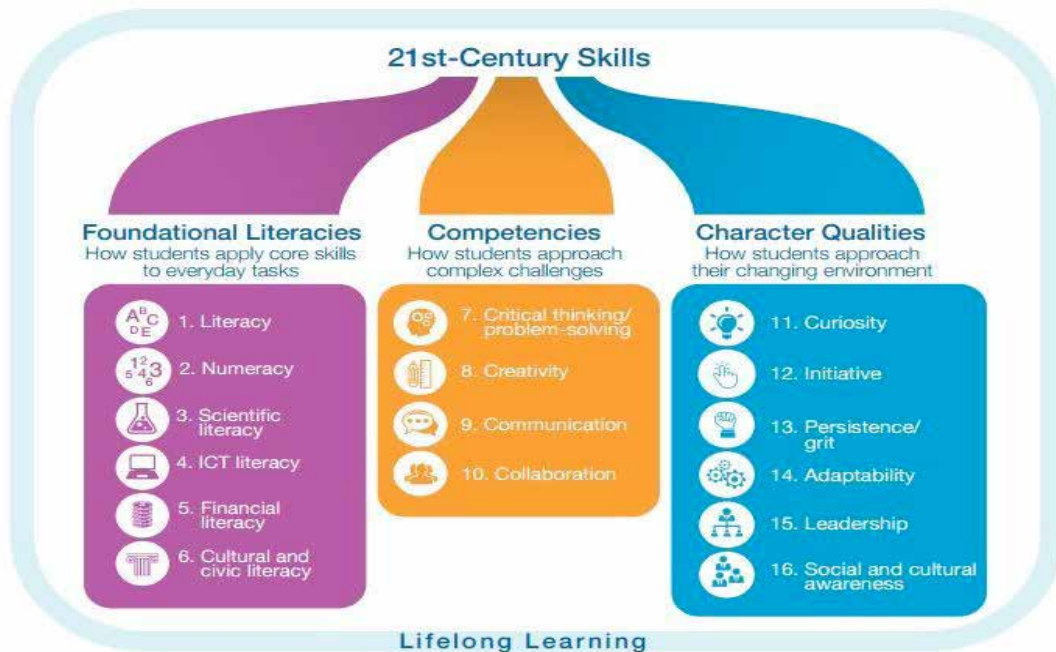
Department of Library and Information Science

Preparing for a rapidly changing job market is not an easy task. While some campus students just do the bare minimum such as following the motions of life like attending classes, doing assignments, spending time in the library and so on, it is advisable to think about life after campus, draw a plan and prepare beforehand for the real world. Contemporary opportunities demand for the possession of essential skills dubbed 21st-century survival skills on top of the mandatory academic skills. These are transferable skills that can be applied in diverse settings and will help you compete effectively. The tricky part is that you are not likely to learn these skills in a typical classroom setting. However, the university community occasionally avails opportunities to acquire these skills through activities such as community outreach, public speaking forums, academic trips, drama, seminars, conferences, and many more. It's up to you to grab the opportunities and learn!



**The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.” — Alvin Toffler**

Exhibit 1: Students require 16 skills for the 21st century



Note: ICT stands for information and communications technology.

*Adopted from Soffel, J. (2016). What are the 21<sup>st</sup> - Century skills every student needs. World Economic Forum (Vol. 10).*

# BE PREPARED FOR LIFE

## CHALLENGES



*By Stella Marete*

*Student Welfare Department*

Now and then, pictures of fresh graduates frustrated with the lack of formal jobs in Kenya keep emerging on popular media, triggering public concern.

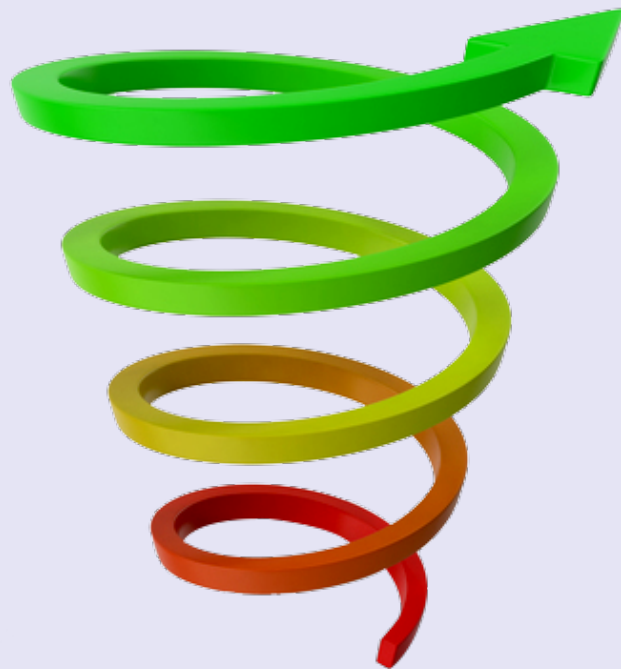
Having graduated years back from a Kenyan University, my advice to students on key issues to observe for a successful life is as follows:

1. **Keep healthy:** Everything you dream of is meaningless if you are unhealthy. Eat well, drink moderately if you have to and keep fit.
  2. **Work:** It's time for hard work. The world will only reward you for the effort you put in. You only earn after your contribution. You may need to work harder to acquire additional skills to make you competitive. Avoid situations where your employer spends resources teaching and re-skilling you.
  3. Having an organized life
- a) Always wake up early, dress up neatly, show up at work on time and organize yourself a day before for tasks ahead. It doesn't matter whether it's your own hustle, a formal private or government job, family business and whatnot.
  - b) **Keep learning:** In every difficult situation, may it be loss of a job, demotion or retrenchment, learn from these events. Build on your skills to become better.
  - c) **Toughen up:** The world of work is pure chaos and pain. Some people will drive you insane. Places and people that were your refuge will disappear and most of the time you will be on your own. You will have amazing days and awful days. Walk through the storm and become stronger.
  - d) **Be patient and truthful to yourself:** Always remember that success takes time. The many things you dream of will take time to acquire. Therefore, keep building your skills, working diligently, believing in yourself and success will finally come. Always remember that the people you admire today worked hard for their success.
  - e) **Master money:** Have a savings plan. Save 20% of every single earning without compromise and learn to live on the remaining 80% and keep increasing the percentages you save. Don't save tomorrow; save today.
  - f) **Understand time:** It is said that many people overestimate what they can do in one year and underestimate what they can do in ten years. Pace yourself.
  - g) **Be cautious of quick riches:** Don't chase instant wealth dreams. Be patient, consistent, and intentional.
  - h) **Hang on to what's important:** Don't forget to make time for friends and family. The older you get, the more friendships die or fade away and making new friends becomes difficult. Spend time with family and friends.
  - i) **Enjoy Life:** Life is not all about money and work. Find your purpose, be kind to others all the time, practice empathy, and above all, create some time for your creator.

