



## Africa Responsible Business Forum

Africa is transforming, and as the continent experiences change including an increase in the rate of urbanization and an expansion of the working population, the level of consumption and the rate of industrialization will change. But to what end will this industrialization and expansion of Africa be? There is an opportunity for the continent to channel its economic and industrial development, to ensure that businesses operate responsibly and contribute to the holistic vision of economic, social and environmental development. Responsible businesses are principle and value-driven, demonstrating in addition to profit-making activities, consideration for employees, customers, suppliers and the wider society.

While the conversation around businesses in Africa has centred on the difficult operating environment, there is a need to mainstream thought-leadership and corporate action on how African businesses are attempting to be responsible, and provide an avenue for collaboration, innovation and learning for responsible business practices in Africa. This is the primary focus of the Africa Responsible Business (ARB) Forum, an initiative of the Lagos Business School Sustainability Centre. The initiative is to highlight the role of the private sector and considerations of how it can work with the public sector and civil society to contribute to the sustainable development of Africa.

The second edition of the ARB Forum was held in Nairobi, Kenya, on 10<sup>th</sup> and 11<sup>th</sup> of October, 2019, in partnership with the Riara University School of Business. The forum built on the learnings from the 2018 inaugural forum which was themed **“Can Responsible Business Practices Contribute to Business Success in Africa?”** This year’s forum brought together participants from Nigeria and Kenya to discuss the ways that responsible business practices can improve the lives of consumers, centred on the theme **“Economic Empowerment through Responsible Business Practices.”** Dialogues, panel discussions and presentations at the forum focused on four key areas, including:

- Financing Africa’s Sustainable Development (Sustainable Finance, Impact Investing, Social Impact, Green and Climate Funds)
- Innovation for the Bottom of the Pyramid (BoP targeting and integrated business models, products and services)
- Social Entrepreneurship (Building business for social return on investments as well as financial returns)
- Technology as a solution/catalyst for scaling the impact of responsible business practice, for collaboration on sustainability and as a key differentiator.

Speakers and contributors at the forum include Professor Chris Ogbechie - Director, Lagos Business School Sustainability Centre, **Professor Abel Kinoti - Dean, Riara University School of Business;** Oreva Atanya - Sustainability Associate, Lagos Business School; Dr Adun Okupe - Director, Sahara Centre; Irungu Waggema, Head of Innovation and Project Management, Nairobi Securities Exchange; Rosemary Wahome - Evara - Beyond Profit, among many others.



**Africa Responsible Business Forum OCT 10-11 2019-NAIROBI**  
Economic Empowerment through Responsible Business Practices

# ICRC - RU

Red Cross is not always about saving lives during man-made and natural disasters as many know and see the Kenya Red Cross doing in our great nation. Red Cross has different departments one of them being the department that deals with Kenyan youth. Under this, falls the University Chapters, well known as “clubs”.

The Riara University Red Cross Club was established this year and has been in function for the last two semesters. It is mainly student oriented hence has actively involved RU students in various activities. Its main aim on campus is to enhance resilience among RU students by impacting them with vital skills, such as First Aid.

On 26<sup>th</sup> October, 2019, members of the society were privileged to hold a team building session, whose venue was the Oloolua Nature trail. This team building was vital to the Red Cross Club mainly because cohesion among its members in the long run would eventually contribute to its growth.

The team was also joined by the Mfariji Foundation, a charity foundation that shared in the same spirit of team building.

RU encourages any interested persons to seek further details on the club as well as sign up opportunities. This can be done through the club’s Patron, Shabat Juma on his **cell: 0741728895** or **0771698933** or on **email: shabat.juma@riarauniversity.ac.ke**.



# ICRC

## #TeamCourage

On 22<sup>nd</sup> and 23<sup>rd</sup> October, 2019, RU was glad to have hosted a ‘Heroism and Courage’ exhibition. The main aim was to have our students sensitized about issues of Social Justice and Kenya’s past heroes and heroines. It was later capped by a public lecture delivered by the former Chief Justice of Kenya, Dr. Willy Mutunga.

As we continue to Nurture Innovators, we also emphasize on upholding social virtues as well as good leadership.



# RU i-Tech's Fourth Anniversary



On October 25, 2019, the mother club of all tech clubs at Riara University turned FOUR!

Riara University innovation Technologies (RU i-Tech), was founded by two students, both alumni, Bhagyashree and Godfrey Njoroge. They believed that for all individuals possessing tech skills, this club would give an edge to whatever field one is in. The club, inspired by technology, provides innovative programs and services for research for students, by students. In the recent years, the club has grown to form a community of solution-driven persons, using different technologies to revolutionize the old systems.

