University of Kabianga donates hand sanitizers to Kericho County Government.

THE UNIVERSITY DONATES SOAP AND SANITIZERS TO COUNTY GOVERNMENT OF KERICHO
The University of Kabianga community is privileged to be among those fighting Covid-19 by donating hand washing soap and hand sanitizers to the County Government of Kericho. The University, in its quest to contribute to the fight against corona virus spread in Kericho County, donated three hundred pieces of hand washing soap and three hundred and fifty pieces of hand sanitizers. Besides, the University was at an advanced stage of donating maize flour to, Africa Gospel Church (AGC) Baby Home in Nakuru County, Bethel Faith Home and Kipcham Gaa Children’s Home both in Kericho County.

Confl..Pg 3
On behalf of the just assembled Editorial Board of the University of Kabianga Newsletter, I welcome you all to a new experience in our making and shaping of news in the University. The test of any good news publication, whether daily, weekly, monthly or quarterly, lies in its responsiveness to the needs of the readership. This dynamism allows the paper to figure out not just what the readers want, but what they need. It is at this place that the University of Kabianga Newsletter, a publication from the office of the Vice-Chancellor, has reached. And it’s a good place to reach, so that the publication, which has worked well for the university, is made to work better.

This publication has been around for about a year, serving the interests of the university community, and any visitors when and if the need has arisen. The newsletter, published every month, has been on the forefront in keeping the university community and any other readers with concise and accurate updates on the most pressing news and events as they have happened in the past.

Because of the widening scope and depth of content within the university, it has been deemed prudent to relaunch the newsletter under a new Editorial Board. The new Editorial Board is composed of Members of the academic and non-teaching staff with the experience and expertise to execute the job at hand. While executing its mandate, the Editorial Board shall strive to live by the prescriptions of an effective media outlet, albeit a small one. In that regard, objectivity, accuracy, timeliness shall be our principal ethos.

The following are the members of the Editorial Board:

1. Dr. Robert Wesonga  
   **Editor-in-Chief/Chairman**

2. Mr. Nicholas Langat  
   **Secretary/Editor**

3. Ms. Anne Tenya  
   **Editor**

4. Ms. Jacqueline Kandagor  
   **Content Editor**

5. Mr. Eliud Lilian  
   **Design and Layout**

We would like to take this chance to thank the Council of the University of Kabianga, the Vice-Chancellor and the Management of the University for appointing us to undertake this important responsibility. It is our privilege to serve in the Board, seeing as it is that the Office of the Vice-Chancellor has trusted the members with the task.

Going forward, we are going to be more vibrant in soliciting relevant articles from members of UoK – both students and staff. These shall include news items, opinions and commentaries, and major plans and upcoming events to be held by and at the university. We shall also retain the good that has been in informing the readership on the major milestones achieved by members of the student community or staff of the University of Kabianga.

Besides, we shall have permanent space for sports and other co-curricular activities, and creative corner where students and members of staff can submit their short pieces of art and talent, including but not limited to poetry and photography.

It is in light of the above that the Board invites submissions of opinion articles, commentaries, news articles, events updates and short works of artist. The editorial board pledges to be hands-on not only ensuring that our voices are heard, but that they are heard in a manner that proves quality. Submissions can be made to corporateaffairs@kabianga.ac.ke. Thank you and good reading.

Dr. Robert Wesonga  
**Editor-in-Chief/Chairman**
The Vice Chancellor, who is leading the university community in the fight against the pandemic, noted that this terrifying enemy which has equalized all humanity, institutions and nations requires equal participation from all stakeholders to combat it.

Prof. Wilson Kipngeno appreciated the health workers, security personnel and all those fighting the pandemic countrywide. Particularly, he noted how they have braved and soldiered on in fighting against the dreadeful virus. Not lost to the university community, he observed, was the outstanding service to humanity in caring for those affected and simi-
larly fighting against the spread of the virus.

