



# The Standard



September 6- October 4, 2024

UGANDA CHRISTIAN UNIVERSITY COMMUNITY NEWSPAPER

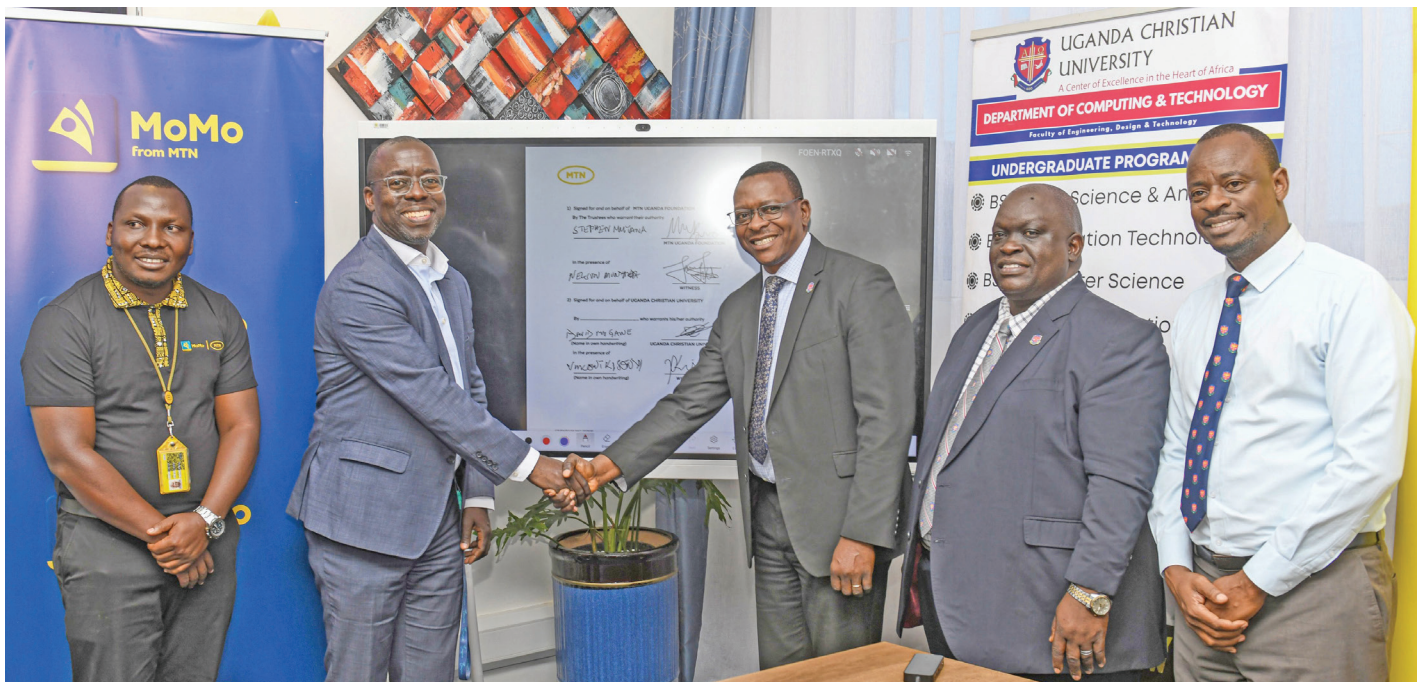
The Standard UCU thestandard.ucu.ac.ug

VOL. 1 ISSUE NO. 3

■ **Leader fails to account for fundraised money** p4

# Guild run queried

## University partners with MTN to equip students with digital skills



David Mugawe, the UCU deputy vice chancellor of finance and administration, shakes hands with Stephen Mutana (second-left), MTN's chief strategy and stakeholder officer, after signing a Memorandum of Understanding (MoU) at MTN head offices in Kampala on August 28, 2024. Looking on are Nelson Munyanda (left), manager at MTN Foundation; Vincent Kisenyi (second-right), UCU's dean of the school of business, plus Martin Kabanda (right), the UCU e-learning manager. According to the agreement, UCU will integrate courses of MTN Digital Skills Academy into its foundational ICT courses in a bid to give students a hands-on experience and practical knowledge

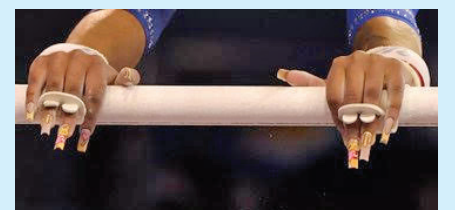
### INSIDE

#### Seven things every fresher needs to know

First, welcome to Uganda Christian University. We hope you have settled in, started your lectures and you are navigating your way smoothly. As you do so, here are seven things to take note of about the institution.

1. That dress code  
The way you dress is the university's concern. You will need to reflect the university's values of decency and professionalism so you are all expected to be smartly dressed.

See story on page 14



#### Artificial nails win at the Paris Olympics

This year's Olympics saw several female athletes rocking artificial nails, proving that style doesn't have to take a back seat to performance. Gymnast Sunisa Lee (USA), Bahamian sprinter Shaunae Miller-Uibo and swimmer Cate Campbell (Australia) were all spotted with intricate nail designs during their events. These athletes showed that well-done nails don't just make a fashion statement — they can also be part of a winning formula.

See story on page 15

**FUNDRAISER** **Kampala campus to host coffee and paint** P2

**EDUCATION** **320 law students miss LDC admissions** P3

**CHARACTER** **Men of purpose empower young adults** P12

# Kla campus holds event to raise funds for students

By Yasiri J. Kasango

In an effort to alleviate the tuition burdens faced by students at Uganda Christian University (UCU) Kampala campus, the institution is organising a Coffee and Paint fundraising event. Scheduled for September 18th and 19th, the event aims to provide financial support to students struggling with tuition fees at both the UCU Kampala campus and the School of Medicine and Dentistry.

Dr. Arabat Kasangaki, a lecturer at the School of Dentistry, emphasised the purpose of the event: "Let us paint and we raise a coin to help students with tuition challenges," he stated. Dr. Kasangiki underscored that painting, much like dentistry, is an art form that requires vision, creativity, and skill. "Art is about envisioning, drawing, and producing. This event is a way to use our time profitably while helping those in need," he added.

Participants will have the opportunity



Participants at the first coffee and paint event at UCU main campus last semester. Photo by Andrew Bugembe

to engage in painting activities, guided by experts, and enjoy a cup of coffee as they create their own masterpieces. The cost to participate is Shs30,000, and attendees

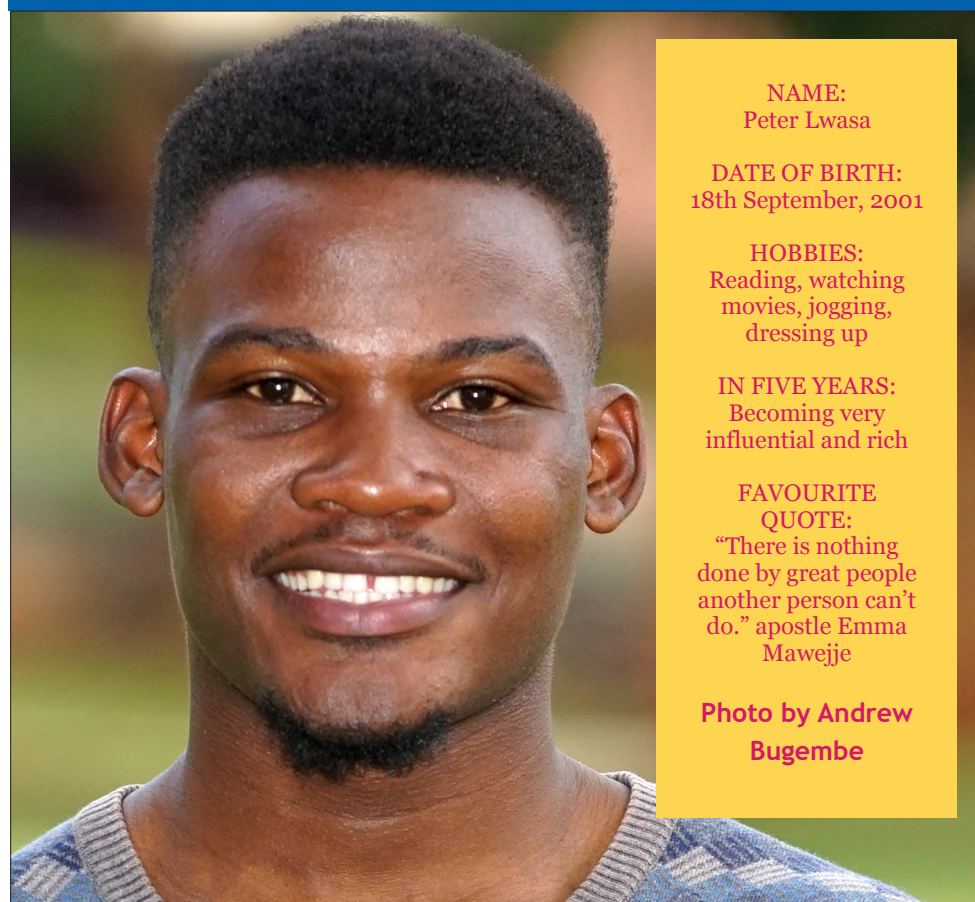
will leave with their painted canvas as a keepsake.

The guild president of the Kampala campus, Moses Waiswa, highlighted its

significance beyond mere fundraising. "This is a chance to have fun, get creative, and contribute to a worthy cause," he said. The event will take place at the UCU Kampala campus basketball pitch and aims to attract a diverse crowd, including students from other universities such as Makerere University, Ndejje University, Mutesa I Royal University, Kampala International University (KIU), Cavendish University, and Victoria University.

Anitah Nshakira, the Director UCU Kampala Campus says participants are encouraged to come in large numbers, and to bring friends and family to support the cause. "I hope to see as many people as possible on the 18th and 19th of September. This is a chance to make a difference and have a great time doing it," she said. Dorothy Tushemereirwe, one of the organisers of the event has highlighted that they have not held any fundraising drive for students at UCU Kampala Campus and School of Medicine and Dentistry and so this will be the first.

## The You See You Smile



NAME:  
Peter Lwasa

DATE OF BIRTH:  
18th September, 2001

HOBBIES:  
Reading, watching movies, jogging, dressing up

IN FIVE YEARS:  
Becoming very influential and rich

FAVOURITE QUOTE:  
"There is nothing done by great people another person can't do." apostle Emma Maweje

Photo by Andrew Bugembe

## Equity Bank hands over Church House land title

By Asenath Were

Equity Bank has handed over the land title for the Church House building. This was done during the 27th Provincial Assembly that was held at Uganda Christian University (UCU), Mukono from August 19-23.

Mr John Bosco Nuwagaba, the religious sector relationship manager at Equity Bank commended and celebrated the Church of Uganda for successfully completing the repayment of the Shs60 billion loan for the building.

Ms Elizabeth Mwerinde Kasedde, the director for public sector and resource investment at Equity Bank

*The church recently completed the Shs 60 billion loan repayment*

appreciated all the church leaders for partnering with them and participating on the journey of completing the loan wholeheartedly: "Thank you so much for partnering with Equity Bank. I have been looking forward to this opportunity to thank the leaders of the church," she said.

The Archbishop of the Church of Uganda, His Grace the Most Rev Dr. Samuel Stephen Kazimba Mugalu appreciated all those who made sure the loan was

completed.

The idea of constructing the Church House was conceived by Janani Luwum the Archbishop of the Church of Uganda from 1974 to 1977 in the year 1966.

In 2010, the Church secured a loan from Equity Bank and the following year, the project started under the reign of Archbishop Henry Luke Orombi.

Six years later, a magnificent 16-story building was commissioned by the then Archbishop Stanley Ntagali. UCU, which is an institution under the Church of Uganda, was able to contribute a donation of over Shs100m towards this cause in 2021.

# 320 UCU law students miss LDC admission

By Yasiri J. Kasango

A total of 320 graduates from Uganda Christian University's (UCU) School of Law have been denied admission to the Law Development Centre (LDC) for the upcoming intake. This exclusion poses a significant setback for these aspiring lawyers, as one cannot become a court advocate in Uganda without passing the LDC bar course.

Patricia Kansime, is one of the UCU students who has missed out on admission. She says the delay not only impacts her academic trajectory but also affects her family's financial situation.

"Missing out on LDC means losing valuable time and altering my plans. My parents sold land to finance my education at LDC, but now they must redirect those funds. This financial strain, coupled with the challenges of finding employment with a lower degree, makes the situation even more difficult," Kansime says.

Mr Frank Obonyo, the Public Relations Officer at LDC, said that the institution received over 4,000 applications for the limited 1,500 available slots. "LDC can only

admit 1,500 students per intake, yet we received applications from 14 universities accredited to teach law in Uganda," Obonyo stated. This overwhelming number of applications necessitated a strict selection process, leaving many qualified students without admission.

In an effort to ensure fairness, LDC decided to distribute the available slots equally among the 14 universities. "We resolved to apportion each university at least 28% of the slots," Obonyo explained. This meant all students could not secure spots once the required number of admissions was reached even though they had good Cumulative Grade Point Average (CGPA).

Despite the disappointment, there is a glimmer of hope for those who missed out. Obonyo revealed that discussions are ongoing with the government to address the situation.

"Going forward, there are discussions taking place at higher levels in government to ensure that those who were left out are admitted," he noted.

Among the proposals presented to the Attorney General is the introduction of a second



Law graduates during the 25th UCU graduation in July at the main campus. Photo by Bruno Madoi

intake in January 2025 and the possibility of opening additional LDC campuses. However, these plans are contingent on securing the necessary funding from the government.

Dr. Peter Mutesasira, the UCU Dean, School of Law, has highlighted the significant challenges facing the LDC due to a substantial backlog of admissions. According to him, the LDC has

taken on a backlog of 596 students, many of whom are from UCU. This, combined with the admissions of new students, has created a considerable strain on the LDC's resources.

Dr. Mutesasira however acknowledged the complex issues surrounding the admission process. He pointed out that much of the responsibility for managing these challenges falls on LDC.

