

CAMPUS



GRETSA
UNIVERSITY

Talk

A Newsletter of Gretsa University

...Keeping you updated

INSIDE

**WHAT'S IN A NAME?
REFLECTIONS ON
BOGEYISM**

**THE SECRETS
OF SUCCESS**

**TAKE THAT
LEAP OF FAITH**

**LET'S TALK ABOUT
MENTAL HEALTH**



A PRODUCT BY



Happy, Healthy Lives

Karibu



noodies®

Enjoy with
anything, anytime.

JIBAMBE NA
NOODIES
TEKE! TEKE!





WHAT'S IN A NAME? REFLECTIONS ON BOGEYISM

By Prof. W. Bibi | Vice Chancellor

*O Romeo, Romeo, wherefore art thou Romeo?
Deny thy father and refuse thy name,
Or if thou art not, be but sworn my love,
And I'll no longer be a Capulet....
Thou art thyself, thou not a Montague,
What's Montague? It is nor hand, nor foot,
Nor arm, nor face, nor any other part....
A Rose by any other name would smell as sweet.....*
From William Shakespeare: The Tragedy of Romeo and Juliet



Romeo was a **Montague**, and his Beloved, Juliet, was a **Capulet**, two families who were traditionally at loggerheads, for historical reasons. Their children could never get married. The dispute ended in the tragic death of the two young lovers.

Such scenarios are not unknown, even in our generation. The prohibition to intermarry or otherwise interact could be due to differences called tribe, race, religion, faith, citizenship, language or some such intrinsically intangible and, one may reason illogical, divisions. In our age, such differences are often reflected in the names we go by. The assignment of names is an interesting practice.

There are many reasons behind names given by parents to their children. Traditionally names are a way of tracing one's lineage or paying homage to one's parentage. In some societies, the name is to commemorate some event at one's birth. In some other cases, names are simply a way of remembering one's mentor or hero. A name could also be a way of conforming: a way of giving in to peer pressure as to what is currently considered "in". More seriously, however, a name, like language, is a vehicle of cultural values, as are diet, dress code, communication, beliefs and other norms characteristic of the cultural group. The name is actually a coded personal identification of the individual. It encodes the person's character and individuality. It is a code for "You" in a

fundamental manner. Some may wish to dispute this, but a look through the history of naming suggests that there is more in a name than fashion. Although the name is, as Juliet cried in frustration: "It is nor hand, nor foot, nor arm, nor face, nor any other part" of the body, it represents more of you than most us realize, let alone accept.

Instances abound in the Biblical times when peoples' names were changed to signify fundamental change in the character or belief of such persons. God punished the rebellious Children of Israel by giving them into slavery to King Nebuchadnezzar of Babylon. King Nebuchadnezzar appointed new kings for different provinces of Judea, and whenever he did this, he gave the installed (puppet) king a new name: "The king of Babylon made Mattaniah, Jehoiachin's uncle, king in his place, and *changed his name to Zedekiah...*" (2 Kings 25, 16-17). Further, there is the story of Daniel and his colleagues, (Daniel 1: 6 – 7):

"The palace keeper (Aspenaz) gave them other names: Daniel he called Belteshazzar, Hananiah he called Shadrack, Mishael he called Meshack, and Azariah he called Abednego...⁵"
The king assigned them a daily portion of the royal rations of food and wine...They were to be taught the literature and language of the Chaldeans. ⁷They were to be educated for three years, so that at the end of that time they could be stationed in the king's court...."

Even at that time, the conquering king recognized the significance of names in creating a new people of his subjects. Note that Nebuchadnezzar realized the significance of culture (literature, language and diet) in transforming a people. It is the same principle which the latter day colonial nations used to subjugate and completely transform the subject peoples. They taught them literature, language and culture and beliefs. And they *gave them new names*...

The late Jaramogi Oginga Odinga (in “Not yet Uhuru”), relates how, when he presented his sons to the church for baptism, he had a difficult time with the priest. The priest could not accept the name “Oburu” and “Raila” as Christian names. And of course it is known that One *Johnstone Kamau wa Muigai* changed his name to Jomo Kenyatta.....to signify his radical turn against the colonial masters in Kenya...