# ALL IN *A life!*

*By Susan W. Chege*  
*Administration Department*

Life is not always perfect. Like a road, it has many bends, ups and downs, but that is its beauty. One should face life challenges with courage, allowing the beauty of life to act as a pain killer, making the pain bearable during trying times by providing hope. Life is not measured by the breaths we take but by the moments that take our breaths away. Challenges are a part of everyday life. Being challenged in life is inevitable; being defeated is optional. Challenges are like cracks, but cracks do not mean that you are broken; they simply signify that you were put to the test and didn't fall apart. To sum up, life is beautiful as roses, but it has thorns; thus, enjoy life but prepare to bear the pricks of pain.



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# Man Talk Forum

*By Stella Marete*  
*Student Welfare Department*

For many reasons, it is often difficult for men to seek counselling support for their mental and emotional wellbeing. More often, men struggle with how to express their feelings and find it hard to know where to turn to when it becomes impossible to ignore disturbing feelings and behaviours. With this in mind, the University has purposed to host male students counselling forum dubbed “Man Talk” with such an event being held on March 17, 2021. This was a non-judgmental forum where

male students, together with a professional counselor, were given the opportunity to talk, listen and express themselves freely.

During this forum, five psychosocial aspects were covered:

- ✓ Intimate Relationships
- ✓ Cohabitation
- ✓ Peer influence
- ✓ Stress and Stress Management
- ✓ Drug and substance abuse



*A Counselor from St. Matias Mulumba Mission Hospital addressing students during the Man Talk Forum*



*A snapshot of participants during the Man Talk Event.*

# TALENT SHOW

*By Stella Marete  
Student Welfare Department*

A myriad of performances were showcased at this year's "Talent show" hosted by the Greta University Students Association (GUSA) on March 5<sup>th</sup>, 2021. The event provided students with a platform to showcase diverse talents in various categories: Music, Singing, Comedy, Dancing, Poetry, and Arts. The event was also meant to welcome the new students who had joined in January 2021. The Entertainment crew included MC Kimani Paul, DJ Young Stan and MC Wanasamba.



"Well I was happy obviously, but a little shocked," said Brenda Amayo, one of the participants. "There were so many talented participants performing, but I am happy that I was talented enough to impress the judges and win first place in the singing category."

Other winners of Talent Show included David Kiruki in the Dance category, Kelvin Mambo in Comedy, Peter Otieno in the Sports Commentary category and Solomon Wanasamba in the Spoken Word category.



- 1 *Starge Dance Crew does their thing*
- 2 *Mary Koki and Rose Wangeshi performing during the talent show*
- 3 *Boaz Kilel and Lizzie Patience show case their talent*



*Brenda Amayo singing during the talent show*



*Adili Pendo belts his tune*



*Valarie Wangeshi singing during the talent show*

# THE PUBLIC SPEAKING FORUM



Participants, from left Collins Gichuki, Bonface Siro and Shillah Moraa during the public speaking forum.



Bogonko Daniel during the public speaking forum



Barry Amayo presenting during the public speaking forum

By *Phoestine Naliaka*  
School of Education

Public speaking skills are part of the essential skills required of every graduate in today's world. Even if your career may not require you to make regular presentations in front of an audience, there are many situations where good public speaking skills can help you advance your career and create opportunities. Good public speaking skills are also crucial in other areas of your life. For example, you might be asked to make a quote of thanks at a friend's wedding, speak to a group of youths at church or give a eulogy for a loved one.

However, while good public speaking skills can open countless doors, poor public speaking skills can close them.

For example, you might lose a valuable new contract by failing to connect with a prospective client during a sales presentation. Or you could make a poor impression during an interview with your dream employer. The good news is that speaking in public is a learnable skill. As such, you have (will) been taught the concepts of public speaking in the common unit on Information Literacy. However, learning the concepts in class is not enough; you also need to practice; that is why the School organized this event on Thursday 25th February 2021 in Hall 1 from 2.00 pm to allow students to sharpen their public speaking skills. There were two topics to select from, and below are the winners.

## CASH AWARDS

### Topic I: School Unrests: A Reflection of Moral Decay in the Society

- |                   |                            |
|-------------------|----------------------------|
| 1. Faith Kemboi   | Winner                     |
| 2. Bogonko Daniel | 1 <sup>st</sup> Runners Up |

### Topic II: Teenage Pregnancy: Who is to Blame?

- |                  |                            |
|------------------|----------------------------|
| 3. Boniface Siro | Winner                     |
| 4. Shillah Moraa | 1 <sup>st</sup> Runners Up |





# NEW GUSA GOVERNING COUNCIL TAKES OFFICE

By Stella Marete  
Student Welfare Department

The newly elected Gretsia University Students Association (GUSA) Council was sworn to office on July 2nd 2021 at a ceremony graced by the Academic Dean, Professor Wabuke Bibi. The new Members of the GUSA Council, led by the Chairman, Ezra Amata, pledged to champion the welfare of the students in key areas such as sports, field trips, among others.

Speaking during the ceremony, Prof. Bibi paid tribute to the outgoing governing council for the excellent work and maturity they displayed in dealing with pertinent issues, especially at the start of the COVID 19 pandemic and urged the new governing council to learn from them. He pointed out that the new GUSA Council is now part and parcel of the University leadership and thus expected to offer solutions and not only complain and criticize. The outgoing GUSA officials were awarded gifts for their exemplary service during the academic year 2019-2020.



## Photos of the GUSA Council Members during the swearing in ceremony

1. Ezra Amata Imbwaka - Chairperson
2. Fiona Gatwiri - Treasurer
3. Thabo Mbeki - Secretary General
4. Linet Orito - Vice Chairperson
5. Chrispin Odhiambo - Secretary, Sports and Entertainment
6. Addulhamid Tullo - Secretary, Religion
7. Ruto Timothy - Secretary, Academics

# THE ANNUAL NATIONAL EDUCATION SYMPOSIUM



*By Phoestine Naliaka  
School of Education*

A national symposium was held at the University on 25th June on “Effects of Covid-19 on University Education”. The novel coronavirus (Covid-19) pandemic has posed new challenges and opportunities within the education sector. To analyze the pandemic’s impact on university education and explore possible solutions, the School of Education organized this year’s National Symposium.

The guest speaker was Beth Maina, an Educationist, Quality Assurance Expert and Standards Specialist. Nine students from Gretsia University participated in the symposium: Sheila Moraa, Geoffrey Bisonga, Davis Nyabuto, Bogonko Daniel, Victor Karimi, Caleb Ondieki, Boniface Siro, Vincent Oduor, and Collins Gichuki. Boniface Silo emerged as the winner, Collins Gichuki emerged second, and Sheila Moraa third. The winners were awarded cash prizes.



