



**GRETSA UNIVERSITY**

Issue 4

**JULY 2019**



# CAMPUS TALK

....Keeping you updated

ISSUE 4 - JULY 2019



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**KENYA NATIONAL DRAMA FESTIVALS**

**4<sup>TH</sup> ANNUAL FOOD CONTEST**

# GRETSA UNIVERSITY COMMUNITY CLEAN UP EVENT

By John Kimathi  
Lecturer, School of Health Sciences

The School of Health Sciences successfully conducted a community outreach event to clean up Jua Kali area in Thika Sub County on 29 March 2019. The event was done in collaboration with the Department of Environment of the County Government of Kiambu. The theme of the clean-up was 'Mazingira Safi, Jukumu Langu'. The event's aim was to give back to the community and by sensitizing the community on the need to live in a clean and healthy environment.



Snapshots of Gretsa University Staff and Students during the Community Clean Up event at Jua Kali Area in Thika



The theme of the clean-up event was 'Mazingira Safi, Jukumu Langu'.



# GRETSA UNIVERSITY

Quality Education for the Real World



Academic Programmes	Minimum Entry Requirements	Tuition Fees Per Semester
<b>Bachelor of Commerce (BCom)</b> <b>Specialization Options:</b> Accounting, Business Administration, Credit Management, Human Resource Management, Entrepreneurship & Enterprise Development, Finance, Marketing, Procurement and Supply Chain Management	<ul style="list-style-type: none"> <li>KCSE Mean Grade C+ or</li> <li>Business Diplomas from an accredited University, KIM, KNEC or KASNEB (ATD, DCM, CPA/CPS/CCP/CSIA-Part II) to join in the second year of study or</li> <li>KNEC Higher Diplomas in Business &amp; CPA/CPS/CCP/CIM /CSIA-Part III join in the third year of study or</li> <li>KACE with minimum of 2 principal passes and 1 subsidiary</li> </ul>	Kshs.51,000 (Full-time, Evenings & Weekends) Kshs.45,000 (Distance Learning)
<b>Bachelor of Science in Computer Science</b>	<ul style="list-style-type: none"> <li>KCSE Mean Grade C+ (plus) or</li> <li>KACE Certificate with a minimum of 2 principal passes and one subsidiary pass or</li> <li>KNEC or University relevant Diplomas</li> </ul>	Kshs.55,000 (Full-time, Evenings & Weekends) Kshs.45,000 (Distance Learning)
<b>Bachelor of Science in Hospitality Management</b>		Kshs.55,000 (Full-time, Evenings & Weekends) Kshs.45,000 (Distance Learning)
<b>Bachelor of Arts in Community Development</b>	<ul style="list-style-type: none"> <li>KCSE Mean Grade C+ (plus) and C+ (Plus) in two teaching subjects, D+ (Plus) in Mathematics and C (Plain) in English or</li> <li>KACE Certificate with a minimum of 2 principal passes and one subsidiary pass and a minimum of 4 principal pass in each of the 2 teaching subjects or</li> <li>Diploma in Education (Arts) from accredited institutions</li> </ul>	Kshs.50,000 (Full-time, Evenings & Weekends) Kshs.45,000 (Distance Learning)
<b>Bachelor of Education (Arts)</b> <b>Teaching Courses:</b> English and Linguistics, Literature, Geography, History, Religious Education, Kiswahili, Mathematics and Business Studies		Kshs.50,000 (Full-time, Evenings & Weekends)
<b>Diploma and Certificate Programmes in:-</b> <b>Business:</b> Accounting; Banking & Finance; Agricultural Enterprise & Project Management; Business Information Technology; Business Management; County Governance & Management; Credit Management; Entrepreneurship & Enterprise Development; Human Resource Management; Marketing Management; Sales Management; Project Management; Public Administration; Public Relations; Procurement & Supply Chain Management; Quality Assurance & Standardization. <b>Computing:</b> Computer Science; Desktop Publishing & Graphics Design; Information Technology; Software Development; 3D Animation and Modelling <b>Education, Humanities and Social Sciences:</b> Education Arts in any of the following subjects:- English, Literature in English, Kiswahili, C.R.E, History, Geography, Mathematics, Business Studies, Agriculture, Early Childhood Education; Special Needs Education; Journalism & Mass Communication; Social Work and Community Development; Counseling Psychology and Diplomacy and International Relations <b>Health Sciences:</b> Environmental Health; Community Health; Health Records and Information Technology and Nutrition & Dietetics <b>Hospitality and Tourism:</b> Food and Beverage Management; Food Production; Hotel and Restaurant Management; Travel and Tourism Management <b>Library and Information Science:</b> Library and Information Science; Records and Information Management	<b>Diploma in Education (Arts)</b> KCSE Mean Grade C+ (Plus) and C+ (plus) in two teaching Subjects, D+ (plus) in Mathematics and C (Plain) in English <b>Other Diplomas</b> KCSE Mean Grade C- (minus) or a certificate qualification <b>Certificate Programmes</b> KCSE Mean Grade D (Plain) or an artisan certificate qualification	<b>Diploma Programmes</b> Kshs.25,000 (Full-time, Evenings & Weekends) Kshs.22,000 (Distance Learning) <b>Certificate Programmes</b> Kshs.25,000 (Full-time, Evenings & Weekends) Kshs.22,000 (Distance Learning)