The curriculum has not changed much to this day. During the colonial time, learners were forced to learn *literature and language* on pain of punishment and an innovative and effective strategy: SHAME. Learners were made to be ashamed of speaking any other language but English. A piece of cardboard (incidentally painted black), was circulated to anybody caught breaking the rule. At the end of the week, the offenders were publicly shamed, and then punished. While watching a kids’ TV programme recently, I was intrigued to witness the head teacher parade children who had been caught speaking Kiswahili instead of English. The children were publicly shamed and threatened with punishment: just like it was 70 years ago! The basic philosophy of this colonial era-derived curriculum was to destroy the cultural identity on one hand, and make the colonial masters’ culture and values attractive on the other. The subject peoples were made to *run away* from their identity, and embrace the master’s values. The change is fundamental. The strategy is to demonize your identity. The most natural candidate is the *tribe*. The tribe has been presented as dreadful, devilish and spiritually evil thing that every civilized, educated, progressive intellectual, who strives to be desirable and fashionable, must *run away or hide* from. It has been *weaponized*



against itself. This is the colonial construct that drives modern day ambivalence toward own identity.

It explains the illogical relationship with our indigenous names. It is a *bogey*. *But it works*. The change in name *does* change the person. One becomes a *kiumbe kipya* – a new entity. The change is so subtle and complete, that the victim is not even aware of it. This explains the indifference towards any discussions about the significance of names.

A recent scrutiny of 1225 names on the nominal roll of a local university revealed that over 97% of students use only foreign names – predominantly Anglo-Saxon, Judeo-Arabic or generally Europhilic. A majority of the students indicate three names, at least one of which is foreign. However, in normal conversation, they identify themselves by foreign names. The indigenous names are only for records in the books. A paltry 3% use exclusively indigenous names. Fascination with foreign names is like the use of the skin lightening creams, which converted our poor sisters into walking caricatures of the glorified *Wazungu*. Both emanate from an enslaved psyche. They expose a piteous hankering after a perceived superior identity represented by the foreign races. They are ashamed of their identity.

So, What’s in a Name?

It is more than hand, foot, arm, face, or any other part of your body. It is indeed the real YOU. Your exotic names merely confirm what King Nebuchadnezzar practiced long ago: you have been properly programmed to serve in the king’s court.....

THE SECRETS OF SUCCESS

By Michael Mutua | Student, School of Education



Choose wisely

1 One of the most amazing things about life is that we all have to make choices every single day. God gave us complete freedom to choose. Realizing that we have power to choose makes a big difference in our lives. Every single choice in life has a consequence. We always suffer or benefit from the choices we make every day.

Everyone likes to look successful but the truth is that there is good success and bad success. You can succeed in stealing in order to look successful but you will never be satisfied with your success because you are not able to stand before people and tell them how you did it. Good success brings no regrets.

Learn to project

2 This is the wisdom and foresight to prepare for the future. Farmers use seasons to clear the ground, plant seeds, weed and harvest crops from the fields. They are able to do this well because they study the seasons. If you understand why it is important to prepare for tomorrow we will be willing to do what the future requires and we will have no problem studying, saving and investing. The future will surely come; the secret of success is to work on it little by little.

Set progressive goals

3 Most people like to please and impress others by making big promises. Later we are ones to suffer the shame of failure by our own words. We need to be realistic and set goals that we can manage. Being realistic means that we must humble and work our way up little by little. Success is never instant, it comes in stages.

Work

4 In school, we can measure our success directly against our efforts. We can influence our result by our work. The same skill we learn in school to improve our grades is the same skill we use in life to earn a living. Many people want success but are not willing to work for it. We are all responsible for our own success.

Keep focus

5 Look where you are going and go where you are looking. Remaining focused and concentrating on something takes a great deal of energy and effort. That is why it is important to have breaks and resting periods to review progress, relax and renew our energies for journey ahead.

Do what you should, When you should, and It usually turns out, As it should.

Investigate your gifts

6 A wonderful place to discover the gifts and abilities given to us by God is at school. We all have gifts and it is our job to discover them. Gifts are never selfish. Using our gifts is not just beneficial to us but also help us to be responsible because we learn to do things for others. Many people have more than one gift. Try a lot of different things before you settle on any one thing.

Realize your full potential

7 The fact that we grow tells us that God has placed in us amazing potential. Our potential to do things increases every day. We grow to handle more things than you do or imagine right now. It is true that every president was once a baby.

