



Inspiring Innovation and Leadership

KARATINA UNIVERSITY

Weekly Dispatch , 13 2025

Monday 8<sup>th</sup>– 13<sup>th</sup> September, 2025

## KARATINA UNIVERSITY KARATE ATHLETES SELECTED FOR WORLD QUALIFIERS IN PARIS

Karatina University proudly announces that Ms. Anne Bosensera and Ms. Mary Sibota, from the School of Education and Social Sciences, have been selected among the Kenyan athletes to compete at the World Karate Individual Qualifiers Championship scheduled for 17th to 19th October 2025 in Paris, France.

The prestigious event will be used to determine participants for the World Individual Championship in 2026. Anne and Mary, who are also the reigning National University Karate Champions, continue to demonstrate excellence both in academics and sports.

We congratulate them on this milestone achievement and extend our best wishes as they represent Kenya and Karatina University on the global stage.

Congratulations Anne and Mary, make us proud!



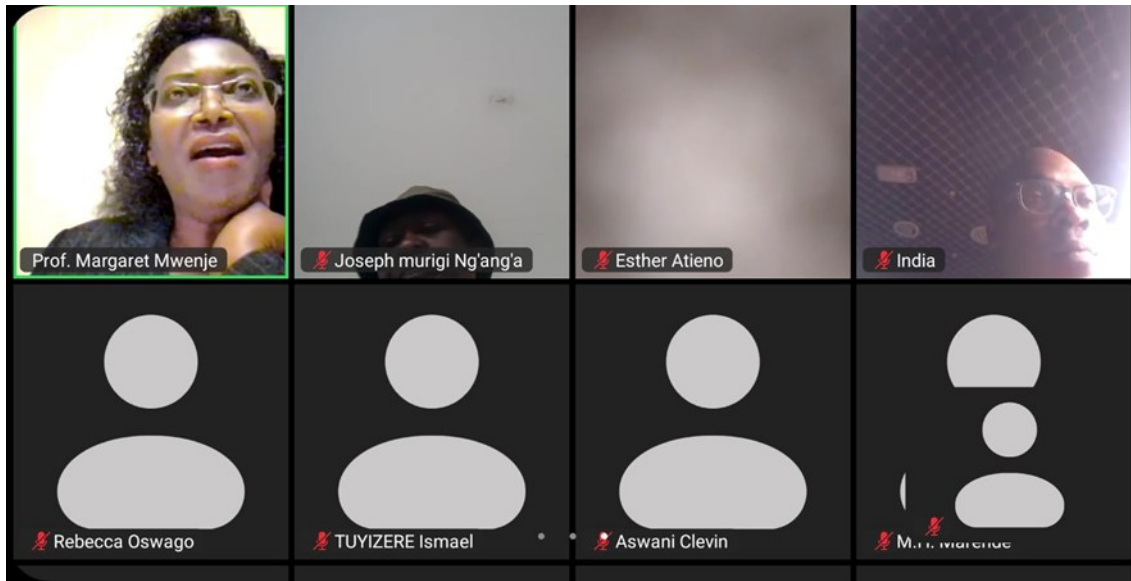
*Ms. Anne Bosensera Karate Athlete and Special Needs Education Student School of Education and Social Sciences.*



*Ms. Mary Sibota Karate Athlete and English Literature Student, School of Education and Social Sciences*

KARATINA UNIVERSITY HOSTS WEBINAR ON MENTAL HEALTH AND SUICIDE PREVENTION.

Karatina University marked International Suicide Awareness and Prevention Month by hosting a Zoom webinar on September 11<sup>th</sup>, 2025. The event, organized by the Directorate of Community Outreach, aimed to raise awareness on mental health and suicide prevention not only in the university but across different organizations. The webinar was facilitated by Prof. Margaret Mwenje, Ms. Jackline Kagu and Mr. Jotham Ngirici, focusing on important topics like suicide risk factors, early warning signs, and various suicide interventions.



*The Director, Directorate of Community Outreach Prof. Margaret Mwenje addressing participants during the webinar on mental health and suicide prevention.*

The webinar brought together 96 participants from different professions and institutions across Kenya and Rwanda, as well as staff and students from Karatina University. The webinar helped provide a deeper understanding of suicide prevention strategies and how to identify and respond to early signs of distress. A heart-felt moment by Ms. Jackiline Kagu, who shared her personal experience with suicide, added a different aspect, showing the importance of lived experiences in mental health advocacy.



*A section of participants during Karatina University's Suicide Prevention Webinar*

The webinar's success helped the participants' understanding of suicide prevention strategies, but also helped promote collaboration across universities and affirmed the university's commitment to community engagement. The Directorate of Community Outreach expressed thanks to the university's management for its support and promised to continue its efforts in national and global suicide prevention.



# PICTURE SPEAK



**University Funding Board and HELB Representatives On-Site to Assist Students**



*The acting Dean of Students and one of our students at the KASNEB desk during their on-campus visit to guide students interested in professional course*