For those who have made it, there is relief. Elly Aseph, one of the UCU graduates who secured admission, expressed his relief and excitement at the opportunity to pursue the bar course. "I am thrilled to have made it, but I sympathise with my colleagues who were not as fortunate. I hope the government can find a way to accommodate everyone," Aseph remarked.

## Users decry poor state of Bishop Tucker Road

By Yasiri J. Kasango

The users of Bishop Tucker Road in Mukono have complained about the state of the road. Those who sell items on it are battling with thick layers of dust falling on their merchandise.

Some electronics shop owners have had to resort to purchasing electric blowers to remove the dust that accumulates daily. The 4.7-mile road connecting the Kampala-Jinja highway to Namilyango, and which serves as the main route to Uganda Christian University (UCU) has become a source of frustration for the users.

In December 2020, the situation improved when Mukono Municipality's local council commenced renovations. Fresh tarmac was laid on the section from the bus stop on the Kampala-Jinja road to Wandegeya trading centre, just before the UCU small gate, covering a distance of approximately 0.4 kilometers. By mid-April

2021 however, the construction had stalled.

Rachael Nantume, a business woman who owns a restaurant along the road, noted that they suffer no matter the weather. "When it shines, the dust is too much, and once it rains, it is so muddy that to keep the place clean, we put papers so that clients can leave the mud there," she said.

Mukono Municipal Council's head engineer, Josiah Sserunjoji, expressed optimism that the road repairs would eventually be completed. "We are working alongside the central government to get the construction done," he said, blaming the slow pace of the construction on the lack of funds.

The responsibility for the road is divided between the Mukono Municipal Council and the Uganda National Roads Authority (UNRA). The municipal council oversees the section from the bus stop on the Kampala-Jinja Road to the end of the UCU fence, using funds from locally collected taxes. Beyond this point, UNRA takes charge.

According to UCU's Director of Facilities and Capital

Projects, Eng. David Kivumbi, discussions between the university and the municipal council have been ongoing since 2010, with little progress.

"Sadly, we hit a dead end each time we hold the discussions," Kivumbi lamented. "While they promise to work on the road, all they do is fill the potholes with murrum, which easily erodes."

Allan Ssempebwa Kyobe, the Manager of Media Relations, Public, and Corporate Affairs in the Executive Director's office at UNRA, notes that the Bishop Tucker Road upgrade has now been handed over to the Uganda Investment Authority (UIA), as the road passes through an industrial park. However, updates on the progress of these plans have been scarce, leaving those who depend on the road in a state of uncertainty.

"What we've been doing in the interim is maintenance. We run through [the road] with our machine to keep it motorable. But the major plan of the programme of upgrading is with UIA," Ssempebwa said.

# Guild Run on the spot

By Standard Reporter

The 26th Guild Government's 2024 Guild Run, originally conceived as a charitable initiative to support Uganda Christian University (UCU) students struggling with tuition fees, is under scrutiny due to financial discrepancies.

Concerns have been raised about the transparency and accountability of the funds raised from the event, which had already sparked controversy when it was rescheduled from the Advent Semester to the Trinity Semester.

During the event, the 2024 Guild Run received contributions, with the money coming from various UCU offices. The Office of the Directorate of Student Affairs (DOSA) contributed Shs3million, while the Vice Chancellor, Prof. Aaron Mushengyezi, pledged Shs5million.

Additional funds included Shs500,000 from the Chief Runner, Rev. Can. Duncan Mugumya, and \$200 (approximately Shs 740,000) from the Chief Guest, Mukono Municipality Member of Parliament, Betty Nambooze.

These funds were intended to cover the expenses associated with organising the Guild Run, including the purchase of bibs, security arrangements, and other logistical needs. However, an investigation into the financial records has uncovered discrepancies.

It is alleged that when the Prime Minister Hon Gelda Nassozi was asked to provide accountability, she sent through receipts that showed that Shs2,990,000 had been spent to organise this year's Guild Run.



The 26th Guild officials at the 4th Guild run. Photo by Andrew Gum

Copies of the receipts which we have obtained, show that the money was spent on 113 bibs. The reported cost per bib was Shs13,000 before branding and Shs 18,000 after branding.

However, at the stated price, Shs2,990,000 should have purchased approximately 166 bibs. If only 113 bibs were bought, that should have cost Shs2,034,000, leaving a shortfall of Shs956,000 which amount is unaccounted for.

A member of the 26th Guild Parliament, who spoke on condition of anonymity, voiced concerns about the accountability of the fund. "We need to know why the bibs cost more than what was reported and whether the purchases were verified by the finance committee," the member stated.

The Guild's finance committee has been urged by the Parliament to investigate the matter further to ensure that all expenditures are justified and transparent.

A member of parliament who also

requested anonymity says that during the time Nassozi was providing accountability, she stated that Shs1,300,000 was used for security during the Guild Run.

However she did not give a breakdown of how that money was spent and it is unclear whether any contracts or invoices were provided to substantiate the expenditure.

When we put the allegations to Nassozi, she said, "I'm currently attending a conference and it is a long story that I need to sit down with you to explain everything."

## Students petition against guild minister over alleged misuse of funds

By Andrew Gum

A petition has been filed at the Guild Tribunal at Uganda Christian University (UCU) alleging the misuse of the guild funds by the 26th Guild Government's Prime Minister, Rt. Hon. Nassozi Gelda. The petition was filed by students Edgar Okitoyi, Andrew Marvin Kinobere, and Abraham Elomabani, who are represented by KEA Advocates on August 8th.

The petitioners allege that there was misconduct involving the misappropriation of funds intended to support financially

disadvantaged students. The said funds were said to have been collected during the Guild Run event which was organised by the Prime Minister's office and took place on July 16th.

The event is a charitable initiative aimed at raising tuition funds for students in financial need. During the event, the petition states, funds were generated through the sale of T-shirts and run bibs, priced at UGX30,000 and UGX20,000 respectively.

The petition further states that while a total of 113 T-shirts and bibs were sold, amounting to UGX 2,825,000 (estimated figure), the remitted funds to the guild

government account does not reflect the estimated figure.

The petition also states that when Nassozi was summoned before the Guild Parliament in July to provide accountability on the alleged mismanagement, she failed to do so and the House asked her to provide satisfactory accountability within five days which she did not do, a move that the petitioners argue was in contravention of Articles 14 and 15 of the Guild Constitution.

The petition also states that there was failure by the Attorney General to take disciplinary actions against the Prime Minister and alleges that this act condones

the illegality and abuse of office and points to connivance between the two.

Efforts to get the defence's response were futile. When contacted for a response, Hon. Nassozi claimed that the matter had already been addressed by the Tribunal and was closed. She however gave no further details of how the matter had been addressed.

However, the Attorney General, Esther Awor, replied to their petition in a response which was filed on August 12th. In it she denied every allegation and claim. She stated that according to Articles 35, 40, 41 and 55 of

the UCU Constitution, the Guild Tribunal does not have jurisdiction to handle the matter and that the UCU Guild Parliament and Guild President are the rightful authorities to handle the matter.

She also stated that while the petitioners filed a constitutional petition, they did not seek interpretation in either the UCU Guild Constitution or the 1995 Republic of Uganda Constitution as amended. She also stated that the petitioners failed to prove the alleged connivance between the Nassozi and herself.

The petitioners say they are currently preparing a formal reply to address the AG's response.

# Bugujju residents raise concern over insecurity

By Asenath Were

Residents of Bugujju-Mukono have raised an alarm on what they say is rising insecurity in the area and have reported incidents of theft and assault. According to them, the thieves have taken to stabbing their victims and stealing valuables including cash, phones, and other items.

One of the victims, a mobile money attendant who preferred to remain anonymous, says she and her husband were attacked on July 8 and were both injured. Her husband, who she says is a security officer with the Uganda Police situated at UCU, is still in the hospital.

“On the Bugujju and Kauga roads, people are cut day and night. Those that do it know we are members of this village because they recently cut another girl in Kauga just as she was entering her home from work,” she said.

Another victim, Roland Asimwe, a student at UCU, says that on July 24 while on their way to their hostel, he and his friend were attacked as well. Fortunately, he says, they were able to defend themselves and only suffered minor cuts.

“We got attacked by bijambiya (machete-wielding thugs) guys in Mukono, we were going to our place. We just got bruises but they just took Elvis’ [his friend] phone and spoilt mine. By God’s mercy we are fine and well,” Asimwe said.

When these reports were put to ASP Dickens Tar, the officer in charge of UCU and the surrounding communities, he acknowledged that there have been a number of cases and said part of the reason is that the university is surrounded by a harsh environment. He added that when the Police try to find the culprits, the community members are not willing to give them up for fear of becoming victims themselves.

“We made some arrests in 2020–2022, but we have since learnt that this same group of individuals was just freed from prison and have since been attacking the community,” he said.

Tar adds that they have been able to apprehend the individuals who were attacking people with pangas but they are still concerned that they could be granted bail, and return and terrorise the neighbourhood.

“We believe the attacks are planned,



## SAFETY TIPS

1. Do not move with phones in plain sight.
2. Beware of strangers trying to interact with you, some pretend to pray for you while others ask for directions or promise to give you jobs
3. Always lock the door with at least two or three padlocks
4. Avoid moving late at night
5. Beware of dark spots

they know the places on this road that have security lights so they get the confidence to scan and know where security is far from them. We thus all need to stay vigilant,” he said.

The attacks are not happening for the first time. Residents say this has been ongoing. Bridget Komuhimbo, a journalism student, who finished last semester and is currently awaiting graduation in October, says she has not fully recovered from the time that her room was broken into in 2022.

She says that on that fateful day, she returned to her room after class and found her door wide open and the curtains drawn back. Shocked, she could not understand how anyone could have opened the door, much less rummaged through her luggage.

Komuhimbo claims that all of her electronics, including her gas cooker and UGX240,000 she had accumulated over the course of two months, were taken on that day. “I haven’t replaced those things even up until now,” she said.

Bugujju trading centre neighbours the university and members in the area said they have been attacked and items stolen in the recent past. Photo by Asenath Were

“I reported the case to police at UCU and was given a reference card, but I was not helped because they told me that since I had been in the room already, they could not use the dog to try and find the thief. But I was so depressed and scared and my mind froze; I could not run to the police on that very day. I couldn’t sleep in my room for the next few days,” she recalls.

Tar explains that they are dealing with the crimes and asks that the residents and students also do their part. He says that when someone reports an incident, an officer is tasked with looking into it and is asked to visit the scene in order to evaluate the circumstances and report whether more research is necessary. “If we discover that the crime scene has not been tampered with, we bring the dog, as well as remove the fingerprints from the area for additional investigation,” he says.

Tar however warned students about their negligence, saying they move with their phones in plain sight and occasionally leave the school with scammers who later steal from them. He cited the example of a girl who made a friend on Snapchat, and the two planned to meet in a restaurant. The friend asked to use the girl’s phone to make a call before vanishing with it. Going from that, Tar cautioned students to take the time to

consider the individuals they move with.

“It is a matter of people being conscious and taking the security advice given to them seriously. Security starts with you, in case you are on a boda and realise that you are being followed, at least just branch to the nearest police station or any place with people,” he advised.

“Say no to strangers like those who pretend to be praying for you on the road, those asking for directions lying to you that they will give you a stipend, the comen telling you that they are giving you jobs. Always lock your doors with at least two or three padlocks,” he stressed.

Tar also advised those who have been attacked to always keep the crime scene intact so that dogs can be used to sniff for scents, and fingerprints collected. He also asked them to report the case as soon as possible, at least within 12 hours of the crime happening.

Similar to OC Tar, Shallon Atuheire, the warden of Precious Hostel in Kauga, warns students not to move around late at night. “Students should avoid those dark areas because, even though a few suspects have been caught, the road in lower Kauga lacks security lighting. I’m not sure who is in charge of it, but if they could figure it out, it could reduce students’ fears about their safety,” she said.

# The Standard

## UCU COMMUNITY NEWSPAPER

The Standard is published monthly by the UCU Department of Journalism, Media and Communication

### Our View

#### A new semester, a new start

**A** new semester has dawned upon us, and we hope you have settled in as you prepare for what is ahead. We hope your school break was both restful and rejuvenating, and that you are recharged and prepared for the challenges ahead. We encourage you to embrace the coming days with enthusiasm, determination, and a commitment to excellence.

The road ahead may seem demanding, but remember that every challenge is an opportunity in disguise. Whether you are beginning your academic journey or returning as a continuing student, or are a lecturer or part of the administration, we encourage you to give what is before you your all – the reading, the studying, the lecturing, the teaching, the taking care of business. When we all put our best foot forward, we benefit both as individuals and as communities

As we celebrate the start of a new academic chapter, it is also important to address the current situation that concerns us all. Recent reports have highlighted potential terror threats within our country. While the authorities say that they are working tirelessly to ensure our safety, we must also play our part in remaining vigilant.

Your safety is paramount. We urge you to stay informed about the latest security advisories and to exercise caution in your daily activities. Avoid crowded places when possible, be aware of your surroundings, and report any suspicious activity to the relevant authorities immediately. It is also a good idea to keep your loved ones informed of your whereabouts, especially during late hours.

Like Dan Petersen said “Safety doesn’t happen by accident”. These precautions are not meant to induce fear but to ensure that you stay safe. The campus is a place of learning and growth, and you should enjoy every moment here while taking the necessary steps to protect yourselves. Remember too that there is an outbreak of Monkeypox in the country. It is important to be aware and know how to keep safe from it.

As you embark on this semester, we wish you success, marked achievement, personal growth, and above all, a safe stay.

#### CONTACT INFO:

Carol Alyek Beyanga- Supervising editor  
akedabusiness@gmail.com

Yasiri Junior Kasango-Feature Editor  
editor@ucu.ac.ug

Asenath Were-Staff writer/News Editor  
aware@ucu.ac.ug

Aulah Najjuuka-Staff writer/Lifestyle Editor  
anajjuuka@ucu.ac.ug

Website: standard.ucu.ac.ug



@UCUStandard



The Standard-UCU



Mary Goretti Ganza a student of Bachelor of Nursing Science reading at Hamu Mukasa Library. Research done needs to speak to the problem in the community. Photo by Asenath Were

# Is our research applicable today?

**W**ith several papers published at national and international levels, awards won, grants given, and partnerships forged, it is surprising the kind of state most African nations are still in.