Always remember: *“Success will never lower it’s standards”* - Rev. Randall

TAKE THAT LEAP OF FAITH

By Mugambi Frankline | *Department of Library and Information Science*

There is this old riddle that says ten frogs are sitting on a stone at the edge of a pool. One decides to jump off. How many are left? If your answer is “nine” unfortunately you are wrong. The correct answer is “ten”. But why? See the one frog only decided to jump but hasn’t. The journey of life has a similar script, the journey to your dream life starts with a single step and not by only thinking about it.

Achieving your life dreams will often demand for a change. Change always sounds good in theory but in practice it is often difficult. Ultimately, if you really want to change your life, you must take a leap of faith. George Lucas once said, “You do or you do not”. There is no other way. You must also remember that this leap of faith is not blind faith. It is a well thought, researched and calculated move.

Moral lesson: Don’t be like the frog that decided but didn’t act. The time to act is now!



GRE TSA
UNIVERSITY

**INTAKES IN
JANUARY,
MAY &
SEPTEMBER**

**MAY 2022
INTAKE ONGOING**

Register Today Visit www.gretsauniversity.ac.ke

For more information Call:
0711 949006, 0703 917 155, 0712 959 293 or
SMS the word **GRE TSA** to **20133** free of charge

Join us on
Gretsa University - Thika
GretsaUni_Thika



PERSONAL BRANDING AND DEVELOPING LEADERSHIP SKILLS

By Serah Muthike | *Lecturer, School of Business*

Personal Branding and developing Leadership Skills forum was hosted by School of Business on Wednesday 16th February 2022. The goal of the open forum was to sensitize students on the importance of building reputable personal brand as one of the building blocks to future success. The forum was facilitated by Mr. Chris Murithi, a personal branding coach, author and public speaker.

Personal branding is the conscious and intentional effort to create and influence public perception of an individual by positioning them as an authority in their industry, elevating their credibility, and differentiating themselves from the competition, to ultimately advance their career, increase their circle of influence, and have a larger impact.

Things that can help build powerful brand:

1. Ability without visibility is inability- brand visibility; court attention at all cost, everything is judged by appearance. You can't beat a brand if nobody sees you.

Ways of making personal brand visible

- Meet greet and smile
- Use your voice at every opportunity
- Take up added responsibilities
- Create relationships with influential people
- Eat Healthy
- Avoid alcohol
- Avoid bad company
- Connect with the Creator

2. Find your winning terrain (sweet spot) a lion, a shark, eagle, snake and a crocodile determined by the environment.

No one was created weak we only find ourselves in the wrong terrain. Find things

your passionate about, find your gifts that's where you thrive best. Find the things that come easy to you. You celebrate

people by their gift not their academic papers. Each should aim just as high as the union of human with divine power makes it possible for him to reach



3. Paint on your canvas

Monalisa painting cost \$450million

We were all born with empty canvas (Mind) it's our responsibility to paint our canvas.



4. Invest in a good name: According to Proverbs 22:1 **a good name is worth more than riches; it is greater than silver and gold.** But how many times have we forgotten this truth and have become distracted in life because of money? How often does the sparkle of gold and silver blind our eyes to what is truly valuable? Build irreproachable integrity.

5. Always give more to people more than they expect or have paid for. Money follows value and value is not found in doing the basics go beyond the call of duty.

6. Invest in relationships; Some people are answers to your prayers. Get to know people, but most important let people know you

- Initiate a conversation
- Maintain the conversation- out of sight out of mind
- Advance

THE GRE TSA TALENT SHOW 2022 EDITION

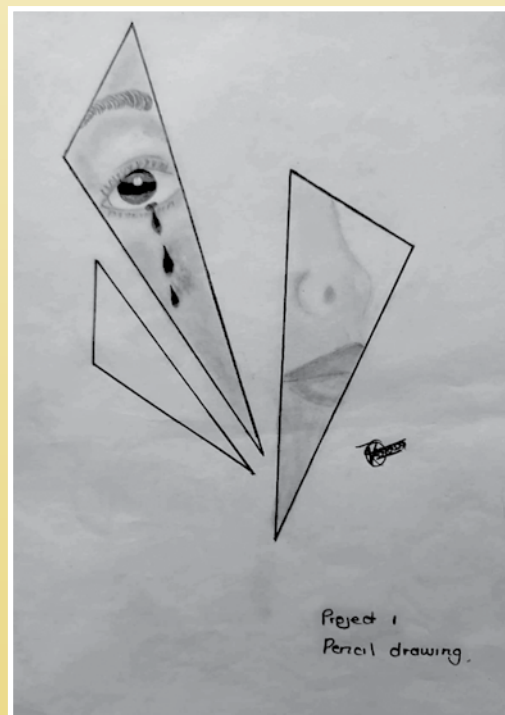
By Kerubo Mangera | *Students Talent Coordinator*

With a touch of blue and purple stage lighting, Gretsas University hosted Gretsas Talent Show 2022 Edition on Friday 4th March 2022 at the university grounds. Talent Show is usually a platform where previously hidden talent comes to light.

