



MMUST NEWS

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Post

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MMUST Soars High in Sports, Research Collaborations



Inside: Why Venezuelan Problem is a Case Study for Africa

UPCOMING EVENTS



- Career Week 27th-29th March 2019
- National Youth Summit- 18th March 2019



Editor's Pen



Dear MMUST Community,

Thank you for walking with us!
We wish you all a fruitful week.

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Nutrition Interventions to Reverse Malnutrition Trends

By Wangari Mary Wambugu

The Masinde Muliro University of Science and Technology Nutrition and Dietetics Students Association (MMUNDSA), through the Department of Nutrition and Dietetics, organized the 'High Impact Nutrition Interventions' (HINI) training from Monday, 11th March 2019 to Thursday, 14th March 2019. High Impact Nutrition Interventions are a part of 'Scaling Up Nutrition' (SUN), a movement that is dedicated towards ending malnutrition. The SUN movement unites people-from civil society, the United Nations, donors, businesses and researchers-in a collective effort to improve nutrition.

In Kenya, there are a total of eleven (11) proven cost-effective interventions that are aimed at reversing malnutrition trends. These interventions have been known to reduce both morbidity and mortality rates of children below five years. They are; *exclusive breastfeeding, complementary feeding, hand washing, iron folate supplementation, vitamin A supplementation, deworming, multiple micronutrient supplementation, salt iodization, zinc supplements for management of diarrhea, food fortification of local staples and prevention and treatment of malnutrition (moderate and severe acute forms).*

The four-day exercise, which involved the Human Nutrition and Dietetics students, was facilitated by a group from the Ministry of Health, Vihiga County. The team comprised of; Esther Odera, Vihiga County Nutrition Coordinator, Patience Sudi and Sharon Buhilu, Emuhaya and Luanda sub-county Nutritionists respectively.

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The Luanda Sub-county nutritionist, Ms. Sharon Buhilu, gave a presentation on 'Integrated Management of Acute Malnutrition' (IMAM), which mainly focused on children. IMAM is a key approach in the management of severe and moderate acute malnutrition. According to Ms. Buhilu, there are three major causes of malnutrition, that is, immediate, underlying and basic causes. "The immediate causes are inadequate food intake and disease, underlying causes are house hold food security, inadequate care and poverty, whereas the basic ones are human, economic, political and cultural factors that affect distribution of resources," she explained.

Ms. Buhilu went further to group malnutrition into two categories; Acute and Chronic malnutrition.

"Acute malnutrition is categorized into Moderate Acute Malnutrition (MAM) and Severe Acute Malnutrition (SAM), determined by the patient's degree of wasting. On the other hand, chronic malnutrition is determined by a patient's degree of stunting, that is, when a child has not reached his or her expected height for a given age," she stated.

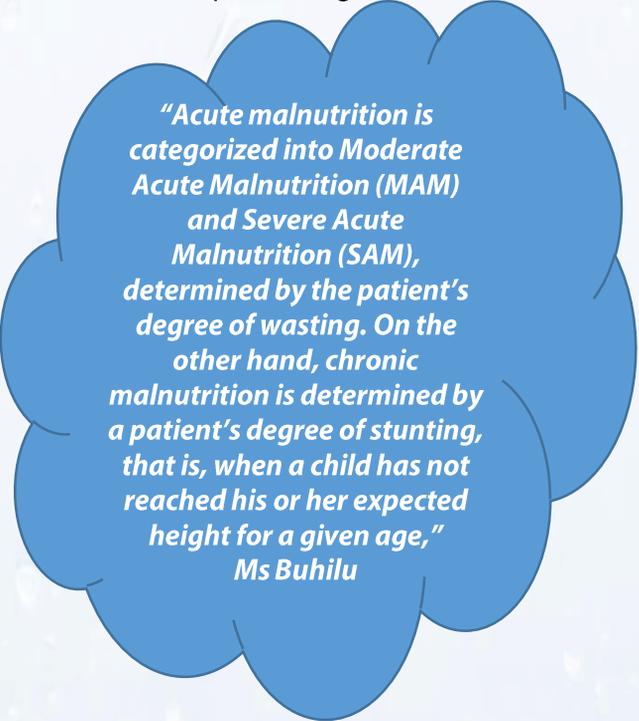
She classified Marasmus and Kwashiorkor as categories of Severe Acute Malnutrition. She used photographs to help students understand how to identify these conditions in children, and went further to explain diagnosis and treatment.

