



The Socio-Economic Newspaper with Anything & Everything from Kenya

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PCAK Coast Food Distribution Project

Professional Criminologists Association of Kenya - PCAK Coast Chapter distributed 1,100 Family Food Ration Packs to the most vulnerable in the Coast, delivering to an estimated 5,500 Kenyans. The Distribution was done in the most affected areas and people were identified via Media Reports, Social Intelligence, Mzee wa Mtaa, Area Chiefs, Village Elders and the NPS Coast RC's Office. The Area DCC's would then assist in the distribution under their supervision. The Project was well supported by Patriotic Wellwishers, PCAK Members and Volunteers who assisted in Logistics from Initial Deliveries, Sorting, Packing and Final Deliveries to the Areas. These are the Patriotic Kenyans who made it possible :-

1. PCAK Founding Chairman - Mr. Munene Mugambi
2. NPS Coast Regional Police Commander - Mr. Rashid Yakub
3. Tejmart Groceries Ltd c/o Mr. Manpreet Singh Bhabra - Project Coordinator and Storage Space Donor.
4. Khuda ka Bandha - 150 Bales of Maize Flour 24kgs each.
5. Kensalt Ltd - 1,200Kgs of Salt.
6. Mombasa Womens Association - 250 Assorted Food Rations Packs, Masks, 450 Kgs of Rice
7. Kenya Girl Guides Association - Masks
8. Mzuri Sweets Ltd - Various

- Stock of unlimited Toffees and Sweets.
9. Millbrook Garments Ltd - Masks
 10. Kenzuri LLC Ltd - Masks
 11. Mombasa Canvas Ltd - Masks
 12. Bunny Industries Ltd - Masks and 1100 Gunny White Bags for Packing.
 13. Shree Sthanakwasi Shwetamber Jain Sangh Hindu Temple - Gloves, Biscuits and Blessings
 14. Nesfood Industries Ltd - Biscuits
 15. Mohamed Moses - Assorted Food Items and Blessings
 16. Awwal Parpia - Biscuits, Gloves, Juices and Milk.
 17. Robertos Restaurant - Pasta Spaghetti
 18. Siri Guru Singh Sabha Sikh Temple - Assorted Items and Blessings
 19. Anonymous Donors and their Blessings
 20. Nyali Church - Assorted Items and Blessings
 21. Freemason Group Anonymous Donors
 22. Nitesh and Reena Solanki
 23. Manoj J. Shah
 24. Abbas Car Decor
 25. Manju Mohamedali and Friends
 26. Sultan Molu
 27. Ashwin Doshi
 28. Nailesh Doshi
 29. Mahendra Vora
 30. Rajesh Vora
 31. Salim Varvani
 32. Bindi Doshi
 33. Donald Akumu
 34. Mohamed Abdulsatar
 35. Mohamed Somji

36. Sangeeta Jiwan
37. Shabbir Issak and Family
38. Rishi Arun Parikh - Co Project Coordinator

The Counties visited and Rations sent over the Two Month Operation are :-

1. Kwale
2. Taita Taveta
3. Mombasa
4. Lamu
5. Kilifi

Numerous small towns, masjids, churches and orphanages were visited along the way dropping them the extra rations apart from the food packages made.

Each Family Food Ration Pack would have the following items that would last a average family of 5 upto estimated for 2 weeks if used with minimal wastage :-

1. Maize Flour
2. Sugar
3. Salt
4. Beans
5. Canned Fish
6. Spaghetti
7. Sanitary Pads
8. Masks
9. Oil / Fat Packet
10. Rice
11. Sweets or Toffees

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T & Cs may apply. Expires July 31st 2020



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Everyday Offer:
Large Pizza
& chips 750/-

Free Delivery for most areas
of Mombasa Island

TOP NEWS

Professional Criminologists Association of



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PCAK Members and Volunteers who made this possible are :-

1. Manpreet Singh Bhabra
2. Stellah Sululu
3. Isaiah Tulula
4. Gabriel Kisavi
5. Capt. M. Sumra
6. Ravinder Singh
7. Suleiman Rashid
8. Swaleh Kaboos
9. Zakia Mohamed
10. Mujtaba Haji
11. Kendi Kimathi
12. Najma Mohamed
13. Ammar Bawazir
14. Rummy Ramadhan
15. Imraan Shahzaad
16. Iqbal Singh Matharu
17. Mohamed Meharali
18. Nancy Vanderhoven

The Project also took in consideration the NPS Police Officers in the Coast Area by presenting to them Masks, Gloves, Police Branded Umbrellas, Sweets and Moral Support by the PCAK Team. Various Police Stations were visited together with the Food Distribution Program. There is also a Sanitizing Program

due to start after a Motorised Fumigator and Medicine (Pledged) was donated for the cause where many of the Prison Facilities, Police Stations and other Public Facilities will be fumigated at no cost. The PCAK Founding Chairman and the National Board thanks All involved in making this project a resounding success by giving the little input that we did Nationally by alleviating hunger for the Families for the two weeks as the Government of Kenya, Respective County Governments and other Wellwishers also did their part in aiding the less fortunate.

Thats what makes us Kenyans unique and resilient. PCAK Coast will scrutinise and decide if another similar Project is necessary under blessings from the PCAK Board. Until then, be safe, Sanitize / Wash Hands and Maintain Social Distance.

Entire Project Photos enclosed.

God Bless Kenya
www.pcak.org
#CrimeMustFall

Mr. Rishi Arun Parikh - PCAK - PR / Strategic Communications Director



Kenya Coast Food Distribution Project



NEWS

President Kenyatta pays tribute to Wangari Maathai as he leads the nation in marking World Environment Day

President Uhuru Kenyatta has urged Kenyans to emulate the late Professor Wangari Maathai passion and achievements in the conservation of the environment.

The President said it is the conservation efforts of great Kenyans like the late Nobel Laureate that the country remains one of the most bio-diverse nations in the world.

He said Kenya is proud to have made great strides towards sustainable development, restoration and preservation of its biodiversity and challenged Kenyans to ensure that the heritage they have is protected and bequeathed to future generations as a gift.

“It is in recognition of these riches that drove the Nobel Peace Laureate, Professor Wangari Maathai, to celebrate our environment and to dedicate herself to protecting it. We must emulate Wangari’s example, and show by our stewardship that we too are worthy heirs,” the President said.

The Head of State spoke today at the Nairobi Arboretum where he led government and private sector representatives in a tree planting exercise to commemorate this year’s World Environment Day.

During the event, the President also witnessed the ground-breaking for the development of a borehole that will assist in the setting up of a one million tree nursery in the park.

World Environment Day is observed on 5th of June every year and has been celebrated for the last 45 years. It is the United Nations’ flagship day for promoting worldwide awareness and action for the environment.

President Kenyatta said the government is fully committed to the conservation agenda and listed a number of ongoing initiatives among them the restoration of Michuki Park, the



expansion of Nairobi National Park and the reclamation of grabbed forest land.

He said the Government is working overtime to expand green areas across the country.

“We are also reclaiming our Ngong Forest and we are going to start the process of fencing it and ensuring that it is also available not only for present but for future generations.

“We have done in the last one month another 2,000 acres for Nairobi National Park and this is what we want to continue doing including restoration of various green areas among them rehabilitation of City Park,” the President said.

He underscored the key role forests play as a reservoir of biodiversity saying Kenya

is on course to achieving the 10 percent national tree cover target.

As parts of the Government’s conservation agenda, the President said all major infrastructure projects including the Standard Gauge Railway are being implemented in a manner that ensures that biodiversity is not tampered with.

“As a Government, we have also taken steps to ensure that the infrastructure projects being implemented, which are a key driver of economic growth, do not cause any degradation to our natural habitats and biodiversity,” President Kenyatta said.

He said the Government continues to expand the number and size of conservancies, arboreta, parks and wildlife reserves so as to ensure the country’s botanical

and zoological diversity is maintained.

The President called for closer cooperation between government entities, the private sector and local communities saying such collaborations have enabled Kenya to register a fall in wildlife poaching incidents, illegal logging and human-wildlife conflicts.

Commending on the conservation projects being undertaken in Nairobi County, the President urged Governor Mike Sonko to work very closely with the Nairobi Metropolitan Service team led by Major General Mohamed Badi so as to ensure quick turnaround of the interventions.

Environment Cabinet Secretary Keriako Tobiko was represented by his Principal Secretary Dr Chris Kiptoo at the event that was attended by among others

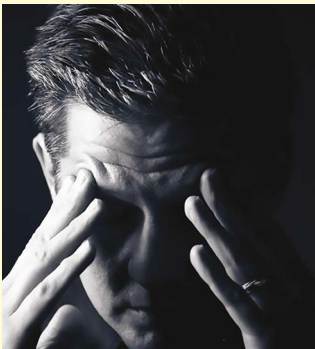
Nairobi Governor Mike Sonko, European Union Ambassador Simion Mordue, British High Commissioner Jane Marriott and the Ambassador of Finland Eric Lindberg.

Also present were Safaricom CEO Nicolas Ng’ang’a, Nairobi Metropolitan Services Director General Mohamed Badi and the Chairman of Nairobi Arboretum Community Forest Association Brian Waruhiu.

In his remarks, EU envoy Simion Mordue said through the European Union Investment Bank, Kenya has been allocated 300 million Euros as an emergency response package to assist in the fight against Covid-19.

Safaricom CEO said his organization has partnered with the Kenya Forest Service in an initiative that will see the two institutions plant five million trees in the next five years.

Depression: The Murderer



Depression is not like staying in your bed all day; it’s like carrying around a constant feeling of emptiness and the urge to escape from the world. We don’t realize how tiring it gets by fighting our own mind every single day. The pain we go through, the torture we give to our mind feels so physically agitated that even when someone tells us that everything is going to be fine but yet it hurts the fact we can’t breathe in the thin air. Sometimes we feel that we are living in a black hole where we are haunted with words like worthless, guilty, helpless, apathy, pessimism, narcissism, etc.