*Beth Maina congratulates Sheila Moraa for emerging third in the contest*



*Beth Maina congratulates Collins Gichuki who emerged Second in the contest at the National Symposium*



*Head, School of Education congratulates Boniface Siro for emerging the best in the National Symposium Contest*



*A group photo of participants of the National Symposium*

# COUNSELLING FORUM: *DRUG AND SUBSTANCE ABUSE TALK*

*By John Kimathi,*

*Chairman, Community Outreach Thematic Group*

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Drug and substance abuse has become a rampant challenge among the youths, with very severe consequences on health and lifestyle.

Gretsa University community outreach thematic group held a talk to sensitize students on the impact of drug abuse and how to lead a drug-free life.

The event was held on 14 July 2021, facilitated by Mr. Jacob Seme of Kenyatta Trust. Mr. Seme is a renowned public speaker and a motivational speaker. He emphasized the importance of drug abstinence, behavior change, personal awareness, and overcoming peer pressure on drug and substance abuse.

The event was graced by Nancy Wanjiru, who had accompanied the keynote speaker. Wanjiru facilitated the group discussion where students formed small groups to assess their knowledge on drug and substance abuse. The event was fruitful, with students having a healthy interactive forum where challenges associated with drug and substance abuse were addressed.



*A group photo of the winners of The National Programming Contest with Peter Siele, Head School of Computing & Informatics and Vincent Mbandu, academic Staff in the School.*



# Career Talk Event



By *Nyokabi Kibathi, Career Services & Alumni Relations* & *Pascaline Ndila, Library and Information Services Department*

On July 28th, 2021, the Office of Career Services & Alumni Relations organized a career talk for university students themed, Incorporating Soft Skills to Develop Professionalism and Career Development. The keynote speaker was Sharon Mbugua, Managing Director of Amethyst Consulting.

## The activities of the day included:

### i. Definition and types of careers

### ii. Entering the job market through -

- **Job identification:** The speaker enlightened the students about Job advert information sources, such as; LinkedIn, recruiting firms, referrals, etc., how to apply for jobs, identifying jobs not necessarily in one's field, etc.
- **Job application: Employers usually have uniform job application forms that job seekers are required to fill out.** These forms are often completed online, but some organizations still use paper applications. Employers use uniform job application forms because they can easily compare each applicant's background and work experience. Job applications require preparation at an individual level and through the formal application procedure. CVs also need to stand out to attract Human Resources. The speaker also mentioned the need to remodel CVs to suit the job opportunity you are applying for.
- **Shortlisting:** The speaker advanced that shortlisting is the process of identifying the candidates from an applicant pool who best meet the desired criteria. Recruiters have varied processes of shortlisting. In many instances, shortlisting is usually an overwhelming process due to the vast number of applications. The speaker stated that instead of poring over hundreds of applications to get to the select few who might be a fit, you can focus on the best available talent from the start.
- **Interviewing:** Interviews provide an opportunity for both the potential employer and employee to decide if the individual's skills and character align with the firm's needs and culture.
- **Recruiting:** Recruiting a suitable candidate is vital to the success of the company. Preparation is crucial, and so is an unbiased comparison of candidates. It would be best to prepare a set of standard must-have questions, read through the resume thoroughly, and note down additional questions for every individual. Effective recruitment means more than hiring the right person for the job. A fast and efficient

recruitment process can **reduce costs**, enhance a company's reputation both from a market and candidate perspective and ensure that the very best talent is identified, engaged, and hired.

- **Onboarding:** The speaker explained that onboarding is the action or process of inducting a new employee into an organization. It typically involves taking the necessary steps to ensure that new hires are welcomed into their new role, have a thorough understanding of the company and its mission, and have clear expectations of their role's responsibilities.

### iii. Group exercise on MOCK interview simulation

The speaker divided the students into groups of six and chose one student from each group to be interviewed by their group members. The students learned how an interview is done and how important it is to answer questions correctly to ensure you get the job.

### iv. Career Assessment and its importance

The speaker mentioned that career assessment helps one know their interests, personality, aptitudes, skills, values and strengths.

### v. Expectations from career choices selected

The students were taught to seek alignment with their interests. They should work towards job satisfaction.

### vi. The Future of Work

Soft skills and emotional intelligence is vital in the workplace. The speaker mentioned that Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate

effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. It can also help you connect with your feelings, turn intention into action, and make informed decisions about what matters most to you.

In Conclusion, the speaker introduced students to the realities of the job environment after graduation. The key among issues was that after graduating, one enters the job environment at the bottom level. Those in managerial positions look for job seekers who are relevant and visionary. Additionally, graduates need to adjust to the fact that getting a job unrelated to their career path is high, mainly because opportunities in Kenya are limited. Still, in case that happens, one should embrace the opportunity and grow in it. The speaker reminded the students that the job market is crowded and competitive and therefore, those who manage to survive are the ones who can take additional roles and give their best.



*Nyokabi Kibathi, Head, Office of Career Services and Alumni Relations introducing the speaker of the day; Sharon Mbugua.*



*Sharon Mbugua making her presentation*



*Students listening keenly to the talk*



*Students waiting to be interviewed by their colleagues during the MOCK interviews*

## The National Programming Contest

*By Peter Siele, School of Computing and Informatics*

The Gretsas University National Programming Contest is a 6-hour programming Contest that attracts many contestants from all over the country. Every year Gretsas university organizes a national programming contest whose objective is to nurture ideas and provide immediate technology solutions developed by the youth to support the government and organizations to address the existing challenges and gaps in various sectors of the economy.

The theme for this year’s programming contest which was held on 23rd July 2021, was “Providing IT solutions for a Dynamic Business Environment”. The programming contest attracted university students from Gretsas University, University of Nairobi, Muranga University, Mount Kenya University, Kabarak University and South Eastern Kenya University.

Contestants were expected to develop innovative software solutions of their choice to solve real-world problems for the areas specified for each category based on the theme of the programming contest.

The categories included Mobile Application Development (Category 1), Web Application Development (Category 2) and Basic Website Development (Category 3).

All the contestants came up with impressive ideas and solutions on how to tackle current issues surrounding a turbulent business environment, but the ultimate winners had to be crowned by the end of the day. Eric Muli from the University of Nairobi emerged as the winner for category one, Martin Njoroge from Jomo Kenyatta University of Agriculture and Technology for category two, while Letanya Wilson and Brian Benedict Njau from Gretsas University, who both worked as a team, emerged winners for category 3.

All contestants were encouraged to cultivate a programming culture at individual level as we look forward to next year’s programming contest.