During its fourth anniversary celebration, RU i-Tech unleashed an alumni model to have the previous members onboard and welcomed the new board of members (2019/2020). There were also new strategies put forward to better the skills of the club's members.

Each and every one, has a place. Bring a skill, to get a skill...all through technology.

To join this amazing community, send an email to: [ruitech@riarauniversity.ac.ke](mailto:ruitech@riarauniversity.ac.ke) or call **0708094353**. For more information: **RU i-TECH**



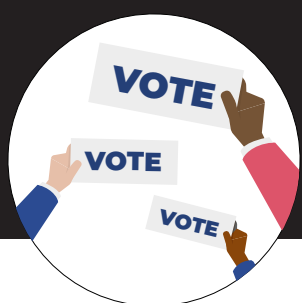
RU Studios submitted 4 films for this year's Kalasha International TV & Film Awards:

**Within These Walls, The Idea, The Drift and the docu-film, Cancer the Burden**

We managed to get **6 Kalasha nominations in 4** categories:

- Best Student Short Film - The Drift, Within These Walls & the Idea, all directed by Bobby Junior;
- Best Student Feature - The Drift directed by Bobby Junior
- Best Special Effects - The Drift directed by Bobby Junior
- Best Documentary by a Student - Cancer the Burden directed by Collins Wachira

Collins Wachira was also nominated for the **PEOPLES CHOICE AWARDS** for the ongoing *Lake International Pan African Film festival (LIPFF)* under the smartphone film challenge for his film **DEAR BOY CHILD**.

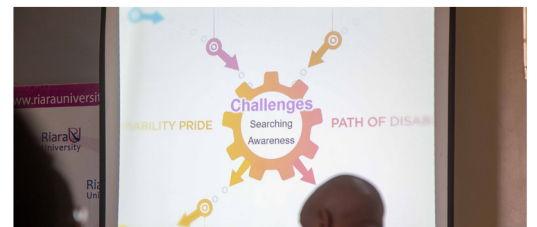
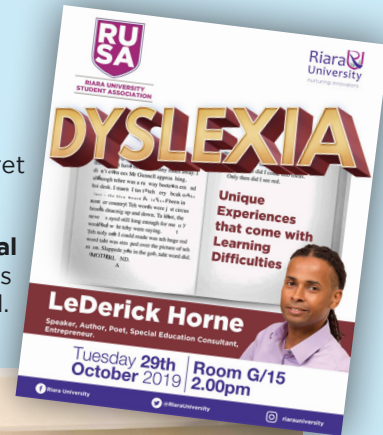




# Dyslexia?

Dyslexia is a general term for disorders that involve difficulty in learning to read or interpret words, letters and other symbols, though it doesn't affect general intelligence.

Throwback to Tuesday 29<sup>th</sup> October, 2019, when RU hosted **LeDerick Horne**, a **Special Education Consultant**, who shared with our community on challenges surrounding this particular condition, possible ways of overcoming it, as well as ways of assisting those affected.



*Her courage was her crown  
and she wore it like a Queen!*  
-Atticus.

On 17th and 18th of October, 2019, RU collaborated with the AAR Healthcare team, who facilitated a wellness fair. This was patroned by the University's Clinic. The main areas of focus were female-related health concerns and checkups such as: Breast Cancer Screening, Cervical Cancer Screening (Pap smear), Ovarian Cancer Screening and Gynecology consultations among others.



## Did you know?

### 1. Reproductive Cancers Are the Most Common Cancers among Women in Many Regions

Reproductive cancers are the one of the most common cancers among women. In Asia-Pacific, reproductive cancers are the most common cancer types prevalent among female population, accounting for 18% of all cancers. According to a 2012 study, close to a quarter (24%) of all breast cancers globally were diagnosed within the Asia-Pacific region (corresponding to a rate of 30 cases per 100,000) with the greatest number of those occurring in China (46%), Japan (14%), and Indonesia (12%). In U.S., breast cancer, besides skin cancer, is the most common cancer found in women. Breast cancer has become the most common cancers among women in Sub-Saharan Africa.

### 2. Reproductive Cancers Are The Most Common Cause Of Cancer-related Deaths Among Women

Reproductive cancers are the 4th most common cause of cancer-related deaths among women in Asia-Pacific and the leading cause of cancer-related deaths among women in countries including Fiji, the Solomon Islands (both 27% of all cancer-related deaths), Malaysia (25%), the Philippines (23%), Indonesia (22%) and India (70%). It is the second leading cause of cancer-related death in Africa.