Such decorations in academia leave one wondering about whether we are researching the right problems affecting our societies. If we are, are our papers and projects feasible for implementation and further sustenance? I ask because in most parts of this country, a random visit to different project sites around the country will show that many met their death on the day of commencement.

Such unfortunate endings to projects, as well as the ever-high costs of living, neocolonialism, rapid population growth, exponential growth in disease outbreaks, internal conflicts, and the snail-paced growth of our economies leaves one wondering who to blame.

Many would berate and blame the politicians. However, we should begin to cast our eyes on the academicians and ask what they are doing about these issues. This is because universities are regarded as hubs of solutions for any



**Eriah Lule**

nation and should provide these for all walks of life, a statement Plato and other philosophers would affirm, if they still roamed amongst us.

It is shocking to note that most sub-Saharan states haven’t embraced academicians and research as part of the solution to stable growth. Indeed, one wonders how many researchers in particular fields have been invited to be part of mega Government projects as consultants so that the projects yield positive results for all involved.

Perhaps the reason, however, is that the academicians are selling themselves short. A number of questions arise as to the kind we have in the country, and are grooming.

Do these academicians take time to study the kind of

grants and partnerships vis a vis the situations affecting the communities, or are they also chasing for bread and their selfish desires using this window?

Do funders intend to sponsor self-sustaining projects for the future or do they also want to implement projects for the sake of accountability and continuity of their programmes, and to appease their donors?

Do academicians engage technical people from different state and private sectors to provide input? Do they even present these recommendations and findings to the respective ministries and agencies?

Do we have a national research committee addressing such issues while calling the right stakeholders on board?

As I wrote in a national newspaper, New Vision, in an article titled, What happens to student research and projects after graduation, many kinds of individuals are assigned to supervise students yet they couldn’t implement projects past their theses.

These are hard questions we should be asking ourselves, instead of having thousands of files and books piling up for the young people to dive into, and yet they are not feasible or applicable. Does this

perhaps partly explain the 80.6% literacy level of the country against a 2.80% unemployment rate as per the Uganda Bureau of Standards statistics of 2024?

Have we as a nation made our research to be just prestige, awards, and publications? What difference do funders have from the government, if most are piling and filing white elephant projects every year?

The dissemination of research findings shouldn’t stop at big hotel seminars and board presentations, after which light moments are shared and then posted on different social media platforms and websites.

Funders should take the initiative to establish follow-up teams to occasionally evaluate how feasible these papers and projects are and how better to improve them. This would help researchers and implementers get better and seal their experience and expertise in those particular fields. These activities would give them a better picture of the situation one is dealing with and in the end provide better and more practical solutions.

The writer is the Communication Assistant at UCU Alumni Association  
luleeriah1998@gmail.com

## Success in two fields

Navigating the world of journalism and counselling psychology has not been a walk in the park but I believe that my journey of navigating between school and work has been rewarding and fulfilling.

It started a year and seven months after I had been practising journalism. I was then (and still are) a journalist with one of the media houses in Kampala and it is an amazing, noble and beautiful profession that I do not take for granted.

However, I wanted to study Counselling Psychology. I decided to apply for a masters degree in the course.

I had thought long and hard, prayed about everything and I knew God was calling me to obey his voice and apply for it. Amidst all the concerns I had, I went ahead and trusted that things would work out for my good and his glory (Romans 8:28).

Having started the course, I can say that learning how to engage with others and help them professionally in the counselling psychology field has been rewarding and an answered prayer.

The voyage of navigating the profession of a journalist and life of a student has had its ups and downs but it's a path that I do not regret taking.

The two fields are really different, but there are important lessons I have learnt from counselling psychology that I know can be applied in the journalism world.

There is a mindset that psychology involves reading people's minds and knowing what they are thinking but this is not what it is about. The field involves understanding others, knowing why they do the things they do and supporting them in making better decisions.

I am grateful to God to be on the path of learning and understanding more about people and their mental, emotional and physical wellbeing.

Esther Tusiime Byoona,  
MA. Counseling Psychology

- OUR FAVOURITE LETTER -

# Mental health: a concern for university students

Mental health has become a point of concern in educational institutions worldwide, and Uganda is no exception. University students in Uganda face unique challenges that can significantly impact their mental well-being. Understanding these challenges and the associated statistics is crucial for developing effective support systems.

University students are dealing with issues ranging from academic pressure to social and financial difficulties. In addition to that, the pressure to excel academically often increases stress levels, which can lead to more severe mental health problems if not addressed.

According to a 2023 survey conducted by the Uganda National Institute of Public Health, approximately 45% of university students in Uganda reported experiencing symptoms of depression.

This rate is alarmingly high compared to the global average, which is around 20% for similar age groups. The survey also found that 30% of students reported high levels of anxiety, which is significantly above the global average of 18%.

Additionally, data from a 2022 report by Makerere University's Department of Psychology indicated that nearly 40% of students experienced frequent feelings of hopelessness and despair. The same



A stressed out student. Stress can be managed by getting a support system. Courtesy photo

report highlighted that about 25% of students had considered self-harm or suicide at some point during their studies.

Several factors contribute to the mental health struggles faced by university students in Uganda.

To improve on support of the mental health of students, several recommendations can be considered. Increasing the availability of counselling services; incorporating mental health education into the curriculum; providing financial assistance or scholarships to reduce economic pressures on students; and developing

peer support groups and enhancing social support systems can help.

While universities have made strides in addressing mental health issues, continued efforts are necessary to ensure that all students receive the support they need.

By doing some of the above measures, Uganda Christian University can foster a healthier and more supportive environment for its students.

Spencer Benjamin Kaleeba,  
HEC, UCU main campus

## Let us stand against corruption

When I was growing up, I watched prominent individuals place their children in schools even though they did not have the required marks.

Years later, it has become fashionable for people to have such powerful connections. In simple terms, our society glorifies corruption.

As a Ugandan youth, I'm fed up with the corruption that's rampant in our country. It seems everywhere we turn, someone's trying to bribe or cheat their way to the top. And honestly, it's exhausting.

Corruption is alleged to be taking place in the highest

echelons of power, with ministers and permanent secretaries facing court charges.

But it's not just the leaders who are corrupt. The Gen Zs are being fed into this machine. They are learning to navigate the corrupt machinery and adapt to an environment where dishonesty is rewarded.

I'm part of a generation that's supposed to be the future leaders, to push for innovation and technology, and change the world.

But how can we do that when corruption is the norm and honesty is a weakness? How can we lead when we are taught

to cheat? How can we innovate when we're stifled by corruption?

I see my friends and peers getting sucked into this toxic cycle. They're told that to succeed, they need to "know someone" or "pay someone off". And it's heartbreaking, because I know they're better than that. We are all better than that.

I'm tired of being part of a system that rewards dishonesty and punishes integrity. I'm tired of seeing my generation corrupted by the very people who are supposed to guide us.

As we become increasingly entrenched in the corrupt system, we risk losing the moral fabric of

our society. The consequences are dire: a perpetuation of poverty, inequality, and social injustice. We need a system that values honesty, transparency, and accountability. We need leaders who lead by example, not by corrupt practices.

We owe it to ourselves, our children, and future generations to create a society that values integrity, transparency, and accountability. The future of Uganda depends on our ability to safeguard our traditional values and ideals.

Bill Dan Arnold Borodi,  
UCU Standard writer



“So, my expectation for this semester, being my second year, second semester, is to excel in my practical areas of videography, photography, and all the hands-on aspects of journalism. By next year, I’ll be in my third year and will have to choose between PR and journalism. As someone who wants to pursue communications, I want to make sure I fully maximise this semester to learn all the practical skills. By the time I move on to focus on communications next year, I want to have a solid foundation in journalism.

So, my goal for this semester is to work hard and ensure I acquire those essential skills.”

**William Opio, BAJC 2.**



“Academically, I aim to achieve a GPA of 3.7 or higher by actively participating in class, submitting quality assignments, and seeking help when needed. Develop a study routine and effective time management techniques. I want to enhance my skills by improving writing and communication, learning new software, and developing critical thinking. Expanding my network by attending career workshops and connecting with different professionals. Prioritising self-care, seeking support from peers and mentors. Staying organised, focused, and committed to achieving excellence.”

**Edrin Brian Mukhwana, BAJC2.**

## Campus Talk with Michael Ainomugisha

# What are your plans for the advent semester?

*The advent semester has arrived, and we at The Standard are always looking forward to an exciting trip with you during the semester, which will include a lot of activities like change in guild government, the commencement of university football, and many other activities. And for this edition, our reporter, Michael Ainomugisha, spoke with students about what they are looking forward to this semester.*



“What I’m looking forward to during the next semester is, first of all, the fact that I’m joining my final year, which is just the best. Secondly, I’m excited about the elections and the handover process to the new government, which will be the 27th government. I’m also looking forward to the inter-faculty games and the UCU Law Society Gala, which is always interesting.”

**Ashaba Primus LLB4**



“My expectations are really so high that we are having a diverse number of students from different schools and faculties one semester. So this is the most populated semester at UCU.

Those who are planning to come in for elections, this is the time they need now to start preparing because they’re going to be the next leaders that we are going to usher into power as we also plan to transition. As a 4th-year student, I’m excited for my final year and look forward to positive vibes all semester, regardless of what is going to come our way.”

**Emmanuel Edonu, LLB4.**



“I think the semester is going to be interesting, especially since it’s my last one here at UCU. I’m going to enjoy myself to the fullest by making sure I watch every game of soccer for the ladies’ team because they will be playing in the FUFA Elite League. I’ll get a chance to see how people play in the Elite League. Additionally, the University Football League is going to be on, and we’ll get a chance to watch our guys play in this year’s edition.”

**Kyobwika Zephaniah. BSWASA3.**

## How do you go through hard situations without losing your faith?

By Esther Nantambi

Last semester, as we sat for our first exam, a classmate who had been experiencing episodes of depression couldn’t sit for his papers. We had prayed and hoped for his return. He didn’t make it back. Focused on this sad moment, we forgot about another student who was missing. I vividly remember the cloud of sadness that descended upon the exam room when we eventually noticed. How could we not have seen this earlier? We had forgotten about someone struggling just as much. This student, burdened with a considerable debt and having

collected some money, had lost hope and switched his phone off. He was later found in his hostel, simply sleeping through the exam period, possibly praying, hurting, or trying to self-soothe. These are but some of the numerous hard times we find ourselves going through.

Consider, too, a situation where you meet someone special. You feel a strong connection and are excited about the future together. Then to your dismay, they reveal that they believe sex as a necessary part of courtship and start demanding it. This person is everything you’ve hoped for, and you worry that refusing them will mean losing

them.

Every so often, we find ourselves in the thick of battles that we can’t pull ourselves out of. These are battles thrown our way that we must fight as Christians. How do you fight the battle and not lose your faith?

Today, I speak of the rope the Holy Spirit threw towards me.

“What is in your mouth?” He once asked when I was dealing with severe grief.

“My tongue, sir.”

“What is the tongue to you?”

“I don’t understand, sir.”

“What does the Bible say about the tongue?” He repeated.

Finally getting it, I replied, “The

power of life and death is in the tongue” (Proverbs 18:21).

“That shall be the rope to get you out of this situation. Affirm who you are in Christ. Speak things which be not as though they were (Romans 4:17).”

That rope helped me through that grief, and in other situations, such as the time I came to UCU. I had paid the bare minimum, 45% of the tuition fee to start. Struggling to pay fees was not new to me but this time I dared to use my tongue daily. I would thank God out loud every morning: “Thank you, God, for the tuition you paid. I am well taken care of that I give to others too, I never lack.” Then one day,

I felt a strong leading to go to my school’s dean. I did and I was awarded a scholarship.

Affirming my joy helped me through grief.

Guess who graciously accepted to lose a good boyfriend? Me. I understood that God has defined a path for me, which may include getting out the person I believed to be great with my human eyes. I still deal with shakeups even today, but, I keep reciting Psalm 23.

Stick to what the Word has defined your reality to be, and you will see that the Lord is not too short-handed to heal, save, provide, and comfort, even in hard times.

Use your tongue.



# Five top ways to prevent and deal with malaria

By Aulah Najjuuka

In the heart of Uganda, malaria is not just a distant threat but a constant companion for many. Take the story of Joseph Kasagga, a 35-year-old farmer from Nabuti. Over the years, he's battled malaria more times than he can count, each episode more harrowing than the last. "It's like a shadow that never leaves," he says. "Every time I fall sick, it feels like I'm fighting for my life all over again."

Kasagga's experience is all too familiar to many Ugandans, especially during the rainy season when the mosquitoes seem to increase in number. Despite taking precautions, the disease has become an almost inevitable part of life. "I've seen neighbours lose their children to malaria," he reflects sombrely. "It's a pain that stays with you. But what choice do we have? We have to keep fighting." Kasagga's story is a stark reminder that while the battle against malaria continues, the impact on lives and communities remains deeply personal. It underscores the urgent need for effective prevention and timely treatment to reduce the devastating toll of this disease.

## Understanding malaria

Malaria is characterized by symptoms such as fever, chills, headaches, and muscle aches. In severe cases, it can lead to complications like anemia, respiratory distress, or even death. Children under five years and pregnant women are particularly vulnerable to the disease, making prevention and early treatment crucial.

Dr. Sarah Namutebi, a medic at Hannah Medical Centre Mukono, emphasises the importance of awareness and education in the fight against malaria.



A mother and her child sleeping under a treated mosquito net. (Courtesy photo)

"Many people in our community are familiar with the symptoms of malaria, but they may not fully understand the importance of early intervention or the best methods to prevent the disease. Education is key to changing this," she says.

Dr. Sarah Kiziito, a doctor at C-Care IMC Kireka says that there are many malaria prevention measures but which work only if done right. "The top five most effective ways to prevent malaria are using insecticide-treated mosquito nets (ITNs), indoor residual spraying (IRS) which is commonly known as spraying of insecticides, proper environmental management, antimalarial prophylaxis, and early diagnosis and treatment." According to Dr. Kiziito, these are the top ways one can prevent malaria.

## Insecticide-Treated Nets (ITNs)

"Sleeping under an insecticide-treated net is the single most effective way to prevent malaria. It reduces the chances of being bitten by an infected mosquito, especially at night when mosquitoes are most active."