*A group photo of the winners of The National Programming Contest with Peter Siele, Head School of Computing & Informatics and Vincent Mbandu, academic Staff in the School.*

# THE HEALTH EDUCATION FORUM

*By Nelly Mburu  
School of Health Sciences*



The Gretsas University School of Health Sciences conducted an open health forum on 29th July 2021. The key aims of the forum were:

1. To create a platform in which the health sciences students would gain practical exposure to various health-related academic areas.
2. To create awareness to the Gretsas University community about the school's equipment and operations.
3. To offer health-related services to the entire Gretsas Community.

#### The activities conducted included:

- Health education on various issues
- Nutritional screening and counselling
- Showcasing critical health science equipment



*Prof. Wabuke Bibi giving a speech during the Health Science Open Forum*



*Health Science students showcasing equipment used in the department.*



*Health Science students showcasing how technical drawing is done.*



*Health Science students showcasing how to resuscitate a casualty.*

# Makala Ya Mlezi Wa Chama

*Na Edwin Muna*

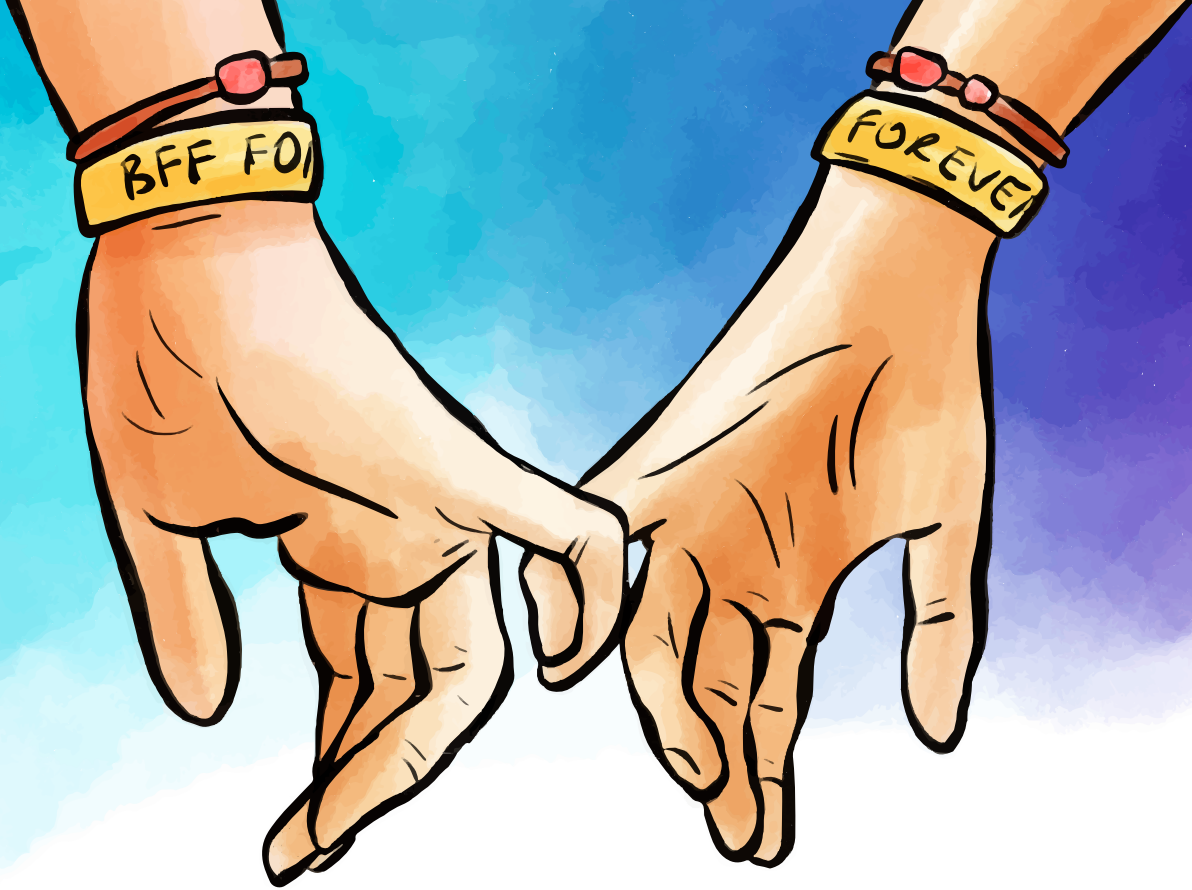
*Mhadhiri, Shule ya Masomo ya Ualimu*



**U**muhimu wa lugha ya Kiswahili nchini Kenya u wazi kama meno ya ngiri. Wakenya wengi wanaitumia lugha hii kuziendeshaa shughuli zao za kila siku. Nchini Kenya, Kiswahili kimepewa hadhi ya lugha ya taifa na lugha rasmi. Hivyo basi, Kiswahili ni kiungo muhimu katika kujenga na kuendeleza umoja katika taifa hili. Uzungumzwaji wake umechangia pakubwa katika kuziporomosha kuta za ukabila na kujenga utangamano mwema miongoni mwa Wakenya. Vilevile, Kiswahili ni kitambulisho muhimu cha kitaifa na wanaokizungumza hudhahirisha uzalendo wao kwa nchi hii.

Kwa kuwa Kiswahili ni lugha muhimu kwetu, ni vyema kwa kila Mkenya kufanya juhudi awezazo kukikuza. Tunatambua hatua muhimu ambazo zimepigwa na wataalamu wa lugha, wanaisimu, wanahabari, vyombo vya habari na hata serikali katika kukikuza Kiswahili nchini. Hatua ya Mabunge ya Taifa na Seneti kutafsiri taratibu za bunge kwa Kiswahili na kufanya mijadala yao kwa Kiswahili inastahili kupongezwa na Wakenya wote. Hatua hii ni ya kijasiri na kizalendo. Serikali kuu na taasisi zake zote zinafaa kufuata mfano huu mwema.

Vyuo vikuu navyo vyafaa kutekeleza jukumu lao katika ukuzaji wa Kiswahili. Vyuo vikuu vinawaandaa wataalamu wa siku zijazo. Wanaofuzu kutoka vyuoni huishia kufanya kazi katika ofisi za serikali na zisizo za serikali. Wengine hujiajiri na kuwaajiri watu wengine. Kundi hili la Wakenya lina nafasi nzuri sana ya kukikuza Kiswahili. Ili waweze kutekeleza jukumu hili vyema, sharti vyuo vikuu viwaandae vyema kuendelea kuwasiliana kwa Kiswahili hasa lahaja sanifu katika sehemu zao za kazi. Kwa hivyo, vyuo vikuu vinapaswa kufundisha kozi za lazima kwa kutumia Kiswahili ili kuhakikisha kuwa si wanafunzi wanaofanya somo la Kiswahili pekee ndio wanaoendelea kujifunza Kiswahili chuoni bali kila mwanafunzi anayejiunga na vyuo vikuu hivyo. Kozi zinazohusu maridhiano na utangamano wa kitaifa zinafaa kufundishwa kwa lugha ya Kiswahili. Vilevile, vyuo vikuu vinafaa kufundisha kozi zinazohusu virusi vya ukimwi, afya na utunzaji wa mazingira kwa kutumia Kiswahili. Hatua kama hizi zitasaidia kuhakikisha kuwa wanafunzi wanaojiunga na vyuo vikuu hawakumbwi na tatizo la kupoteza lugha ya Kiswahili wakiwa chuoni au baada ya kutoka chuoni. Ufundishaji wa lugha ya Kiswahili kwa wanafunzi wote haupaswi kutamatika katika shule za upili bali uendelezwe katika taasisi za elimu ya juu.