Moreover being in depression doesn’t mean that he/she is mentally unstable but there are many reasons a person can be caught up with the symptom including lack of concentration, thoughts of death, inability to make decisions and constant anxiety. In view of psychologists our brains reforms into four different types of quotients. They are the IQ (Intelligence Quotient), EQ (Emotional Quotient), SQ (Social Quotient) and AQ (Adversity quotient).

- IQ – represents a person’s reasoning ability
- EQ – represents in dealing with the sensitivity of others
- SQ- represents in the connectivity with people effectively
- AQ – represents how a person faces his/her difficulties

Depression itself is a form of a ghost where it controls our thoughts, and knowing that we are all going through a rough phase, it clearly has shown its worst impact on us. During the period of turmoil the mental instability of the person seeks to talk to someone about their insecurities going through their mind. At the same time this also leads to the hesitation of sharing our feelings thinking it may not remain confidential. Every task we take upon will be overwhelming and will bring difficulties but it cannot be the reason of sacrificing owns life and later be called a coward by an outsider.

The important note is not to give up; don’t let depression make you take the worst step that will affect your loved ones in the end.

Depression doesn’t mean “WE NEED ATTENTION” it means “WE NEED HELP”
“SLAY DEPRESSION... SAVE YOU”



President Kenyatta welcomes Kenya’s UN Security Council elections victory

President Uhuru Kenyatta has welcomed Kenya’s resounding victory in today’s second round of voting in the elections for a non-permanent seat on the UN Security Council.

The President has termed Kenya’s win as a demonstration

of the country’s growing profile and influence in the community of nations as a steadfast and dependable development partner.

The Head of State thanked Kenya’s competitor in the election, the Republic of Djibouti for being a worthwhile opponent and the African

Union for the endorsement as the continent’s flag bearer in the contest.

Kenya, the President said, will endeavor to consolidate and voice Africa’s position in the Security Council and will advance its 10-point agenda as outlined during the campaign period.

It is time to re-imagine the Kenyan dream, President Kenyatta says

President Uhuru Kenyatta today said it was time for Kenya to come up with new economic and political visions to prepare the nation for the great leap forward.

Likening Kenya's situation to references in the Bible, the President said independent Kenya is in its 50s, and the holy book required nations to hit the reset button every 50 years.

He said the actions, which the people called "the Year of Jubilee" brought renewal to the soul; healing to the land and a fresh vision to its people.

The Head of State spoke at State House, Nairobi where he led the nation in marking the 57th Madaraka Day. The event was initially scheduled to be held in Kisumu but because of travel restrictions put in place to control the spread of Covid-19, it was held in Nairobi.

On politics, the President regretted the divisive nature of Kenyan politics and pitched for the recalibration of the country's political architecture.

"If we have done great things in the area of brick and mortar, the greater things that remain to be done have to do with our governance system," the President said.

The Head of State advised Kenyans not to fear changing the country's political system saying it doesn't serve present and future purposes.

"We cannot re-imagine our nationhood without changing our political architecture. And we cannot change this architecture without re-engineering our constitution," the President said.

He said his ambition is to improve on the Constitution and "get right what we got wrong in 2010."

He said: "The constitutional moment I discern is one that will bring an end to the senseless cycles of violence we have experienced in every election since 1992."

Besides politics, the President said Kenya also



needs a transformation of its civic culture.

"If we are to push the re-set button and re-imagine our dreams as a nation, we must transform our civic culture to one that is biased towards duty, hard work and integrity."

On the economy, President Kenyatta said his administration has made admirable progress towards the realisation of Vision 2030 through the implementation of the Big Four Agenda.

He noted that Vision 2030 comes to an end in 9 years and said that there is a real urgency for a new vision and a new dream.

Citing his administration's investments in infrastructure, reforms in education, technical training, expansion of electric connections and improved healthcare, President said his administration's transformative agenda was inspired by the collective dreams of Kenya's founding fathers.

"My administration has built 1,000 kilometres of tarmacked roads every year. This is 44 times more than what the colonial administration built, and more than 4 times what the first three administrations built collectively per year," the President recollected.

President Kenyatta also spoke on the development and expansion of ports as gateways to regional and international

markets.

With the construction of the new Lamu port and the revival of Kisumu port underway, he said the government will keep investing in transformative infrastructure projects.

Alongside the Standard Gauge Railway which already runs between Mombasa and Naivasha, the President said his administration is overseeing the revival of the old railway lines.

"Apart from the SGR, I am reviving the defunct Nairobi-Nanyuki railway line, traversing six counties. The rehabilitation of the Naivasha to Malaba metre gauge line is also about to commence."

The President said the Government continues to carry out reforms in the country's education sector especially in technical and vocational training so as to reposition the nation's human resource for the dynamic world economy.

The Head of State also spoke in detail on the huge improvements electricity distribution saying in his Seventy years at the top, 3.5 million new households have been connected to electricity compared to 4.5 million households recorded from the time of colonialism to 2013.

"This means that we have done 15 times more than the previous administrations, to connect our people to electricity," the President said

in the televised ceremony also addressed by Deputy President Dr William Ruto and Mr Wycliffe Oparanya, the Council of Governors Chairperson who is also the Kakamega County Governor.

On health, the President said his administration is fast tracking the roll out of the universal health coverage programme noting that every county now boasts of modern medical equipment.

Speaking briefly on the Covid-19 containment measures currently in place, the President said the government is consulting with religious leaders and stakeholders in the education sector on the way forward.

DP Ruto said the Covid-19 pandemic has taken a big toll on Kenyans and has altered lifestyles.

He noted that with schools closed, places of worship shut and many losing sources of income, life has been turned upside down for many.

The DP called on every Kenyan to support the measures instituted by the government to mitigate against the effects of Covid-19.

Governor Oparanya commended the President for his frontline role in the fight against Covid-19 saying the national government has continued to provide resources needed by counties to deal with the pandemic.

Tourism to reopen next month, CS Balala says



Tourism and Wildlife Cabinet Secretary Najib Balala has hinted that the the hospitality sector could open next month after adoption of the globally recommended World Tourism and Travel Council Covid-19 mitigation protocols.

Balala said the sector has suffered from the pandemic with over 90 per cent of its earnings having been lost since March.

He said the sector generates Sh. 170 billion annual revenue to the government which has all been lost.

The CS said plans are in top gear for reopening the industry.

"We are working with the World Tourism and Travel Council to get the stamp or certification that our protocols are compliant internationally," he said.

Balala was speaking in Watamu Kilifi county after releasing a fully recovered sea turtle during the World Sea Turtle day, a tour of the Watamu Marine Association plastic recycling centre and the Bio Ken Snake farm in the resort town.

The CS said job losses in the industry were also overwhelming but expressed optimism that the situation would return to normal soon.

"The country's GDP depends on tourism and that's the sector that was hard hit by Covid-19 but also globally we have lost over 120 million jobs from this pandemic and over 400 billion dollars in terms of revenue," he said.

Globally, Balala said 90 per cent of international travel has been halted due to the virus.

However, he said the domestic market could recover fast before international travel

following the restrictions imposed in some countries.

"Am optimistic that in one year, we can work hard in the domestic market but the stakeholders in the tourism industry must appreciate that the domestic market has a different taste and they are sensitive to prices," he said.

He said hotels must do more to attract local tourists.

The CS the pandemic has evidently shown that tourism is not about travel but everyone in the value chain including farmers, snake parks and all other businesses that depend on the sector for survival.

A look at Watamu for example which is a renowned international tourism destination he said all hotels are closed because the sector is dead.

"It's a lesson to open up to the domestic market, we need to change our mindset. We need to appreciate the domestic market is valuable, it has been valuable even before," he added.

He added: "Kenya is lucky to have a strong domestic market as other countries have only been relying on the international market and now they are suffering because it will take time for renowned destinations in Kenya and Africa to open up the International market."

He said South Africa has announced opening of international travel in 2021 while parts of Europe are saying they will not allow their citizens to travel out of Europe until 2021.

"So these are the challenges that we will have and realistically speaking the aviation industry needs to start operating so that the tourism industry is successful," he said.

EVENTS

HCK Donation Drive on 6th June 2020 at Hindu Bhavan

The Hindu Council of Kenya (HCK) has been continuously engaged in welfare and relief activities over the last 3 months assisting the vulnerable sections of the society during the Covid 19 times. This week HCK donated food packets masks sanitizing material to 5 institutions namely Sheb Tracing Organization, Mandela Complex Education Centre, Integrity Pastors Fellowship CBO, Mutuini Hope and Development Project, Street Children Networking Forum.

The event had the Chairman of Epco Builders Ltd, Mr. Ramjibhai Varsani as the Chief Guest. Welcoming the Chief Guest HCK National Chairman Shri Kamal Gupta said that Shri Ramjibhai had been associated with HCK for a long time and had guided HCK at all times and had made a major contribution to HCK in HCK action plan to fight Covid 19.

Shri Kamal Gupta also thanked all the other donors for their generous contributions which he hoped would go a long way in assisting the vulnerable sections of the society in these challenging times of Covid 19.

Shri Ramjibhai said that he was proud of the efforts of HCK and their action plan for relief and welfare during the difficult times of Covid 19 and said he was committed to supporting the HCK efforts in every way and manner possible. HCK must be supported in this noble effort to the fullest, Shri Ramji Bhai Varsani added.

Also present was Mr. Satish Patel, Chairman of BAPS Swaminarayan Mandir and said that as a Member Institutions of HCK BAPS fully supported HCK efforts for



assisting the weaker section of the society and would do their part in strengthening HCK Action Plan for Covid-19.

HCK, National General Secretary, Smt. Sujata Kotamraju thanked the donors and said their noble gesture had brought smiles to many people. The donors were Kenya Brahma Sabha, Mr.

R.D.Gudhka of Debenham & Fear Ltd, Mr. Rohtash Tulyani of Tirupati Kenya Ltd & Raveras Ltd. and Mr. Sunil Shah of Kimili Packers Ltd.

Mr. Kamal Gupta, National Chairman, Hindu Council of Kenya further added that HCK along with Sri Sai Center Kenya will donate food packets to the needy in the slums on Sunday

the 7th June 2020. The National Chairman of HCK, Mr. Kamal Gupta also said that HCK was donating food packets, Sanitary Napkins, Sanitizing material to Limuru Cheshire Home, a home housing for 60 girls with physical and intellectual disabilities, in continuation with HCK efforts to reach the most vulnerable sections of the society.