### 3. Cancer Care Inequity Is Remarkably High In Developing Countries

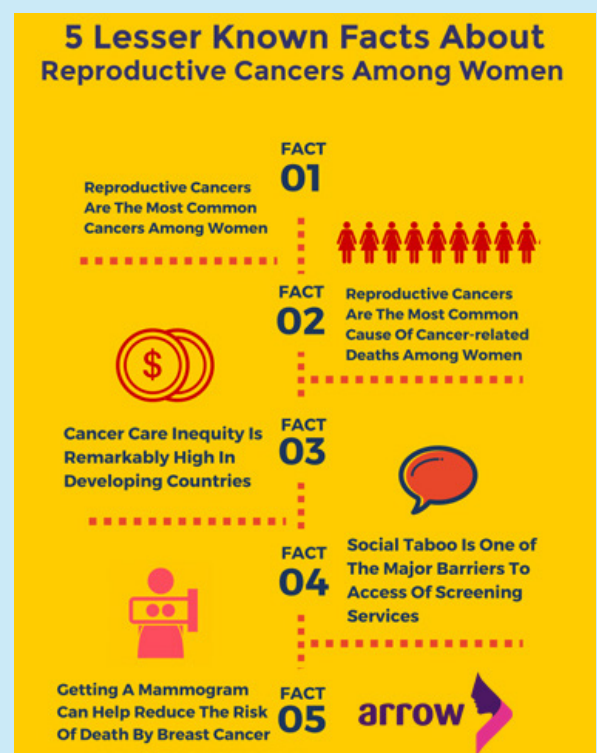
Women in developing countries have access to fewer resources and are more likely to suffer serious morbidity and mortality from cancer than their counterparts in the developed world. Only 5% of the world's total resources for cancer control reach the developing world.[7]

### 4. Social Taboo Is One of the Major Barriers to Access of Screening Services

Reproductive cancers, especially breast cancers, are often shrouded in socio-cultural stigmas. In some conservative South Asian countries, the term "breast" is often completely avoided in public awareness raising campaigns and euphemisms such as "cancers of women" are used. Social taboos and cultural sensitivities around women's bodies prevent public discussions about reproductive cancers. It is also one of the main reasons behind low use of screening services by women and late diagnosis of breast cancers.

### 5. Getting a Mammogram Can Help Reduce the Risks of Death by Breast Cancer

Getting a mammogram can help reduce the number of deaths from the disease by 25% to 30%. Women should begin having mammograms yearly at age 40, or earlier if they're at high risk. Mammograms don't prevent breast cancer, but they can save lives by finding breast cancer as early as possible.



<http://arrow.org.my/work/reproductive-cancers/>

# Guys, we didn't forget you ...



## What is Movember?

An annual event involving the growing of moustaches during the month of November to raise awareness of male related health issues, such as but not limited to: prostate cancer and testicular cancer as well as mental health issues such as depression and suicide.



## NO TO IGNORANCE, NO TO TESTICULAR CANCER.

Did you know?

- About **1 of 250** males will develop testicular cancer at some point during their life.
- **50%** of testicular cancer cases occur in males aged 15-44.
- The **average age** at the time of a testicular cancer diagnosis is about **33years**.
- About **6%** of cases occur in **children and teens**, and about **8%** occur in **men** over the **age of 55**.
- About **9,560 new** cases will be diagnosed in the US in 2019. (Up from 9,310 in 2018),
- The incidence rate of TC has been increasing for several decades for unknown reasons. There will be **about 410 deaths in 2019**.
- A man's lifetime risk of dying of testicular cancer is about **1 in 5,000**.
- Testicular cancer can boast an overall **90%** cure rate.
- 99% Localized (contained in the testicles)
- 96% Regional (spread to lymph nodes)
- 73% Distant (metastasized to other organs)

## Other signs and risk factors

- **90% of the time, testicular cancer** presents as a lump in the testicle.
- Other **common symptoms** of testicular cancer include unexplained swelling/pain/aching/feeling of heaviness of the testicle, and lower back/abdominal region or breast pain.
- If a man has testicular cancer, his brothers or sons may be at higher risk to develop it. **Only a small number of cases occur in families**. Most men with testicular cancer do not have a family history of the disease.
- **White men are 4 to 5 times** more likely to develop testicular cancer than black men and Asian-American men. The risk for American Indians falls between that of Asians and whites.
- Another risk factor of testicular cancer includes an **undescended testicle**.

