



The Socio-Economic Newspaper with Anything & Everything from Kenya

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# MOMBASA COUNTY HEALTH DEPARTMENT'S HOME BASED COVID-19 CARE PLAN - SUCCESSFUL

By Andrew Kilonzi

**H**ome based care is proving to be successful in Mombasa County as more than 200 Covid-19 patients are discharged from isolating facilities to self-isolate at home.

**This has also decongested the 450 bed capacity isolation beds in public hospitals in the County.**

Mombasa county health chief officer, Dr Khadija Shikely said self-isolation is crucial in dealing with the pandemic, however she insisted it needs total commitment, discipline and adherence to the ministry of health guidelines.

"We have released 80 patients from the Coast Provincial General Hospital, 129 from the Technical University of Mombasa isolation center, 3 from Mombasa Hospital and 2 from the Agakhan hospital. 62 have been isolated at home after tests," she said.

Dr Shikely said asymptomatic only patients are allowed to self-isolate at home but they must follow the health directives. She explained that the spike in coronavirus cases is due to indiscipline.

The county chief health officer said for the health department to allow coronavirus patients to self-isolate, the individuals must live in a self-contained house to separate the patient from the rest of the family members.

A clinical officer will then call the patient now and then to check on their conditions.

"The clinical officer will call those who are self-isolating to check if they have temperatures, cough, tiredness, loss of breath among other coronavirus symptoms. But for the 14 days incubation period, you

must stay indoors, no visitors thereafter you will recover from the disease," highlighted Dr Shikely.

Dr Shikely said those hospitalized are given symptomatic treatment including antibiotics and vitamin to boost their immunity.

"We have three categories of patients, a suspected case is an individual who has symptoms but has not been tested for coronavirus. So we separate the patient from the rest, test to ascertain their condition. We also have those who have been tested and turned positive but have mild or lack symptoms. Lastly is a sick coronavirus patient, the individual is normally moderate or severely ill, they always have comorbidities such as cancer, HIV, pressure, asthma, TB and heart diseases," explained Dr Shikely.

The chief officer said the elderly with opportunistic diseases are a major concern to the county whom she insisted must be admitted in hospital.

She lauded Governor Hassan Joho's leadership for his steadfastness in dealing with the pandemic stressing that the county has made strides by enhancing the health sector. The county has 450 coronavirus isolation beds.

"Mr Joho's leadership is exemplary; we are working with the donors and private sector who are supporting us in the fight against the virus. The private hospitals in Mombasa are really helping us by donating their health workers in our public hospitals to deal with the pandemic" highlighted Dr Shikely.

Support from USAID includes capacity building for health facilities, messaging. The World Health Organization has also supported acquisition of medical and testing equipment.

"We should stop stigmatization against coronavirus patients. We

have cases of many who are undergoing stigma after recovering from the virus, this is a disease that can affect anyone. It's not a lifetime disease, people heal. Let's wash hands, sanitize, wear face masks and stay home, prevention is better than cure," she said.

With the help from the USAID, the county has enhanced coronavirus sensitization in the villages.

When he was confirmed to be Covid-19 positive, Hussein Abdullah (not his real name) from Old Town was worried over stigmatization in Mombasa.

He really wanted to self-isolate at home to protect himself against the rife stigma on coronavirus patients.

Doctors were sent to his house to access the condition before he could be allowed to isolate at home.

"We have ensured no interaction with my family members because I live in a self-contained room where I cannot interact with my wife and three children who are negative," he said.

"For any conversations, we interact through the door and the family WhatsApp group," he added.

He added that in case of anything serious, and if I needed anything, they would buy it for me and put it at the door where I stay and pick it up."

Today, he is on his road to recovery.

The doctor further expounded on another family in old town who have a Covid-19 patient self-isolating at home.

"The family requested for self-isolation and we had to send doctors to ascertain if they meet the requirements including separate room, sanitation facility and a helper. The patient is still undergoing self-isolation at

home and we are happy he is following the guidelines not to infect his family members," she added.

According to Dr Shikely, the patient is taking his medication, eats a well-balanced diet and has a doctor on call who checks on his condition.

"The doctor normally inquires if he has checked his temperature which he must check every day and note down in a book. In case of any slight changes, the doctor is dispatched to the home for further treatment. This model has helped us in managing Covid-19 patients at home," she said.