Dumpsite of Nakuru



On 16/5/20 Saturday Team of Rotary Club of Nakuru visited renovation of shelters for the families living under sacks and polythene papers at the Gioto dumpsite.

Big thanks to well wishers and joining in hands on participation. So far materials have been delivered for 4 houses which will be fixed in the next few days and the beneficiaries are so happy.... A feeding program seems to compliment a day at the Dumpsite where lunch is a luxury meal for many. Rotarian Rani Ramchandani provided them with one meal.....on other hand she wished some of them Happy Ramadaan with a food hampers

Gift of Sight



Eye camp at Junju area in Kilifi South.

People of Junju in Kilifi were over whelmed as this is the first time eye camp held in their village. Mombasa Women's Association Charitable trust organised the eye camp through Lions Club of Pawani. Eye camp was very successful. 187 patients were screened and 9 cataract surgeries done following day. 42 patients were screened for Diabetes. Here see from left MWA Mrs Kaushlya Meghnani, Chairlady Mrs Harminder Kandhari MWACT chairperson Mrs Suman Kanji, Lions Club of Pawani Mrs Lata Magon, MWA vice Chairlady Mrs Sadhna Doshi, Guests Miss Jasleen Kandhari, Mrs Darshan.

Oshwal Academy Mombasa shines again during the Cambridge Awards

On 12th May, the Cambridge Examination Board released its annual list of Award Winners for the 2019 June examination series. We are delighted to announce that Oshwal Academy Mombasa students won 6 out of the total Awards given, across the 3 disciplines of Mathematics, Languages and Humanities. The awards ranged from: High achievement, Top in Kenya and Top in the World, placing OAM 3rd overall in terms of the number of awards among the recognized International schools in Kenya.


OAM was recognized in the following subjects: Accounts and Economics at the GCE (AS level) as well as Mathematics, English Language and English Literature at IGCSE Level.

The three OAM students:

Naman Shah, Kamran Sheikh and Shukan Mehta were recognized for their outstanding performances in the June 2019 Cambridge Assessment International Examinations. They cumulatively emerged top in Kenya in 4 Subjects, one high achievement (Accounting) and one top in the world (Mathematics).

We wish to congratulate all our learners for their individual commitment to excellence. We recognize all the teachers who have worked hard to achieve this tremendous feat. We applaud the overwhelming support from the parents involved in the students' learning as well as the support staff.


The following is a highlight of their individual achievement:



Oshwal Academy Mombasa


3 OAM Students Achieve Exceptional Cambridge Learners Awards

Oshwal Academy Mombasa




TOP IN THE WORLD - MATHEMATICS (WITHOUT COURSEWORK), TOP IN KENYA - ACCOUNTING. CAMBRIDGE IGCSE

NAMAN BIJAL SHAH



TOP IN KENYA - FIRST LANGUAGE ENGLISH (ORAL ENDORSEMENT) & LITERATURE (ENGLISH). CAMBRIDGE IGCSE


KAMRAN SHEIKH




TOP IN KENYA- ECONOMICS & HIGH ACHIEVEMENT IN ACCOUNTING. CAMBRIDGE AS LEVEL

SHUKAN VIVEK MEHTA

Oshwal Academy Mombasa



Cambridge Assessment International Education



Weekly Mega Donation Drive on 16th May 2020 at Hindu Bhavan

Hindu Council of Kenya, organized another weekly Mega Donation Drive at Hindu Bhavan, on Saturday 16/05/2020 where food items, face masks, liquid soap etc. were given to many needy homes. This occasion was graced by M.P. Hon. Dr. Swarup Mishra. HCK National Chairman Mr. Kamal Gupta along with N.G.S. Mrs. Sujata Kotamraju and entire HCK team participated to this noble activity, also many community leaders attended this event. Further few more Member Institutions name Dada Bhagwan Foundation Trust, Oshwal Education

& Relief Board & Shree Swaminarayan Siddhanth Sajivan Mandal came forward to associate with HCK... fight against Covid-19. Further, HCK National Chairman, Mr. Kamal Gupta urged to the beneficiary to take things to the right people. Last weeks Blood Donation volunteers were also recognised with the appreciation certificates. Below are the name of the homes who benefited through this event.

- 1. Consolata Shrine Church
- 2. Bethesda Life Church
- 3. St. Martin De Porres
- 4. Idea Rabaco Kenya Foundation
- 5. Homeless of Nairobi



HCK Donation Drive on 30th May 2020 at Hindu Bhavan



The Hindu Council of Kenya donated masks, food and sanitizing material to over 9 institutions on Saturday the 30th of May at their National Headquarters in Kusi Lane Westland's. These items were distributed to Hands of Care & Hope Institution, Living Bread institution, Sunrise Disabled self-help, Farji Solutions, The welfare of Children & Hope, NP Self-help Group, HRSC for onward distribution in their upcountry projects, D.G. Self Help Group etc. The program was graced by the presence of the Director General of Immigration. Speaking at the program, the National Chairman of Hindu Council of Kenya said that the Hindu community was a very small community in Kenya. Though small the community had made a noteworthy contribution to the economic development of Kenya and had stood shoulder to shoulder with all our brother and sisters whenever the country had faced any challenges. Covid 19 was a very unique test which has confronted humanity and we the Hindu community feel that it is our duty to contribute in any which we can to alleviate the difficulties caused by Covid 19.

The Director General, Mr. Alexander Muteshi of Immigration said he was positively impressed by the efforts of the Hindu community in assisting their fellow countrymen in these testing times of Covid 19. Mr. Alexander Muteshi further stressed and urged the Hindu community as a significant employment creator in



the Kenyan economy to support the workforce in these difficult times, and further invest in the economy so that the country economy could run back on the recovery when the situation starts to come back to normal. Mr. Alexander Muteshi said that the Hindu community was and will be a significant stake holder in the economy and had a vital role to play in the recovery process. He thanked the Hindu community for their support to the needy groups who had benefited from the HCK action plan for Covid 19.

Thanking the donors HCK National General Secretary Mrs. Sujata Kotamraju said that HCK was proud of the support

received from all its Member Institutions and hoped that the members would continue to contribute and support the HCK programs so that the program can reach a larger number of people and create value for the fellow brothers and sisters.

The Hindu Council of Kenya National Chairman also thanked the Director General of Immigration for his presence and guidance and added that his presence today was an inspiration for the community and that the community would further strive to strengthen the welfare and relief activities and ease the difficulties faced by the people in these testing times.

PHOTO STORIES

Food distribution exercise



HRSC NAKURU (Hindu Religious service center) Distributed food hampers and spinach and sukuma seedlings to @ 300 families at Bahati, lanet n Dandori...food hamper is for short time help but seedlings r long time help program for them... Co-ordinator Rani Ramchandani, Divya Shah Jayesh Shah n Jayram Ankala HRSC providing the platform to be of service to humanity and service to God.



Signon Group Health, Safety & Environment Manager, Clive Mwangovya (2nd right) oversees the sanitization of Signon Global Logistics Truck to limit spread of COVID-19 at the transport yard in Mombasa. Looking on is the General Manager, David Yegon (extreme left), Transport Manager, David Muhoro(2nd left). The company sanitizes it's trucks before, during and at the end of every trip to protect the Signon staff, customers and communities.

EVENTS



HCK Action Plan against Covid 19

“HCK remains commitment to servicing our friends in these hard times of the pandemic” said HCK National Chairman Shri. Kamal Gupta at the HCK relief & Welfare event organized at the National headquarters at Kusi Lane. Speaking at the event the National Chairman Mr. Kamal Gupta said that HCK and its member institutions were involved in such relief and welfare activities on a daily and continuous basis and that every member of the Hindu community was stepping up to meet the challenge posed by the Pandemic.

Welcoming the Chief Guest Mr. Nitin Malde, a former Chairman and present Trustee of HCK. Shri. Kamal Gupta said that HCK has always been guided by the wise counsel of Shri. Nitin Malde, His work as the immediate past Chairman of HCK always inspires us and his advice guides HCK in every matter even today and that HCK was blessed to have the presence of Shri. Nitin Malde at the event.

The Chief Guest Shri. Nitin Malde mentioned that he was proud of the work which HCK was doing under the Leadership of Shri Kamal Gupta and also thanked the Hindu Community of coming together as one family in these testing times and putting in a tremendous effort to raise funds both in kind and cash to assist our fellow Kenyan brothers and sisters, the vulnerable sections



of the society and also ensuring that the assistance actually reached the needy at the right time and place. HCK National General Secretary Smt. Sujata

Kotamraju thanked the donors Mac Coffee, Mohan Oyster bay Drinks Kenya Ltd, Crown Paints Kenya Ltd, Dada Bhagwan Foundation for their generous donations for a very worthy cause and the beneficiaries Koeedo Self Help Group, Passionate Community based organization, Kenya Union of the blind, Nyambene Muslim Association, Raja Charitable Trust by Kenya network of Cancer Organization were given food packets, sanitizing material and masks by HCK.

The program ended with a prayer for the safety and well-being of every one, every community and the humanity as one family.

Donation at Patel Brotherhood



The Hindu Council had two projects for Covid-19 on Saturday the 23rd of May, 2020. The first donation was done in conjunction with the HSS and the HSRC and the second major Charity Drive was done along with the Patel Brotherhood where food packets, masks and sanitizing material were distributed to the needy segment of the Society. Speaking at the event Hindu Council Chairman Mr. Kamal Gupta said “HCK has a long history of working very closely with our member institutions. The purpose of today’s collaborative charity project with Patel Brotherhood was to increase the depth of our welfare and relief activities and reach a larger part of the needy population. Together with our member institutions we multiply the efforts and create greater value for the relief and welfare activities”.

Welcoming the Hindu Council Management Committee at the Premier school grounds Mr. Suresh Patel, General Secretary of the Patel Brotherhood said “Patel Brotherhood is a part of the HCK family and we are always looking forward to working along with HCK on its major initiatives. HCK action plan for Covid -19 is a strong initiative to create value for our Kenyan brothers and sisters and Patel Brotherhood stands united with HCK in this plan to fight the Covid -19.”