Another discussion was on 'Iron and Folic Acid Supplementation' (IFAS). IFAS is one of the interventions that has been recommended by the World Health Organization (WHO) and implemented by the Ministry of Health to reduce anemia levels in pregnant women. Anemia is the leading indirect cause of high maternal and neonatal deaths in Kenya. During this

presentation, students were taught on how to perform nutrition counseling using the Gather Approach, which is a form of counseling where a professional conducts the activity in a place that makes the client feel comfortable and private.

Complementary Feeding was another topic of discussion during the workshop. According to WHO, complementary feeding is the process of giving other foods in addition to breast milk after six completed months. Breast milk alone is no longer sufficient to meet the nutritional requirements of infants at this age and, therefore, other foods are needed. Students were given recipes of different foods that are problematic in preparation and which caregivers have challenges in modifications for younger children. They included; porridge, dairy, pulses, legumes and nuts, fruits, animal source foods, eggs, vegetables among others.

Other topics of discussion were; Zinc Supplementation and Oral Rehydration Salts (ORS), Hand Washing, Breastfeeding-attachment and positioning.



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Ms Buhilu

MMUST Asserts Itself in the Sub-Saharan Research on Water and Food Security



By Prof John Obiri

During the period of 3rd to 16th March 2019, Prof John Obiri and Dr Daniel Namanya (the first ever postdoctoral in MMUST) attended a training workshop at University of Southampton, UK. This Workshop drew over 40 fellows from the UK, Ghana, Malawi, South Africa and US who are jointly working in the BRECCIA project (www.gcrf-breccia.org). The project has 12 institutions from Kenya, Ghana, Malawi and the UK which are jointly building capacities on water and food security. The workshop covered key areas of water/ food security that involved hydrological modeling, remote sensing, innovative GIS tools, capacity building initiatives, coproduction enterprises and impact pathways and research funding.

Prof Obiri, who is a co-Investigator in the project, was among the training mentors. The postdoctoral fellows in the project developed new joint projects across Africa that are funded by the Global Challenge Research Fund (GCRF) of the UKRI. The Kenyan projects are earmarked to run mainly in Turkana, West Pokot and Marsabit - regions that are currently ravaged by drought and hunger. This project opens avenues for more collaboration of MMUST's early career researchers with other partners in the UK and African countries. It also seeks to build capacity in research management and research fund mobilization.

Prof. John Obiri, the Director, Directorate of Postgraduate Studies, giving a talk during the Workshop as Delegate follow the proceedings





PROUNIEDU-WEK-MMUST –BRADENBURG-MAGDEBURG UNIVERSITIES’ COLLABORATION PROJECTS IN LINE WITH PRESIDENTIAL BIG FOUR PILLARS

By Sandra Dorcas Awuor

As a result of the active ProUniEdu-WeK-MMUST –Bradenburg –Magdeburg Universities collaboration, Masinde Muliro University of Science and Technology hosted Flying Faculties from Bradenburg Universities from the 11th to 15th March,2019. Collaborations between these institutions focus on research in key areas in the society for community development.

During the courtesy call to the Ag. Vice Chancellor, Prof. Joseph Bosire said that the activities of the project are very useful. He added that Kenya is focusing on Innovations, Science and Technology and the activities of the collaboration are in line with that. He further said that the collaboration would allow for faculties to interact and learn from each other especially in practical teaching concepts and practices.

“Students come up with very innovative

ideas,” he said this, emphasizing that higher education should focus more on learning outcomes.

The Acting Vice Chancellor was very particular about practical based teaching by lecturers other than theory teaching only.

Also present was the University’s Director of International Relations and Linkages (DIAL), Dr. Catherine Aurah. Dr. Aurah mentioned that the Practice-Oriented University Education in Western Kenya (ProUniEdu-WeK)-Bradenburg-Magdeburg Universities projects are in line with the Presidential Big Four Pillars; Food Security, Affordable Housing, Manufacturing and Affordable Healthcare.

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The collaboration will benefit the School of Natural Sciences (SONAS), Mechanical and Industrial Engineering (MIE) Department, School of Agriculture and Veterinary Sciences and Technology (SAVET) and the School of Public Health, Biomedical Sciences and Technology (SPHBS&T).

The visit by the Flying Faculties was a continuation of projects that are already underway such as the use of irrigation pumps (prototypes) by smallholder farmers in Kakamega County. As a result of the collaboration, the School of Natural Sciences (SONAS), through the Department of Pure and Applied Chemistry, held a Workshop on the important area of Catalysis Chemistry on the 17th to 24th January, 2019. There was also the E-health and Gait Analysis Workshop from 4th to 8th February 2019 which served the School of Public Health, Biomedical Sciences and Technology (SPHBS&T).