She added Old Town which had the highest number of infections in the Coast region has a local model incorporating community health workers who assist in dealing with the pandemic.



Mombasa County health chief officer, Dr Khadija Shikely



TOP NEWS

# Teenage Guidance & Counseling Session at Maisha Mapya Learning Center



**R**ani Ramchandani and the Reach to Her Campaign team members conducted a guidance and counseling session for teenagers of the Goto ,Hilton and London area on 1st August 2020 at Maisha Mapya learning Center.

The outbreak of the coronavirus disease has led to the suspension of most economic activities devastating people's means of livelihood. It has also led to the closure of learning institutions. In Kenya, the Ministry of Education has put in place strategies to ensure continuity of education through distance online learning delivered through radio, television and the Internet. However, these strategies have further widened the inequality gap, as learners from poor, vulnerable, and marginalized households such as from the Goto community are unable to benefit from continued learning through these platforms due to lack of access.

Further, the loss of livelihoods particularly through scavenging in the dumpsite has led Teenagers to be forced into income-generating activities to support their families which has led to the young girls in Goto engaging in transactional sex in order to gain not only access to these essential needs such as sanitary towels and panties but



also to support their families.

They campaign was able to reach out to 300 Teenagers a total of 180 girls and 120 boys

The reach to her campaign managed to equip the Teenagers with a strong understanding of who they are, increase their level of self-esteem, and provide them with a large tool box of new skills to aid them as they continue on their path to adulthood and later distributed sanitary towels to 63 girls between ages of 16-19 years.

The sessions were lesson



based, interactive, and the team was able to capture various forms of mental health issues, Molestation and rampant drug & substance abuse which was captured through anonymous box session which was delivered to the group counselor and he managed to assist 10 teenagers which he will strive to follow up.

Proposal was floated for Maisha Mapya learning center which supports the community living at Goto dumpsite and its environs to be a Sanitary drop off bank.

# Extraordinary summit to review the surge of covid-19 infections



**H**IS EXCELLENCY THE PRESIDENT has convened the Fifth Extraordinary Session of the National and County Governments Co-ordinating Summit, which was held on Friday, 24th July, 2020.

The Session has been convened following a surge of COVID-19 infections across our Nation; with the disease having now manifested in 44 of our 47 counties. The Session shall be a status conference that shall:

- (i) Assess the Counties' state preparedness within the wider national response to the novel coronavirus pandemic and evaluate Kenya's overall national response and capacity;
- (ii) Review the efficacy of the containment measures in place and review the impact of the phased easing of the restrictions that were in place; and
- (iii) Consider the evolution of the disease and the medical models on how COVID-19 may propagate within our Country over the months of August and September 2020.

His Excellency calls on all Kenyans to continue applying the simple but yet most effective individual and collective measures that are our Nation's best weapon against COVID-19. Kenyans should continue correctly wearing facemasks while in public spaces, apply correct face and hand hygiene at all times, and cooperate with the physical and social distancing guidelines and protocols that have been put in place to safeguard our individual and collective health and safety.

## PHOTO STORIES



Lord Mahavir Swami followers donated rations packs and blankets to 77 persons with special needs ( physically challenged and leprosy) in Karogochu The distribution was done by Giants Group Twiga and Vanik Vaishnav Mahajan The receipants thanked the three institutions for their timely support

# President Kenyatta mourns Rev. Peter Kariuki Kania

**P**resident Uhuru Kenyatta has sent a message of comfort to adherents of the PCEA Church, friends and the family of Rev. Peter Kariuki Kania who passed away today.

Rev. Kania is the outgoing Secretary General of the Presbyterian Church of East Africa (PCEA).

In his message of condolence, the President remembered Rev. Kania as a gifted minister

of the gospel and man of God who served the PCEA Church and the Christian faith in the country with zeal and utmost commitment.

"Death has robbed our nation of a dedicated evangelist and distinguished church administrator whose immense contribution to the development of the Christian faith in Kenya shall be dearly missed. "Rev. Kania's good work as an evangelist and

Church administrator can be seen in the growth of the PCEA Church in the country during his time as its Secretary General and in the parishes where he served over the years," the President eulogised.

The President wished the family of the departed prelate, the PCEA Church and all Christians in the country God's comfort as they come to terms with the passing away of Rev. Kania.