The ceremony then moved to the donors for distributing the materials to the beneficiaries. The major beneficiaries of this welfare activity were Rehema Education Center, 36 TV Dandora and Dandora East Church, Integrity Education Center, Imbezi Foundation, Savyo Bells Education center, MngaroMtaani and other institutions.

HCK National General Secretary Mrs. Sujata Kotamraju proposed the vote of thanks and thanked all the donors specially Patel Brotherhood for their support and cooperation. HCK is indeed honored to be here at the Patel Brotherhood for today’s function and sincerely and wholeheartedly appreciate their support for today’s program” Mrs. Sujata Kotamraju added.

The program ended with HCK National Chairman Mr. Kamal Gupta expressing HCK unwavering commitment to the HCK Action Plan for Covid-19 and working with HCK member Institutions to create maximum benefit for the needy in the difficult and testing times of Covid-19.

PHOTO STORIES



Giants Group Twiga and Vanik Vaishnav Mahajan , have been in the forefront in the distribution of Food ration packs to needy families effected by the Covid 19 Pademic. The project which started from 15/3 has to date distributed the packs to 3000 families , around Nairobi, Voi, Kiambu, Banana Hill and Karuri Each week 200 families who consist of Elderly , physically challenged, single parents and venurables Benefit from this project The two institutions intend to continue this project till Jun end and beyond

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SALES, MARKETING & OPERATIONS
Mr. Rishi Arun Parikh, Mr. Nabil Sansool, Mr. Dietmar Roselier

EDITOR: Mr. Rishi Arun Parikh
Head Office: K. T. Plaza, Haile Selassie Avenue, Mombasa, Kenya. P. O. Box 80518 - 80100 GPO. **Nairobi Office:** Mr. Satyen Shah & Mr. Rushil Shah of Bunny Industries Ltd

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Blood Driver Donation Camp at M P Shah Hospital

On 9th May, 2020 M P Shah Hospital and Lions Club organized a Blood Driver Donation Camp at M P Shah Hospital. In the midst of COVID19 Pandemic the two Institutions planned for a Blood Drive donation to assist the needy Patients.

Several Blood Donors came forward to donate the Blood. By 3.00 p.m. several Donors had sufficient Blood. The Donors were served with light tasty snacks and hot and cold beverages. The Chairman of the Board of Governors of M P Shah Hospital and the Vice Chairman of Lions Club, Dr.

Manoj Shah with his dynamic guidance throughout the projects congratulated Dr. Hirji Vekaria, Mrs. Shaina S. Shah and the entire Team for the hard work in making the Blood Drive A major Success. Similarly the entire Team works extremely hard to achieve the goal during this time.

On the same day the General Manager of Aquamist with his team donated Mineral and Sparkling water to the Hospital. The Chairman, Dr. Manoj Shah, Dr. Toseef Din and the entire Management of M P Shah Hospital thanked Aquamist for their general contribution.



HCK Action Plan against Covid 19

At a function organized by HCK to distribute food packets and hygiene materials to over 6 needy groups from different faiths all over Kenya, HCK National Chairman Shri Kamal Gupta said that HCK and its Hindu Member Institutions were actively involved in preparing the community to face the challenges posed by Covid 19.

Shri Kamal Gupta said that on 16th June, HCK had organized a webinar on community preparedness for Covid 19. The webinar was addressed by experts from the medical field and attended by nearly 100 community leaders all over the country. It is over solemn duty to the community that HCK prepares the community to prevent the further spread of Covid 19, National Chairman of HCK Shri Kamal Gupta added.

Welcoming the Chief Guest Shri. Pravinchandra Dodhia, present Trustee and a former Vice Chairman of HCK, Shri Kamal Gupta said that Shri.



Pravinchandra Dodhia was a major driving force for HCK for decades. His tireless efforts

and dedicated work was an inspiration to all at the HCK. Shri. Pravinchandra Dodhia

will always be a role model for all of us at HCK" Shri Kamal Gupta added.

The Chief Guest Shri. Pravinchandra Dodhia said that HCK was always at the forefront of all relief and welfare activities. HCK was committed to the wellbeing of the community and the present efforts of HCK through its Action Plan for Covid 19 was a strong case of its commitment to the community and the society. Shri. Pravinchandra Dodhia thanked the National Chairman of HCK Shri Kamal Gupta and its management team for their selfless service to HCK, to the community and the society.

HCK National General Secretary Smt. Sujata Kotamraju thanked the donors Mr. Vankat Raman, Bhardwaj Welfare Trust for their generous donations for a very worthy cause and the beneficiaries for the day were Nairobi Kamba Network Association, Kibera Vision Achievers, Hands of Mercy Disabled Group, Umoja Disability Group, Kabete Friends Church and Hon. Carolyn Mayunzu - Nominated MCA who were given food packets, sanitizing material and masks by HCK.

The program ended with a prayer by National Joint Secretary of HCK Shri. Surendra Bhatia for the safety and well-being of every one, every community and the humanity as one family.

Flag off of Hand washing stations, face masks , sanitizers and girls' kits to six counties



Cabinet Secretaries Public Services & Gender Prof. Margaret Kobia (in pink), Labour and Social Protection Simeon Chelugui (2nd left) and ICT, Innovation and Youth Affairs Joe Mucheru listen to Ahadi Kenya CEO Stanley Kamau (right) as he shows the the donation made by his organization in partnership with National Social security Fund (NSSF) for distribution during the flag off hand washing stations, face masks and girl's kits to six counties at KICC in Nairobi on Thursday June 4th, 2020.

NSSF SIGNS MoU with Online taxi divers for Haba Haba saving



Little Cabs General Manager - Operations Ashish Kukreti (left) and National Social Security Fund (NSSF) Managing Trustee Dr. Anthony Omerikwa (centre) sign an MoU between the NSSF, Digital Partners Society and little cabs for the drivers to save through the NSSF's new product Haba Haba in Nairobi on June 2nd, 2020. Looking on is Ahadi Kenya Trust CEO Dr. Stanley Kamau who donated 10, 000 face mask and sanitizers to online taxi drivers. The online taxi drivers will be able to use their mobile phone USD cord *303# to save daily and be able to withdraw half of their saving after five years.



A very big thank you to the Hindu Council of Kenya for the generous hand of aid they have extended towards the community by providing masks. As we are all aware, not a majority of us are visiting these little angels during this global pandemic and as I beg for your support I would like my encouraging well wishers to accept my endless gratitude. Visited Jammies children's center and Hope for life Kenya in Nakuru on 21/5/20, distributed masks and some goodies.

“

The Chief Guest Shri. Pravinchandra Dodhia said that HCK was always at the forefront of all relief and welfare activities.

OPINION

HRSC donates 375 face masks to NRTT

On Wednesday 27th May 2020, Vimal Chadda and Shantibhai Shah of Hindu Religious and Service Center, donated 375 face masks to the in-charge of the Beadworks Programme at Northern Ranglands Trust Trading for distribution to the Beadwork businesswomen who are engaged in making Beadworks in 9 conservatives in North Kenya. NRTT overlooks the beading work trained its members to manage and distribute the items in Europe, USA, UK, and Australia. NRTT is responsible for design, input, quality control, and ensures on-time production and export. The sales contribute towards the conservation efforts in these conservancies.



YOU ARE SUCCESS

By Salim M. Kea

At a point I close my eyes just to try seeing far as people say, “Funga macho uone mbali.” At a times I open up my ears to gain more information only to hear the echoes of the silence. What are this echoes of the silence? My dear comrades and fellow elites, campus life an earthly paradise they do say. Your life your business, your success your choice; select wisely to manage your business. At a times it’s hard to determine what exactly success is to you. My dear you are success itself. Have you ever thought how competitive you were to *win against a million sperms!*

You are a winner not a loser! It is never late unless its over wake and fight! Be the three hundred men of spatter. The world is yours. I take time thinking how focused I was at kindergarten, knowing nothing but sure of being like my elders. I wish I new growing old its a trap I couldn’t grown old. My trap begun working hard to join good secondary school in Kenya. This wasn’t even my great deal after joining. Another struggle came fighting for another battle of success to gain that grade to good campus and universities on earth. Was that success?

Here in campus you are in, innocently you came. Focused yet and ready for another move. No remedial classes, no preps, no prefects you and you alone. Substitution of character you began, you were single at home now married at school, you couldn’t put on tights you suit case is full, you couldn’t walk in dark that the time now. The earthy paradise is real in campus.

The theory that success is for chosen few is true, you skid classes and go parte after parte to secure happiness. Those who are still loyal here they are committed to academics they believe success is for few who chose to. They join the guide and counseling team, religious societies, go for talks hence building there network, gaining more competent skills, do well in academics creat employment for themselves and the society at large. This is the group you are all gossiping on wishing you were the one. Don’t say my mom and dada told me not to start a business they asked me to read; my dear your parents too they don’t support or ask you to be broke, to fail, to take alcohol and abuse drugs. My friend wake you are the success they do wish to have.

My dear brother you keep on sleeping



with other peoples sister wishing to come marry a virgin hell you, you won’t to you my sister enjoying money of the boys around expecting to get a rich man you won’t look for one make him rich and you will be.

Back to the story of the focused kid from kindergarten to campus. And my story on You are Success starts. You don’t read, you dodge classes, you don’t do assignment, you do the cat while drunk expecting to get that A in the unit. Your success began in the womb so your campus success starts from that day loyal at the gate join the campus. Don’t get frustrated you have time a last minute saved a man. Prepare plan and project. Desire discuss and decide the

word belong to you.

Don’t cherish the short time happiness in campus that will make you live a wishing will life. Focus on the future a head. Work as they sleep, study as they party, save as they spend and you will live as they dream.

Remember, your past is a used paper if you keep on counting your past success then you will never achieve more you will be contented.

Your presence is unused paper write useful things and your future is a question paper. Therefore, guys standard on your present life to evaluate your past to realize your present life and secure your future. Only those in campus understand this.