“It’s really encouraging to see a huge number of talented students just discover their talent,” said Stellar Marete the Dean of students. Talent has the power to portray one’s personality and character. Consistency in discipline and development makes talent a career.

This year’s Show provided platform for creativity. The theme of the show was to promote moral and social responsibility in the society. Students participated in different categories including; Solo Singing, Rapping, Disk Jokers, Comedy, Mime, Football Commentary, Spoken Word, Graphics, Fine Art, Photography, Poetry, Spoken Word, Monologue, Acting, Capella and Dancing.

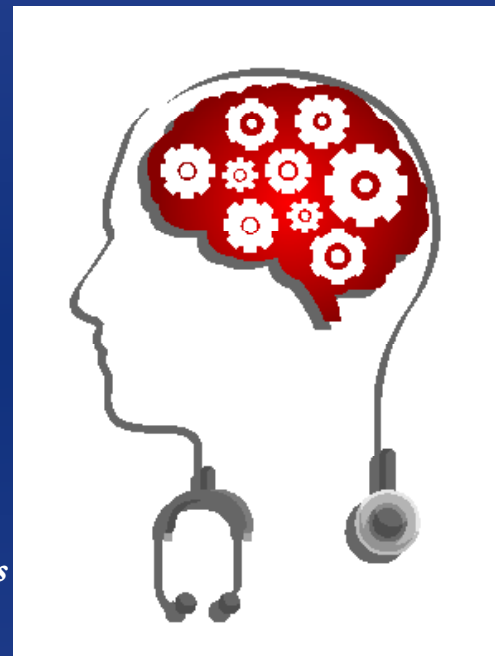
This year, the magic belonged to Teresia Mwai who was crowned the overall winner with a masterpiece drawing.



MENTAL HEALTH

AWARENESS CAMPAIGN

By John Kimathi | Lecturer, School of Health Sciences



In every part of the world people are suffering from mental ill-health. The world Health Organization estimates that one in every four people in Kenya is likely to suffer from a mental disorder at some point in their life. Recent media coverage on mental health has demonstrated that it's a national health issues, with the number of suicide cases reported in Kenya reaching alarming levels, 483 suicide cases were reported in Kenya between April and June 2021.

It is easy to ignore or totally miss the tell signs of mental health. Many of us are not aware that our parents, children, relatives or friends are depressed and need help. It is not until we are faced with a suicide that we shake our heads and say: "We did not know. Who would have guessed something was wrong?" In view of this grim reality School of Health Sciences organized Mental Health Walk on Thursday 17th March 2022 to sensitize the community on mental illness.



A snapshot of Mental Health Awareness Campaign participants

Boniface Muthomi, a Lecturer in the School of Health Sciences Sensitizing Community residents on Mental Health Illness



COMMUNITY DEVELOPMENT FORUM

By Tallam Lecturer | *School of Humanities and Social Sciences*



*Sheila Tallam
Presents Award
to the Best
Overall Group*

The School of Humanities and Social Sciences organized a Community Development Forum on 4th February 2022, the theme of the forum was “*Contemporary Issues in Community Development.*” The subthemes were: *Youth Radicalization and Violent extremism, Youth and Politics, Mass Media and Politics, National Cohesion during the election period, COVID 19, coping mechanisms and community development.*

The sub themes of the forum were relevant as the Country prepares for the general election in August this year. Participants from various academic schools chose a sub theme in groups of five and made presentations during the forum. The level of research, mastery of content and presentation skills demonstrated by all the presenters was highly commendable. The organizers of the event urge all Kenyans to maintain peace and political tolerance during the election period and beyond.