INTAKES IN  
JANUARY,  
MAY &  
SEPTEMBER

### 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, Evening and Weekends  
 For more information Call: 0711 949006, 0703 917 155, 0712 959 293 or  
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 f Gretsa University - Thika @ GretsaUni\_Thika

## SNAPSHOTS OF SPORTS GALA HELD ON 29<sup>TH</sup> & 30<sup>TH</sup> JUNE 2019



Aerial view of the basketball court during the Sports Gala



Handball Men: Gretsa University vs St. Paul University



Football Men: Gretsa University vs Presbyterian University



Netball Ladies: Gretsa vs JKUAT Karen Campus



Roll ball Men: Gretsa Spartans vs St. Paul University



Gretsa Spartans vs St. Paul University in action



Handball Ladies: Gretsa University vs Mpesa



Basketball Ladies: Gretsa vs Mpesa Foundation Academy

## FREE COMMUNITY MEDICAL CAMP

By Nelly Mburu  
Lecturer, School of Health Sciences

Gretsa University in collaboration with Doctors and Nurses from the Thika Level 5 Hospital, St. Matia Mulumba Hospital, Caritas Community Hospital and the support of Jungle Foundation successfully organized a Free Community Medical Camp on Friday 14<sup>th</sup> June 2019 targeting members of the community from around the university. Medical services offered included Nutrition Assessment, General Consultation, Blood Pressure Screening, Blood Sugar

Testing, Family Planning Services, Cervical Cancer Screening, Prostate Cancer Screening, Breast Cancer Screening and HIV Testing Services. The event was also meant to offer practical learning experience to the students in the School of Health Sciences. University staff and students and over 300 community members from the estates near the University benefited from the health services offered at the camp.



Snapshots of Health Practitioners busy at work during the Free Community Medical Camp



Group Photos of the Professional Health Workers from Thika Level 5 Hospital, St. Matia Mulumba Hospital, Caritas Community Hospital and Gretsa University School of Health Sciences Staff.

## MATRICULATION CEREMONY

By Stella Marete,  
Assistant Dean of Students

Matriculation is one of those weird words that you most likely come across during the first few days on campus. Simply put, matriculation ceremony is an official event that marks the formal admission of new students to the university. This year's ceremony was held on Wednesday 12 June 2019. Newly admitted students had the opportunity to meet the Vice Chancellor Prof. J. Kuria Thuo who enlightened them on the opportunities available at the university and the high

*“What Wakes You Up? Alarm or purpose!”*

- Kariuki Kariuki

expectations their parents and the society at large have upon them. Prof. Thuo urged the students to use their new found freedom wisely to engage in activities that will positively impact their lives. The invited Guest Speaker Mr. Kariuki Kamau (KK) gave a motivational talk titled “What Wakes You Up? Alarm or purpose!” The students got an opportunity to meet most of the university academic and administrative staff. There was plenty of entertainment and bites!



From Left: Prof. Thuo, Kariuki Kamau, Academic Dean Prof. Wabuke Bibi and GUSA President Chemiat Isaac at the event



The SDA Choir entertains the audience



A tickled audience during the event



The Guest Speaker, Kariuki Kamau gives a motivational talk



Krishna Baba Yao, a student, performs a musical

## GOING PLACES

By Rhoda Kimanga  
Patron, Rollball Club

Samuel Muthui, a Bachelor of Commerce student at Gretsia University, was selected to join the Kenya National Men Rollball Team and representing the country in the 4<sup>th</sup> African Championship in Uganda on 16 to 19 May 2019. **Muthui scored the first goal for the Kenya team** the Kenya – Uganda match. Kenya team emerged victorious with an 11 – 0 win against Uganda. “I feel great and awesome to know that my talent is recognized in such a way and that I am even being moulded to become better at it. I advise be fellow students to dream, believe and then make it happen!” -Samuel Muthui