## *Wanachuo Wabadili Mtazamo Wao Kuhusu Mahusiano Yao Ya Kimapenzi*

*Na Nyongesa O Philip  
Mwanafunzi Shule ya Masomo ya Ualimu*

**M**ojawapo ya changamoto wanazokumbana nazo wanavyuo wanapojiunga na vyuo vikuu ni hili la mahusiano ya kimapenzi miongoni mwa vijana wa kiume na wa kike. Wanafunzi wengi wanapojiunga na vyuo vikuu huapa kutojiingiza katika mahusiano ya kimapenzi wakiwa chuoni. Hata hivyo, kuna wale ambao huwa tayari wamo katika mahusiano ya kimapenzi wanapoingia katika chuo kikuu.

Baadhi ya wanafunzi huingia katika mahusiano haya bila kujua yaliyomo na ya kutaraji. Idadi kubwa ya wanaoingia katika mahusiano haya, huamini kwamba mahusiano yao yataidumu hadi ndoani. Japo naamini mahusiano hayo yakiishia ndoani, wahusika watakuwa wamenufaika, mara nyingi yanakufa kifo cha ghafla chuoni tu.

Wanafunzi wa vyuo vikuu hukumbwa na changamoto tele zinazodumaza mahusiano yao. Huenda tatizo hapa hasa ni lengo la kujitumbukiza katika mahusiano yenyewe. Wengine hufanya hivyo kwa kuwa wamependana kwa dhati huku wengine wakifanya hivyo kujifurahisha tu. Wengine nao huingia katika mahusiano hayo ili kunufaika tu kifedha. Hata hivyo, kwa kuwa wanafunzi walio katika vyuo vikuu huwa

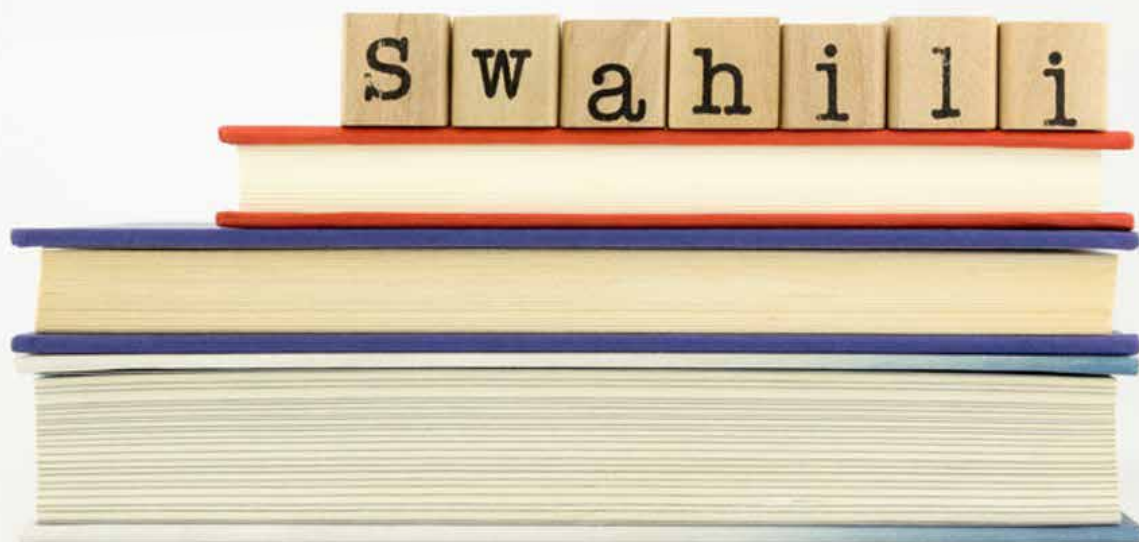
wanawategemea wazazi wao na mkopo wanaopewa na Bodi ya Kutoa Mikopo kwa Wanafunzi wa Vyuo na Vyuo Vikuu, baadhi yao hukumbwa na upungufu wa hela zenyewe za kutunza mahusiano yao. Matokeo yake ni kuvunjika kwa mahusiano hayo. Hali hii huweza kusababisha msongo wa mawazo, tokeo lake huwa baya zaidi endapo msongo huu hautakabiliwa vilivyo.

Wanafunzi wanafaa kuyajenga mahusiano muhimu miongoni mwao. Hata hivyo, wajiepushe na mahusiano ya kimapenzi kwa kuwa yanahitilafisha juhudi zao za kuyaendeleza masomo yao. Hata hivyo, wanaweza kujenga mahusiano yanayolengwa kuwasaidia katika shughuli za kiakademia na maisha yao ya chuoni. Mengine yanaweza kusubiri wakati unaofaa.

Aliwahi kusema mwanzilishi wa taifa la Afrika Kusini, Nelson Mandela kwamba “*mojawapo ya mambo magumu si kubadili jamii, ila kujibadili mwenyewe*”. Umefika wakati ambapo ni vyema wanachuo wabadili mtazamo wao kuhusu mahusiano wanayoyajenga chuoni ili wasikiuke maadili ya jamii wala matarajio ya jamii kwao.



# Tutumie Kiswahili Kama Chombo Cha *Kuwaunganisha Wanafunzi Vyuoni*



## *Na Chama cha Kiswahili Gretsa*

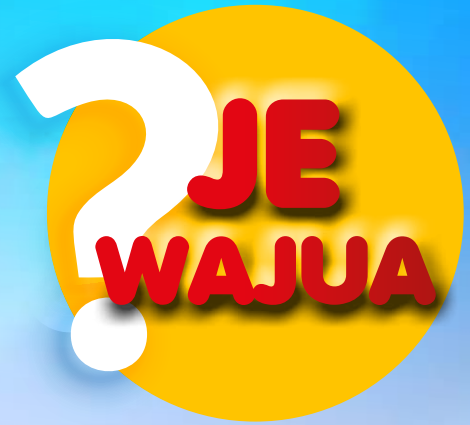
**M**ara nyingi tumeiona lugha ya Kiswahili kama lugha ya kujua kuizungumza na kuiandika tu, na labda lugha ya kufunzia katika shule na vyuo vikuu. Ukweli ni kwamba umuhimu wa Kiswahili unapita mipaka hii. Lugha hii ni nyenzo inayoweza kutumiwa kutekelezwa majukumu mengi katika jamii. Rais wa kwanza wa taifa la Afrika Kusini, marehemu Nelson Mandela, aliwahi kusema kuwa ukimzungumzia mtu kwa lugha anayojua, hayo huenda akilini, lakini ukimzungumzia kwa lugha yake, hayo yanapokelewa moyoni.