Attack at Kwale



By Jacinta Kimani

Policemen in Kwale have managed to gun down one Alshabab suspect at Kibundani area, Diani Sub- County Mombasa County, following the previous night attack during police patrol.

According to Kwale County Commissioner Mr. Joseph Nthenge, the deceased Mohamed Mapenzi also known as Spanya was targeting to attack unidentified police station in partnership with one Said Chitswa who is believed to have been recruiting youths in that area to join the Alishabab group.

Speaking Kwale County commissioner Mr. Nthenge, said that the killing of Mapenzi and his two kids

Was due to him trying to fight back with the police officers using Gurnades and gun shots while using his kids as protection gears against the bullet attack between him and the police officers.

During the search at the suspect house, police managed to get Gurnades and assorted jungle uniform from the suspect as they detain Said Chitswa who is believed to have been recruiting other youths in Kwale.

The dead bodies where taken to Kwale morgue awaits post Mortem results.

Get Rid Of Old Hurts



By Atiya Mughal

The past is the past and whatever has happened should be considered history and not brought up again, but there some things that no matter what you do, just cannot be forgotten or left in the past. Somehow they will keep coming back in the present moment. All you need to do is learn how to deal with them and prevent them from moving with you into the future. It’s a mission to put such things behind but once you fully decide how you are going to react, then it will all be in your hands.

So the first thing to do is acknowledge those specific things from the past that no matter what you do, still haunt you deeply taking away your peace and feel them in the now, ask yourself why you are still holding onto them and what you expect to achieve from the pain they caused you. It’s obvious that whatever the situation, it has to do with someone very close to you who played the role of hurting you. Write the name or names of each person responsible together with what they did, how you felt at that moment & how you reacted. Put down the details and also why you are holding on to it till the present date. Keep writing; write daily even if you repeat everything all over again. Let it out of your heart.

If you feel the urge to confront one or two particular people who have hurt you, go ahead confront them but be gentle. Never do it in anger, instead approach them with a cool and calm mind, ask them to meet you up for lunch or coffee, talk politely and explain why you asked to meet up and slowly tell them what they did, how it affected you & how you felt. Discuss it, maybe they never realized what they did. Give them time to explain to you and if they apologize, accept it and forgive them. Even if they don’t apologize, forgive them anyway and from that moment let it all go and never look back to it. Trust me you will feel so much better and life will start looking more beautiful and positive.

“When you forgive someone, you free your heart of those unwanted burdens.”

How to manage your garbage

Early morning you take breakfast and go out take a tuk tuk/matatu/ drive to work because your boss needs you to be there on time no matter what. In the evening you come back home tired, you take dinner and jump in your bed waiting for the next day.

There is something you haven't noticed yet, that the activities you had the whole day you have produced 2kgs of waste. Now my question is how have you taken care of it?

Most of us we will rid of our garbage in our houses, give it to a garbage collector, mkokoteni guy or the care taker will sort it out but we have never asked ourselves where does it end up? Some of garbage collectors dump it just behind

your apartment, when it piles up we blame the county government for sleeping on their job while you are the one who has contributed to that mess.

Without knowing we get infected with malaria, dengue fever or even cholera with no knowledge the source is your irresponsible ness of how you dispose your garbage. As a Kenyan citizen you have right to clean and healthy environment according to Act 42 of the constitution of Kenya and due to devolution this mandate has been devolved to county government of Mombasa under the Department of Environment Waste Management and Energy (DoEWE).

For county government and national government to achieve

we citizens will have a big role in ensuring our environment is clean and healthy which starts making sure our garbage is handled by a professional garbage collector who will dispose it responsibly. After that then we will be able to move to the next step of sorting our garbage from home and recycling. For instance at Pollucare cleaners we offer door to door garbage collection with the aim of 100% recycling so that it will be beneficial to the environment and our community at larger.

Let us all take the responsibility of disposing our garbage and in this way we will be curbing climate change, and conserving our environment for our future generation.



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Mombasa Women's Association donated two classrooms to Mirimamine Primary School in kilifi south. Head teacher was very happy thankful and expressed her gratitude as students can study in better conditions. Education is key role model for students this the right environment enhance the quality of education.

Here see from left MWA Chairlady Mrs Harminder Kandhari, ex officio Mrs Suman Kanji, vice Chairlady Mrs Sadhna Doshi, Mrs Lata Magon, trustee Mr H.S Kandhari on looking Head teacher, staff and students

Followed by tree planting

International Day of Yoga



Hindu Council of Kenya's Health and Environment Director, Mr. Ravi Kaul organized a wonderful and very successful International Day of Yoga on Sunday 21st June 2020 virtually through Facebook, YouTube and Twitter where more than 100,000 people connected to this event and appreciated it. This event was also supported by the High Commission of India. Hindu Council of Kenya National Chairman Mr. Kamal Gupta welcomes Acting High Commissioner Mr. Ashish Kumar Sinha and other members of IHC. Many HCK managing committees also graced this occasion. We wish you all on this occasion and urge to continue practicing yoga to fight against Covid-19.

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DENTAL HEALTH: Halitosis

Overview
Halitosis is an oral health problem where the main symptom is bad smelling breath. Halitosis is a latin word which is derived from 'halitus' which is 'breathed air' and 'osis' which means 'pathological alteration'. The undesirable condition is a common complaint for both genders and for all age groups.

Causes of bad breath
There are many causes of bad breath. Some of the causes are:

- 1) Certain foods
Food items such as onions and garlic causes bad breath. Brushing and rinsing with a mouthwash briefly masks the odor.
- 2) Poor oral hygiene
Irregular and improper brushing and flossing techniques may leave food particles in the mouth. These tend to be a breeding ground for bacteria and can cause an unpleasant odor.
- 3) Improper cleaning of dentures
Dentures that are not cleaned

correctly may collect bacteria, fungi and food particles which in turn leads to bad breath.

- 4) Periodontal (gums/gingiva) disease
Inflammation of the gums and accumulation of tartar causes a foul odor and taste in the mouth.
- 5) Dry mouth
It is also known as xerostomia and occurs when there is decreased salivary production subsequently leading to inadequate cleansing of the mouth and removal of debris which in turn leads to the bad breath.
- 6) Tobacco products
Cigarettes, cigars and other tobacco products puts the body at risk for a host of diseases in addition to the unpleasant mouth odor it causes. Tobacco products wreak havoc on your body and your breath.
- 7) Medical conditions
Certain conditions such as respiratory infections, diabetes, gastrointestinal disorders or a



liver or kidney disorders can all cause an oral malodor. Certain types of cancer can also cause halitosis.

Treatment and prevention
It is important to identify the cause of the bad breath and treat it accordingly. This can improve

the malodor significantly. Certain healthy foods such as carrots and apples may improve salivary production. Sugar free chewing gum also increases salivary production. Good oral hygiene measures will improve the bad breath.

People interact with each other every day and halitosis has a negative effect on the person's social life. It can cause significant psychological distress therefore a visit to an oral health professional may aid in identifying the cause of the foul odor and can be treated

successfully.

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NEWS

Mombasa marks day of African child with pledge to protect minors

Kenya marked the Day of the African Child with renewed pledge to strengthen protection of minors amid rise in cases of physical abuse, neglect and forced labor during the Covid-19 pandemic period.

Mombasa Children coordinator Philip Nzenge said the county government is committed to improving the welfare of children in line with constitutional obligations, even as social ills continue to take a toll on the vulnerable generation.

The official, while delivering a keynote speech during the restricted celebrations held at Uhuru na Kazi building said the county has developed a 'Mtoto kwa Mtoto' campaign within vulnerable areas to sensitize children on their rights.

"Access to child friendly justice systems is key in ensuring child protection. In Mombasa, we are still grappling with rise in teenage pregnancy, juvenile criminals and that is why we have developed this programme," he said.

Mishi Omar, 15 a pupil at Marimari primary School is among 15 other community volunteer children who have developed the passion to sensitize other children against ills in the society. Mishi who is steering the programme at Mwakirunge area says her passion to sensitize girls came after one of her close friends was impregnated and dropped out of school.

"I saw my friend undergoing a lot of pain because the person who impregnated her walked scot free while her friend was struggling with the pregnancy with the only support from her parents," she said.

"My mother has been supporting me in my efforts to teach other girls how to take care of themselves and how they can get justice in an event they are sexually assaulted," said Mishi.

Born in a family of 12, Mishi is the daughter of Mapenzi Charo,



her single mother who lost her husband a few years ago. Mishi who is currently in primary school says her ambition is to pass all her exams and become a child rights advocate.

"Many of the girls in Mwakirunge ward are still subjected to early marriages and teenage pregnancy, others lack sanitary towels, this made me join the campaign to sensitize my fellow children," added Mishi.

According to Lucy Sindani, Senior resident magistrate at the

Tononoka children court, since the Covid-19 struck the country, about 240 cases were recorded under certificates of agency at the court alone.

"Since the corona virus pandemic, we used to receive about 80 cases per month, you can calculate for three months, but out of the cases about 30 of them have received rulings," said Sindani.

The nature of the cases range from sexual assault, criminal cases and violence related cases.

Likoni and Kisauni sub-counties are leading with increased cases on violation of children rights.

The official however said case backlog has remained a nightmare to the realization of child rights. So far, the courts are handling cases dating back to 2016.

In Kenya, there are only two special courts that handle child cases. This courts are located in big towns therefore making those in rural areas vulnerable.

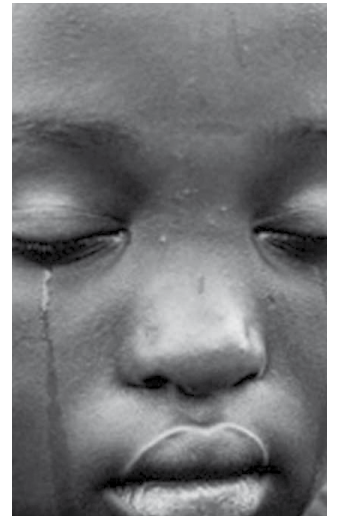
"Our fear is that many cases have also gone unreported and

have been solved within family circles, we discourage that because children end up suffering a lot," she added.