# The Indian Society of Heating, Refrigerating and Air Conditioning

By Nishith Joshi

On 11th February 2020, the International Committee on Taxonomy of Viruses (ICTV) announced “severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)” as the name of the virus that has caused the new disease COVID-19.

A month later, the World Health Organisation made an assessment and announced the disease to be a pandemic. COVID-19 has led to severe global socio-economic disruption impacting millions around the globe.

India, with the rest of the world has been facing the adverse effects of COVID-19. Concerns have been raised about the likelihood of the spread of the disease through operation of Air-conditioning and Ventilation Systems. Infectious diseases can spread by several different routes including transmission through air. The questions being asked were whether their spread can be accelerated or controlled by heating, ventilating, air-conditioning and refrigeration (HVACR) systems, depending on how the system is designed and operated.

To put comprehensive guidelines together, a COVID-19 Task Force was set up by ISHRAE's Technical Committee. These Guidelines were prepared after a detailed study and analysis of information and literature available till date.

In preparing this document, the COVID-19 Task Force extracted, examined, analysed

and compiled information pertaining to the Climatic regions of the Indian Sub Continent. The Team referred to publications in peer reviewed journals and reports from other relevant organizations around the world in arriving at these conclusive guidelines.

The Documents addressed

- Modes of possible transmission

- Indoor conditions to control the spread and most suitable Temperature & RH levels

- Operational protocol for HVAC systems for Residential, Commercial & Industrial applications.

- Special emphasis for Healthcare applications covering

- Creating Covid treatment Wards & ICU rooms including temporary measures

- Design protocol for Quarantine rooms

- Technical recommendations for Operation Rooms, Emergency, OPD, Wards, Diagnostic rooms etc.

- Air purifiers
- Safety guidelines for technicians

- Operations and re-start up protocol for commercial establishments opening after lock down.

ISHRAE has till date released three documents

1. How to operate air conditioning and ventilation systems to control spread of coronavirus disease (COVID-19) in Residences, Workspaces and Healthcare Facilities

2. How to operate air conditioning and ventilation systems to control spread of coronavirus disease (COVID-19)



in Healthcare Facilities

3. Start up and Operation of Air conditioning and Ventilation systems during Pandemic in Commercial and Industrial Workspaces

Please Visit [www.ishrae.in](http://www.ishrae.in) for more details on ISHRAE or to download these documents

## ISHRAE

The Indian Society of Heating, Refrigerating and Air Conditioning Engineers (ISHRAE), was founded in 1981 at New Delhi by a group of eminent HVAC&R professionals. ISHRAE today has over 13000 HVAC&R professionals and another 10000 Student-members & operates from 43 Chapters and sub Chapters spread all over India, with HQ in Delhi.

It is led by a team of elected officers, who are members of the Society, working on a voluntary basis, and collectively called the Board of Governors.

ISHRAE is engaged in the dissemination of knowledge

related to the HVAC & R, & Building services in the Built Environment.

In pursuance of this objective ISHRAE works in the areas of Research, Standards, Education & Training, Publication of technical Books, Journal & also organizes world-class Annual exhibitions ACREX & REFCOLD besides hosting technical Seminars & Conferences.

## ISHRAE Objectives:

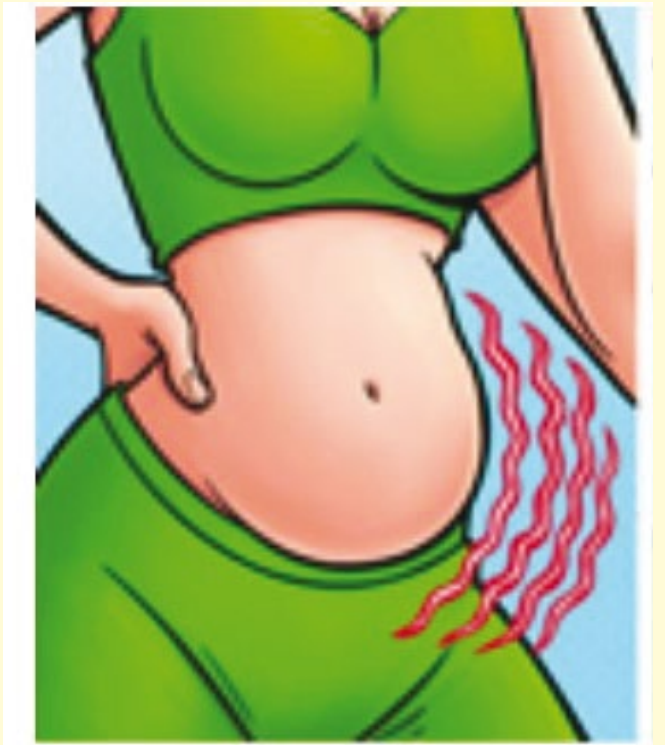
- Advancement of the Arts and Sciences of Heating, Ventilation, Air Conditioning and Refrigeration Engineering and Related Services.