Katika tahariri hii, tunaangazia jinsi tunavyoweza kutumia Kiswahili kama nyenzo ya kuleta umoja miongoni mwa wanafunzi wa vyuo vikuu. Vyou vikuu nchini huwa na wanafunzi wanaotoka katika maeneo mbalimbali nchini na katika Jumuiya ya Afrika Mashariki. Wanafunzi husika wanatofautiana katika maswala kama makabila, matabaka, dini, miegemeo ya kisiasa. Tofauti hizi zinaweza kuhitilafisha mahusiano miongoni mwa wanafunzi wa vyuo vikuu. Hata hivyo, lugha ya Kiswahili kinaweza kutumika kama chombo muhimu cha kuwaunganisha wanafunzi hao.

Wanafunzi wa vyuo vikuu wanaweza kutumia Kiswahili kama chombo muhimu cha mawasiliano yao wakiwa chuoni. Kuzungumza Kiswahili kunayeyusha kuta zinazowatenga wanafunzi na kuchangia katika kujenga jamii moja ya wanafunzi katika chuo kikuu husika. Wanafunzi wanapokutana kupiga gumzo pamoja wakati ambapo hawana vipindi au wanapoyazungumzia hali zinazowakumba chuoni, wanaweza kufanya hivyo kwa Kiswahili. Wanafunzi wa vyuo vikuu, vilevile, hutumia Kiswahili kuwasiliana wakati wanapokutana katika Nyanja mbalimbali za michezo na hata katika tamasha za talanta chuoni. Hali hii inachangia kukuza na kuendeleza uzalendo wa wanafunzi hao kwa taifa la Kenya na hivyo kujepesha na migawanyiko ya kikabila. Kweli, uzi hupitia palipopitia sindano na palipo nia pana njia. Wanavyuo wawe kipaumbele kwa kukamilisha hili ndipo livuke lifikie wanajamii wengine zaidi.

# Vikorambwezo

Na Vincent Wanjala,  
Mwanafunzi Shule ya Masomo ya Ualimu



1

**M**wanamke wa kwanza kufika angani, Valentine Tereshkova alifika mnamo mwaka wa 1963, miaka miwili baada ya mwamume wa kwanza, Yuri Gagarine kufanya hivyo mnamo mwaka wa 1961. Hata hivyo mipango ya kuenda angani haikuwahusiaha wanawake tena mpaka miaka ya 1980 miaka ishirini baadaye.

2

**L**engo kubwa la kupiga muayo ni kuupoza ubongo baada ya joto Lkuzidi kwenye ubongo au baada ya ubongo kuchoka kufanya kazi. Vile vile kama ukiwa umechoka au una njaa husabababisha hewa ya oksijeni kupungua kwenye damu na kwenye mapafu, hii hupelekea tatizo la kupumua, hivyo kupiga miayo husaidia kuingiza hewaya ziada mwilini ili irudishe mwili katika hali yake ya kawaida.

3

**M**bio za mafasa marefu (marathon) za Barkley za Marekani zinaaminika kuwa baadhi ya mbio zenye ugumu zaidi duniani. Zinaaminika kuwa zenye utofauti sana na huwa ni maili 100. Watu 14 pekee ndio wamewahi kumaliza mbio hizi na miaka mingine hakuna kabisa anayezimaliza kwa sababu ya ardhi ngumu ya semehemu hiyo.

4

**K**wenye jimbo la Lopburi Thailand, Sherehe hufanyika kila mwaka za kulisha nyani wapatao 2000 kwa matunda na mboga. Ajabu ni kwamba sherehe hizi hufanyika ndani ya hekalu litwalo Pra Prang Sam Yot na vyakula hujazwa kwa wingi nje ya hekalu.

# Mashairi

## *Vijana Tujichungeni*

*Na Aisha Hussein,*

Mwanafunzi Shule ya Masomo ya Ualimu  
Kila siku mi nawaza, vipi tawaambia,  
Hawa vijana mapuuza, walopotea njia,  
Nani taniliwaza, kwa majbu nipatia,  
Vijana tujichungeni kuna maradhi nawaambia,

Vijana mebadilika, mekuwa kama mbuzi,  
Kutwa wao ni majoka, na kufanya upuuzi,  
Hatwataki ambilika, hata na wazazi,  
Vijana tujichungeni kuna maradhi nawaambia,

Wasicha meacha shule, kwa ujauzito kupata,  
Wamekuwa kipaumbele, kwa maradhi kupata,  
Kisha wakae kule... kufikiri majukumu walipata,  
Vijana tujichungeni kuna maradhi nawaambia,

Vijana wanashiriki, kataika bishara haramu,  
Wakiambiwa hawambiliki, wamekuwa vichwa ngumu,  
Na polisi hawawashiki, wamekuwa vichwa ngumu,  
Vijana tujichungeni kuna maradhi nawaambia,

Kalamu naweka chini, taraji mtabadilika,  
Murudi ibadani, na kumuomba Mola,  
Tutamsihi kwa imani, na kuepuka fadhila,  
Vijana tujichungeni kuna maradhi nawaambia,

## *Ewe Chuo Changu*

*Na Linet Orito,*

Mwanafunzi Shule ya Masomo ya Ualimu  
Ewe Chuo changu, Mlezi wa yangu ari,  
Ndiwe daraja langu, wa zangu kuu ndoto,  
Ndimi nijitumae, kwako pia tafaidi.

Nifunde kwa elimu, niwe mtu mahiri,  
Maisha niyafume, kwa talanta na wosia,  
Ntoto yangu iking'aa, jinalo litazagaa

Wanafunzi tujitume, tubukue yalo mema,  
Jamii yatungoja, faidaye wafikie,  
Ukikwama hima sema, mawazo  
tachangizana,



*Part Four:*  
ON CAMPUS PICTORIAL



## Part Five:

### CLUBS AND PROFESSIONAL ASSOCIATIONS ACTIVITIES

# Christian Union Retreat

By John Kimathi,  
Christian Union Patron

*Christian Union Members having Fun at 14 Falls*



*Thrilled Union Members Test the Waters at 14 Falls*



*A snapshot of Members Participating in Egg-and-spoon Race during the Retreat*

**G**retsa Christian union (CU) held a retreat at fourteen falls on Saturday, 7/8/2021. Fourteen falls waterfall is a spectacular 27-meter deep scenery. It is off Thika-Garissa Road turning at Makutano junction. Fourteen Falls derives the name from their 14 distinct waterfalls on the broad section of the famous Athi River.