Samuel Muthui (center) being awarded during the 4th E.A. Championships held at Uganda Christian University, Uganda in May 2019




Samuel Muthui (3rd from the right) in action during the 4th East African Championships held in Uganda

## SPORTS GALA

By Dominic Korir  
Sports Co-ordinator

This year's sports Gala took place on Saturday 29 and Sunday 30 June 2019. with a total of 15 Institutions Participating -5 Universities, 6 Clubs, 1 College and 3 High Schools. The sporting event comprised of Group Matches, Semi Finals and Finals in Soccer, Volleyball, Handball, Basketball, Netball, Rollball, Badminton, Table Tennis, Chess, Swimming, Darts and Scrabble. The winning teams were as follows:

<b>Football</b>	Men Ladies	St. Paul's University Presbyterian University		<b>Rollball</b>	Men Ladies	St. Paul's University G.O.A
<b>Volleyball</b>	Men Ladies	Gretsia University Mpesa Foundation Academy		<b>Netball</b>	Ladies	Mpesa Foundation Academy
<b>Swimming</b>	Men Ladies	Mpesa Foundation Academy Mpesa Foundation Academy		<b>Badminton</b>	Men Ladies	JKUAT Mpesa Foundation Academy
<b>Handball</b>	Men Ladies	Generation Club Mpesa Foundation Academy		<b>Chess</b>	Men	Gretsia University
<b>Basketball</b>	Men Ladies	JKUAT Kyasioni Secondary		<b>Darts</b>	Men	Gretsia University
<b>Table Tennis</b>	Men Ladies	Gretsia University Gretsia University				

## STYLE & POSE

By Chereste Wahome  
University Photographer

**NAME:** Elsy Kawira

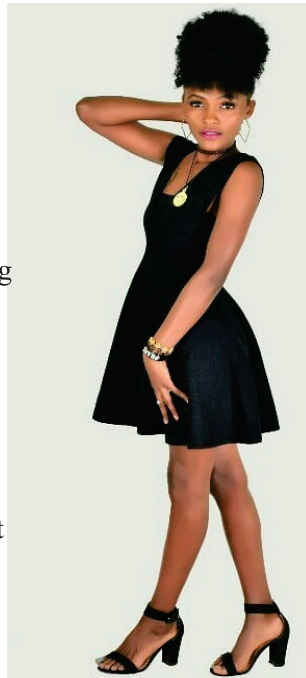
**PROGRAMME:** Bachelor of Arts in Community Development

**HOBBIES:** Dancing & Skating

**PASSION:** Modelling

**FAVOURITE QUOTE:**

Its not who you are underneath, Its what you do that defines you.



**NAME:** Norman Uthai

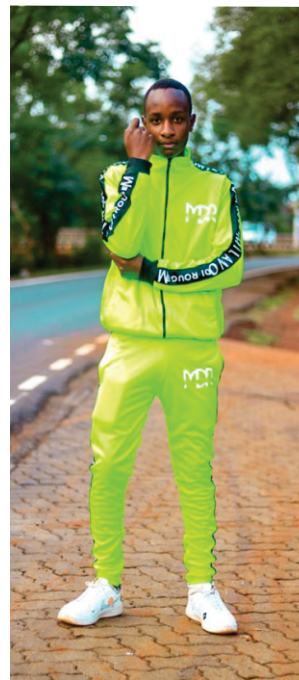
**PROGRAMME:** Diploma in Hotel and Restaurant Management.

**HOBBIES:** Dancing & Music

**PASSION:** Modelling

**FAVOURITE QUOTE:**

Never quit till you strive



**NAME:** Mercy Gathoni

**PROGRAMME:** Bachelor of Science in Computer Science

**HOBBIES:** Dancing, Gaming & Music

**PASSION:** Modelling

**FAVOURITE QUOTE:**

Whatever the mind of a man can conceive and believe, it can achieve



**NAME:** Hedwig Mathei

**PROGRAMME:** Bachelor of Science in Hospitality Management

**HOBBIES:** Travelling & Swimming

**PASSION:** Modelling

**FAVOURITE QUOTE:**

Strive to achieve the best



## 4<sup>TH</sup> ANNUAL FOOD CONTEST

By Peter Irungu

Lecturer, School of Hospitality and Tourism Management

The School of Hospitality and Tourism Management held its 4<sup>th</sup> Annual Food Contest on 28<sup>th</sup> June 2019. The contest brought together Kasarani Catering College, Cascade Institute of Hospitality and Gretsa University students in a challenge that involved display of the following skills:

- ◆ Amazing cutting and food presentation skills
- ◆ Creative preparation of food from surprise ingredients
- ◆ Professional service of sparkling wine
- ◆ Demonstration of the art of cocktail making
- ◆ Creative use of available ingredients to produce a 'chef's specialty' dish

The theme of the event was 'Showcasing of Culinary Skills-Episode 2' with team work being the main focus. Competing institutions were represented by two teams with each team consisting of 3 students and the winning institution was selected based on the average scores of the teams. Winners were awarded cash prizes and a lunch treat at Sagret Hotel Equatorial Nairobi.