- Continuing education of Members and other interested persons in the said sciences through Lectures, Workshops, Product Presentations, Publications and Expositions.

- Rendition of career guidance and financial assistance to students of the said sciences.

- Encouragement of scientific research.

# 9 Ways to stop your stomach from growling



By mwanamgeni said

While giving and important presentation or while sitting around with friends- grumbling noises come from your stomach at the most inappropriate moments but there's nothing to be embarrassed about since it is a normal process in our bodies.

Stomach grumbling can occur because of hunger, slow digestion or the consumption of certain foods. Here are some easy and effective measures that will silence those loud noises in no time.

1. Go for a walk after a meal

15 minutes of movement is what you need to get your digestion going. Walking makes the food move through the stomach faster. make sure you make the process light as heavy exercise after a meal can cause nausea instead

2. learn about your food intolerance

Some of the products you eat affect and upset your stomach without you even knowing it. Food intolerances, allergies and even gastrointestinal infection can be medical issues behind the grumbling sound from the stomach

Consulting a doctor is always recommended

3. Check if u eat gas inducing foods.

Foods like beans, lentils, corn, pasta, cabbage, oatmeal and whole wheat are often responsible for promoting intestinal gas but it doesn't mean that you need to completely remove these products from your diet. Reducing intake can be enough

4. Try garlic

Garlic contains allicin which can help with gastritis known to cause a rumbling stomach noise and leads to loud belching. Allicin also helps by lowering stomach inflammation.

Eat raw pieces of garlic first thing in the morning for easy digestion. Make sure to consume garlic in small portions.

5. Reduce excess sugar and fatty acids

Intestines can produce a lot of gas when trying to digest big amounts of sugar. Moreover it can cause diarrhea and intestinal noise will be guaranteed. The same goes for saturated foods and deep fried foods that causes bloating. They don't produce gas but make you feel stuffed.

6. Have small snacks

Another reason why stomach might make noises is because you're hungry. Just make sure you always have some healthy snacks like fruit and vegetables or nuts at hand

7. Eat digestive- friendly foods regularly

You can try to carefully change your diet by adding more products that promote good digestion which are plain yoghurt, ginger, salmon, quinoa. Don't forget to stay hydrated as water is needed for a healthy digestion.

8. Eat slower and chew more thoroughly

Chewing too fast and swallowing a lot of air causes tummy noises. Try to concentrate on chewing your pieces carefully. Moreover make sure the pieces you eat aren't too big because bigger badly chewed pieces are harder to digest.

9. Drink plenty of water

Water will help your digestive process so you can drink it during or after your meal. However, there's no need to drink a lot of it at once as a belly full of water will make grumbling noises as well

ISHRAE

Membership Certificate

This is to certify that

NISHITH HARSHAD JOSHI

has been granted the grade of

Associate

by

Indian Society of Heating, Refrigerating and Air Conditioning Engineers

on this 16th day of April 2020

and is entitled to all the rights and privileges as provided by the Constitution and Bye-laws of the Society

  
(Mr. Vikram Murthy)  
President

Membership No. 58595

  
(Mr. Pankaj Sareen)  
Secretary



## NEWS

# Cyprian Fernandes: Headlines of my life! VALU ABREU M.B.E. an outstanding Goan

By Cyprian Fernandes

**N**O history of East African Goans could be written without first mentioning Valu Abreu of Mombasa. He was born in Saligao, Goa on February 14, 1901, and arrived in Mombasa in 1919.