The main objective of the retreat was to have an engagement forum where students would improve their relations, interact freely, and discuss the peer subject openly.

The day began well with an epic view of the scenery, followed by ice-breaking games. The purpose of the icebreaker games was to help new CU members feel welcomed, and veteran members get to know colleagues they may have rarely or never interacted with.

They also created fun, which was a welcome break from regular work activities. Moreover, they encouraged interactions that wouldn't usually be possible under a typical church/school environment.

*Mark 6:31  
And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat.*

## THE GRE TSA PEER COUNSELORS

*By Mohammed Adan*

*Chair, Peer Counselors Club*

Peer Counseling is a brand-new initiative by the Student Welfare Office designed to offer a new way to meet the needs of students across the University. Peer Counselors Club draws its membership from students interested in engaging their fellow students on life issues such as drug abuse, stress and strains of campus life, and other subjects of student concern. In addition, the club works closely with the Students Welfare Office to promote student success, personal development, and retention.



*A group photo of Peer Counselors Club members. From left are Joseph Mutuku, Samla Jeythal, Hamdia Ibrahim, Nelly Muthoni, Mohamed Aden, Festus Wekesa, Stephen Simiyu, and Lydia Kerubo of Student Welfare Department*



*By Lydia Kerubo*

*Student Welfare Department*

Need to know how to use a compass or to learn any new skill of your choice? Then Presidential Award is the club for you. You also get the opportunity to participate in adrenaline-release activities like adventure and physical fitness.

*The club is anchored on four major activities:*

- 1 ★ Voluntary service
- 2 ★ Adventurous journeys
- 3 ★ Physical recreation
- 4 ★ New skills learning

There are three categories of awards for winners: gold, silver and bronze.

Did you know that the The Presidential Award Club was formed in 1956 by the late Prince Philip, the Duke of Edinburgh? It was a project that aimed to engage young boys who had left school at age 15 to join World War II. The girls joined the movement in 1958, and in 1980 the age was extended to 25. In Kenya, the club was introduced by the late President Jomo Kenyatta, who was also its first patron.



*By Nelson Buba,  
Chairman, Art Club*

Gretsa is a home of art; from the buildings to the campus environment, you get an artistic and aesthetic experience. Today we explore the beautiful sculptures in Gretsa. There is this particular sculpture of a woman carrying a jerrican. It is so beautiful and stands out. Every time I pass by, I can't help but fathom its beauty



*A photo of one of the artistic Sculptures in Gretsa University*

## THE RED CROSS CLUB

*By Lydia Kerubo  
Student Welfare Department*

Red Cross Club Gretsa Chapter was launched in July 2013. It is a club that provides you and your peers opportunities to make a meaningful impact in your community by addressing community needs. Red Cross Club empowers members to attain strong leadership, communication, and community service skills to help them respond to emergencies within their communities.



*A Photo of Red Cross Members at a dissemination forum in the University led by Eunice Mwambia from Red Cross Kenya Kiambu branch.*

# AN AMAZING TOUR IN QUEST FOR SPIRITUAL NOURISHMENT BY THE CATHOLIC STUDENTS



*A group photo of Young Catholic Students at Divine Mercy Shrine- Kyumbi, Machakos*

**T**he Greta University Young Catholic Students (YCS) members visited the DIVINE MERCY SHRINE at Kyumbi in Machakos County on 31ST, July 2021. We departed the University at 6.30 am and arrived at our destination at precisely 9.00 am.

The DIVINE MERCY SHRINE –(Kyumbi) Is an amazingly divine place. We could feel the presence of God. It presented an artistic chronology of the life of Jesus Christ from birth to death and resurrection. There were also scores of Christians who had come to experience the way of the cross. As we walked through the shrine, we encountered various inscriptions such as parables of the kingdom, the last judgment, the silence of god,

various bible quotations and the lord's prayer in different languages. We began with the way of the cross, devotion of the holy rosary, prayer in honour of the sorrows and seeking Gods intervention in our daily lives. Then, as we climbed the hill towards its peak, we too had a taste of what Jesus underwent. Indeed, it wasn't the nails that kept Jesus on the cross but rather the love for us that made him endure the pain, abuse and death.

At the peak of the shrine were the Ten Commandments well scrolled on the rock and the golden calf the Israelites had chosen to worship as their God. This was indicative of how we, the people, are impatient with our God. The Israelites could not wait for Moses to bring down

the ten commandments. All they wanted was the gods that could be seen. Later at around 1.00 pm, we headed to the divine shrine chapel, where the father-in-charge gave a brief history of the shrine. He also encouraged the youth to avoid peer pressure, drugs, unhealthy relationships, focus on their education and put God first in everything they do.

Last but not least, we had a joyful mass, Greta YCS being the main choir. It was lively with blessings in abundance, encouragement from other seminarians, sisters and other ordained priests.

We departed at around 5 pm and arrived at the University at about 8.15 pm.



**Part Six:**  
NEW STAFF

*Academic Staff*



**Dr. Johnson Mulongo Masinde**  
Bsc. Library and Information Science (KU); Msc. Library and Information Science (CCNU); PhD Information Science (CCNU) - Department of Library and Information Science and Directorate of Research and Publications.



**Dennis Wapukha Walumbe**  
BSc Computer Science (MMUST); MSc Information Systems (Kisii) - School of Computing & Informatics



**Judith Mwikali Mbwika**  
BEd (Arts) (UON); M.A. Linguistics (UON) - School of Education



**Winnie Chepkoech Malal**  
B.A. (Hotels and Hospitality Management) (Maasai Mara); M.A. Hospitality Management (Moi) - School of Hospitality and Tourism Management



**Seraphine Nthiga**  
B.A. (Sociology and Religion) (Egerton); M.A. (Rural Sociology and Community Development) (Egerton) - School of Humanities and Social Sciences