“The University of Kabiangia,” he said, “propelled by its vision: ‘To be a leading University in scientific innovation for the betterment of humanity’ is privi-

The Vice Chancellor lauded efforts by the School of Science & Technology for making the products a reality. The School of Science was represented by the (Act-
ing) Dean of the School of Science & Technology Dr. Joyce Kiplimo assisted by Dr. Gilbert Ongera, Dr. Mule and other Techni-
cians whose tireless efforts culminated in the production of these valuable items.

He noted how the Covid-19 pandemic led to the suspension of learning in educational institutions. However, it was evident that the University of Kabia-
ga moved very first to ensure learning time was not lost by leveraging on technology through online learning to com-
plete the remaining part of the semester. During this period of the Pan-
demic, the University developed and uploaded eContent which can be accessed by students while at home. More than 85% of the learners and staff who work from home have been able to access eLearning materi-
als through subsidized data bundles facility made possible in collabo-
ration between the University and its internet service providers; Kenya Education Network (KENET) and Telecoms. By Nicholas Langat
University of Kabianga Cares

PROTECT YOURSELF, YOUR FAMILY AND COMMUNITY FROM CORONAVIRUS

Don’t shake hands

Avoid close contact with anyone

Cover your mouth and nose with tissue or cough and sneeze into your flexed elbow

Stay Home and avoid unnecessary travels

Wash your hands frequently with soap and running water

FOR MORE INFORMATION FOLLOW MINISTRY OF HEALTH GUIDELINES

UNIVERSITY OF KABIANGA | INNOVATION AND EXCELLENCE
ISAAC NEWTON DURING THE PLAGUE: LESSONS FOR ACADEMICS

When the Great Bubonic Plague struck London in the years 1665 and 1666, Sir Isaac Newton was in his early 20s. Like any other student at the time, he had to go home as schools, businesses and other institutions closed. Even back then, social distancing was a public health tool that was needed to break the spread of the plague, and flatten the curve. For it would take over two hundred years before scientists discovered the micro-organism that caused the plague, and worked towards getting the cure for the pandemic. Closer home to Newton, it had killed at least a quarter of London’s population – over one hundred thousand people.

The Trinity College of Cambridge University, like all other schools and colleges of the time closed. Newton, who was a student at the college, had to contend with studying and working from home, sixty miles away from Cambridge. Compared to the school going populations currently cut off from their teachers and schools by the ongoing ravages of Coronavirus across the world, Newton was also bereft of the guidance of his professors, and the comfort of school. This notwithstanding, the rest, as they say, is history. It was during this time that this immortal philosopher and scientist went on to live his annus mirabilis – his year of wonders.

During the plague, he retreated to the family farm in Woolsthorpe Manor. Apart from provide a safe haven for him, away from the carriers of the disease, his rural home provided a quiet and serene environment that the philosopher needed to ferment and concretize his thoughts and eternal scientific pronouncements. In a period spanning slightly over a year, Isaac Newton helped to advance the knowledge of calculus; he contributed to the study of optics (the science of light); worked on his theory of gravity; created the science of motion, and more. At the end of the plague, when he returned to Cambridge with his theories in his head, and recorded in his academic manuscripts, a twenty four year old who had been a student at the College a year earlier was made a teaching/research fellow at Cambridge. Two years later, they made him professor. To date, legend continues to be told of how Newton was inspired by the falling apple. In point of fact, there is no evidence that the world will stop talking about Newton’s Eureka moment. Similarly, we can look at this time when we are quarantined at home as our “falling apple moment”. It is time for students, and us, academics to spot that Apple Tree outside our windows, and use the falling of apples from it, to spur greater thoughts for the betterment of humanity. One can only hope that, like Newton, we shall not proceed to eat the apple that falls from the tree – for by doing nothing at this time; we will be doing just that.