His parents were Marcus Antonio Filipe De Abreu and Mafalda Artimizia Dantas. He was the eldest of five but sadly one sibling died in early life. He had two sisters, Anna Celestina (Celu) and Ophelia (Ofu), and a brother, Jose Patrocino Matiniano (Patru), who was born some 18 years after Valu. His father had a butter factory in Amnabad prior to his return to Goa. As Goa was under Portuguese rule, Valu studied in Portuguese and having completed his primary and secondary education he set sail to East Africa. He arrived in Mombasa in 1919, the same year Patru was born in Goa. This was the beginning of a glorious chapter in his life.

Before him, many, many Goans had braved the might of the Indian Ocean in an Omani Arab dhow (later on British steamships) and arrived in the magical island of Zanzibar. The Omani Sultan of Zanzibar welcomed them and offered employment before they

moved inland to Kenya.

For those early pioneers, including those that worked on the Kenya-Uganda Railways, life was often nothing short of hell. There were strange diseases, wildest animals and some of the terrain that could only have been designed in hell. However, there was also much more that looked like heaven on earth, especially along the Kenyan, Tanzanian coast.

The earliest of pioneers had cut a niche for themselves as some of the pioneering businessmen, later formidable members of the Colonial Civil Service and a community respected (to a degree, as long as it suited the Colonial bosses) by the heads of the civil service. However, so very successful were the Goans that many of them achieved the highest positions and promotion in the civil service to the point that most people said that "without the Goans, the Colonial Civil Service would crumble."

One of the great things about belonging to a village in Goa meant that those in a position to recommend someone for a job in East Africa would recommend a family member or a villager from Goa ... so the Saligaocars, who were pretty successful, especially in Kenya, encouraged their fellow

villagers to come to Kenya where jobs and accommodation was found pretty quickly ... and the newcomers were settled pretty quickly. It was not a sussegade kind of the life they had been used to but the money was good and there was enough to send home to Goa. For many there was the regular long service leave to Goa every four years. A job in Africa meant a new home, new land, or a refurbished home, and the respect of your fellow villagers (if you could avoid the evil eye sometimes).

So, the early pioneers (within the ranks of the various villagers, or by caste, or by the North-South divide, or simply as Goans) made it as a taken that they would help most Goans when they first arrived in the darkest Africa. Because they maintained their Goa village links in Kenya, promotion of their social needs (the Goan Institutes in Mombasa, Nairobi, Kisumu), their catholic religion, education for the growing number of children (especially in Nairobi, Mombasa, Kisumu) was vital. Valu Abreu embraced the required commitment and challenges. He is easily one of the best known in the service and promotion of the Goan Community in Mombasa.

His first job in 1919 was with the Colonial Government in

Mombasa. Valu spoke Konkani, Portuguese, English and Hindi, hence he was employed as a Food Controller. Later he moved to the Government Coast Agency, where he served for 40 years. On June 13, 1959, Queen Elizabeth II, awarded Valu the M.B.E. . He rose very quickly and with each step up the ladder of success he was able to employ and encourage many Goans into the service. Eventually, he was rewarded with the top job in the Government Coast Agency , Chief Superintendent, and became the first Goan, indeed the first Asian to do so.

1) On July 29, 1951 his father passed away and so his brother Patru and his wife Anita and their three children went to Goa to bring their mother Artemisia to Mombasa and stayed with them for 13 years. During this time she developed cancer and Valu managed to get the Portuguese Consulate to agree to pay all expenses for him and his mother. He decided to take his wife at his own expense for support.

On June 3, 1929, Valu married Olive Nazareth at the Holy Ghost Cathedral in Mombasa. Olive belonged to the well-known Nazareth family of Moira. Her father was one of the original pioneers and came to Kenya in 1895. Valu and Olive's first daughter was born in Saligao on June 3, 1930. They had 12 other children: nine girls and four boys.

Valu became a member of the Mombasa Goan Institute in 1919 and was a member until he died on 13th November 1986. He was elected president 11 times, a feat rarely achieved in any Goan association. There was always fierce competition for positions on the committee but most of the ferocity was reserved in the competition for president. His dedication to the Goan Institute Mombasa began in 1919 and lasted the rest of his life ...unswerving.

Valu was instrumental in building a hall with a raised stage that was used for dances and concerts. Valu raised the money for this development through his efforts going house to house collecting donations and debentures.