## Testicular Self-Exams

Once a Month, Every Month



### Rub-A-Dub-Dub...

While soaping yourself up, locate and get to know your epididymis and spermatic cords, two structures located behind the testicle. Besides these, your testicle should feel like a grape.



### Show Lefty Some Love

Using both hands, place your index and middle fingers under the testicle with your thumbs on top. Firmly but gently, roll it between your fingers from top to bottom.



### Repeat with Righty

Do the same process on your other testicle, taking care to check for hard lumps. Even if you don't have any pain, a lump can still be a concern.

### Feel Something? Say Something.

If you notice any abnormal lumps, swelling, or changes in shape/color, contact a doctor ASAP.

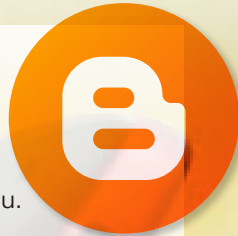
**It would be nuts to delay or avoid making that call!**

# Staff Publications

## Kina Cha Fikira – Kauli ya Walibora – Taifa Leo

- **Tafsiri za kizuzu adui mkubwa wa lugha ya Kiswahili – Oktoba 2, 2019.**  
“Jamani achene kutosongelea Kiswahili kwa tafsiri za kizuzu. Zamni nikiziita tafsiri sisizi. Lakini kuziita tafsiri sisizi ni kuwapa heshima mno wasemaji wa aina hii ya Kiswahili kombo.”
- **Sawa na Kiingereza, kuna Kiswahili na Viswahili ainati – Oktoba 9, 2019.**  
“Hata mimi sikielewi sana Kiswahili hiki cha Jamuhuri ya Kidemokrasia ya Kongo ndio maana nadhani huenda juhudi zangu za kutafsiri baadhi za Kauli hapa zikawa hazijafua dafu vilivyo.”
- **UG Kuwa mwenyeji wa kongamano la Chaukidu Disemba- Oktoba 16, 2019.**  
“Mimi nina hamu kubwa ya kushiriki kwenye jopo hili. Natumai nitapata ufadhili wa kwenda Kyambogo. Nikikosa nitatembea pekupeku nikafike.”
- **Uhasama na mihemko ya kitaifa na kizalendo inavyotishia mustakabali wa lugha ya Kiswahili- Oktoba 23, 2019.**  
“Kuna sintofahamu inayotokota kati ya Kiswahili cha TATAKI na BAKITA cha Dar es Salaam na Kiswahili cha Bakiza cha Zanzibar.”
- **Watahiniwa walenge kuvuna walichopanda maisha hayaishii hapo- Oktoba 30, 2019.**  
“Wizi wingi wa mitihani ya kitaifa unatokana na wasiwasi wa wazazi na walimu uliopindukia ule wa wanafunzi.”

## Reversed Call



You have just arrived at South B (you might want to call it Kisii village for the numerous Kisii there.) You have been staying here since you joined Riara University. It is a good school. Good people. Good you.

You live here, not because you like it but because your neighbor Tito has a good home theatre, Teresia chops good sukuma wiki and sells in good amounts and Ogao, the man from Keroka in Kisii, always has the noble fruits *afcados* (avocados) ready for your supper spicing.

Your phone rings. Your ringtone is this secular song by Sanaipei Tande, “*mfalme wa mapenzi.*” You sing along to the only few words you can, because, usually, you are always aware of some few words. This is the reason why you did not make it to Sauti Academy. You would be competing with Elani, Masauti, Phy and Emy Kosgei. *But si ni life?*

It is Beryl calling. She is your classmate. You have used her to confuse fellow comrades that you are not single and lonely. People out here think you two are dating. But truth be told, you are just another statistic for best friends perceived to be in love.

And when she calls you know there is nothing good she is offering. Apart from her selfish hugs, ones that are given as if your ribs are piercing her, the other noble things are, porridge dates at *Sizzling Restaurant* and free tickets to attend *Chipukeezy show* at the Kenya National theatre.

She calls again but you are unable to pick it. Is it because you hugged her longer today and you are guilty? Or is it because she saw you with Cheptoo and now she is jealous? The house is hot now. Your hands are shaking so you place your phone on the bed. This infix phone that you bought with HELB money. Money you could have used to buy books. You do not even talk to people so what is the use of an expensive phone? You rarely take photos unless a celebrity is around. You do not have Instagram on your phone? Is it because of how greedily Safaricom ‘eats’ your data bundles? No!