She states that this is the most effective way to prevent malaria as it keeps you safe all night long which is when mosquitoes are always on the hunt.

## Indoor Residual Spraying (IRS)

"IRS involves spraying the inside walls of homes with long-lasting insecticides. It's highly effective in reducing mosquito populations in the house, making it a critical second line of defense after ITNs."

## Environmental Management

"Mosquitoes breed in stagnant water, so proper environmental management—such as clearing bushes, draining stagnant water, and properly disposing of waste—can significantly reduce mosquito breeding sites. It's a community-level intervention that can have a huge impact."

## Antimalarial Prophylaxis

"For certain high-risk groups, such as pregnant women and travelers, taking antimalarial drugs as a preventive measure can be very effective. These drugs reduce the risk of contracting malaria if exposed."

## Early Diagnosis and Treatment

"Prompt diagnosis and treatment of malaria not only prevents severe illness but also reduces the

transmission of the parasite to others. In Kampala, where healthcare access is relatively better, encouraging people to seek treatment at the first sign of symptoms is crucial." Dr. Kiziito further stressed that as medical experts, they are working tirelessly in their research on better malaria prevention measures because as the disease evolves, its prevention and treatment evolves too. "Recent research has focused on developing new types of insecticides to combat mosquito resistance, which is a growing problem in Uganda. "There are also promising developments in malaria vaccines, with the RTSS/AS01 vaccine being piloted in several African countries. While it's not yet widely available, it represents a potential game-changer in malaria prevention," she notes.

## Public involvement

Dr. Kiziito emphasises, "Community engagement is key. We need to increase awareness about the importance of using ITNs and the benefits of the IRS. Education campaigns should focus on the dangers of stagnant water and the need for environmental management. Collaboration with local leaders and community health workers can help reinforce these messages and ensure that they reach every household."



East African pilao By Aulah Najjuuka



Pilao is a fragrant, one-pot rice dish packed with tender meat, spices, and vegetables. This dish is perfect for any occasion, offering a rich blend of flavours in every bite. Follow this simple recipe to create a delicious pilao that's sure to impress.

## Ingredients:

- 2 cups basmati rice
- 500g beef or goat meat, cut into cubes
- 1 large finely chopped onion
- 3 cloves garlic, minced, and ginger
- 2 tomatoes, chopped
- 1 teaspoon pilao Masala and ground cumin
- 1 teaspoon ground black pepper
- 1 teaspoon turmeric powder
- 2-3 tablespoons vegetable oil or ghee
- 4 cups beef broth or water
- 1 potato, peeled and diced (optional)
- Salt to taste and fresh coriander leaves, chopped (for garnish)

## Instructions:

### 1. Prepare the meat:

In a large pot, heat the vegetable oil or ghee over medium heat.

Add the chopped onions and sauté until they turn golden brown then add the minced garlic and ginger, and cook for another 2-3 minutes until fragrant.

Add the meat cubes and cook until browned on all sides.

### 2. Add spices:

Add all spices to the pan. Stir well to coat the meat with the spices.

Add the chopped tomatoes to the pot and cook until they soften and blend with the spices. If using potatoes, add them and cook for about 5 minutes.

### 3. Cook the rice:

Add the basmati rice to the pot and stir to mix with the meat and spices.

Pour in the water and add salt to taste. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer and let it cook for 20-25 minutes until ready. Fluff the pilao with a fork, and garnish with chopped fresh coriander leaves. Serve hot.

Pilao is traditionally served with kachumbari (a fresh tomato and onion salad) so go ahead to make some. Enjoy your delicious East African pilao!

# Getting fit one step at a time

By Dismas Nuwaine

Santina Kanssiime had always wanted to be part of a fitness community. She was tired of a dormant and sedentary lifestyle. She wanted more colour and activity in her schedule, but like many, she didn't know how to start on her own.

"I wasn't proud of my lifestyle," says the journalism major. "I was so relaxed, just sitting there and adding fat to my body. I knew that something about me had to change." It was finally through her contact's status updates, that she found something to do. She found out about the Uganda Christian University (UCU) Health and Fitness Club. "I was merely scrolling through Constance's [her classmate] status and I found her posting about her fitness challenge and the distance she had to foot. At that moment I felt inspired. I knew I had to be part of this," she says.

She quickly knocked on the club's doors and, "like they always do, they joyfully let me in," she said.

"I hadn't just found just a club, but a family," Kanssiime remarks, saying she received so much care, and was encouraged all the way. "Because of this I was able to test the limits of my body. I knew that I was on a journey of something big. It gave me a sense of purpose," she adds.

Kanssiime confesses to have better managed her weight through the club's daily rigorous exercises and fitness challenges, saying within two months of joining, she had lost five kilogrammes.

## The club

The health and fitness club's story was started by an unassuming young man - Chaz Miti Lwanga, who had had long periods of physical inactivity which led to him



Lwanga and Kanssiime jogging in Kauga. (Photo by Dismas Nuwaine)

gaining a lot of weight. Looking at him now though, you would never know.

A pleasure-seeking university socialite, Lwanga had the swagger, but good health constantly eluded him; he weighed over 94 kilogrammes. This, coupled with his troublesome lifestyle soon drove him to a breakdown, till he started contemplating suicide. Though he lived the

semblance of a happy man, he was hiding inner turmoil. Before he knew it, and to the surprise of his peers, Lwanga was dropping out of school to put himself together.

He found his solace during the Covid 19 pandemic. He entered a rigorous training schedule, walking 10 kilometres - five apiece, to and from the market on a daily basis. He engaged in heavy farm work activity

alongside his shamba boys. What started as baby steps, soon grew to purposeful ones. Before Lwanga knew it, he was in the process of rehabilitation. He had lost over 20 kilogrammes.

## The redemption

In the September 2021 intake at UCU, he was readmitted for the Bachelors of Science in Finance and Accounting course, a totally

## Fitness club legacy

Having embarked on his academic journey in 2019, Chaz Miti Lwanga is now preparing to graduate this coming October. As he approaches this important milestone, he will be leaving behind something truly significant that will continue to benefit numerous students in the years to come. Lwanga's time at the university has been marked by dedication and purpose, and his contributions will undoubtedly be remembered and appreciated long after his departure. "We already have a strong leadership team fully constituted, and the ongoing activities will continue as usual; if anything, the dedicated team will work to expand them even further," he says, adding that there are ambitious plans to take the idea even further.

different person.

He was determined to re-write his story. Given his previous experiences, Lwanga says he was convicted to start the club, and is sure it's God's calling and considers it ministry. Once condemned as a public nuisance by his comrades because of his behaviour previously, he is now embraced as a source of pride for the whole community.

This club has made Lwanga a model amongst his peers. He has had such

their identity through the club, and this speaks directly to the vision of the proprietor. "Now that I have come back to university, I see many people taking the path that I once took," says Lwanga before he continues, "I can't sit back and watch comfortably yet I know I have touched the fire and it has burnt me and I'm seeing other people heading towards it."

Kanssiime's story is not an isolated one. She is one of the many students that have reaped the numerous

*"When the semester was beginning, I weighed a whole 94 kilogrammes. I am now 78," confessed Ichuma, whose inactive lifestyle had led her there.*

influence and he received the 2023 Impact Student of the Year award from the 25th Students Guild. Lwanga says the club is "a peer to peer support group" that does not only help young people maintain physical but spiritual and psychological fitness.

The club has a cocktail of activities, including gyming, track and field activities, and hiking. They also often have physical fitness challenges that test the limit of their physical endurance. Many young people have found

benefits the fitness club has to offer. Her friend Constance Asere Ichuma is another.

Upon the prodding of a friend, the communication major decided at once to join the club. Within a month's time, Constance was counting her benefits.

"Within six weeks I had already lost 10 kilogrammes. Through the club, I have met many friends who have enabled me to be on my feet and work towards achieving my goals," said Ichuma.

# Kizito roots for evaluation frameworks made in Africa

By Yasiri J. Kasango

**D**r. Martin Kizito, has been appointed as the Head of Grants and Partnerships within the Directorate of Research Partnerships and Innovation, effective June 2024. This new role marks a significant milestone in Kizito's career, promising to further strengthen UCU's research capabilities and collaborative endeavours.

## Education background

Kizito's academic journey began at Makerere University, where he pursued a degree in Political Science. His early experiences at Makerere, including a stint as a student leader, shaped his understanding of governance and public administration. However, it was during his undergraduate years that he realised the limitations of political science in providing practical solutions to the continent's challenges.

"Politics does not provide solutions," Dr. Kizito reflects. "In politics, we analyse events, decisions, behaviours, and environments. But I realised that solutions lie in the hands of technical experts who implement the decisions of politicians."

## Change of course

This realisation led him to pursue a masters' degree in public administration and management, where he focused on understanding the machinery of government and how resources are managed. Yet, even with this knowledge, he felt that something was missing. The implementation of policies often fell short, and Kizito was determined to find out why.

His quest for answers led him to the field of monitoring and evaluation. At the time, evaluation as a discipline was still emerging in Uganda. The Uganda Management Institute (UMI) had just introduced a postgraduate diploma in the area, and Kizito saw this as the next step in his academic journey.

He enrolled in the programme, eager to complement his public management knowledge with skills in assessing government programmes and policies.

"I realised that even with the best technical people, things often go wrong," Kizito explains. "I needed to understand how to evaluate the effectiveness of policies and programmes to ensure that they achieve their intended outcomes."

This drive eventually led him to pursue a PhD in Public Policy with a specialisation in policy evaluation in 2020 from the University of Pretoria.

His research focused on one of African Union's (AU) most ambitious initiatives - the African Peer Review Mechanism (APRM), a governance tool aimed at promoting accountability and good governance across the continent. Kizito's work sought to develop an indigenous framework for evaluating such initiatives, grounded in African contexts and realities.

At that time he was an executive member of Partnerships for Africa Social Governance Research (PSGR). He shares that he was working as a governance specialist for the African Union. "I used to sit on their panel of reviewers," Kizito says.

His research culminated in the development of what he calls the "Made in Africa Evaluation Framework." This framework is designed to operationalise evaluation theories that have been proposed by African scholars but have not yet been put into practice. "The African Union had been implementing the APRM since 2003, but there was no established framework guiding its evaluation," Kizito notes. "I saw this as an opportunity to create a framework that is truly African, one that reflects our unique challenges and contexts."

While pursuing his PhD, Kizito faced the challenge of balancing his academic ambitions with his responsibilities as a family man. His wife, Angela Maggie

Kizito, and their nine-year-old daughter, Claire, were his pillars of support throughout his studies. Despite the financial and emotional strain, he remained committed to his goal, studying on a fully paid scholarship from the Carnegie Corporation of New York, which eased some of the financial burdens. "UCU granted



Dr. Martin Kizito, the university's head of grants and partnerships. (Photo by Andrew Bugembe)

*"I realised that even with the best technical people, things often go wrong," Kizito explains. "I needed to understand how to evaluate the effectiveness of policies and programmes to ensure that they achieve their intended outcomes."*

me study leave with a partial salary," he recalls. "But I also had to rely on the scholarship and some teaching incentives to support my family."

Kizito continues to contribute to the field of evaluation not just as an academic but also as a

practitioner. He has been involved in several policy advisory roles, including with the Centre for Policy Analysis in Uganda and international organisations like the Konrad Adenauer Foundation. "My passion has always been to influence policies, not just in

Uganda but across Africa," he says. "I want to ensure that our policies are informed by African knowledge and that they work for our people." "For a considerable period, the knowledge that informs evaluation and assessment in Africa has traditionally been derived from external sources, coming from other regions of the world," he observes. "Now, it's imperative that we begin to create and establish our own frameworks, grounded in our unique experiences and realities. This is my mission, and I will continue to dedicate myself to it."



Photos above and below show the during their team meeting. Courtesy photos

# Men of purpose: Empowering young men

By Dismas Nuwaine

The Men of Purpose (MOP) mentorship programme found within Uganda Christian University (UCU) is a movement that seeks to empower men to be the best versions of themselves. This is what Dickson Tumuramye, the brainchild of the programme says.

“MOP was started to be an advocacy and mentorship programme for a boy-child,” he says, clarifying the team’s composition. “This means that the target is every man and not necessarily students only.”

Tumuramye’s vision for this initiative was born out of a pattern he noticed over-

time. “For many years, most empowerment programs from local and international institutions, governments and individuals focused on the girl-child because of their marginalization. In that respect, the boy-child was neglected and instead became vulnerable and marginalized too,” he says.

This state of affairs created a troubling pattern, where men gradually withdrew from their God ordained responsibilities.

“Some took a back seat and felt threatened,” notes Tumuramye. “The decision was then made to start MOP, to bring back men together and we start to empower each other.”

He believes this initiative creates a balancing act.

“We believe that as iron sharpens iron, so man sharpens another (Proverbs 27:17),” Tumuramye quotes from the scripture. “Men should remain strong and keep as heads of their families and societies, and co-exist well with ladies without perceiving them as a threat.” The MOP committee is made up of both students and staff in the university and have monthly sessions that happen every third week of the month.

“We usually invite experts in various fields who share with us golden nuggets that make us responsible and active men in our societies,” Tumuramye shares.

Other times, he says, they take the men on farm tours and other manufacturing



hubs. The goal is to inspire men to start up revenue generating startups and be financially independent.

Joshua Kisakye, a student at UCU, feels deeply indebted to the visionary behind the forum saying he has been profoundly impacted by the sessions. In the financial literacy classes, he learnt the discipline of not only saving, but also investing into fixed and movable assets. The third year law student is now a proud owner of a small startup and credits (MOP) for being the footstool to his venture.

“I am doing piggery, because of the experiential skills I

obtained in our first farm tour,” Kisakye states, adding “I saved my money and when it accumulated, I decided to do something with it.”

Kisakye’s farm is situated in Budondo, a small sub-county within Jinja. “I have started with two pigs for now, a sow and a boar,” he says. “This is just the start for me. I want to keep expanding and only time will tell.”

For Chaz Miti, a community of peers who are accountable to one another is something he is grateful for. “Over the years I have met people and we have done life

together. These social networks are important for our holistic lives,” he says.