Of course none of us should be expected to even come near Sir Isaac Newton’s level of achievements. Nonetheless, we can still achieve our own small milestones, so that we don’t entirely fail the take home assignment – for that is what we have been given by the Covid-19 pandemic. How we behave during this pandemic will determine how the world will view us, and indeed how we will view ourselves in the future. For the academics, it is a choice between whether we will forever quote and teach other people’s ideas, or have someone in the future teach our ideas; for the readers, we can elect to remain forever readers, or create a legacy for ourselves to be read in the future, and for the children in their parents’ sitting rooms at this time, they can choose to either be lifetime viewers of TV, or have themselves watched on TV in the future.

One of the measures of human adaptability is seen in how we manage to turn adversity into prosperity. For even with human weaknesses, philosopher Seneca has observed, “It is true greatness to have in one the frailty of man, and the security of a god.” Sir Isaac Newton’s story is not lone-standing: adversity has over the years inspired humanity to invent and discover, and set the world on a new trajectory of prosperity.

We can indeed use Newtonian inspiration to beat the drudgery and loneliness of quarantine and the boredom of isolation. The Washington Post sums it up for us best: “So if you’re working or studying from home over the next few weeks – or even months – perhaps remember the example Newton set. Having time to muse and experiment in unstructured comfort proved life-changing for him — and no one remembers whether he made it out of his pyjamas before noon.” Kenyan pupils, students and academics, have what it takes to turn this year from annus horribilis (a horrible year) to annus mirabilis – our year of wonders and miracles. After all, it is us who gave the world M-PESA, Kikoyi and Ciondo.

By Dr. Robert Wesonga
In Pictorials

The Meru showcase their cultural quest during the University of Kabianga Annual Cultural Week. /Photo courtesy

From left Prof. Kibet(Dir. Postgraduate studies), Prof. Oduor(DVC, PR & D) and VC Prof. Kipngenyo follow cultural exhibition /Photo courtesy

The winners for MR & MS University of Kabianga 2020. The winners will carry the crown for one academic year /photo courtesy

Mulembe dancers showcase their prowess in drum beating and dancing during Annual Cultural Week at the University Pavilion /photo courtesy

The Vice-Chancellor accompanied by Dean of Students and other members of management sample various delicacies during Annual Cultural Week /photo courtesy

Various winners from different categories take a group photo after crowning during Annual Cultural Week gala night at the University Pavilion /photo courtesy
Kichocho.

Tiya ya Uandishi.


Mwenyekiti- Chama cha Kiswahili cha Chuo Kikuu cha Kabianga na;Nabi Mhariri Mkuu,Chama cha Wanafunzi wa Kiswahili,Vuyo Viku vyoe Afrika Mashariki;Ukanda wa Kenya (CHAWAKAMA-KEN- YA.)
CONFRONTING THE PANDEMIC MENTALLY
By Boniface Almasi
Just the other day my friend Hedwig was asking what the hell is one even supposed to do during this Covid-19 pandemic period. Honestly I had no answers, so I sat down and reflected on my life, the pressure and the anxiety that has bottled up from March was definitely killing my mental health and well-being. First, my freedom has been curtailed. I can no longer do the stuff I used to do in campus before the pandemic. Similarly, my independence has been tampered with, and even my routine has been altered. It is true the society timetables and expectations are impacting negatively on comrades’ lives and so if you are feeling stressed and anxious about the Covid-19 outbreak, you are not alone. Many students are experiencing higher stress and anxiety levels during this period. If you are one such person, maybe you can try doing the following.

Stay active
When you’re stressed, you probably won’t want to get out of bed and do anything. Being busy is a commendable stress reliever. Workouts, going for a walk, reading a book or even some physical exercises can help. Exercise releases endorphins that make you feel awesome, and it can also serve as a valuable distraction from your daily routine.

Regular exercising for say an hour or more a day will help in building up your fitness level in a gradual manner. Small activities like sit-ups and press-ups can number over the course of a day. The first step in getting active is getting up and moving.

Stay connected
Talk to friends around you, join an online book club, be online and talk to the people you used to talk to before. Keep the conversation flowing, join discussions, write a blog, attend online seminars and conferences, just don’t isolate yourself. Covid-19 could have stopped the coffee meetings and the group discussions but it shouldn’t make you feel like an island. Your friend will help you with the stress and isolation since they are also battling the same monster.