This Workshop came after a similar one was held from 3rd to 7th December, 2018, which focused on concept writing for e-health in Western Kenya Region with an aim of analyzing the current situation and collecting aims and visions for improving the use of e-health in Western Region.

Masinde Muliro University of Science and Technology (MMUST) also received a 3 Dimensional Printer and Computer Numerically Controlled

(CNC) Milling Machine as donations from Brandenburg University of Applied Sciences and Magdeburg University-Stendal, Germany.

The Mechanical and Industrial Engineering (MIE) Department also held a series of lectures on Finite-Element Analysis and Optimization led by Prof. Dr. Christian Toralf Weber of Magdeburg University on the 27th and 28th February, 2019. MIE Department, School of Agriculture, Veterinary Sciences & Technology (SAVET), Flying Faculties from Magdeburg University and representatives from AgroKenya, discussed possibilities of MMUST actively participating in the mass production of irrigation pumps for small holder farmers in Kakamega County. This project envisions improvement in production of farm produce by smallholder farmers in Kakamega, giving them an avenue to make a decent living and also provide for their families.

Partners called for mutual relationships between the different projects under ProUniEdu-WeK-Bradenburg-Magdeburg Universities Collaboration in order to build a stronger network for community development and incorporation of practice-based teaching and learning modes in Western Kenya Universities.



MMUST Geography Students Work Towards Clean Environment

By Sandra Dorcas Awuor

On Friday 15th March, 2019, Masinde Muliro University of Science and Technology Geography Students' Association (MMUGSA) came out to clean sections of the University compound. Together with the Chair-Department of Geography, Dr. Caroline Mulinya, who also doubles up as the Association's patron, the Bachelor of Education (Arts) students organized the activity.

Talking to Pascal Omar, the Chairperson of the Association, he said that the Club was formed mainly in light of the alarming environmental problems. He also added that it is the Association's objective to enhance a friendly environment and attempt to find solutions through research, publications and ideas. Other objectives include establishing corporation with other recognized students' bodies nationally and internationally to disseminate knowledge of geography through publication, meetings, lectures, symposia and other appropriate media and to instill the sense of discipline and ethical consideration as per the guidelines of environment concerned.

Jared Mogende, the Organizing Secretary of the Club, said that plans were underway to hold intradepartmental and friendly matches in football and volleyball, between MMUGSA and other clubs. He said that membership was open to students at a fee of 200/= for registration and 50/= per trimester for renewal of membership.

The Club's patron, in liaison with the County Government of Kakamega, organized for the MMUGSA members to conduct another cleaning activity at Muliro Gardens on the 23rd March, 2019.



Why Venezuelan Problem is a Case Study for Africa

By Egara Kabaji

I was introduced to the politics of modern day Venezuelan nation by none-other than Hugo Chavez in 2009. Hugo Rafael Chavez ruled Venezuela from 1998 to 2013. He had been invited, by his friend Muammar Gadhafi, to address African leaders during the African Heads of State Summit in the then beautiful Libyan City of Sirte. I was then serving as the Director of Public Affair and Communication and adviser to the Minister for Foreign Affairs of the Republic of Kenya. And that is why I was part of the Kenyan delegation to the summit.

The charismatic leftist leader was fiery and anti-western imperialism. He implored African leaders to reject Western imperialism in a revolutionary fashion. While calling upon African nations to unite against modern forms of slavery, he castigated the West for precipitating crisis in developing nations of the world. He pontificated about neo-colonialism and why developing nations have to resist it by all means. I could see from my corner that President Muammar Gadhafi was enjoying every word of it. I could also read discomfort on faces of some African leaders. It is after his speech that President Gadhafi proposed that African nations must form their own army to fight Western Imperialism.

I knew from the onset why Muammar Gadhafi, the then chairman of the African Union (AU), invited President Chavez. The two shared an ideological position and so he wanted African leaders to hear those views from another authoritative force. Not long after that summit, the West masterminded regime change in Libya that ended the long rule of Muammar Gadhafi. The so called "Arab spring" in Libya was not all about the people of that oil rich nation, but was aimed at getting rid of Muammar Gadhafi. He was finally captured and killed on 20th October 2011. With the death of Muammar Gadhafi, the African Union lost a strong ally and Libya has remained ungovernable since then. The West did not have any plan for Libya other than killing Muammar Gadhafi and perhaps creating an easy way of getting Libyan wealth. Here lies a big lesson for East Africa and Africa in general: the enthusiasm of the West in initiating regime change has nothing to do with the interest of our people. Never.

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Back to Venezuela; there is a crisis in that country. It is foolhardy to say that the crisis was created by President Nicolas Maduro. It is the disease of any *petrostate* with insatiable desire to spend on populist projects. East African states show signs of joining such states.