*A Group photo of Community Development
Forum Participants*



By Bogonko Daniel
Student, School of Business

From the first day I galled you into my respiratory system
I felt high and relaxed that I wanted you the next day and everyday
You hauled me to addiction that I could not repel
Every dawn your demand rose your presence was bothering
Neither could I perform without you
You ruined my reputation marijuana I hate you to my fullest

Your clamor I could not endure you gave me a fictitious personality
Tales meandering in my brain that contributed to loss of my focus
Buoyant about the feelings you gave me unerring frustrations
slowly vented into my life
Not considering my age cannabis you assaulted me you aberrated
me Sinking me into depression and ensuring that
I would never be the same again

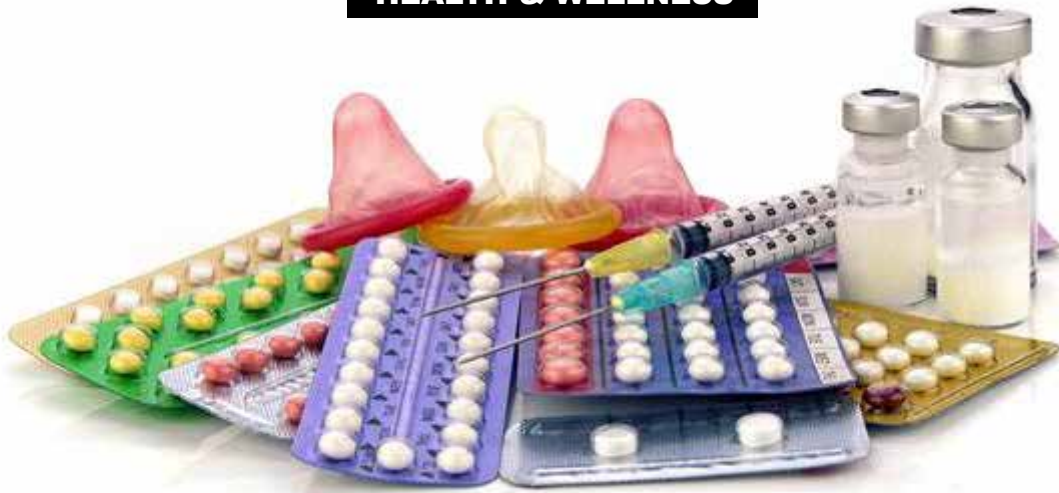
Puff puff was my daily grove regardless of your availability
You even left me with no finances to fill my stomach
You drained me into bankruptcy you sank me into poverty
Cannabis you had no mercy that I was a sophomore
Your behest rose so lofty that I even sold my socks to afford you
Marijuana you are soo deficient I hate you from my heart

To all my fellow comrades' drugs thrill but slowly kills you Refuse bad company
which generates the habit to good morals
You are the subsequent generation you are the continuity of humanity
Stop smoking you will save your respiratory system
Smoking pulls away your capabilities and plants a feck feeling and personality

If you feel bothered don't rush to drugs, they give you a temporary solution
Seek advice from the mentors involve yourself in activities like sports
Follow your hobbies you will be strong always
Drugs sinks you into depression generating your suicidal thoughts
My fabrication

On Campus Pictorial





CONTRACEPTIVES EXPLAINED

By Sylvia Mugambi | *Student, School of Computing and Informatics*

The society we live in is conservative and sex is an emotive issue, in many of our communities sex is a taboo. Parents are embarrassed to open up about sex with their children. But nevertheless the society finds a way to make a profit from sex in the entertainment industry. With non-existent or limited knowledge of sex, students begin their independent living experiences in the university away from parental monitoring. The era of the internet and pornography is shaping up young people's understanding of sexuality in the wrong way, the myths and misconceptions about sex prevail among them. That is why many of them live a risky lifestyle due to misinformation about sex.

The consequences are STDs and unwanted pregnancies. Many students who fall victim to unplanned pregnancies either lack information on sexual health or have low uptake of contraceptives. Abstinence is the ideal solution to this problem however experimentation and changing trends have changed the perspective of youths about sex and sexuality. For example there is a growing culture of students living together and having sexual relationship without being married. Some try to make it "look cool" by calling it campus marriage but its cohabitation. That's why it is important to encourage those who have chosen the narrow path of abstinence to keep on and don't lose the fight, for the rest it is important to learn a few things about safe sex but for today we start off with contraceptives.