She cited lack of resources and lack of legal representation in courts as a stumbling block to finding justice for the majority of children who are unable to express themselves in court room.

"We have limited facilities like this time of Covid-19, the children are kept in police stations and this risks their life even more," said Sindani.

Over fifty children assaulted in Mombasa County during covid period children department reveals



He further noted that Kisauni, Mwakirunge, Utange and Vikwatani are the most affected areas.

"As we celebrate the day of the African child, we must observe their rights so that we do not harm them. It is true that cases of sexual violence and child neglect have shot up during this period," Nzenge said. He also lamented on an increase in online assault against children.

The director urged parents to be responsible of their children.

He says constitutionally children are protected against online and sexual violence.

According to him, Mvita sub-county leads in an increase of street families while Likoni Sub-county leads in high numbers of sexual violence against children.

At the same time Nyali sub-county children's department officer Biberone Umazi urged parents to play their parental obligations.

She pointed out that children in Kidogo basi and Mkunguni areas are the most affected lot.

"Most children from rich families in Nyali are assaulted online while cases of defilement and child neglect is rampant amongst poor families," she said.

Ms Umazi however adds that, crime rate in the area, is equally distributed between rich and the less fortunate.

Meanwhile, Ruqaya Omar, National Chair of the National Government said, most children in Mombasa County have no access to electricity, internet, TV and smartphones.

She asked the government to support online lessons in a bid to overcome challenges coupled with covid-19 pandemic.

"Smartphones connect us to the world, through them we can be able to learn through zoom and conferencing," she said.

According to her, smartphones should they be used positively, will assist them (children) through out their learning process.

The theme of this Year's Day of African Child is 'Access' to justice in a friendly manner.

Watamu residents benefit from selling trash

Conservationists in Watamu area of Kilifi county have launched a waste management programme that will see them buy garbage collected from the beaches so as to help conserve the Ocean during the Covid-19 pandemic period.

The program dubbed trash for cash which is being supported by Kenya Wildlife Services (KWS) and other conservation groups is being managed by Watamu Marine Association (WMA).

It aims at supporting locals who have lost their source of livelihood due to the impact of coronavirus.

Watamu entirely depends on the tourism sector and about 99 percent of the workers in the sector have lost their jobs after hotels were shut down in March.

Conservationists spoke during the World Oceans day cleanup exercise in Watamu which was



graced by the Coastal Marine and Freshwater Management programs in the National Environmental Management Authority (NEMA) Stephen Katua.

Karen Njue, the WMA assistant project coordinator said the Trash for Cash project was initiated to support the community by buying waste collected from the beaches.

Speaking at Turtle bay beach, Njue said the project has been

made possible by donors around the world.

She warned that plastic waste was becoming a serious pollution menace in the Coast marine environment.

In May, she said they managed to support 471 people who collected 8.5 tonnes of plastics and marine litter in Watamu.

"During this time, we call it a period of kusi and kaskazi period

or low season whereby a lot of marine litter is washed up in Watamu beaches so during this period from May to August there is a lot of marine litter in our beaches in Watamu," she said.

Njue said the majority of waste collected from the beach included hard plastic pieces fitting size of 10 to 100 centimeters, bottles, and bottle tops.

Watamu Marine National Park Warden Dudley Tsingayiu, said the Trash for Cash program which is going on has been able to raise Sh. 0.5 million to help in cleaning the beaches and ensure the locals remain engaged.

He said most residents depend on tourism and therefore closure of hotels has had an adverse effect on them.

The Warden said the crime rate in the area has gone up and exploitation of marine resources such as fishing in protected areas

has begun to rise due to the COVID 19 pandemic.

"Logging of mangrove is also on the rise, we organized with the local community to provide something small for their survival such that as we try to fight the pandemic they are able to clean the beaches and get paid," he said.

Tsingayiu said the locals go to the beach to collect trash which is weighed by WMA and they get paid to help buy food for their families.

Matilda Mathia said collecting trash in the beaches has given her hope again.

"In the beach, there are turtles and fish. If they eat the trash like plastic or ropes its life will be endangered," she said.

For her, she said Corona virus is a blessing in disguise as she is still able to earn money to feed her family, unlike many others who lost their jobs.

OF WOLVES, 2 CHERRIES AND A HARD HAT

By: Rudra Van Oxenberg

WARNING - NOT FOR THE FAINT HEARTED OR PERSONS WITH FIXED OPINIONS
Opinions on this article are mine obviously and don't necessarily reflect as the opinion of the publication.

CHAPTER 5- DITCHING THE OLD GUARD AMIDST NEW PANDEMIC PARADIGMS

Well well. Here we are - facing a new Global Enemy. A Pandemic. An incurable disease. Something that has brought global economies to a stand still. Who would have imagined that we would have empty airports full of planes?

This pandemic has literally killed life as we know it. How we go out. Who we go out with. Where we go out. And in Kenya, we have something the millennials never knew existed - A Curfew.

We have truly not appreciated the freedom and fruits of Mother Nature. Now we as humanity collectively stand on Stranger tides. When temples, churches mosques and Bars, casinos, night clubs and entertainment centers collectively close, it is hard to argue that for once, the powers of the universe have concurrently agreed to shut down the humanity race because of the negative toll that nature was taking thanks to us - Over Pollution, Deforestation, destroying natural eco habitats of wildlife, displacing dishonoring other human beings.

And then the entire world as humans knew it, shut down.

For once, we, who considered ourselves the most powerful species on earth were completely powerless. For we also consider ourselves as the most intelligent species on the planet and to date have no real answer for this Corona virus.

It is times like this that truly define what is valuable to humanity. And the answer remains the same as it were thousands of years ago - Food, Shelter and clothing. Perhaps we as a collective will look at this pandemic with a view of being humble, kind and respectful towards fellow human beings, mother earth and other animals. When we hit a bumpy road or an unusable road, we try and get alternate routes to reach our destination.

Now as the pandemic has shut down all clubs and ideal meeting spots, the "fries with burger" concept takes a temporary halt. With new paradigms, we too use new routes.

And the amazing news is with the new paradigm in play, you all have one less thing to fear about because gentlemen, our new paradigm in play is now meeting the ladies ONLINE.

Social media has evolved and become a necessity for majority of us - from Twitter to Snap chat, every media has its own cult following of people - and every media gives us the opportunity to approach that lady whose knight in

shining armor you dream of being.

Oh and the one less thing you have to fear about with this new methodology is actually meeting them and breaking the ice. You now have an opportunity to speak with them without the fear of her shooting you down on your face. She can now do it online instead if you misbehave

Remember the rules gentlemen - as some misguided readers have wrongly assumed, I am not here to "teach" you how to become a playboy. I am here to help you overcome the shortcomings in approaching the lady in your dreams. And eventually teach you how to treat a woman right once you are in courtship with her.

The singular rule of all engagement applies here - RESPECT. Respect that lady. Whether she wants to be with you or not is completely irrelevant. Respect her and respect her decisions. Yes, sometimes, we have the ladies who try to go out of the way to disrespect you and throw mud on your face. We will handle that phase perhaps in chapter 8 or 9.

For now, let us submerge ourselves with the new pandemic paradigm as we bid goodbye to our old Guard and old waves and embrace the new stranger tides.

So for this chapter let us use the most common social media that even your grandmother in Mandera County uses - Face Book. So it's very simple, the burger and fries rule still somewhat applies here - You send her a friend request - if she ignores it, nothing's lost, we move on right? If she accepts it, then you have unlocked stage 1 - Breaking initial barrier. Next one, is conversing with her. Please do NOT do that on her wall which is visible to all her friends and family.

Just a few pointers before sending out 2,834 new friendship requests per day;

1. Use your actual photograph on your profile picture- Will she really be interested in adding someone with the picture of a Car as your actual profile picture?

2. Yes you probably had hair like Bob marley 10 years ago but now your hairline is sharper than The Rock - so please have your relatively new picture on your profile. The ladies do not like rude shocks mind.

Now that we have added her

and she has accepted your request, we have passed barrier one. The most critical and important part comes next- your first message(s) to her. Now, again, many girls who happen to be my friends have shared their insight as to what they receive on their messenger from new/random guys;

*Hey Sup
*Hello Hottie
*Wow youre pretty!
*Hey wanna hook up?
*Hi there!
*Heloo.....

These kind of messages get IGNORED and most likely blocked immediately. So please if you want to to behave like a clown, join a circus I hear they are hiring.

You need to set yourself very differently. You need to set the tone on your message which subtly tells her that you are not only a gentleman but you belong to a different league of gentlemen - someone different. Remember, you need to leave a lingering positive impression on her.

So, here is what we do (yes I am helping you with a line to break the ice)

You have 2 options. Let me know which one you went for and which one you were reluctant to you.

Hello (insert her name here). Thank you for accepting my friend request. My name is xxx and

Briefly, summarize key things about you, For example, My Name is Rudra Van Oxenberg, I love writing, a good cup of coffee and the occasional whiskey and cigar caviars. I do look forward to getting to know you and have a good E-Friendship Run. Also, I thought it be a good idea to let you know that I am not a member of the creep club of facebook

Option 2 (Slightly More Cocky so only if you are confident with your words)

Hello (insert her name here) Firstly, and most importantly - Congratulations!

Wait for her response because 90% of the times, she will want to know what you congratulating her for When she does ask congratulations for what, heres your reply;

For getting yourself an awesome friend like me

With a quick follow up on Pearls or Silver? Which one do you prefer?

Do you get where I am going with this fellas? If you do, proceed. If you don't please go for option 1.