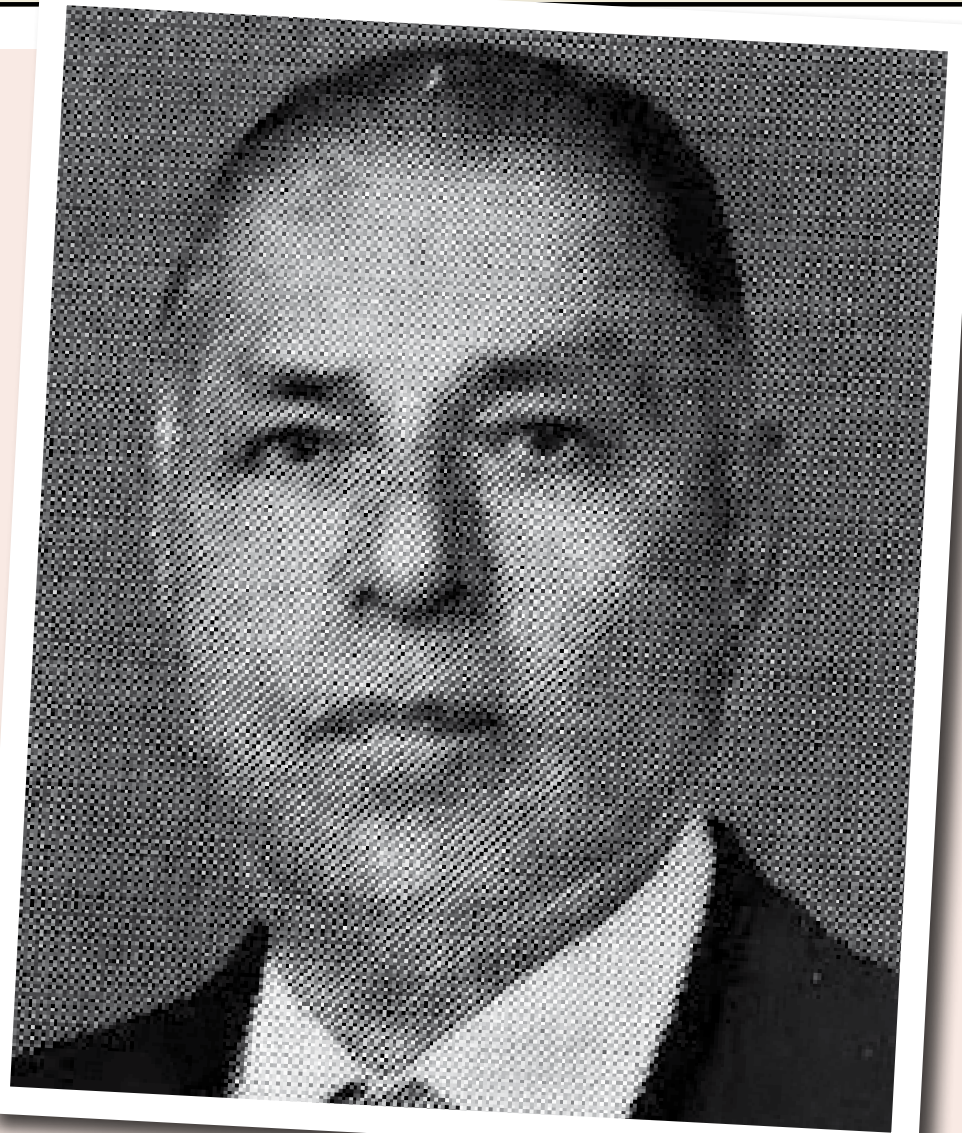
He laid the foundation stone for the hall and was also given the honour of officially opening the new hall on 29th March 1959. This was due to his dedication and personal sacrifices to see the project completed. The event was attended by well over 1000 people.

The Institute wanted to install a plaque to commemorate the opening of the new hall but Valu declined graciously

In 1959 during the Queen Mother's official visit to Kenya, which included Mombasa, Valu organized an arch to be erected in front of the Goan Institute and bouquet presented to Her Majesty the Queen Mother in front of the Institute by his first grandchild. At the time, members said that this could not happen, however, Valu through the Provincial Commissioner organized for the Queen Mother's motorcade to stopped in front of the Club for the presentation.