Spectators cheering their favorite team



A Judge inspects a Contestant's Service of Sparkling Wine



Christine Tiko, a Gretsa University Student receives an award on behalf of her team for emerging the overall contest winners



Contestants showcase food presentations skills

## ACADEMIC TRIPS

### The School of Hospitality and Tourism Management Field Excursion

By Peter Irungu

Lecturer, School of Hospitality and Tourism Management

Diploma in Tourism Management students visited the Giraffe Center, Bomas of Kenya, Nairobi National Museum and Snake Park. These tourism destinations provided guided tours to the students under the supervision of a university lecturer. In addition to acquiring tourism product knowledge from the organizations visited, the students had fun as tourists with the happiest moments being recorded at Bomas of Kenya where some participated on-stage in cultural dances.



Snapshots of some Tourism Management Students at Bomas of Kenya, Giraffe Centre and National Museum

### School of Health Sciences Visits the Kiandutu Community Health Unit

By Nelly W. Mburu

Lecturer School of Health Sciences

Community Health and Environmental Health students visited Kiandutu Community Health Unit to attend a monthly meeting held the Environmental Health regulatory body for level one health care, which was convened on 27th July 2019. The meeting gave a chance to the students to interact with



A snap pose by some Health Science Students at Kiandutu Community Health Centre

Community Health Volunteers (CHVs), Public Health Officers from the Thika Sub-county Public Health Department and community health specialists from LVCT which is a non-governmental organization dealing with HIV testing and counseling.



Group Photo of Greta Health Sciences Students and staff at the Kiandutu Health Centre

## THE GRE TSA TALENT SHOW - 2019 EDITION

By William Simel Laisa  
GUSA Finance Secretary

This event was held on 29 March 2019. Hundreds of contestants turned up for the show's auditions with the best 70 contestants being selected to showcase their talents in different categories which included Music, Spoken Word, Comedy, Dance, Art and Football Commentation. The show returns next year and promises more fun and thrill!



Thrilled Greta Students at the Talent Show



Greta Starlife Dance Crew showcase their talent



Event judges

“Over 70

contestants

went head

to head in

different

categories

which

included

Music,

Spoken Word,

Comedy,

Dance,

Art and

Football

Commentary.



Guest Artist Khaligraph Jones performing at the event



Barry Amayo does his thing at the event



The singers perform their piece

## CREATIVE MINDS

By Chereste Wahome

“Your talent determines what you can do. Your motivation determines how much you are willing to do. Your attitude determines how well you do it.” - Lou Holtz



The creative Grets Students aka Grets Art Inc, from Left to Right: Miguel, Faith, Amos, Enoch, Douglas, Doncions, Peterson and Sarah showcase some of their creative works

## KENYA NATIONAL DRAMA FESTIVALS

By Hezron Manyasi

Department of Library and Information Services

Grets Drama Club participated in the 60<sup>th</sup> National Drama Festivals which were held at Kibabii University in Bungoma County and presented five items i.e. Oral Narrative (Nanjululu), Solo Verse (Daah!), Choral Verse

(Wasanii) Modern Dance (The Big Heart) and Spoken Word (Hajui atajua).

The performances were outstanding with Solomon Wanasamba's powerful Spoken Word scooping the award of best Spoken Word in Kiswahil and Kerubo Mangera's Solo verse Daah emerging the most Original script countrywide.



Snapshots of Grets Drama Club Participating at the Kenya National Drama Festivals at Kibabii University in Bungoma County

## THE NATIONAL PROGRAMMING CONTEST

By Rency Chebet

Lecturer School of Computing and informatics

The National Programming Contest was held on 18th July 2019. The event is held to provide platform to computing students to showcase the creative ability in programming IT solutions to prevailing community challenges. This year's event attracted 35 contestants from Grets University, University of Nairobi, Thika Technical Institute and Egerton University. The contests were required to create and present within five hours mobile applications, web applications or basic website that would make it easy for ordinary Kenyan citizens to access services on the Big Four Agenda specifically on universal health, affordable housing and food security.