A survey by the Centre for Reproductive Rights and Trust for Indigenous Culture Health (Ticah) found out that women between ages of 18 years and 25 years have the lowest understanding of contraceptives yet only 20 percent of the this age group reported abstaining from sex. Already, alarming statistics show that half a million abortions happen in Kenya every year. Contraceptive is an artificial way of preventing pregnancy. Examples of contraceptives include: hormonal coil, implant, emergency pills and condom. Condom is the cheapest and most available contraceptive and the only one that prevents both sexually transmitted diseases and pregnancy. We should also note that contraceptives work differently on one's body and they all have different side effects which may include nausea, weight gain, mood changes and headaches. Each person reacts differently to each pill, by the way there is a male contraceptive pill on the way. A person may need to try a few different types of pill before finding the one that is right for them. If the side effects are severe or get in the way of your daily life it is advisable to seek medical attention.



LET'S TALK ABOUT MENTAL HEALTH

By Faith Njeri | *Student School of Computing and Informatics*

It is hard to overstate how much the Covid-19 pandemic has affected the campus experience and affected students' well-being. Students have weathered through online learning and mask protocols. They have faced other restrictions in form of social distancing that have negatively affected socializing that builds acquaintanceships and a sense of belonging.

In a 2021 report titled "Depression and Other Common Mental Disorders", the WHO ranked Kenya fifth among African countries with the highest number of mental health issues. The recent incidents of homicide, suicide and other unusual occurrences in universities point to increased stress, depression and mental illnesses among campus students.

Mental health is the psychological wellbeing. Warning signs of mental illness include: Long-lasting sadness or irritability; suicidal thinking; excessive paranoia, worry, or anxiety; extreme changes in moods; social withdrawal and eating disorder.

Many people do not open up on the issue due to stigma associated with mental health in our society. Unresolved mental illness may lead to depression, stroke, bi-polar disorders and even death. How do I tell whether am suffering from Mental illness?

USE THE THREE A'S:

- AWARENESS
- ACCEPTANCE
- ACTIVE CHANGE

3'A

Awareness is all about increasing your understanding about what's happening, especially regarding your feelings, thoughts, actions, and relationships. Acceptance refers to being able to hold and tolerate negative feelings and distressing situations in a measured and mindful way. Lastly, active change means trying new things, even when it may be difficult to do so.

Whether you're looking forward to singing, dancing, growing your faith, or helping others we've got a club that's right for you. If you don't see something that excites you, connect with our Student Welfare Office and they'll help you start your own club.

THE PRESIDENT'S AWARD-KENYA (PA-K) ADVENTUROUS JOURNEY

By Anthony Wambua | Patron, the President's Award

The President's Award-Kenya (PA-K) is an exciting self-development programme available to all young people countrywide equipping them with positive life skills to make a difference for themselves, their communities, country and the world.

The Award is a member of the Duke of Edinburgh's International Award Association, which oversees the Award Programme for young people in over one hundred and twenty countries.

- ✓ **Core Values**
- ✓ Professionalism
- ✓ Integrity
- ✓ Consistency
- ✓ Teamwork

Impartiality

In Kenya, the Award was introduced in 1966 with Kenya's first president the Late Mzee Jomo Kenyatta becoming its first Patron and chief trustee. The Award has over the years extended its reach impacting the lives of nearly half a million people to date.

Gretsa University Presidential Award Members went for Adventurous Journey at Aberdares National Park from 12th to 16th March 2022. The purpose of the Adventurous Journey was to equip the participants



His Royal Highness Prince Edward Addressing Presidential Awards Participants

with unique skills for survival in a challenging environment. The journey, with a clear and agreed aim must be undertaken in a small group in an unfamiliar environment, requiring determination and perseverance, thus providing a sense of independence, self-sufficiency and discovery. The key elements lesson was teamwork.

The climax of the one week journey was on Wednesday 16th March 2022, when participants were involved in planting trees as part of rehabilitating Thuti forest an occasion sponsored by HRH The Prince Edward, Earl of Wessex and Forfar KG GCVO, for the Queen's Green Canopy to mark Her Majesty the Queen's Platinum Jubilee.



SPORTS AND RECREATION EVENTS

By Dominic Korir | Sports Coordinator

KUSA Nairobi League



Gretsa Rollball Ladies Celebrate after emerging 2nd RunnersUp [KUSA Nairobi League]

KUSA Nairobi League for 2021/2022 season started on **25th September 2021**. The first round of games ran up to **November 2021**; and the second round from **January to March 2022**.