**Sheila Ambani**  
B.A. (History) (Egerton); M.A. (History) (Egerton) - School of education



**Calvins Odhiambo (BEd (Arts) (UON); M.A. Geography (UON) - School of Education**

*Administrative Staff*



**Sylvia Ndanu**  
Bcom (Karatina) - Finance Department



**Caroline Masika**  
B.A. Economics (Kabianga) - Academic Registry Department



**Lydia Kerubo Magera**  
BEd (Arts) (Gretsa) - Student Welfare Department



**Elphantus Wainaina**  
Bcom (Marketing) (Gretsa) - Student Recruitment and Admissions Department

  
**Part Seven:**  
TRANSITION

*Tribute To*  
**Robert Miano**

*By Susan W. Chege*  
*Administration Department*



*The late Miano, Senior University Driver who passed on in December 2020*

*With long days on the job, colleagues become like a second family.*

*Sorrow fills our hearts, sorrow that is deep and personal. Mr. Miano has silently closed the door of life and departed from us. Our lives will be empty in the areas that he had brightened for us. Albert Einstein said, "The value of a man should be seen in what he gives and not in what he is able to receive." Mr. Miano was a man who gave much to his work, a special friend to many.*

*We will miss his fatherly counsel to students and young members of staff.*

*The impact of his life will live on in the love and stories of the lives he has touched and changed. A life that burned so that others' paths were lit. You are gone from our sights but never from our hearts.*

*Until we meet again, you will live forever in our hearts.*  
**Rest in Peace, "Pilot."**

*Tribute To*  
**Rosemary Muthoni Mbugua**

*By Phoestine Naliaka*  
*School of Education*

*They say with time, it gets easier, that the pain goes away, but we believe this isn't true; Because even after all this time, we still remember you and what you used to say as you would never leave class without having answered or asked a question.*

*We were indeed amazed by your dedication to your studies. Despite your tight work schedule, you never missed classes. Your humility was on another level; who would have guessed that you were a director of two schools? You had a contagious kind of joy; you made everyone around you smile and live to the fullest each day.*

*Your passing was such a surprise; we were not ready to say goodbye; but we should never question what God has planned, as sometimes it's not meant for us to understand.*

*Although you're away physically, you're always in our hearts. It was a privilege to have known you. To us, you were more than just a student. As Grets University fraternity, we celebrate your life and every single life you touched while on this earth. Indeed, God only takes the best.*

*We are sure you left a huge gap in your family; you left a shoe that no one will ever fit in as a mother, a wife, a sister, an auntie, and a daughter, but they are comforted knowing that you are in a better place.*



*The late Rosemary, Student in the School of Education who passed on in December 2020*

*And together, we will carry you in spirit until we meet up once again.*

**Rest in peace Rosemary Muthoni Mbugua**



# Part Eight: Sports and Recreation Events

## GRETTSA UNIVERSITY SPORTS TOURNAMENTS

By *Dominic Korir,*  
*Sports Coordinator*

The Sports and Recreation Department designed internal competitions across all outdoor sports that the Government had categorized as ‘safe sports’ during this COVID-19 pandemic namely: Football, Volleyball, Handball, Basketball, Roll ball, and Netball.

All these sports were played in strict compliance with Covid-19 containment measures, with no spectators allowed in the field to enable social distancing. Further measures such as hand hygiene were also observed. The winning teams were awarded medals and cash prizes on Friday 2nd July 2021.



⬆️  
*Spartans A – Roll ball Men winners receive medals and cash awards*

*Stoke City FC – winners in Football receive medals and cash awards* ➡️



*Stoke City FC – winners in Football receive medals and cash awards*

*Team Belgium - Handball winners receive medals and cash awards*

# The Kenya Universities Sports Association (KUSA) Nairobi League

Our University teams joined the KUSA Nairobi League in the second leg of the 2021 season from June 2021. The following are the teams that represented the University in the League;

## A. Outdoor Sports

- Soccer (Men & Women)
- Volleyball (Men & Women)
- Handball (Men)
- Netball (Women)
- Basketball (Men)



*Gretsa Roll ball ladies team receiving halftime instructions from their Coach, Mr. Martin Abunde.*



*Gretsa Roll ball Ladies (in blue) in action against MKU Ladies, during the KUSA Nairobi Roll ball Championships.*



*Kelvin Nyongesa in action during Chess competition at KUSA Nairobi Indoor Championships.*



*Men's Basketball team pose ahead of their KUSA Nairobi match against Daystar University.*



*Volleyball Ladies celebrate scoring against JKUAT Ladies in a KUSA Nairobi match*

The teams in outdoor sports only managed to participate in one of the two sessions since they joined halfway.

## B. Indoor Sports

- Badminton
- Chess
- Darts
- Lawn Tennis
- Table Tennis
- Scrabble
- Rollball
- Woodball

The Indoor teams managed to play the two season matches. Ladies' Darts team and the Roll ball Men's team finished in Position 2. It was the first time for Ladies' Darts team and Lawn Tennis to compete in KUSA Nairobi League.



*Benson Mbugua assesses his options as the team plays against JKUAT Hunters, during the KUSA Nairobi Roll ball Championships.*



*Lawn Tennis team pose ahead of their match during KUSA Nairobi Indoor Championships.*



*Men's Roll ball team celebrate after beating Kisii University in a KRBF League match at Kasarani Roll ball Park*



*John Wahome, the Roll ball team's Captain celebrates passionately after scoring the winning goal against Kisii University in a thrilling KRBF match.*

## KENYA ROLL BALL FEDERATION LEAGUE

The Kenya Roll ball Federation's National League for 2021 Season kicked off in February 2021, and the University Roll ball team participated for the third consecutive season. Playing in the National League has given the players more exposure. As a result, three of our players have also gotten an opportunity to join the National Roll ball Team, which is a tremendous achievement.



# KUSA NAIROBI AWARDS CEREMONY

*By Dominic Korir, Sports Coordinator*

KUSA Nairobi Conference held its end-of-season awards ceremony on Saturday 7th August 2021 to honor the top performers during the 2021 Season. Those awarded were the top three teams in every spot category and outstanding individuals. In addition, each University was awarded a certificate of participation to appreciate their efforts in supporting their players and helping the executive run the League smoothly.

Despite joining this Season's League halfway, Gretsia University managed to finish in second position in Rollball and Darts; and position three in electronic sports. Congratulations to the team for making it to the top in the KUSA Nairobi Conference League for the first time.

The University Basketball Coach, Mr. Esperant Fumunguya, was also honored as an outstanding amongst the Coaches for his composure and professionalism.



1. Gretsia Rollball Captain John wahome making opening remarks on behalf of all Captains.
2. Sports Coordinator receives Gretsia University's certificate of participation from the Dean of Students Mount Kenya University.
3. Rollball Captain John Wahome receiving the trophy for the second position.
4. E-sports Captain David Kamau receiving the trophy on behalf of the University's FIFA21 team.
5. Darts Ladies' team Lucy Gathoni receiving the trophy for finishing second.



# THE 11TH GRADUATION CEREMONY HELD VIRTUALLY ON 17<sup>TH</sup> DECEMBER 2020:

*A snapshot of the few graduands allowed on campus due to Covid-19 restrictions for the graduation ceremony streamed live on You-tube*



*Congratulations Class of 2020!*



### University Contacts

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