There is a hoodie on the floor. You shake your head when you realize it is not yours and your toxic masculinity laughs at you because you can’t wear it-it belongs to Beryl. Her again! She was here yesterday. And you drank. Porridge and Ilara yoghurt. You watched ‘the horrible bosses’ and “Simon, Love,” an American gay romcom. You opened your mind to how you perceived gay people few minutes ago. It was heavenly. She calls again!

This time round you decide to remove your trousers, tie a towel around your waist, sit on the bed and cross your legs in that *kaumama* fashion. You pick the phone and when you want to breathe life to her ears, the beautiful lady from Safaricom the better option will do what she does best and make her announcement. It is a reverse call!

Gai Mwathani! How will you explain to her that you did not have credit? Wait. Is she in trouble? You hurriedly press the necessary buttons only to realize you do not have credit, data bundles, sms, leave alone free whatsapp. You have an Okoa Jahazi debt worth 250 and has been enrolled in the force to pay category of debtors. You text Ogao but the text hangs on your screen laughing at you. She calls again. You can’t do anything about it. You know she will send a paragraph as always, so you assume this is one plot twist in a movie and you focus on how you will use the fifteen bob you have to sort your supper.

**Brian Khavalaji,  
CMMJ, 3rd Year.**



ICDL is the world's leading computer skills certification. To date more than 14 million people have engaged with the ICDL programme, in over 100 countries, through a network of over 24,000 ICDL Accredited Test Centres (ATCs).

The programme defines the skills and competencies necessary to use a computer and common computer applications. It offers a wide range of modules including Computer Essentials, Word Processing and IT Security. Candidates take tests in the modules which are most relevant to their educational and professional requirements, thereby creating their own profile. Whether in campus or in the workplace, ICDL offers the basic skills one needs to succeed.

Create your ICDL Profile today by joining RU's ICDL programme which will place you a notch above other candidates globally, in certifying your computer skills to international standards.



## Elimika na Riara



Dec '19  
Jan '20  
Intake  
Ongoing

### Referral Rewards

LEVEL	1	Less than 5	5 and above	10 and above
DEGREE	Kshs 5,000	Cash only	Tablet + Cash	Laptop + Cash
DIPLOMA	Kshs 2,500	Cash only	Smart Phone + Cash	Tablet + Cash
CERTIFICATE	Kshs 1,000	Cash only	Cash Only	Smart Phone + Cash

Terms and Conditions apply.



SCHOOL OF EDUCATION



Acorn Special Tutorials



### Special Needs Education Short Courses Training

The CBC advocates for the inclusion of all learners within the regular classroom set up. The aim of this course is to equip the teachers with skills of identification, intervention and learning styles of learners with Specific Learning Difficulties; Emerging Disabilities and Gifted and Talented learners. The following areas will be covered:

- Specific Learning Difficulties (Dyslexia/Dyscalculia/Dysgraphia/Dyspraxia)
- Autism
- Emerging Disabilities
- Gifted and Talented Learners
- Attention Deficit and Hyperactivity Disorder (ADHD)
- Learners with Emotional and Behavioural Difficulties

The participants will be equipped with knowledge and practical approaches on the use of Universal Design for Learning (UDL) and Multiple Intelligences to enhance learning outcomes.

Facilitators: Eva Naputuni Nyoike (Director Acorn Tutorials and Special Needs Consultant)  
Dr David Anderson (Bethel University U.S.A./Professor of Education)

Parents and caregivers are encouraged to attend.

DATES  
**Nov 25<sup>th</sup>-29<sup>th</sup>**

COST  
**KES 12,500/- PP**

VENUE  
**RIARA UNIVERSITY**

To register, please download the Course Registration Form from [www.riarauniversity.ac.ke](http://www.riarauniversity.ac.ke) or pick a copy at the Riara University Admissions Office, Mbagathi Way Campus, Nairobi. Return the completed Registration Form to the Admissions Office or email it to [admissions@riarauniversity.ac.ke](mailto:admissions@riarauniversity.ac.ke) or [info@riarauniversity.ac.ke](mailto:info@riarauniversity.ac.ke)

For enquiries please call  
**+254 703 038000, +254 703 038351, +254 703 038415.**



Riara University  
Christian Union

Riara University  
Christian Union  
Presents to you  
**EVANGELISM WEEK**

From 13th -20th Nov 2019

Matthew 28:19 Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the son and of the Holy Spirit

For more info: 0702499324

[www.riarauniversity.ac.ke](http://www.riarauniversity.ac.ke)



<https://web.facebook.com/RiaraUniversity/>



<https://www.instagram.com/riarauniversity/>



<https://twitter.com/RiaraUniversity>