Winners of the event were as follows:

Winner's Name	Institution	Category
Erick Muli Kioko	University of Nairobi	Mobile Application
Sammy Mutai	Grets University	Web Application
Abdinasir Mohamed Aden		
Emmanuel Kioko	Grets University	Basic Website
Elija Charagu		
Kenneth Kariuki		
Stephen Wambua		



A Group Photo of contestants, judges and staff during the event

## NEW STAFF

### 1. Administrative Staff



**Elias Njeru** Joined Grets University as the Chief Security Officer in April 2019. He has extensive training and work experience of over 30 years as a Chief Inspector with the Kenya Police and Directorate of Criminal Investigations. (DCI)

### 2. Academic Staff



**Peruce Atingo** BSC.Hospitality Mgt.( Moi), MSC.Hospitality Mgt. (Moi)- joined the faculty in School of Hospitality and Tourism Management effective June 2019



**Bonface Mothomi** BSC. Environmental Health (KU) - joined the faculty in School of Health Sciences effective June 2019.



**Sheilla Jeruto** BA. Community Development (Moi), MA. Rural Sociology and Community Development (UoN)- joined the faculty in the School of Education, Humanities and Social Sciences effective June 2019

Let's all welcome the new staff to the Grets Community. We look forward to their positive contribution.

## RISING TO FAME

### Grets University Students Create a Movie

#### A Secret Revealed (Movie)

#### By Golden Empire Entertainment

**A** secret revealed follows the story of James who comes from a humble background but turns out to be brilliant in school . By the help of a Good Samaritan he manages to join university where he meets and falls in love with a girl named Grace. After graduation ,James decides to introduce his girlfriend to his parents but the introduction culminates in a shocking revelation that James girlfriend is actually his half-sister and the woman he has all along known as his biological mother is his step mother. The whole family is subsequently forced to confront the truth. The movie is an example of how often families mythologize themselves sometimes at the expense of honesty. The movie is produced by Golden Empire Entertainment, a team of Grets University students who are inspired by what happens on our day to day life. Check out the movie on Youtube under "Golden Empire TV", Link: <https://www.youtube.com/watch?v=96JaAWAr61g>



## POETRY

### SONG OF AGONY

By *Bogonko Daniel*

Student, BEd (Arts)

- |    |  |   |  |
|----|--|---|--|
| 1. | BETTING YOU CAME<br>THOUGHT TO BE A SHORTCUT TO RICHNESS<br>NOT KNOWING THAT IT WAS<br>A TICKET TO POVERTY | 4 | BETTING LEAVE ME ALONE<br>LET ME STUDY AND FOCUS ON MY LIFE<br>THAT IS MY DAILY MOTIVE<br>BUT YOU BRING A JACKPOT AND TEMPT ME |
| 2  | EVERY COIN I HAVE<br>FILLS IT TO 49 SHILLINGS<br>I SEND TO BETTING<br>I BET I LOSE                         | 5 | THAT IS MY DAILY SONG<br>BETTING LEAVE ME ALONE<br>STOP SENDING ME NOTIFICATIONS<br>WINNING YOUR JACKPOT IS A DAY DREAM        |
| 3  | IN MY MPESA<br>NO COIN LEFT<br>I EVEN FULIZA<br>TO BET BUT I LOSE  | 6 | TO ALL COMRADES<br>STOP GAMBLING<br>YOU WILL RETAIN A COIN<br>A COIN TO BUY SOMETHING  |

## RELATIONSHIPS

### SWEETCIDE OR SITUATIONSHIPS????

By *Donicious Bosire*

Student, BEd (Arts)

**N**ot even once throughout my lifetime have I thought about committing suicide or murder, in fact, I hardly think about death despite its reality. 'Who is to blame???' sounds like a good title for media highlights and newspaper covers once a love story goes sour. I once thought, 'what happens to that family or village that sent their child to a university to write their generation a different narration only to receive him/her in a wooden set?' As sad as it sounds, it is happening. I perceive love as a gift and a commitment. Maybe, the thought of getting a lover as one's compliment turns most relationships SOUR. Should comrades be tamed like high school students to prevent such atrocities? Are teenagers engaging in 'situationships' or relationships? What makes me your prey once I turn down your advances? Rather, if one claims to have loved the other, shouldn't the love counter the inhumanness? We should learn to be solving problems appropriately rather than allowing our rage and anger take the best of us. The puzzle stays tamed concerning what should be done to curb this vice.



Drawing by Ezekiel Muthama- Student, BSc. Computer Science