Stay positive
Stress can lead to depression, which can make you feel powerless. Your anxious brain and your depressed body can conspire against you to print a picture of your life as worse than it actually is. Indeed, you cannot control the actions of others, your thoughts, or your feelings, but again you are not entirely powerless. Shift your attention towards the things you can control.
Your daily routine, who you talk, what you watch, and even what you eat matters too. Controlling these aspects will give you that power to manage what is stressing you up.

Stay Sanitized
Wear a mask properly in public places, cover your mouth when you sneeze or cough with your elbow or with a tissue paper that you should immediately throw away. Wash your hands regularly, and practice social distancing of at least one meter apart. If you are experiencing experience any Covid-19 related symptoms seek medical attention immediately.
It’s also good to be comfortable with online interactions: classes, examinations, discussions, meetings, and stuff. Don’t be too scared because it eventually gets better. They say time heals all wounds, but it won’t heal until you train your mind to practice coping with the situation at hand. Accepting that what you are going through is the new normal at least for the time being will be key to helping you weather the storm.

By Boniface Almasi
That in your hands is for a fact bigger,  
But will still grow if you're more eager.  
Different are everybody's intentions,  
Trust none, this needs no more mentions.  
Turns out you'll see a lot going on,  
Matters most is that you're alone,  
The sweet old day, will be long gone.

Neither chilli nor sugar looks bitter or sweet,  
It's so normal, that we all have a peat.  
You must knit your future, so neat.  
Beware, they must judge your wit,  
Latest accomplishments, welcome a new heat.

Only the best is what you deserve,  
You learn better, from that you observe,  
Until it's that time, in good, always serve,  
If it was meant to be, fate will preserve.

© Omwange.
VICE-CHANCELLOR SPEECH TO THE 2020/2021 FIRST YEARS

“On my own behalf, on behalf of the Council, Senate, Management Board, entire staff and students of the University of Kabianga (UoK), I’m delighted this morning to welcome freshmen and women 2020/2021 Academic Year to the University of Kabianga. I wish to congratulate you for the hard work that earned you an admission to the University of Kabianga. This Orientation takes place in a very unique way as Kenya and the rest of the world battles the spread of COVID-19 Pandemic. UoK in response to the Ministry of Health protocols of social distancing organized this orientation which deviates from the earlier mode of conducting orientation to the virtual mode. Our dear freshmen and women, as you take part in this orientation, take note operations of the University.

BRIEF HISTORY OF THE UNIVERSITY

UoK began in 2007 as a Campus of Moi University with a student population of one hundred and fifty five (155). In 2009, it was elevated as Constituent College, and granted charter to full-fledged public university on 1st March, 2013 by the third President of the Republic of Kenya, His Excellency Mwai Kibaki.

LOCATION OF THE UNIVERSITY

Our University is located in Belgut Constituency, Kericho West Sub-County, Kericho County, Rift Valley Province. It is situated west of Kericho Town along Kericho-Sotik Highway: off Premier Taplottin Road.

GOVERNANCE STRUCTURE

UoK operates under the following forms of governance structure:

The Council
The Council; headed by the Council Chair are appointed by the Government of Kenya to manage the University on its behalf.

The University Senate
The Senate is the top academic organ in charge of the management of all matters academic.

Management Board
Chaired by the Vice-Chancellor, the Management Board runs day to day affairs of the University and implements Council decisions. To manage the University efficiently, I’m assisted by three Deputy Vice-Chancellors: Prof. Elijah Omwenga – Academic and Student Affairs; Prof. Eric Koech – Administration and Finance and Prof. Maurice Odour – Planning, Research and Development.

Student Governing Council
Students, through the students body Electoral College, elect their leadership annually. The SGC serves as a link between the University Management and the student body. Under the general administration of the Dean of Students, this Council assists in running various student activities.