Though the group is named Men of Purpose and informed by the desire to empower men, the initiative is not entirely for the men. Women too are also invited. “Ladies are always welcome in some of our trainings especially when we have topics that cut across,” Tumuramye says.

He continues, “We believe that men can’t live as an island. Therefore, we always ensure that we have topics and activities that bring us together to socialise and network.”

# I am a change agent- Kabanda

By Asenath Were

**M**r Martin Kabanda, the newly appointed director of e-learning at Uganda Christian University (UCU), has taken on his new role with a mission to be an agent of change. His vision is to see e-learning rise to a different stage in a period of three years and says he is looking forward to seeing UCU be at the top in e-learning as far as Uganda is concerned.

Kabanda says he is excited about his new position as it is exposing him to a new field. He now has to address new questions, which are completely different from what he has been doing, which was in line with career growth and development.

"There are very many challenges which I am ready to take on, therefore, do not expect me to maintain

the status quo; there must be change. I am a change agent," Kabanda states, adding that his role in the department is to manage and plan for it well.

According to him, there is no challenge with the e-learning platform; what is seen as a challenge, he goes on to say, is the mindset of those who still want to go with traditional learning and who feel that a class has not taken place if someone is not connecting with them physically and is teaching virtually. He says he is ready for the challenge as he is reading and learning what it takes to get there.

"I want to make that virtual platform appreciated as the physical is; it should be very interactive such that they feel and connect to it. That is where the world is moving; we cannot go backwards," he emphasises. Kabanda's argument for this is



that the future of education is to be able to learn from anywhere, at any time, at one's convenience, and this is what e-learning comes with.

"I am not a technical person who is going to get into the wires and connect this and that, but I oversee e-learning in the university, which calls for strategic

planning and management to create a direction for the university," he highlights.

Having started work in this role in June this year, Kabanda says he finds it interesting, and has been studying the environment of his new office and the gaps and opportunities that are there.

He states that his supervisor, the Deputy Vice Chancellor Academics, has challenged him a lot and helped to push the institution via e-learning to another level. "I appreciate what my predecessors have done. On top of that, we have to move; I have to leave a trail," Kabanda emphasises.

His desire to achieve these goals is backed by a history of academic and professional accomplishments. He graduated with a Bachelors of Commerce in Management from Makerere University in 2007, went ahead and did a Masters in Business Administration and Management from Italy, University of Milan, in 2009, after which he joined UCU as a part-time assistant lecturer in 2011 at the then faculty of business, now called the School of Business.

In 2015, he was part of a team that wrote a pro-

gramme for the Bachelors of International Business while also coordinating the Bachelor of Entrepreneurship programme because it was his research for masters.

Kabanda later on attained a postgraduate diploma in monitoring and evaluation from the Uganda Management Institute (UMI) and says that he was then given a new responsibility as a research coordinator for the faculty, and after a series of interviews, he became full-time staff in 2017.

From 2018 to 2019, Kabanda, who was a lecturer then, was overseeing collaboration at the faculty, which included largely international collaborations. In 2022, he was appointed head of department for the undergraduate level, and in September 2023, he was appointed as the acting dean for the School of Business. "I worked in this position for nine months, after which I was re-appointed as the director of e-learning in June 2024," he said.

He thus challenges the students at UCU to be flexible and look at opportunities as they come. "The world is evolving. Be very hard-working and focus. Have a goal in life to achieve and consistently commit to achieve it," he says.

# How to build your self esteem and confidence

By Irene Ojambo

**S**elf-esteem is a comprehensive evaluation of comprising cognitive and behavioural aspects of the self (Mruk, 2006). As a result of this evaluation, the individual makes positive and negative judgments about their concept of self, and this ends up affecting their self-esteem and confidence.

Some of the factors that can affect a person's self-esteem include family, friends, the environment, comparing oneself to others, unrealistic expectations, past experiences, making excuses, achievement levels, physical appearance,

feedback, childhood adversity, self belief, and one's mindset.

Signs of low self-esteem Some of the signs of self-esteem include lack of self-trust in executing duties or making decisions, constant comparisons with others, a desire to engage in people-pleasing behaviour even when it hurts, having little or no control over self, and failure to reinforce boundaries.

A low self-esteem is dangerous as it can lessen a student's desire to learn, their ability to focus, and their willingness to take risks (Shore, 2016). It can also lead to mental health challenges such as anxiety, depression, anger, stress,

eating disorders, and suicidality. Other dangers include isolation, poor quality of life, self-harming behaviour such as cutting, substance misuse and addiction of many kinds as one tries to fit in a given community. One might also get negative feelings about themselves, constant self-criticism, difficulty making informed decisions, and a tendency to give up or resign from assignments. A low self esteem also affects one's relationship with God since one often feels that God has made them less than others.

In addition to all the above, a low self esteem affects one's confidence in executing duties and consequently compromises



output.

Self confidence refers to a state of having trust in one's abilities, qualities, and judgement. It is the inner voice that empowers an

individual to accept and deal with challenging situations. Building self confidence and esteem

Building self confidence is an important factor in suppressing the inner critic

that affects performance and lowers quality of life.

You can do it by developing a positive and realistic mindset. Be aware of your own abilities and shortcomings, and seek counsel to help you process past traumatic experiences. Develop a caring support system, reprogramme your inner voice/inner critic, and focus on things about yourself which you can change. Question your predictions of disaster, keep disappointments in perspective, and avoid the trap of craving approval. Do physical exercise, celebrate victories, and realize that no one is perfect. Accept compliments, live in God's forgiveness, learn from mistakes, formulate realistic goals and plans, and identify your heart's desire.

We are created in the image of God for a divine purpose. Accept yourself and don't strive to be like another person.

For more support call the team on **0800202800**

# The seven things every fresher needs to know



Students need to be aware of the dress code before they can get onto the campus.  
photo by william Opio

By Vanessa Namukwaya

If you are a fresher at Uganda Christian University (UCU), then this piece is for you. First, welcome to the university. We hope you have settled in, started your lectures and are navigating your way smoothly. As you do so, here are seven things to take note of about this institution.

## 1. A diverse community

This place is a big set of cultures,

with students coming from South Sudan, Congo, Nigeria, and many other countries. This diversity creates a unique opportunity for you to engage with peers from different backgrounds, and will help you expand your knowledge and understanding as well as create lifelong friendships.

## 2. Academic rigour

As a university student, it will be up to you to follow through on your

studies. No one will be waiting to punish or discipline you for poor marks as was probably done in your secondary school. But make no mistake, the university expects you to study hard. There is rigorous coursework and attendance policies. With coursework carrying 50% of the final marks you get and examinations carrying the other 50%, you must strike a balance to achieve success. There are also courses that are compulsory

regardless of your course, for example, Understanding Math, and Health and Wellness. You will have to study these so embrace them as they are helpful courses.

## 3. Faith first

As a faith-based institution, UCU integrates Christian values into its curriculum. You can participate in various spiritual activities, including Sunday services, weekly fellowships, and faculty-specific gatherings. These will promote your spiritual growth and development. Also, remember those compulsory courses we talked about? Yes. In addition to math and health, you will all be required to study biblical courses including Old Testament, New Testament, and Understanding Ethics from a Christian perspective. And again, these will be helpful so embrace, rather than resist.

## 4. So much fun

UCU is a campus with multiple activities, including cultural galas, sports competitions, and movie premieres which include student-made productions. It also has the guild government, a student body ensures that your voices are heard. This is done by having MPs from different faculties represent their schools on the student board. There are also various societies, clubs, and associations. All these offer students a chance to explore their interests and develop skills.

## 5. Support you need

Your wellbeing is important, and lucky for you the university offers a range of support services, such as counselling and career guidance offered at The Counselling Department, and health services offered at the Allan Galpin Health Centre IV. You can access help whenever needed.

## 6. Essential buildings

We hope that by now you know where your faculty is situated and the different halls and rooms where lectures take place. If you do not, please get to doing that ASAP; that is the reason you came here. Remember to familiarise yourself with key buildings, such as the dining hall where meals are served for those who want to eat from there; Ham Mukasa Library where you can access different books, journals, magazines and computers; and Nkoyoyo Hall, where a number of activities take place.

## 7. That dress code

The way you dress is the university's concern. You will need to reflect the university's values of decency and professionalism so you are all expected to be smartly dressed. Don't worry, you are allowed to wear those comfortable jeans and sandals.

## Late nights reading and social adventures - my first year at UCU

By Spencer Benjamin Kaleeba

The sun hung low in the sky as I stepped onto the bustling campus of Uganda Christian University to study for a Higher Education Certificate. My heart raced with anticipation - this was it, the beginning of my academic adventure. As a wide-eyed new student, I was about to dive headfirst into a world of lectures, late-night study sessions, and newfound friendships. Navigating academia

The first day of class was a whirlwind. I shuffled into a massive lecture hall, ready for a communication lecture taught by Mr. Peter Mugume as I scanned the sea

of new faces. The lecturer's voice echoed, and I scribbled notes furiously, wondering if my hand would keep up with the pace of knowledge. The syllabus seemed like a roadmap to an uncharted land of assignments, exams, and deadlines stretching into infinity. The lecturer encouraged us to always attend lectures in order to attain better grades.

Late nights in different reading spots became my norm. The fluorescent lights buzzed overhead as I crammed for calculus, my brain doing somersaults. Water, as my loyal companion, fuelled my midnight study sessions. I learned that integrals and derivatives were like intricate puzzles waiting to be

solved. Mathematics had always been my best companion but at that point, I had to ensure constant practice.

### Social adventures

On the social side of life, my hostel room was a cozy nook filled with mismatched posters and instant noodles. My roommate, Jok, hailed from a different continent, and we bonded over our shared love for movies. We visited the different residential places and became fast friends.

I also joined the Photography Club where I discovered the magic of capturing moments through a lens. My outing, including visiting the religious shrines at Namugongo, felt like a mini adventure. We saw

different people commemorate lives and religious beliefs of the Uganda Martyrs executed in 1886. I must admit that the impostor syndrome crept in during midterm. Everyone seemed so brilliant, quoting philosophers and solving complex equations effortlessly. But I realised we were all in the same boat, navigating uncharted waters. Countless times I was caught off-guard by constant attempts at my course work. I had to overcome this through socialising with other students for better achievements. I must admit that the impostor syndrome crept in during midterm. Everyone seemed so brilliant, quoting philosophers and solving complex equations effortlessly. But

I realised we were all in the same boat, navigating uncharted waters. Countless times I was caught off-guard by constant attempts at my course work. I had to overcome this through socialising with other students for better achievements. As the year draws to a close, I reflect on my journey. University isn't just about textbooks and exams; it is about self-discovery, resilience, and forging connections. I have stumbled, laughed, and grown. And as I will walk across the stage during graduation, tassel swinging, I will do so knowing that my first year shaped me in ways I couldn't have imagined. So if you are a first year student, here's to the late nights, the friendships, and the adventures!

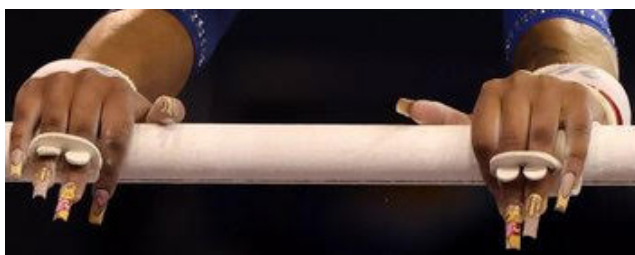
# Exploring the glamorous world of artificial nails

By Aulah Najjuuka

This year's Olympics saw several female athletes rocking artificial nails, proving that style doesn't have to take a back seat to performance. Gymnast Sunisa Lee, sprinter Shauna Miller-Uibo, and swimmer Cate Campbell were all spotted with intricate nail designs during their events. These athletes showed that well-done nails don't just make a fashion statement—they can also be part of a winning formula.

Nail enhancements, or artificial nails, have gained popularity as a simple and fashionable approach to change your appearance. For individuals who like to make a statement with their hands, artificial nails offer a flexible option, whether you're looking to add length, strength, or a pop of colour.

Although they typically get a poor rap with people thinking only those who don't use their hands much wear them or that they harm natural nails, they should do no harm with the right application and maintenance. It's important to have them professionally applied and to adhere to recommended maintenance schedules. Nail enhancements come in a variety of forms. They include Press-on nails that can be easily applied at home; artificial nails, such as acrylics often applied by professionals; and gel nails cured under UV or LED light. Today we are diving into artificial nails.



Jordan Chiles wears square nails while doing gymnastics stunts at the Olympics in Paris

## Square nails

Square nails are a timeless classic, known for their straight edges and sharp corners. This shape is perfect for those who prefer a clean, modern look. Square nails are particularly flattering on longer fingers and can be worn at various lengths. They're also one of the most durable shapes, making them a great choice if you want your acrylics to last longer without chipping.



Jordan Chiles, USA

## Coffin (Ballerina) nails

Coffin nails, also known as ballerina nails due to their resemblance to a ballet slipper, have become a go-to shape for many fashion-forward individuals. This shape is characterized by its tapered sides and flat, squared-off tip. Coffin nails are often worn long to fully showcase their unique shape, making them perfect for those who want a dramatic, stylish manicure. They're a popular choice for intricate nail art and bold designs.

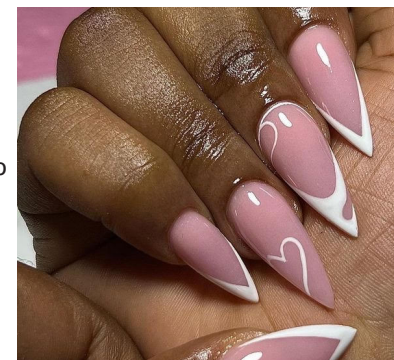


## Round nails

Round nails are a classic and universally flattering shape. This shape follows the natural contour of the fingertip, resulting in a softer, more natural look. Round nails are ideal for those who prefer a low-maintenance manicure that still looks polished and refined. They're also a great option for anyone who needs a more practical nail shape for daily tasks, as they are less likely to snag or break.