Would love to hear your thoughts/Questions/Abuses (Really?) - drop me a line on RudraOx@Yahoo.com

PS - Competiton closes this month;

OF WOLVES, 2 CHERRIES AND A HARD HAT - CAN YOU DECRYPT THE MEANING OF THIS TITLE? All answers to be sent to me on rudraox@yahoo.com next article we will sample a few. AND THE WINNER WILL BE THE LUCKY RECIPIENT OF A KSHS. 2,000/= GIFT/SHOPPING VOUCHER

“
You need to set yourself very differently. You need to set the tone on your message which subtly tells her that you are not only a gentleman but you belong to a different league of gentlemen - someone different



NEWS



Not by Might

Have you ever done something but looking at the results you're amused that it is you who achieved it? You get do proud of yourself that you even feel like telling it to the whole world. On the other hand, there's a kind of fear that gets to us when called upon to do some task, beginning a project, or starting up something. This is the fear of failure, uncertainties evoke fear. You fear underperformance, you fear to start a business and it fails, you fear to get into a relationship that will not work out or even fearing to dare to use our talents and gifts. The fear of not being perfect will never make us perfect. Failure gives us an opportunity to learn from our mistakes, and that is the paradox of failure. You start humbly and you work your way up. The Bible encourages us not to despise the days of humble beginnings.

I know you're asking, where then will you get the confidence to break the camps of limitation. I have some simple ways that we can try together.

Firstly, let's consider this,

Joshua 14:12
"Now give me this hill country that the LORD promised me

that day. You yourself heard then that the Anakites were there and their cities were large and fortified, but, the LORD helping me, I will drive them out just as he said."

This kind of courage is rare to find! Procrastination is not in

“

Just like a farmer sows a seed and waits for it to grow, you will need that kind of patience. I know sometimes we want quick money, instant rewards, or instant gratification but be careful because the things that come easy, fly away before they're even celebrated.

”

Caleb neither. He wants the hill country given to him NOW. What discipline! May God give us this kind of boldness to get out of the nest and fight for what is ours for dominion. Accept that it is not going to be easy, just like the city Caleb was asking for was fortified and the Anakites were giants. After admitting your insufficiency, acknowledge that with God's help you will triumph. Whatever vision that you have can be scary, but with God's help, it will become a reality. You allow God to work through you.

Secondly, be accountable to someone who has gone ahead of you. If you want to grow, you will need to swallow your pride more often and seek guidance as well as discussing your journey with someone. That person must be trustworthy because you will be sharing the ugliest mistakes you've done as well as your most exciting achievements. It is important that you understand that vulnerability is not a sign of weakness. Have someone who inspires you to keep climbing the next rung even when you don't seem to have the strength to hold on. Have someone who will ask you hard questions just to help you keep everything in

perspective. Remember you must sacrifice your pride for you to be helped.

Lastly, be patient with the process. Just like a farmer sows a seed and waits for it to grow, you will need that kind of patience. I know sometimes we want quick money, instant rewards, or instant gratification but be careful because the things that come easy, fly away before they're even celebrated. Be patient with yourself and your journey. Understand your season and stay in your lane. There's a relationship between efforts and rewards. The more you invest in something, the greater the reward.

If you work hard enough and assert yourself, and see your mind and imagination, you can shape the world to your desires. The world is yours for the taking!

When you've accomplished or are in the process of accomplishing your dreams, remember to sing this song,

Psalms 115:1
"Not to us, O LORD, not to us but to your name be the glory, because of your love and faithfulness."

PHOTO STORIES

Hindu Council of Kenya donation to Aga Khan Hospital Nairobi and appreciating healthcare workers

Hindu council of Kenya Health & Environment Director Mr. Ravi Kaul organized donation drive for Aga Khan hospital where essential items like Sanitizers, Personal Protection Equipment's, Hand wash soap etc. were donated to them. Mac Coffee Regional Head Mr. Abhishek Rana presented Mac Coffee, Mac Tea and Hampers for Health care workers.

Hindu Council of Kenya National Chairman Mr. Kamal Gupta along with other members National general secretary Mrs. Sujata Kotamraju, area MCA Hon. Jayendra Malde ,Nilesh Bhavsar, Abhishek Rana and Ravi Kaul handed over the items to the hospital CEO Dr. Shawn Bolouki and his senior staff members

who were also present there. Mr. Gupta mentioned in his speech that Hindu council is a nation body which represents over 150 Hindu member institutions and temples in Kenya, whose head office is in Nairobi and have 5 branches all over Kenya. He appreciated hospital for doing great job by serving people. He further mentioned that in our religion serving human being is serving God. We as Hindu Council are working with everyone to fight against COVID19 without looking into cast, creed and colour.

We at Hindu Council are distributing food stuff every Saturday to needy homes without looking into cast, creed or color. We are in touch with the Government authorities, Ministry

of health in regards to COVID 19 to support our brothers and sisters.



HCK Action Plan against Covid 19

HCK in line with their Action Plan to fight Covid 19 and in continuation with their weekly Relief and Welfare programs continued to distribute food packets, hygiene materials and sanitary products to over 6 needy groups from different regions of Kenya, HCK National Chairman Shri Kamal Gupta said that HCK and the Indian Community in line with their tradition that the entire humanity was one family was actively involved in assisting and preparing the community to face the challenges posed by Covid 19.

Welcoming the Chief Guest H.E. the Acting Indian High Commissioner to Kenya Mr. Sinha, HCK National Chairman Gupta said that it was an honor to receive HE Shri Sinha for this function. Chairman Kamal Gupta said that the Indian High Commission had always lent strong support to HCK and the Indian Community at large. Chairman Shri. Kamal Gupta also thanked the Acting Indian High Commissioner Shri. Sinha for the support HCK had received from the Indian High Commission while arranging permissions to facilitate repatriation of our Kenya fellowmen back to Kenya and assisting repatriation of the some of its community members back to India. The ease with



which this repatriation process happened was also a landmark testimonial of the brotherly and friendly relations between the two countries Kenya and India, Shri Kamal Gupta added.

The Chief Guest H.E. The Acting Indian High Commissioner to Kenya said that he was extremely happy and proud of HCK and all relief and welfare activities. H.E. Shri Sinha noted that the HCK family was at playing a critical and important role in the fight against Covid 19 and requested that the HCK family continues its role in building up the great Nation of Kenya. HE Shri. Sinha also assured that the High Commission was always available

to support the noble activities and projects carried out by HCK.

HCK National General Secretary Smt. Sujata Kotamraju then called on the beneficiaries for the day who were Christ The Hope Rehabilitation Centre, Caro Orphans Support Group, Faith Little Sisters Group, Mathare Youth Talented Organization, Kayole Youth ni Sisi, Riruta Church of God EA (Kenya) who were given food packets, sanitizing material and masks by HCK.

The program ended with a prayer by National Joint Secretary of HCK Shri Surendra Bhatia for the safety and well-being of every one, every community and the humanity as one family.

PHOTO STORIES



we received Ten hand wash stations from Stanbic bank in partnership with Rotary club for distribution at Nakuru dumpsite. In the fight against Covid-19,we focus on the most vulnerable families who have limited access to the basics like handwash stations, soap and masks.We reached out to street families living in Ziواني area ,Rhonda n bondeni slum in Nakuru and donated a handwash station and soap. #Rotary club of Nakuru cares Rotary District 9212

WHEN GOD LENDS A HELPING HAND

By Paresh Mojaria

The most wonderful movie you will ever see is the journey of life. It's full of twists, turns, adventure, love, emotions, thrills, comedy, tears and all the other ingredients of a great movie. The best part of the script is that you never know what's coming next and that is the part which makes it so exciting. I always look at young kids and envy them for all the thrills that await them ahead. Of course everyone has to go through rough patches too but there is one element which keeps us forging ahead despite all odds and that is hope. But at most times hope on it's on is not enough. When you are young you can afford to be daring because you know your parents have your back in case things spiral out of control but as one reaches adulthood, that sense of comfort evaporates and one starts getting insecure and apprehensive and that is when one turns to faith as one's last line of defence and courage to take the next step. The following is a true story of one such individual whose faith in God paid off in a spectacular fashion:

Mahendra started working in a drapers shop in Mombasa after finishing school. He was a hard, honest and a diligent worker. He was also a true devotee of Shri Jalarambapa, a saint who lived in the 1800's and performed spectacular miracles. Until today he has a huge retinue of devotees (including yours truly who is a fanatical devotee) across the globe who cut through all racial and religious divides. Mahendra's ultimate dream was to own his own shop and he worked hard toward achieving his goal. After he had saved what he thought was enough, he confided with his wife about his intentions.

His wife was not very keen on the idea as she preferred the security of a steady income over diving into uncharted waters. But Mahendra was adamant and kept his eyes open for a vacant shop in a suitable area.

One fine day he stumbled upon a nice big shop on Hospital Street to which he had an instant liking. He quickly struck and deal and much to his employer's dismay resigned his job. The next couple of months were exciting times as he went about procuring furniture and fixtures and decorating his dream. At last came the much anticipated opening day and as pledged he opened after doing a prayer ritual called puja for Shri Jalarambapa at the shop. Thereafter he would always start the day by lighting an incense stick in the small wooden temple of Shri Jalarambapa built in his shop and pray for a good day ahead. Business did start well but he knew he had to be patient and kept his faith. As time went on he realized his shop was performing under par compared similar shops in the same locality. In fact he was doing minimal business and his cash flow was dwindling fast. He tried everything, from advertising to re-arranging the display but nothing seemed to be working. As his savings dwindled, they started cutting back on all

household expenses and self-doubt started eating him from inside. Finally came a day when he had practically no money left and despair started sinking in.

On the material day he reached shop around 8 am as usual and was dismayed to see that he was on his last incense stick. That day he lit it up and regretfully told Shri Jalarambapa that he was too broke to buy any more incense stick and this would be the last of his offerings. With a hollow feeling he sat on his desk hoping for any sort of sales. At around 11 am a huge shadow fell over his shop as two huge busses packed with tourist halted outside his shop and to his utter surprise all the tourists from the bus clamoured his shop. To his total amazement and delight all of them started purchasing clothes and jewellery he had in stock. It was total chaos as he and his one employee tried to keep up with the orders pouring in. At one point a friend who had dropped in to say Hi, also found himself unceremoniously roped in as a salesman for the next couple of hours. By the time the bedlam ended his shop was totally empty but his cash till overflowing. The tourists and

busses disappeared as mysteriously as they had come and he slumped into his chair totally spent. Just as he was reaching for the bottle of water to quench his thirst a couple of curious neighbours walked in as asked him if he had made an arrangement with some tour guides to lead the tourists to his shop which he denied. They said it was really strange because IN ALL THE YEARS THEY HAD DONE BUSINESS ON HOSPITAL STREET, THEY HAD NEVER SEEN A SINGLE TOURIST BUS STOP THERE SIMPLY BECAUSE HOSPITAL STREET IN MOMBASA IS SIMPLY NOT A PLACE TOURISTS VISIT.