SCHOOLS AND CAMPUSES

University of Kabianga has the following seven (7) schools sometimes referred as faculties. Each School is headed by a Dean, who is assisted by several heads of departments.

We have the School of Agriculture and Biotechnology, School of Arts and Social Sciences, School of Business and Economics, School of Education...
School of Information and Knowledge Management, School of Natural Resources and Environmental Management and School of Science and Technology. The University of Kabiianga has four Campuses: the Main Campus at Kabiianga, Kericho Town Campus, Sotik Campus and Kapkatet Campus - where Biomedical courses are centered. I am aware that a few days ago you were taken through an elaborate online orientation programme which included familiarization with your schools, academic programmes, rules and regulations, and introduced to some of senior members of staff. Because of the COVID 19, this Programme was shorter than other orientations conducted earlier.

I urge you to take time to download and familiarize yourself with all the policy guidelines, rules and regulations that have been availed in the University website. Your life in the University is going to be very different from the life you experienced in high school. It is going to be the first real experience of freedom. I urge you to exercise this freedom responsibly to minimize interruption of learning occasioned by disciplinary actions meted on those who break the rules and regulations. My appeal to you as first year students is to maximize the opportunity and utilize the enabling environment availed to you to be innovative in pursuit of knowledge. The University is committed to creating an enabling environment through provision of essential services and facilities to meet the diverse academic, social and co-curricular needs of its students.

To ensure the University academic and other activities continue without interruption during the COVID 19 Pandemic, Council has availed resources to facilitate quality curriculum implementation through Blended Learning. This has been made possible by partnering with internet providers (KENET) to provide stable internet services that can support learning. This would not be of relevance without our committed Faculty who are working very hard to develop and upload e-content for use by students as they learn from home.

**SOCIAL BEHAVIOUR**

Your stay here in the University for the two or four (4) years, demands that you maintain high levels of self-discipline. It is sad to note that students of either gender may fall prey of some intolerable circumstances when they report to the University. Most university students become victims of social behavior for being; unable to cope with broken relationships, exam related stress, financial hardships, underlying mental health issues or overindulgence in the use of alcohol and social media.

**HIV & AIDS**

HIV & Aids is still a big problem among the youth in this country. You therefore must exercise caution and responsibility.

**FINANCIAL PRUDENCE**

A majority of the students in the University will soon receive money from HELB (Higher Education Loans Board) and from other sources like the parents among others. Kindly appreciate and spend any money you get wisely.

**LECTURES AND EXAMS**

You will be expected to attend virtual lectures and sit Continuous Assessment Tests and Semester examinations. These are very important modes of academic assessment. More clarification on all these will be given to you going forward. Failure to attend lectures and examination irregularity of any kind is not allowed. I advise you to be self-disciplined and cultivate a culture of honesty in all areas of your life so as to succeed in your academic life.

To the freshmen, once again, I welcome you to the University of Kabiianga. I wish you well in your studies. May God keep you safe throughout the period of your study – as: “Education is not preparation for life; education is life itself”. – John Dewey

Thank you. May God bless University of Kabiianga.”

By Nicholas Langat
MAPITIYO YA WINDO CHUNGU 
CHA DANCAN OBOCHWA, 
KUR. 60., BESTAR PUBLISHERS LTD. 
ISBN 9702106174713 

Niliki a kusoma Windo Chungu 
katika mkao mmoja si kwa 
sababu ya kuwa ina sifa ya 
hadithi fupi bali ni kwa sababu 
nilikhiri kuwacha yoe siku hiyo 
bui nimialize hadithi yote kwa 
mara moja. Kikicho ni weeka 
kuisoma kwa mfalulizio ni kwa 
kuwa hadithi imeja nisimko 
kutokana na ustadi wa ma-
tumizi mazuri ya tafariki mithili 
ye tatuzi ya Bwana Msa. Kila 
ukiifika kivuka kimoja unakivu-
ka haraka ili utahe kujuwa 
kuna nini mbele.