The following teams represented the University in the second round;

a) Outdoor Sports

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

b) Indoor/Championship Sports

- Badminton
- Chess
- Darts
- Lawn Tennis
- Table Tennis
- Scrabble
- Rollball
- Woodball
- Swimming
- Electronic Sports (e-sports)

The Men's Football team finished the Season in position two, one point behind League leaders Kenyatta University.

Men's Rollball team finished the season unbeaten, having won all their matches. Ladies' Rollball team finished third. KUSA Nairobi Conference Trophy presentation ceremony will take place in May.



SPORTS AND RECREATION EVENTS

By Dominic Korir | Sports Coordinator

KUSA Women's Championship

KUSA Nairobi Conference hosted KUSA Women's Championships on 12th and 13th March 2022, at USIU-Africa sports grounds.

This event coincides with the International Women's Day, which is celebrated every year worldwide, and is an opportunity to celebrate sports women in our Universities using sports.

The University was represented by the following Ladies teams; Football, Volleyball, Netball, Woodball and Rollball.

Rollball Ladies finished in position 3, and brought home the trophy.



Gretsa Rollball Ladies Vs Meru University

KUSA National Playoffs

At the end of every KUSA League season the top two teams in all sports from the 6 regions face-off in the National playoffs to determine the best overall team nationally.

Our men's Football team finished in position 2, and was one of the top teams enlisted to represent KUSA Nairobi Conference in the KUSA National Playoffs hosted by Taita Taveta University from 1st to 3rd April 2022.



KUSA National Playoffs - Gretsa pose ahead of their Quarterfinal match against KU

This is the first time the Football team has made this far, previously only Rollball teams have qualified for two consecutive Seasons.

Congratulations are in order for our top performers!



SPORTS AND RECREATION EVENTS

By Dominic Korir | Sports Coordinator

Kenya National Rollball Federation League



Rollball-Gretsa Men VS St. Paul University [KUSA Nairobi League]

The Kenya Rollball Federation's National League for 2021/2022 Season kicked off in October 2021, and the University Rollball Men's team is registered for their third Season.

The Rollball Ladies' team has also been registered to participate in the KRBF League for the first time this Season and they have started off well.

Playing in this League gives the players more experience and exposure playing with both University teams and Clubs, as compared to when they only play in the KUSA Nairobi Championships that happen once or twice in a Semester. It also presents them with opportunities to get into the National Rollball Team.

The League will resume in the May-August Semester 2022.

Games for Members of Staff



Staff Games; Netball Staff VS Students

As a way of encouraging Staff to keep fit, the Sports and Recreation Department has been scheduling matches Staff with Students' once every week.

The Department has also introduced matches with Mount Kenya University Staff. Gretsa Staff have won all the matches they have played against Mount Kenya University Staff.

Congratulations to our Staff!



At a Glance
**12th Graduation
 Ceremony held on
 16th December 2021**





GRETSA UNIVERSITY



Degree Programmes

Bachelor of Commerce

Specialization Options:

Accounting, Business Administration, Credit Management, Human Resource Management, Entrepreneurship & Enterprise Development, Finance, Marketing, Procurement and Supply Chain Management

BSc. Computer Science

BSc. Hospitality Management

Bachelor of Arts in Community Development

Bachelor of Education (Arts)

Diploma and Certificate Programmes in:

- Business
- Computing & Informatics
- Education
- Social Work & Community Development
- Health Sciences
- Hospitality & Tourism Management
- Library & Information Science

Duration of Study

- *Degree Programmes: 8 Semesters (2 1/2 Years)*
- *Diploma Programmes: 6 Semesters (2 Years)*
- *Certificate Programmes: 3 Semesters (1 Year)*

Modes of Study

Full Time, Distance Learning, Virtual, Evening and Weekends



University Contacts

P.O. Box 3 - 001000 Thika

For more information

Call: 0711 949006, 0712 959 293

SMS the word **GRETSA**

to **20133** free of charge,

Website www.gretsauniversity.ac.ke

Editorial Team

Production Coordinator: Mugambi Frankline

Photographer: Chereste Wahome

Chief Editor: Dr. Waithanji Mutiti

Published by: Media and Photography Unit
Department of Library & Information Services,
Gretsa University

*If you wish your article to appear in this newsletter,
please forward it to:*

library@gretsauniversity.ac.ke