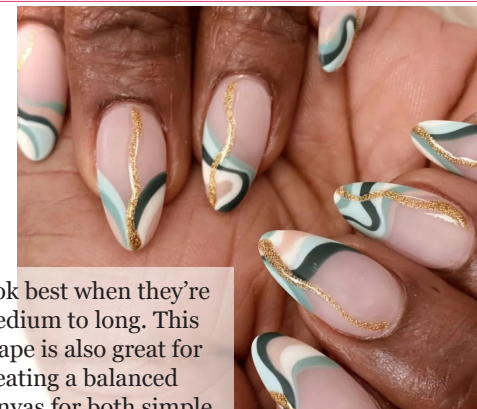
## Stiletto nails

If you're looking to make a bold statement, stiletto nails might be the shape for you. Named after the stiletto heel, these nails are long, sharply pointed, and undeniably fierce. Stiletto nails are a favorite among those who want to stand out and aren't afraid to embrace a daring look. While they're stunning, stiletto nails do require some caution as their pointed tips can be prone to breaking if not properly cared for.



## Almond nails

Almond nails are known for their slender, tapered shape that ends in a soft, rounded point. This elegant shape elongates the fingers and is a popular choice for those who want a more feminine and sophisticated look. Almond nails are versatile and can be worn at various lengths, though they tend to



look best when they're medium to long. This shape is also great for creating a balanced canvas for both simple and elaborate nail art.

## Choosing the right nail shape

When selecting the shape of your acrylic nails, it's important to consider both your personal style and your lifestyle. If you lead an active life or work with your hands a lot, you might opt for a more durable shape like square or round nails. On the other hand, if you're all about making a fashion statement, coffin or stiletto nails might be more your speed.

## Caring for your acrylic nails

No matter which shape you choose, proper care is essential to keep your acrylic nails looking their best. Regular fills, moisturizing your cuticles, and being mindful of how you use your hands can help extend the life of your manicure and prevent damage.

# From research to entertainment: How AI is making life much easier

By Bill Dan Borodi

Artificial Intelligence (AI) is often perceived as complicated technology reserved for tech-savvy individuals; however, people would be surprised to know that it can make their lives much easier once they discover the various things it can do. AI applications span from simplifying routine tasks to aiding in intricate decision-making processes. This has made it a hugely important part of various industries. From academic research to entertainment to graphics, many people are finding ways to enhance their experiences or do work better using AI.

## Making research easier for all

Patience Kirage, a student studying Law at Uganda Christian University (UCU), has found Meta AI - an AI driven chatbot on WhatsApp - to be valuable when it comes to her studies, especially for her worldviews course.

She relies on Meta AI, to quickly locate relevant information and generate ideas for her assignments. "Meta AI saves me time and effort," Kirage explains. "I can focus on understanding the concepts instead of spending hours searching for information." Like Kirage, Rosette Masaba Kagushi, the Youth Wing Coordinator at the Uganda Council on Foreign Relations and a masters student, uses AI tools including ChatGPT (also a chatbot) to streamline her research process. Before diving into more detailed searches on Google Scholar, she uses ChatGPT to gain a preliminary understanding of her topics. "ChatGPT gives me a starting point for my research," she explains. "It helps me identify key concepts and ideas quickly." For Ronald Mupuya, a teaching assistant from the Faculty of Agriculture UCU, Tome (a platform that helps to automate presentations) and ChatGPT help him with his teaching and research. He uses these tools to prepare study materials and address daily questions that

arise in his day-to-day life. "I am learning more ways of interacting with AI, discovering its strengths and weaknesses," Mupuya says, adding, "Overall, AI adds tremendous value to the educational world."

## Providing work-related tools

AI also improves work flow and provides one with tools to ease the load they might have. Lionel Waako, a student of Accounting and Finance from the School of Business UCU, says he employs both ChatGPT and Deep AI (a platform that helps to generate text, images and more) to verify

the authenticity and quality of his work. He values AI for its ability to provide references on statistics and confirm the accuracy of audit-related information. "It helps me with accountability and gives me insights into audit quality and firm reputation," Waako notes. He is currently learning how to use new tools like Power BI (a data analytics tool) that he hopes will help him in dealing with large amounts of data. In the field of graphic design, AI is proving to be a game-changer. Ronald Ocweo, a graphic designer, says he utilises AI features

in video editing software like Capcut and Power Director to streamline his editing process. He also uses background removal tools that are faster and more efficient than traditional software like Photoshop. "AI helps me save time and effort," Ocweo says. "It speeds up tasks like generating subtitles for my audio-visual projects, allowing me to focus on refining my work." In addition to these, he says AI helps him with brainstorming and enhancing his story concepts and titles. "AI provides me with a variety of ideas to choose

from," he explains. "This broadens my scope of selection and helps me create more innovative and creative designs."

## Entertainment

Apart from all things serious, like work and research, people are using AI for entertainment as well. Masaba for example says she finds ChatGPT helpful in locating good restaurants. "It's a handy tool for finding recommendations wherever I am," she says. Despite its numerous benefits, AI is not without its challenges. Kirage for example notes that AI can sometimes provide incorrect information, particularly in the context of legal research. "Unfortunately, AI often gives wrong answers," she says. "It sometimes offers uncoordinated information about cases, which can be frustrating," she reveals. This is a significant concern, particularly in fields that require accuracy. Users must remain aware of its limitations and potential flaws while they use it.



# Apple launches iPhone 16 series

By Bill Dan Borodi

The wait is finally over, Apple's latest flagship series, the iPhone 16, is set to hit stores on September 9, 2024, in four exciting models: the iPhone 16, 16 Plus, 16 Pro, and 16 Pro Max.

## Features

The iPhone 16 and 16 Plus will feature a vertically aligned camera, similar to that of the iPhone X, while the 16 Pro and 16 Pro Max will boast an impressive 48-megapixel camera with a 5x zoom. The Pro models will also see a significant



## The latest iPhone 16 and iPhone 16 Pro

increase in size, with the 16 Pro growing from 6.1 inches to 6.3 inches and the 16 Pro Max expanding from 6.7 inches to 6.9 inches.

It is also said that the iPhone 16 series will be powered by the A18 Pro chip, promising faster and better task execution.

Additionally, Apple Intelligence, a cutting-edge Artificial Intelligence feature will be added on the iPhone 16 however this will be introduced in the first quarter of 2025.

## Battery life

The larger Pro models will accommodate bigger batteries, supporting 41 watts of power, a significant upgrade from the previous 25 watts. This means longer battery life and faster charging times. Ssempijja Stanley the CEO of Sage Buyers a popular iPhone store in Kampala is excited about the new gadget. "I think the most significant upgrade with which I am ex-

cited about in the iPhone 16 is the size especially for the pro models, because most of the features are small improvements that are relative to the previous models." When it comes to size some one can tell they are holding the latest iPhone because it's going to be huge and also the AI features, I really can't wait for the official release," added Ssempijja.

## Pre-ordering

Several Ugandans have already started ordering the iPhone 16. Morgan Ssekajja, CEO of Apple Hub in Mukono is also excited about features on the iPhone 16, "I am excited about

the A18 chip and Apple Intelligence. The rest of the features is the same thing as having an iPhone 15 Pro Max."

Tumukunde Vanessa Gift, an LLB student at Uganda Christian University (UCU), hopes the iPhone 16s has a better battery health, saying, "it's the only thing missing in all other iPhones."

With pre-orders already pouring in before the release, the iPhone 16 series is predicted to break sales records. Infact more iPhone 16s are being produced than ever before compared to other series.



# Homegoing: The Ghosts of the Past in Plain View

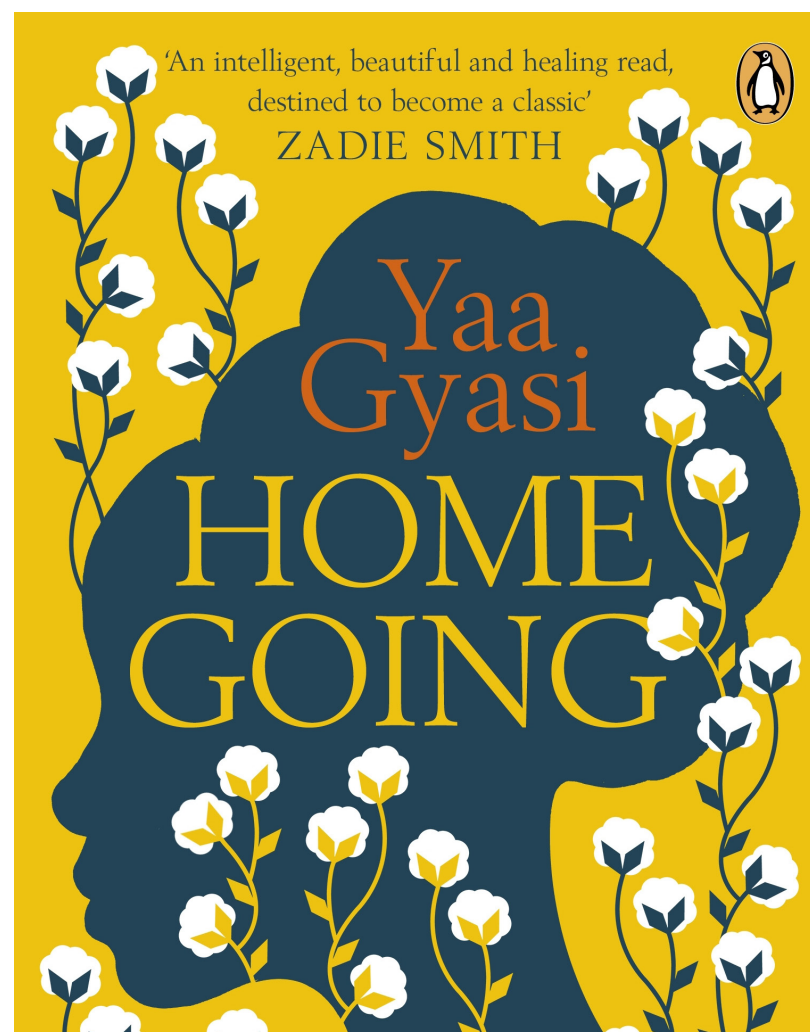
By Kemuel Othieno

The novel Homegoing by the Ghanaian novelist Yaa Gyasi can be a deceptive read, and this is possibly by design. At first glance, it seems like a novel exploring the colonial legacy of Britain in Africa, but further reading reveals that it is so much more.

Homegoing traces a family in Ghana destroyed by slavery. Two sisters who know nothing of each other's existence are pulled apart by the slave machine. One is shipped off to the newly formed United States of America (USA). The other is married off to a British official - a slave runner - and finds herself in a gilded cage. The novel traces these parallel lineages and details the struggles both face before they return to their true homes. The sister who ends up in the USA is brutalized before her family, generations later, manages to come out of suffering. The family back in Ghana must deal with the legacy of being willful participants

in the slave trade and endure the prejudices of the community at home, so enraged by these actions. The novel covers the slavery that engulfed both Ghana and America, the abolition in both countries that did nothing to free the enslaved and the search for freedom launched by black people across the world. The plot of the novel makes use of some less well-known and less covered historical events and periods, such as the heroin epidemic in New York, the convict leasing system in the postbellum Deep South and the goings-on in modern-day Ghana. The most prominent theme in Homegoing is identity. Every discussion on slavery, colonialism and racial violence must end in identity. Colonialism diluted and eroded the cultures of the places affected by it, as did slavery and all other forms of racial violence but, as Homegoing reveals, new identities, histories, societies and cultures were formed from the silt of previous ones. Central to the novel is the idea of the rejuvenation present in resistance to subjugation.

**Title:** Homegoing  
**Author:** Yaa Gyasi  
**No. of Pages:** 320  
**Publisher:** Penguin Random House  
**Price:** Shs45,000 on Mahiri books, \$15 on Amazon



Homegoing works as a sort of anthology of an abundance of stories and characters created in the wake of colonialism. Different forks in different roads are explored in the mini-stories in Homegoing

and somehow all of them end back along the same path. The quasi-anthology style used in Homegoing allows the author to tell the stories of a wide cast of characters and devote equal attention to each one.

The experience the novel offers is a thrilling take on a story that many have told before but this is a different kind of take. Homegoing is a seminal work in its genre and in this continent's literature.

## TOP TEN GOSPEL SONGS

1. God Really Loves Us - Crowder & Dante Bowe.
2. Jireh - Elevation Worship & Maverick City Music.
3. Goodness of God - CeCe Winans.
4. Fear Is Not My Future - Maverick City Music.
5. Your World - Jonathan McReynolds.
6. We All Need Jesus - Danny Gokey.
7. Kingdom - Maverick City Music.
8. Bless Me - Maverick City Music X Kirk Franklin.
9. Beautiful Day - Jermaine Edwards.
10. Impossible - Pastor Mike Jr.

## billboard GLOBAL 200

	SONG	ARTIST
1	<b>Birds Of A Feather</b>	Billie Eilish
2	<b>Die With A Smile</b>	Lady Gaga & Bruno Mars
3	<b>Espresso</b>	Sabrina Carpenter
4	<b>I Had Some Help</b>	Post Malone ft. Morgan Wallen
5	<b>A Bar Song (Topsy)</b>	Shaboozey
6	<b>Please Please Please</b>	Sabrina Carpenter
7	<b>Si Antes Te Hubiera Conocido</b>	Karol G
8	<b>Good Luck, Babe!</b>	Chappell Roan
9	<b>Who</b>	Jimin
10	<b>Beautiful Things</b>	Benson Boone



Billie Eilish is an American singer and songwriter

# Witnessing the Imbalu festival first-hand

By Andrew Bugembe

**A**mong the Gishu people of Eastern Uganda, the path to manhood is neither for the faint-hearted nor the unprepared. This year, as young men gathered in anticipation of the day that will define the rest of their lives, amidst the grass-thatched houses, I was there to witness the event as I had gone to document the happenings.

This day is special in this community and is marked by an ancient ritual of circumcision. It is a moment of pride and pain, but as they say, an ultimate transformation. The circumcision ceremony, known locally as Imbalu, is for the Gishu not just a physical transformation. It is a spiritual journey as well.

Before the knife touches their skin, the young men say they must answer the whispers of the gods and dance to the loud beats of the kadodi drums, which sends their adrenaline soaring.

Bare-chested and muscular, I watched the young men stand with a tense determination. The physical and mental preparation required for this rite of passage in their eyes was evident.