Nicholas Maduro took over as president of Venezuela after the death of Hugo Chavez and continued with his policies. Chavez had initiated what he called Bolivarian Revolution in Venezuela. The revolution was mainly driven by populist policies. He addressed wealth inequalities through redistribution of wealth, land reforms and creation of worker-owned cooperatives. He initiated housing projects for the poor and started state owned grocery stores selling food at cheap prices. The products sold in these stores were sourced from small scale producers in the country.

Chavez instigated the enacted of laws to guarantee food sovereignty and initiated agricultural expansion. He therefore tried to use oil revenue to pull Venezuela from dependence on United States and European governments. In so doing, Chavez managed to reduce poverty in Venezuela drastically, though with insatiable appetite for spending borrowed money on populist projects. He also forged close ties between Venezuela and other Latin American nations. As expected, the United States would never be at peace with such a leftist leader and it slapped sanctions on Venezuela.

President Nicolas Maduro only stepped in to manage a government betrothed to social overspending without enough savings for anticipated turmoil in view of the hostility from western nations. And here lies the weakness of Nicolas Maduro's leadership. Maduro seriously needed to

address the excesses of his predecessor. Venezuela entered a recession in 2014 and is facing high inflation rates and shortage of food.

The country ranks high on global misery index. Oil prices have dropped to an all-time low and the country is on its knees. Venezuela is facing a less favourable global environment and cannot meet its international obligations. The current social-political fragmentation and tensions present a serious threat to the survival of the nation. Like East African nations, the country is poor in risk management.

Venezuela is endowed with immense oil reserves; the largest in the world, but poorly managed. To survive, it has to evolve better policies for investment and shift from populist investments. It also has to open up its democratic space. Cuba is doing that without western instigated regime change. It has to diversify its investment portfolio and move the economy from over reliance on oil export. This is a good example of a nation chocking under what Terry Karl calls *The Paradoxes of Plenty* in a book of the same title.

Can Venezuela be saved? Yes, but not with Western instigated regime change. Juan Guaido, the opposition leader, propped up by western nations cannot change the fortunes of the nation single handedly. Venezuela requires a serious internal dialogue that takes into consideration management of various interests in the country and outside the country. The United States of America, and President Donald Trump in Particular are part of the problem that should be managed.

Kabaji is a professor of Literary Communication at Masinde Muliro University of Science and Technology (MMUST) and has just completed his study of a Master's degree in Business Administration (Strategic Management Option) from Jomo Kenyatta University of Agriculture and Technology (JKUAT)
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MMUST RFC wallop Kisumu in an Electric Rugby Championship Weekend

By Sidney Okoth

Captain fantastic, Samuel Mbeche and blind winger Clause Sherievo scored brace tries each as MMUST RFC thumped Kisumu RFC 41-20 in a highly physical and confrontation match that went down at MMUST grounds.

Tyson Juma opened the scoreboard with a penalty conversion just 5 minutes into the first half but 6 minutes later Kisumu's winger Othonje replied with a try after side stepping MMUST's defense. With a shaken MMUST defense Kisumu RFC made it into the try zone twice with MMUST replying with two conversion from John Bahati and Tyson Juma to make half time scores 9-17 in favour of the visitors.

MMUST RFC picked up momentum in the second half after a change was made which saw Timothy Mmasi shift to 8th man and John Bahati coming in as center back 13. MMUST RFC would make a sensational come back by scoring 5 more tries. Braces from center back Samuel Mbeche and winger Clause Sherievo together with a break from Timothy Mmasi and a consolation penalty from Kisumu RFC sealed a 41-20 win for MMUST RFC.

" We made minor mistakes in the first half but as you saw we made a few technical changes that bore fruits and we came right back into the game. Am very happy about the win and so proud of the boys. We focus onto the next knowing that UoE is a tough side but i believe we will make it just like we have with Kisumu." Said head coach Ochieng Ahaya to mmustlive.com

With this win MMUST RFC now climb to fifth position with 29 points and are scheduled to play University of Eldoret next Saturday at UoE grounds.



MMUST SPORTSWOMEN SHINE IN KUSA CHAMPIONSHIPS

By Sandra Dorcas Awuor

Masinde Muliro University of Science and Technology (MMUST) sportswomen excelled at Kenya Universities Sports Association (KUSA) Championships held at Kirinyaga University from 15th to 17th March, 2019.

MMUST scrabble team secured their third consecutive victory in the championships. Kenyatta University and University of Eldoret were in the second and third positions respectively.

MMUST handball and soccer queens also secured wins in the Championships, bringing the first position trophy home. The University's women netball team came in second place after Kenyatta University.





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