On the 15th of May 1963, Valu's wife Olive passed on. He had since retired and at the time assumed the role of both Father and Mother. Daddy Valu [as his grandchildren fondly referred to him] cared for his children very well.....in those days husbands did not tend to the home affairs. This was left to the mothers. Mothers were good economists. The fathers looked after the finances etc. He must have had quite a task feeding so many on one salary.

It was as if lightning hit and an angel got into daddy with some miraculous powers. He had no one to turn to for help but he did it all wonderfully. He had the







help of the older children who rallied to keep the family intact.

Each morning he would wake up very early by 5:00 AM to prepare the breakfast for the children so that they would not go to school on an empty stomach. He was very particular about the lunch break, making sure they would also have a good lunch and then proceed back to school.

He took over the role of mother with no hesitation. Valu went walking almost daily to the Vegetable & Meat markets and would come back by bus with two full baskets of food stuff. The Fish market which was located near Fort Jesus was a separate marketing day. He made sure the children continued to eat healthy just like when Olive was living. Valu would even go to Edward St. Rose to buy necessities for the girls until a time they were old enough to shop for themselves. He even made sure the children who were in colleges had pocket money.

Valu who was once quite strict while being caring and understanding became very gentle and calm. He would always care for the children and worry when they were not at home. He knew when they came home no matter what time in the night after their shift at work or evening outing. Even after they were married and came home to visit, he would make sure they would have what they enjoyed eating. He loved to give his grandchildren candy.

Valu had a houseboy who left employment hardly 6 months after Olive's death and Bekele Ngala started helping Valu in 1964 with the cooking of lunch and dinner for the family and with the other household chores. Bekele Ngala left his

previous employment and was employed by Valu in 1965 where he has been in our family for 55 years and currently working at our brother Larian's [Valu's grandson] home. He is a part of our family having worked for Valu, Andrew and now Larian.

God gave Valu the strength and courage he needed to look after the children and take charge of the home.

When Valu died in 1986, due to his dedication and service rendered to the Institute, the Institute Management requested that the viewing and his leaving be from the club but this was declined by the family as they felt he should leave from his last place of residence. The family, however, accepted that after the church service the funeral procession would stop in front of the Institute. Valu's casket was draped with the Institute colours and a wreath placed on it before proceeding to the Mbaraki Cemetery in Mombasa where he was laid to rest.

Needless to say, Valu also rendered valuable service to the Goan Community. He not only served as president and chairman on several occasions during an era when members would campaign for the role... very different from the current day and age where no one wants to take up the honorary roles in the Institute but also played an active part in the welfare of the needy members of the community for many years.

He had quite a sense of humour and would tell anyone who would listen that his first grandchild was born in 1952 and after that in 1953 Valu and Olive's last child was born. When his friends asked him what happened, his reply was "We were celebrating the Queen's coronation"

In 1954 when Valu was travelling by sea to Goa he was asked by the Purser about his family. He mentioned he had twelve children. The Purser was surprised and said "What?" his reply was "it is cheaper by the dozen". In 1959/60 Valu's mother was diagnosed with Cancer and he intended to take her to Bombay for treatment. Being Portuguese nationals, a medical visa was denied by India. Valu contacted the Portuguese Consul, who at the time was in Portugal informing him of the incidence. The reply received was that Valu, his wife and mother were to fly to Portugal, where all expenses to include air tickets, hotel accommodation and medical expenses were borne by the Portuguese Government.

In 1961 when Goa was liberated, Valu vowed he would never return to India because they would not grant them a medical visa.

Valu Abreu was indeed a very special Goan, an outstanding member of his community and the pride and joy of his family and friends.

I REMEMBER ....

JENNIFER: "Daddy was well respected by all communities for his good deeds irrespective of their race, religion or creed. He never used abusive language and spoke kindly to all. He treated the poor well and when food rationing was in effect he made sure they got enough, always trying to follow the Government regulations.

He walked everywhere until I bought a used Morris Minor and drove him around.

Daddy attended cocktails and dinner parties at the Governor's House. One time after mum's death, he was invited to the Oceanic Hotel

for a reception honouring the late President Mzee Jomo Kenyatta and he took me. What an honour to shake the late President's hand and hear him say "habari yako."

He worked for the Government Coast Agency and his hard work, honesty and ethics earned him the position of Coast Agent. Having worked 40 years with such diligence he made his name and earned his MBE Medal (Member of the British Empire). Unfortunately he was unable to make the trip to the United Kingdom to receive his medal. He was presented the medal in Mombasa. On retirement he was presented with 4 silver goblets and a wooden clock which to date has a place in my home, since Joan left the country for Canada.