Some were tall and bearded, others still growing into their manhood, but all shared the same resolve to face the sharp knife that would seal their fate as men.

The atmosphere was electric, filled with the rhythmic beats of the kadodi drums, thick with the odour of sweat and the sound of praises sung to the gods who they said had granted them the strength to see this day.

The young men, with their hands raised to the sky, meditated on the significance of what was about to happen. They knew that the knife would soon peel away a part of them, but in doing so, it would carve out their place among the men of their community.

I watched the young men being brave as the knife cut and blood splashed. They stood firm with their eyes focused upward, refusing to flinch. To them, this pain was a necessary step toward manhood, and until they faced it, they would not rest. Emanuel Wangusa echoed this feeling: "I only felt that I was circumcised after feeling the pain of that knife," he said.

Ivan Tsebeni, a news reporter and a circumcised Gishu, explained



"Boys getting ready to become men during the Imbalu festival held earlier this year." Photos by Andrew Bugembe

that some young men are so eager to prove their courage that they take matters into their own hands. "Some of them cut themselves, and those are the ones we truly consider brave," he said.

Moses Wazama, a 22-year-old from Namisindwa District, was so eager to go through the ritual and kept showing his determination. "I am more than ready to be circumcised," he declared, his voice full of anticipation. As he jumped high into the air, the metallic bells tied around his legs jingled. "I don't want to shame my mother and father. I am ready to become a man," he said, showing how deep the desire for these young men is to please their family and relatives and gain acceptance in the community.

Even in death, I learnt, the Gishu ensure that every man faces the knife. "Even if you die uncircumcised, they will circumcise you before burial," Enock Bwayo,

a local elder and chairman of the disabled community told us, highlighting the deep-rooted belief that one cannot rest peacefully without undergoing this rite.

The Imbalu ceremony is held every two years and is considered one of Uganda's most significant cultural festivals. It draws crowds from across the country who come not only to witness the bravery of the Gishu men but also to partake in the celebrations.

For a number of the Gishu, circumcision is more than a tradition; they believe it is a safeguard against diseases like gonorrhoea and HIV. "My father told me that a circumcised man cannot easily contract HIV," Charles Masaba said, echoing a belief held by many in the community.

Circumcision is also seen as a way to honour the ancestors, particularly Mwambu and Masaba, the forefathers of the Gishu legend.



"This act is historical, and it makes our ancestors happy when we circumcise," Bwayo said.

While the community cites many reasons as to why circumcision is done, at the end of the day, the strongest reason is that they believe manhood is only confirmed after one has faced the knife. "You can only be a man after you have faced the knife, without this rite then you are not a man," asserts Enock Wanderema, a communication

specialist at the UNDP Pulse Lab Uganda.

However, not everyone is comfortable with the spiritual aspects of the ritual. Some Christians, like Rongo, a village elder from Namisindwa, expressed concern about the calling of ancestral spirits during the ceremony. "I don't like it when they call upon the spirits. The boys often look very weak and sometimes fall sick afterward," he said.

# Church leaders convene at UCU

The 27th Provincial Assembly (of the Church of Uganda) was held at Uganda Christian University (UCU) –Mukono from August 19th to August 25th. The highlights of the Assembly included the church receiving its land title from Equity Bank, and the launch of Archbishop Steven Kaziimba Mugalu’s book titled Authority that turns Followers into Leaders



# Navigating your life and next steps after university

By Vanessa Namukwaya

The transition from campus life to the real world tends to come with mixed emotions such as, excitement, anxiety and uncertainty. So what does life after campus really look like?

Several individuals who have made this transition, each with unique experiences share their story. From recent finalists and graduates navigating the job market, to seasoned professionals who have found their footing in different work spaces, their stories offer insight into the diverse paths that await students after university and show the challenges and opportunities that lie ahead.

For some, the transition tends to be hard because of a self-proclaimed confidence they tend to have as they try to join different fields of work. This inflated confidence makes adjustment to this new environment hard and many of them end up unemployed for some time. Rogers Akanyijuka a senior producer at Vision Group says that students tend to think the university is the highest level of class in terms of academic requirement. They forget that there are higher levels such as a masters degree



and a doctorate. Forgetting those levels blinds students into thinking they have made it in life.

“They tend to forget that there’s another environment where they will be looked at as kids as the “amateur”, and the work politics in most cases ends up sweeping these students because of ignorance and the kind of mindset they carry in the professional space.”

Akanyijuka advises students to forget the university mentality and understand that they are joining a new family at the workplace. “This family knows nothing about you so you must be humble and show interest in learning in order to attain essential skills required to have that particular job,” he advises.

For some students, life after campus is a journey want

It is estimated that more than 40,000 students graduate from universities each year yet the market can provide only 8,000 jobs annually.

to go on, of self-discovery, pursuing passions, making a difference and creating a legacy that will change lives.

This was what Rebecca Mwesigwa, a business student, was looking forward to. She decided to start up an online business making jewellery while still on campus. This made her market base stable and made

it easier for her to expand because she now has more time to attend to her business as she seeks employment elsewhere.

“I chose to trust in God for when the right time comes, and I’ve learned to be independent in decision-making. This has enabled me to be authentic when it comes to my customers,” she said.

In some instances, students have made big changes so as to push themselves to do better and grow. One such person is Jovia Nakibule, who made the bold decision to move out of her family home before graduation. “I told my mother I’m not coming back home, and I’ve been hustling for small opportunities to survive as I apply for proper employment,” she said. She hopes to learn how to become self-reliant and not

have to constantly depend on her family.

In the case of Cyprian Mutala, he says it is essential for one to have a plan in mind and to be open to exploring various opportunities.

“I remember sitting in my small hostel room, surrounded by familiar walls that witnessed my growth, laughter, and tears for three incredible years. As I packed my belongings, the initial excitement of completing my final exams was quickly replaced by a question: ‘what is next?’”

He says he now understands the importance of being vigilant in researching and applying for different jobs and being flexible regarding the salary that is being given. “I don’t want to limit myself by focusing on a specific salary range so I will focus on gaining experience and building my professional network,” he says.

This is perhaps why Phillip Bravo, who recently graduated from the School of Business says life after campus has little to do with the degree aside from being an opening for opportunities. “Now it’s all about the skills and experiences you possess and how to utilize them to achieve your goals at a personal and organizational level,” he shares. He emphasizes that due to overwhelming numbers of graduates, there’s intense competition for the limited

jobs available and sieving out the best candidate is done with multiple qualifications criteria including professional certification and demographics (age and gender limits). Those that fail to adapt struggle and there is therefore a need to encourage undergraduate students to gain experience in work as they study or learn so that they can get that competitive advantage.

Franklin Adeka the former registrar of the School of Journalism offers advice to navigate this critical transition. “It’s essential to maintain school networks, develop a growth in mindset, and manage finances wisely,” he emphasizes.

Adeka also stresses the importance of learning from failure and staying positive and advises young professionals to be adaptable, manage their time effectively and stay connected to society by setting clear goals and working towards achieving them. As the journey of life after campus unfolds, it is clear that success lies not only in the destination but in the journey itself. By embracing uncertainty, cultivating resilience and staying true to oneself, young professionals can transform the challenges they meet into opportunities for growth.

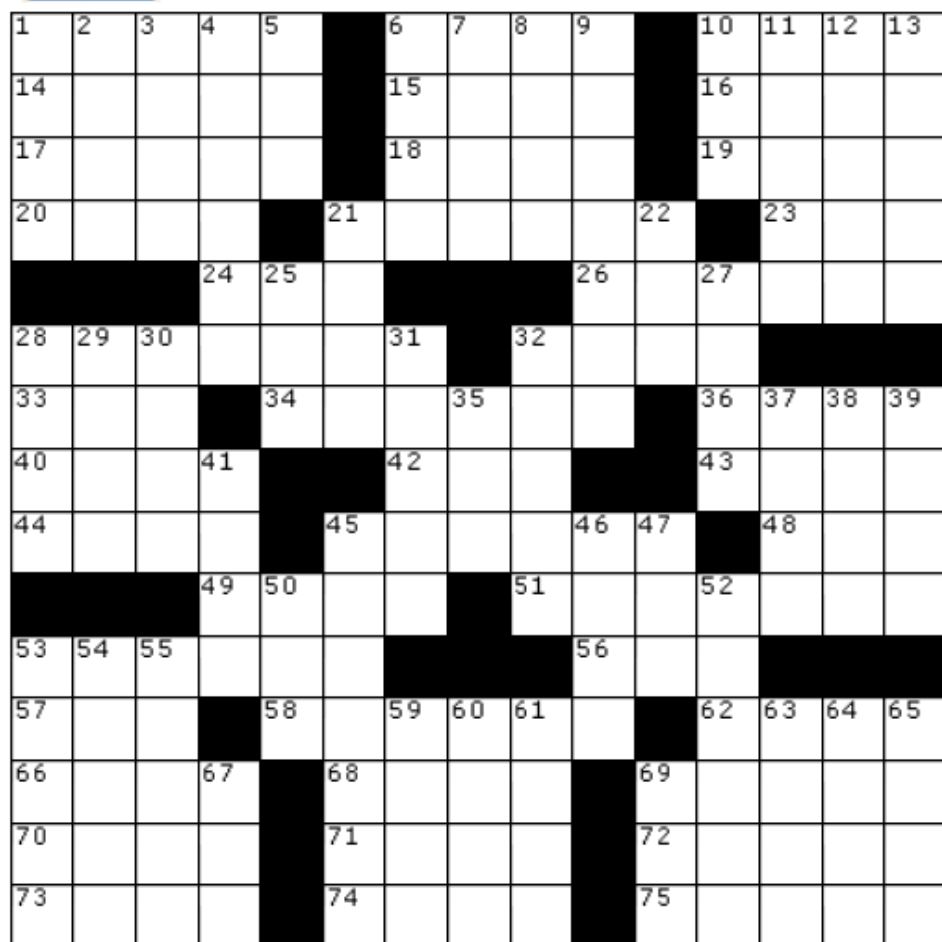
## The Standard

We are closer to you We are Online

[standard.ucu.ac.ug](http://standard.ucu.ac.ug)



# CROSSWORD PUZZLE NO.3



### ACROSS

- 1 Reputations
- 6 Any
- 10 Male parent
- 14 Thoughts
- 15 Demonic
- 16 Continent
- 17 Father of King David
- 18 Word written on the wall (Daniel)
- 19 Other \_\_\_
- 20 Institution (abbr.)
- 21 Sister of Moses
- 23 Terminate
- 24 East northeast
- 26 Enter by the \_\_\_ gate
- 28 Biblical disease
- 32 This is my \_\_\_ given for you
- 33 Frost
- 34 Smearer
- 36 Branch of learning
- 40 Heart
- 42 Calorie
- 43 Peachy
- 44 Son of Seth
- 45 Space station
- 48 \_\_\_ Lanka
- 49 Plead
- 51 Skateboard with handle
- 53 Jurist
- 56 Trinitrotoluene
- 57 Alien's

- spaceship
- 58 Persian king; the Mede
- 62 □Gordie□ \_\_\_\_, most hockey games
- 66 Brush's partner
- 68 Fewer
- 69 Reddish brown
- 70 Laugh
- 71 Women's magazine
- 72 Cheese brand
- 73 Gas burner
- 74 Ogled
- 75 Islands

### DOWN

- 1 Pacific island nation
- 2 A cozy room (2 wds.)
- 3 Dining hall
- 4 Holiday for Jesus' resurrection
- 5 Compass point
- 6 Very large truck
- 7 Above
- 8 Short
- 9 \_\_\_ Roosevelt
- 10 Touch affectionately
- 11 Tribe of Israel
- 12 Large instrument
- 13 Root beer brand (3 wds.)
- 21 Plateau
- 22 Sore

- 25 Cain fled to this land
- 27 Baseball's Nolan
- 28 Plague of Egypt
- 29 Economics abbr.
- 30 Brand of coffee alternative
- 31 Gross
- 32 Ringing instruments
- 35 Small gulf
- 37 Relax
- 38 Biblical weed
- 39 Move while sleeping
- 41 Catch sight of (KJV)
- 45 Bread brand (2 wds.)
- 46 Book after Gospels
- 47 \_\_\_ voyage
- 50 Scarlet
- 52 Do unto \_\_\_
- 53 Filthy \_\_\_
- 54 Walking (KJV)
- 55 Man's counterpart
- 59 Depend
- 60 Island
- 61 Secondhand
- 63 Opaque gem
- 64 Spouse
- 65 Grub
- 67 Women's undergarment
- 69 Slide on snow

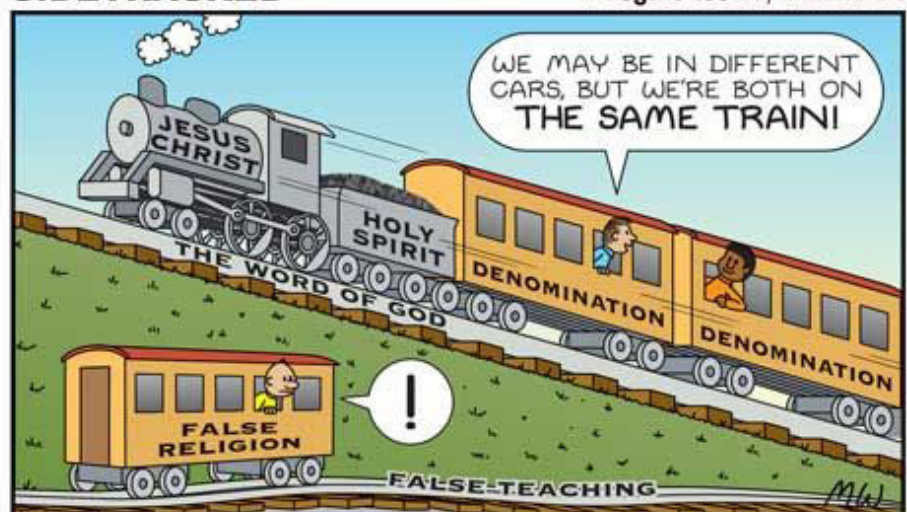
# SOLUTION FOR PUZZLE NO.2



# CARTOON CORNER

### SIDETRACKED

A Joyful 'toon by Mike Waters



This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, but every spirit that does not acknowledge Jesus is not from God.  
— 1 JOHN 4: 2-3 NIV

# The path from player to CEO

By Michael Ainomugisha

**I**ntroduction to football for UCU Lady Cardinals Women's Football Club's first female CEO, Mercy Nabulobi, was as organic as it was unintentional. Growing up in Mbale, surrounded by cousins and brothers, football became a natural part of her daily life.