Hadithi yenye ni wa masiki-
tiko, huzuni, na uchungu juu 
ye unyama naaotfiywa mtu 
kwa kosa la mtu mwengine. 
Mzee Mabwoca aliopoja 
kujiwaja kwenye mukuni 
ye wachawi yakikuwa 
maamuzi yake mwenye; 
mwanawe Dante yuwanishika 
je katika maasi ya babake? 
Walakini mukuni haya 
yanaofanya mambo ya klyajabu: 
ye kula nyama mtu za watoto 
wachanga, kudhura na kusong-
gonyowa aila ya wanachama 
wanapokataa kwereleya kuwa 
wanachama, na 
kuwapa utajiri wa chachapchap 
wote wanaokubaliyana na 
matambiko haya ni katika 
mambo aliyoangazia 
mwandishi kwa kina.

"Nilishangaa sana kupata 
guvu ya ajabu na ya ghatla 
sana mbele ya Mukulungu 
ambaye aliogopwa na kila 
mtu" n'riyo maneno sumaku 
yanayobadilisha yanayojiri 
baada ya uwanza huu "... na 
liwe liwalo". Madonnoo haya 
ni mojawapo ya kauli naaotu-
tumi ya mwandishi Obowcha 
kutata karukisha na kutuham-
sisha wa watoto tunapokobilikiwa 
ni zani mbele yetu maishani. 
Anatashajisha tusikubali katto 
kutawaliwa na tamaa ya 
Utajiri ambao rasimali yake 
ni unyama juu ya binadamu 
wenzako. Hadi mwisho wa 
hadithi mwandishi anamanya 
Dante aumye kwa halii zote 
lakini asibadili uwanuzi wake.

Mwandishi ametumiya lugha 
nyepesi yenye kauli fupi 
ziizo na utonotu mwangi, na 
kwa kutuhamu pili sahihi 
ameweza kuifanya hadithi 
ishuka kwa utamu na 
iyeleweke kwa urahisi sana. 
Mwandishi ametumiya tawira 
pevu zenyi hisi ya kali zikwa-
mo matezo naayokumbana 
nayo Dante (mhukika mkuu) 
napenzie Rita, matambiko 
nakafara wa watoto ma-
kongamano ya wachawi. 
Usukaji huu mwepezi unamfa-
nya msamaji auhisii uchungu 
anawosiyika Rita kila ana-
haribu mima, na uchungu 
wa Dante kutoweza kubadili-
sha mkono wa mweneno wa 
maisha yao.

Hata hivo, kazi hii ilinakisika,

bila kuharibu ladha, kwa 
makosa ya hiji ya (k.m ni Muku-
lungu au Makulungu), upigaji 
chapa hobelahobela (kuku-
sekana alama mwataka za 
uwakitisaji), na matumizi ya 
'sheng' (kujilingiza kwa 
mambo ya uchawi).

Ni kazi aali kwa wanafunzi wa 
madarasa ya juu katika shule 
za msingi kutokana na lugha 
ye utambaji hadithi. Piya 
itawafaa wanafunzi wa kiwan-
go cha vyuo wa kutokana na 
ubainishaji wa mbinu nyung' 
za kisanii alizotumi ya mwandishi 
hususan tafaruki. Sina shaka 
msomaji yooyote wa kazi hii 
atasema, "Ama kweli Kibian-
ganya kumekaliana mkembe wa 
Mohamed Said Abdulla!"

Dkt. Mohamed Karama 
Idara ya Isimu Fasihi na 
Mawasiliyano

EDITORIAL BOARD

Dr. Robert Wesonga(Editor-in-Chief), Ms. Anne Tenya(Editor),Ms. Jacqueline 
Kandagor (Content Editor), Mr. Nicholas Langat(Secretary/Editor) and Mr.Eliud 
Lilan (Design & Layout)

The University of Kabienda Newsletter is Published by the Office of the Vice-Chancellor. 

The Editorial Board Welcomes brief comments, articles or news on topical issues.

send to corporateaffairs@kabianga.ac.ke