When Sana (Agnelo) asked daddy for my hand in marriage, dad said, "I was waiting a long time for you to ask me."

PETER: His second wife was the GI! Apart from being president for so many years after work and in his spare time he went door to door asking for donations for the club's building fund.

I think all the men who wanted to marry his daughters had to be members of the GI or become members. I have heard my dad say this. He reckoned you had to be of good repute to become a member, and thus suitable to marry one of his daughters.

He lost his wife at the age of 49. I think just a month before her 50th birthday.

Valu, as he was known has a living sister-in-law in London.

Valu has a total of 22 grandchildren. I am number 21! I have twin girls who are the only descendants born on his birthday, February 14, hence his name Valentine!.

## PHOTO STORIES



On the occasion of the International Youth Skills Day, the 15th of July 2020, Lion Rani, Lion Najma and Lion Ruth represented the Lions Club of Menengai erstwhile joining hands with the Women Like Us Centre in an attempt to reaching out to youth clubs from Lakeview, Flamingo and Kimathi estates. We are pleased to inform the experience was worth our while since these clubs showcased nurtured talents which would prove lucrative in the future. Alongside donating sanitary napkins to the female attendees, one of our members gave a talk to discourage them from engaging in premature sex, especially during this seemingly indefinite Covid19 holiday. The event was marked by refreshments distributed by the Lions Club of Menengai. Last but not least, we telecoordinated an activity of sketching, essay and poetry writing on women empowerment and future plans at our Njoro girls home.



On 22nd July Wednesday,  
#ReachToHerCampagin

we were able to have sessions with the teenagers from Kivumbini and Manyani led by Guidance and Counseling team. We had a very interactive and informative sessions on Covid 19, Gender based violence among adolescent and Youth, behavior change and menstrual hygiene for girls. We shared sanitary towels, masks and soaps to 187 empowered girls. For 21, boys we hared masks and bar soaps.

We take this opportunity to thank Gilanis Super Market for their support and contributions, Martin Lunalo ,James n other partners.



## EVENTS

## PHOTO STORIES



Siginon Group's Customer Service Associate, Ruth Mwambingu makes a donation to Bella of God Our Father Children's Home in Watamu. The logistics company made a donation of food stuffs, dry goods and PPEs to support the home in fighting the COVID-19 pandemic. PHOTO BY TITUS MUSAU



A Vihiga resident receives 10kg of maize and beans County Governor Dr. Wilber Ottichilo (in a jacket) during the commissioning of foodstuff to the vulnerable communities in the County. 10,700 residents will benefit from the first disbursement of relief food to Sub Counties that targets 32,000 households. The move by the County government in collaboration with the National government aims to help the vulnerable persons during this difficult moment of COVID-19 pandemic.



Trace Kenya Field Monitor Somoe Ali (in white right) takes Mombasa youths from left Mariam Ramadhan, Amina Pato and Shamim Sahel through a training program on how to identify a victim of human trafficking and assist them during the annual World Day Against Trafficking in Persons event held on 30th July 2020 at the Trace Kenya counselling centre in Mombasa. This year's theme is "Committed to the cause - working on the frontline to end human trafficking" focusing on first responders in the fight against human trafficking.

## Press for 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 9 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 Dr. Kevit Desai, CBS - Principal Secretary, East Africa Community, Kenya, HCK National Chairman Mr. Kamal Gupta said that it was an honor to receive him for this function. Chairman Kamal Gupta said that Dr. Kevit Desai had always lent strong support to HCK and the Indian Community at large. Chairman Mr. Kamal Gupta also thanked Dr. Kevit Desai for the support HCK had received from him.

The Chief Guest Dr. Kevit Desai said that he was extremely happy and proud of HCK and all

relief and welfare activities. Dr. Kevit Desai noted that the HCK family was 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. Dr. Desai also assured that he 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 St. Francis Tumaini Women Group, Komorock Road Children's Centre, Women of Substance Organization, Koinonia Community, Pamoja Youth Group, Kibera Disabled, Mama Power Widows, Kibra Muungano Widows CBO, Makina Community Development Project-CBO 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.

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