"Honestly, I don't really have an answer as to what drew me to football," she admits, reflecting on her early days. "I started playing football just for fun at home. We had a pitch so close to home, and I just found myself playing football."

For Mercy, football was more of a pastime than a pursuit. The neighbourhood games, played on compound fields with friends and neighbours, marked the beginning of her relationship with the sport. "If you asked me when I first stepped on a pitch, I can't remember," she says.

"It was just something I did, almost without thinking there was no big dream behind it, just the joy of playing."

It wasn't until after her senior six that football began to take on a more serious role in her life. In 2015, while participating in a local tournament known as Mama Baker, Mercy's path crossed with the then UCU Lady Cardinals' coaches.

"I was at this tournament, and there was a player and then classmate named Bridget Nabisaru, who introduced me to the coaches at UCU because she lived near the institution in Mukono. They observed me perform and told me that after Form Six, I could attend UCU."

This encounter proved pivotal. A few weeks later, Mercy was invited to the UCU campus, where she received her first football license in December 2015. Although she was signed to the club, she didn't play

immediately. Her official journey with the UCU Lady Cardinals truly began in 2016, during her vacation. This marked the start of a significant chapter in her life, one that would eventually lead her from the pitch to the boardroom as the CEO of the very team she once played for.

## Key Highlights as a Lady Cardinal

"My key highlights in my football career came at times when I was granted opportunities to lead," she shares. Starting as a regular player, Mercy's dedication and skills soon earned her leadership roles within the team. "I was one of the captains for the team for some time, and later I was given the opportunity to also be a coach player for a few years." These roles allowed her to guide her teammates both on and off the pitch, laying the foundation for her leadership journey.

Among her most cherished memories is scoring a crucial goal in the 2018 Uganda Women's Cup final, helping the UCU Lady Cardinals secure the title. "Being able to help the team win the FUFA Women Elite League in 2019 and the Uganda Women's Cup in 2018 are some of the key highlights of my career," she recalls with pride.

"That 2018 Uganda Cup victory, where I scored an important goal, stands out for me."

Her leadership extended beyond national competitions to regional university games, where she played a vital role in securing multiple trophies for UCU.

"I was part of the team that won various trophies, including the 2017 East African University Games, the 2018 Dodoma Games, the 2019 University Games in Kisubi, and finally, the 2022 East Africa University Games at Ndejje," she recounts.

## Challenges as a Player

Balancing her academic responsibilities with her football career was another significant aspect of Mercy's journey. Her time at UCU was a juggling act between her studies and her

commitment to the Lady Cardinals. "Managing time well was crucial," Mercy explains. "When I had class and training, I adjusted my schedule. If I had morning training and a class at 8 AM, I would shift my gym work to an earlier time so that I could be on time for class."

Mercy also credits her supportive friends and understanding lecturers for helping her manage this balance. "I was fortunate to have friends who were good in class and helped me catch up on missed work," she says. "My lecturers were understanding as well. When I had a class that conflicted with a training session, they would sometimes allow me to miss the class or shift it to accommodate my training schedule."

The challenges of balancing academics and football were not without their difficulties. "There were moments when my academic responsibilities conflicted with my football career," Mercy recalls.

"For example, there was a time when I had a game, and the lecturer refused to change a test date. I had to stay behind and miss the game, which was a tough decision because I did not pass the test and my team drew in that game as well"

## Player to CEO Transition

Transitioning from player to CEO was a significant shift for Mercy, one marked by both challenges and opportunities. The friendship she had built with her teammates as a player became a double-edged sword in her new role.

"Transitioning from being a player to being CEO was not very easy and also not very hard," she explains. "I had always been a friend to every teammate, creating an environment where everyone could approach me. As CEO, the players were used to me, but it also affected the transition negatively because they saw me as their fellow player." Said Mercy

Mercy acknowledges that while her previous relationships with the team facilitated her understanding of their needs, it also posed challenges.

"Some players took time to acknowledge that I was now their CEO and not just a teammate," she admits. "It was difficult to implement changes because they still saw me as the player who used to crack jokes and not as a leader."

Despite these challenges, Mercy's transition was marked by her ability to use her experience as a player to navigate her new role. "Being a part of the team and being a player just like them, it was easy for me to feel what they were feeling and to understand their issues," she says. "Handling administrative issues was easier because I knew exactly what the players wanted and what was good for them."

## Challenges as CEO and the Future

Her role as a female CEO in a male-dominated sport presented its own set of challenges. Mercy faced scepticism from some of her peers who doubted her capabilities based on her gender. "Being a female CEO in a male-dominated sport, some people thought that we don't know what we're doing," she says. "They believed that a female CEO couldn't make strong decisions, but I knew my knowledge of football was solid."

Despite these challenges, Mercy found strength in her role. "Being a female CEO in women's football is actually an

advantage," she explains. "I understand the players better because I can relate to their experiences. My role allows me to inspire and empower other women in football to pursue leadership roles."

Mercy actively uses her position to encourage young women to pursue leadership roles in football.

she shares. "I encourage them to pursue leadership roles and to see themselves as capable leaders. I also point them to other role models in the field to show them what is possible."

Looking ahead, Mercy envisions a future filled with growth and continued dedication to football administration. "In the next five years, I want to gain as much experience as possible and devote my career to football administration," she says. "I see myself taking on even bigger roles."

**"I use my platform as CEO to talk to players individually and in groups."**



# UCU basketball teams shine in NBL playoffs

By Michael Ainomugisha

The UCU Canons and UCU Lady Canons have had a mixed yet commendable run in the ongoing National Basketball League (NBL) playoffs, demonstrating determination on the court. While the UCU Canons fell short in the semifinals, the UCU Lady Canons are now level 2-2 and heading to the fifth final play-off.

## UCU Canons' Playoff Journey

The UCU Canons faced a tough challenge in the semifinals, where they were knocked out by the reigning champions, City Oilers, in a 3-0 sweep. Despite the disappointment of missing out on the finals, the Canons rebounded in the third-place playoff, securing a hard-fought 65-62 victory against the Namuwongo Blazers.

## UCU Lady Canons Eyeing Championship

On the other hand, the UCU Lady Canons have been the talk of the NBL playoffs. After a commanding 3-1 semifinal series win against the KIU



UCU Lady Canons players in Lugogo (Photo by Michael Ainomugisha)

Rangers.

After the semi-final win, head coach Nicholas Natuhereza reminded the UCU fans of the up-hill that awaits in the finals,

"I don't think we can afford to celebrate. It's too early. We have a long journey to the end of the season. In the finals, play against a good team on the competitive side. So we can't get carried away. Hopefully, that's it. We'll have a good team in the finals." Said Natuhereza.

Indeed, it was too early, as the UCU Lady Canons are

currently tied at 2-2 against defending champions the JKL Lady Dolphins in the best-of-seven series. Their performance has been nothing short of stellar, with each game showcasing their tactical prowess notably in their 58-56 win in their second final. In Game One of the finals, the Lady Canons set the tone with a solid 71-66 victory, followed by a nail-biting 58-56 win in Game Two, where Tracy Namugosa's 17 points and Bridget Aber's 19 rebounds were crucial for a highly

contested win. However, in Game Three, the Lady Dolphins bounced back, defeating the Lady Canons 72-54 and 60-53 in Game Five to level up the series. The series are so closely contested. The matchup has lived up to what was expected and is promising an entertaining remaining three games scheduled for Friday and Sunday, respectively.

As the Lady Canons prepare to hit the court for Game Five, the stakes are extremely high. A win on Friday may give them

## UCU athletes set sights on Nigerian games

By Ronald Ocweo

The Uganda Christian University (UCU) athletes are underway with preparations as they set sights on the 11th All Africa University games hosted by Lagos State University, Nigeria from the 20-29th September

Three major sports disciplines including Athletics, Badminton, and Tennis will represent UCU in this edition

Several UCU athletes have hit the road running in terms of training as they prepare to face different Universities across Africa

"We're doing intensive training to get enough endurance, speed, and power through gym workouts. Finally, we're sharpening now through a lot of block starts workouts and I believe by that time, we'll be ready to compete and make our university proud." Santos Okabo, a UCU student and a sprinter

It is important to note that several UCU athletes will not only be looking forward to participating in this year's edition of the All-Africa University Games but also on a quest for improvement having previously participated on the global stage

"I participated in the World University Games last

year, from July to August. It was in Chengdu City; China and I took part in a short Sprint (100m) and long and short relays (4\*100m and 4\*400m) my performance was quite fair according to my preparations, I managed to finish 5th in 100m and 6th in the short relays and finally 4th in the long relays in finals."

"I have a lot of positive expectations for the All-African University games because I did enough intensive training and I have a strong belief that I'll double the performance I had in China and also produce good times in every race I'll be going for." Okabo added

With everything seemingly running as planned, the UCU athletes' participation in the All-Africa University games hangs in a balance as they await funding from the University administration

"Unfortunately, our participation is still pending because we are yet to access any funding." Mr. Sam Lukaire, Head of Sports, at Uganda Christian University, confirmed.

UCU athletes are expected to depart before 20th September for Lagos, Nigeria as they not only represent the institution but also Uganda as a whole in the 11th edition of the All-Africa University games

# UCU Doves participates in NCC ahead of league

## National Volleyball Club Championships Semi finals

Nemostars 3 - 1 UCU Doves

Quarter Finals.

Nkumba 3 - 0 UCU Lady Doves

By Michael Ainomugisha

Uganda Christian University's volleyball teams, the UCU Doves and UCU Lady Doves, showcased their competitive spirit

at the National Club Championships (NCC), held from Aug. 31 to Sept. 1 at Ndejje University. Despite their efforts, the UCU Doves were defeated 3-1 by the Nemostars in the semifinals, with set scores of 25-21, 19-25, 25-18, and 25-17.

In the women's category, the UCU Lady Doves faced a tough quarterfinal match against Nkumba, losing in straight sets with scores of 25-18, 25-22, and 25-19.

Reflecting on the performances, Coach Juma Osunge noted,

"The men lost in the semifinals, and the ladies lost to Nkumba in the

quarterfinals. These competitions help us set our targets for the season," said Osunge.

Osunge emphasised that the goal for both teams is a top-four finish, which would secure them a spot in the playoffs.

As the National Volleyball League season set to kick off on Sept. 14, Osunge acknowledged the challenges posed by the departure of key players Duke and Gideon Nespal Angiro, both of whom were crucial in the previous season. However, he remains optimistic:

"The players who have been on the team have to

rise to the occasion and take up the mantle. We see signs of them stepping up, and we're going to keep pushing and demanding more from them," he further added.

Last season, the UCU Doves finished narrowly off the podium, losing to the Nemostars in the National Volleyball League's third-place playoff. Despite a promising start, the Doves were eventually crushed in three straight sets: 25-21, 25-21, and 25-18. The setback put Nemostars in third place, while the Doves finished fourth, trailing champions Sport-S and runners-up Kampala Volleyball Club.



UCU Doves (in blue) against Sport-S (in black) (Photo by Michael Ainomugisha)

## UCU basketball teams shine in NBL playoffs

The UCU Canons and UCU Lady Canons have had a mixed yet commendable run in the ongoing National Basketball League (NBL) playoffs, demonstrating determination on the court. While the UCU Canons fell short in the semifinals, the UCU Lady Canons are on the brink of championship...Page 23



# Uganda Cranes prepare to soar



### Next Fixtures

Fri, 6 Sep, 2024: South Africa vs. Uganda, Orlando Stadium, 7 pm (EAT)  
 Mon, 9 Sep, 2024: Uganda vs. Rep. Of Congo, Namboole, 7 pm (EAT)



By Ronald Ocweo

The Uganda Cranes are set for a doubleheader in the AFCON 2025 Qualifiers, facing South Africa on September 6 at Orlando Stadium and Congo Brazzaville on September 9 at Namboole. Uganda, whose last AFCON appearance was in 2019, must aim for strong performances after winning just two of their last five matches.

"These are tricky fixtures. We should fight for a draw against South Africa and

attack to win against Congo Brazzaville," said UCU Sports Head Sam Lukaire.

He emphasized that collecting four points from the two games would be ideal for a strong start to the campaign.

Uganda Cranes coach Paul Put has recalled key players, including Joseph Ochaya, Joackim Ojera, and Bevis Mugabi. Mugabi, who missed the World Cup qualifiers due to injury, returns after impressing at his new club, Anorthosis Famagusta in Cyprus. Swedish-born winger Calvin Kabuye, with five goals and one assist in 20 games for Sandvikens IF,

also joins the squad.

However, foreign-based players Moses Opondo, Allan Kyambadde, and Isaac Ssewankambo are out due to injuries. Defenders Kenneth Semakula and Halid Lwaliwa won't feature against South Africa due to visa issues.

Local-based players including URA's James Begisa, SC Villa's Arnold Odongo, KCCA's Saidi Mayanja, and Kitara's Jude Ssemugabi are notable inclusions in the Cranes doubleheader, with Captain Aucho Khalid also making his return after being sidelined against Botswana and Algeria due to an injury.

## Uganda Cranes' Last 5 Games

### Friendlies:

Kuwait 0-2 Uganda  
 Comoros 4-0 Uganda  
 Uganda 2-2 Ghana

### World Cup 2026

### Qualifiers:

Uganda 1-0 Botswana  
 Uganda 1-2 Algeria

## UFL draws announced

By Michael Ainomugisha

At Kati Kati Restaurant, the Pepsi University Football League (UFL) announced the 2024/25 season draws, with Uganda Christian University (UCU) set to host the opening match on September 17th. UCU, last season's runners-up, fell 3-1 to

Nkumba University in the 2023/24 final.

This year's competition consists of six groups, with the top teams advancing to the quarterfinals.

### GROUP C

- Uganda Christian University
- Kabale University
- St. Lawrence University
- YMCA