Let me make a few points here:

1. You may choose look at the above as a mere co-incident or even just and just an event and then you might look at it as a miracle, the choice is yours. But looking at it as a miracle gives one hope and belief and hence the courage to push forward.
2. In life everyone has to go through some very rough patches and its very easy to lose faith or blame God for your woes.

Tough patches in life are not only inevitable but also the best teachers in life (if you are bright and alert enough to learn). They are like a compulsory course you have to take like it or not but if you have faith, God will give you a small hand every time you are about to drown

3. We all go through at least a couple of miracles in life (I have been lucky to have gone through many) but every time we overcome a tough situation, we forget to thank the almighty for his help because we are too busy patting ourselves in the back for getting through on our own devices.

Oh, before I forget, let me reveal he identity of our hero Mahendra. It is none other then Mr. Mahendra Maru of Topfit drapers. He has never looked back from that miraculous day and has been running a thriving business for over 40 years since. Today he is set to retire at a healthy age of 70





HCK Action Plan against Covid 19

“HCK and the Hindu Community will continue to work for our fellow brothers and sisters during the difficult period of Pandemic” said HCK National Chairman Shri. Kamal Gupta at the HCK relief & Welfare event organized at the National headquarters at Kusi Lane. Speaking at the event the National Chairman Mr. Kamal Gupta said that HCK and its member institutions were involved in relief and welfare activities on a daily basis and that every branch of HCK was similarly working to make sure that the relief activities reached every part of Kenya.

Welcoming the Chief Guest Mr. Swaran Varma, a former Chairman and present Trustee of HCK. Shri. Kamal Gupta said that Shri. Swaran Varma had been the guiding light for HCK for many years. Shri. Swaran Varma selfless work and dedication to HCK was a major pillar of strength and inspiration for HCK and that HCK was blessed to have the presence of Shri. Swaran Varma at the event. The Chief Guest Shri. Swaran Varma mentioned that HCK motto was selfless service to the society. As a part of HCK he was proud of the work which HCK was doing under the Leadership of Shri

Kamal Gupta. HCK has continued with its long established tradition of working for the community, for the society and HCK Action Plan for Covid 19 where it was working on a continuous basis to bring relief to our communities throughout the country was a testimonial to HCK commitment to the community and our fellow brothers & sisters. HCK National General Secretary Smt. Sujata Kotamraju thanked the donors G.A. Insurance Company and their Group CEO Shri. Vijay Srivastava and CSI Insurance Brokers M.D. Smt. Bhawana Khanna

for their generous donations for a very worthy cause and the beneficiaries for the day were Mountain View Women Network; Zebstrong Community based organization, The Youth Network, Vumilla for the disabled Group, Evangelical Friends International Church, John Wilson Foundation who were given food packets, sanitizing material and masks by HCK. The program ended with a prayer for the safety and well-being of every one, every community and the humanity as one family.



On 28/5/20 Rotary Club of Nakuru partnered with #Ekenywa and donated pads to 272 girls/women at an event to commemorate World Menstrual Hygiene Day at Heshima Primary School Nakuru Thanks for inviting us #NakuruCountyGovernment May 28 is Menstrual Hygiene Day (MH Day), which aims to break persisting taboos around menstruation, raise awareness about the importance of menstrual hygiene management (MHM) for women and adolescent girls, and engage decision-makers in raising the political priority of MHM. Globally more than half of women are of reproductive age, yet many lack access to hygiene products and adequate sanitation facilities. We were glad to be able to help.



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Fun with alot of purpose

STORYTIME

WAKE UP ON TIME!

My dear son, this story I am about to tell you is of a young boy who didn't listen to his parents near bedtime.

"Mom, what are we going to have for breakfast? Asked the little boy.

"We are going to have lunch for breakfast," answered his mom.

Then the little while later the young boy asked: "Mom, what are we going to have for lunch?"

"We are going to have the dinner for lunch," his mom answered.

After that little while later the boy asked: "Mom, what are we going to have for dinner?"

"There will be no dinner," his mom said to him, "you just ate lunch for dinner."

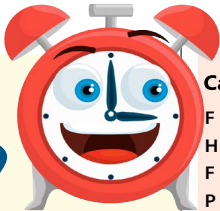
"Then why are not we having something on time?" Asked the boy more desperately.

"It is because you must sleep on time to wake up in the morning." His mom answered. "That way you can have breakfast for breakfast, lunch for lunch and dinner for dinner."

"But I woke up early in the morning today," said the boy, "did I not?"

"No, you did not." Answered his mom. "You woke up near afternoon time today and that is why you had lunch for breakfast. Listen to me, son. Try going to bed more early tonight so you can have breakfast for breakfast and likewise live correctly from the beginning to live up to a correct ending in everything: in time, in love and in life."

Moral lesson: Most children are always certain they aren't tired and have a million ideas for things that should or MUST be done during bed time. Studies show that sleeping on time and waking up on time leads to a more intelligent, healthier and happier life.



Word Search- Corona virus

Can you find all of the words hidden in the puzzle?

F M I R E T A W N S I O J N M
H O M N O I T N E V E R P O A
F O M N P R A H S E S K Z I S
P Z U Z O E E P S M N C L T K
P X N U L I R V O O O Y W A O
C H E C F E T T E R A A W L F
D G S K A Q P C O F S P E O R
R U Y D H M D N E H E A U S Y
U O S I Y T A T H F P P C I O
B C T S T V E A U Y N K D N T
I C E O I C O V I D G I G N I
O C M R H E A L T H Y I X Y S
N U U I M M E Q N X Z K E U S
M S Z F G B A I J D H Y M N U
L B E P X I S F O A Q T L H E

Soap	Clean	Healthy	Water
Tissue	Mask	Covid	Hygiene
Coronavirus	Spread	Infection	Isolation
Fever	Wash	Prevention	
Immunsystem	Cough	Symptoms	

Fill in the blank boxes with the solution you get.

Math crossword

8 - = 3 + = 10

4 =

7 =

5 =

8 =

4 =

6 +

9 =

Have you met Ali!

Teacher: Ali, please name 5 animals that live in water.

Ali: Frog.

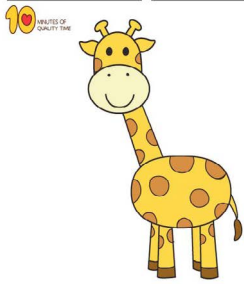
Teacher: Very good. Now name the other four animals

Ali: His father, mother, his sister and his brother

Teacher: Ali please tell us what are the most essential survival elements in 2020?

Ali: Android , Whatsapp and Facebook

Find 5 differences



Would you rather?

Just a bit of fun but not for the weak hearted... more fun when played with friends!!

1. Lick the bottom of your shoe or eat your socks ?
2. Would you rather eat a dead bug or a live worm?
3. Would you rather eat a can of cat food or two rotten tomatoes?
4. Would you rather have a pig nose or monkey face?
5. Would you rather have your mom pick you up from school in her bathrobe or have homework every day for two weeks?
6. Would you rather be incredibly funny or incredibly smart?
7. Would you rather be a wizard or a superhero?
8. Would you rather brush your teeth with soap or drink sour milk?
9. Would you rather be able to do flips and backflips or break dance?
10. Would you rather only be able to walk on all fours or only be able to walk sideways like a crab?

BURST YOUR BOREDOM

Some really good things happen when we're bored because then we start daydreaming! And when we start daydreaming, we start imagining the world we would like, or we come up with new and exciting ideas.

Continue The Story

Play this game with your friends or siblings. Each person has a chance to speak. What happens is that someone begins and starts a story... 'Once upon a time...' and proceeds to give the opening line of a story. The next person then goes, adding onto this a single sentence or phrase. Each person has a turn to add to the story in this manner. Everyone has to be as creative as possible...

Make Sidewalk Pictures

Sidewalk chalk art is super fun (and your neighbors going on walks will enjoy the messages). During the hard stay at hometimes when CoVid19 is rampant, it's fun walking the neighborhoods and seeing all the inspirational messages drawn by kids on the sidewalks Try write things like "We will get through this" "There is always something to be grateful for"

Make a worry jar

The idea behind the Worry Jar is simple: Write your worries down on little slips of paper and put them into a jar or container. Come back whenever you think about it (not 10 minutes later; Look through your worries again. Chances are, there will be several slips of paper that have come and passed, and you are still alive, still healthy, and your worries never amounted to anything. So then you can rip them up and throw them away!

Repeat with new worries.

Story telling

Make a story telling program. Everyone in the family has to take turns doing this. Your mum, dad, siblings and other members of your household. Even the househelp and the security guard. Prepare the timetable and let everyone know what day is theirs .

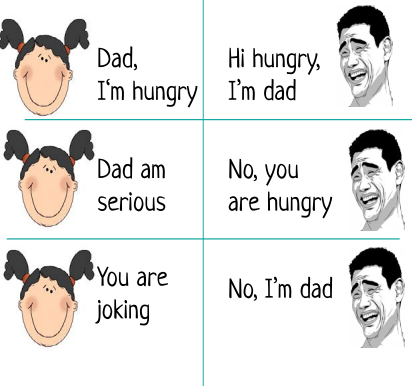
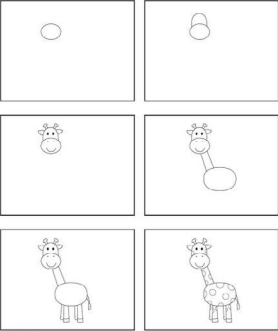
Create a when i grow up poster dream big

When I grow up I want to be famous, I want to be a star, I want to be in movies. In this activity, think about what you want to be when you grow up. You can draw your career, the type of car you want, the members of your family, even draw family pets.

Become An Expert

This can be done by the whole family. Pick a topic and learn everything you can about it, then present it. Perhaps you want to learn about dinosaurs, the moon, oceans, another country, an animal.

you can draw too!



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