



KARATINA UNIVERSITY

Weekly Dispatch 19, 2025

Monday 9<sup>th</sup> Nov – 15<sup>th</sup> November, 2025

## KARATINA UNIVERSITY HOSTS CANCER AWARENESS WEBINAR

The Directorate of Community Outreach at Karatina University organized a webinar on September 29, 2025, to mark Breast Cancer Awareness Month. The informative session, themed around cancer awareness and prevention, brought together over 136 participants, including students, staff, Council members, and representatives from Rwanda.



The webinar was facilitated by Dr. Mukuhi Ng'ang'a, a Breast Surgical Oncologist from the Aga Khan University Hospital, who delivered an enlightening presentation on cancer awareness and demystification. Her discussion covered key aspects such as cancer statistics, causes, symptoms, and treatment options for common cancers including breast, cervical, prostate, esophageal, and colorectal cancers.

Dr. Ng'ang'a emphasized the importance of early screening and intervention, noting that early detection significantly improves treatment outcomes. She also dispelled common myths surrounding cancer – such as the misconception that cancer is contagious or caused by sugar – and highlighted the role of healthy lifestyle choices, including proper nutrition, regular physical exercise, and the avoidance of tobacco and excessive alcohol use. She concluded her presentation with a call for expanded community-based screening programs and increased research to better understand and combat the rising cancer burden in Kenya.

The session also featured moving personal testimonies that offered powerful real-life perspectives. Professor Linus Gitonga shared his journey with throat cancer, candidly reflecting on the challenges and lessons from his experience. He underscored the importance of regular medical check-ups and early detection, describing his recovery as a journey of resilience and hope rather than defeat.



Adding a caregiver's perspective, Dr. Jane Walker, a Counseling Psychologist, shared her experience supporting her mother through breast cancer treatment. She highlighted the crucial role caregivers play in providing emotional and psychological support to patients.

The webinar concluded with remarks from the Deputy Vice Chancellor, Planning, Finance and Administration, who appreciated the Vice Chancellor for his leadership and thanked all participants for their engagement. The session ended with a closing prayer by Father Mbai, dedicated to individuals and families affected by cancer.

#### **Key outcomes and recommendations from the webinar included:**

- Encouraging all participants to undergo cancer screening.
- Organizing the next webinar on self-care for caregivers and palliative care for terminally ill patients, as announced by Prof. Margaret Mwenje.
- Inviting community health promoters and Professor Muthuri to share further caregiver experiences.

Urging healthcare workers to continue providing nutritional guidance to cancer patients, focusing on plant-based diets and natural products that support recovery.

In conclusion, the Cancer Awareness Webinar was a remarkable success, achieving its goal of promoting cancer awareness, early detection, and caregiving support. Through expert insights and personal experiences, participants

gained valuable knowledge on preventive healthcare and the importance of lifestyle modification in reducing cancer risks.

The Directorate of Community Outreach extends its heartfelt gratitude to the University Management for the support that made this impactful event possible.

## **KARATINA UNIVERSITY HOSTS A CAREER FAIR WITH VICTORY FARMS**

On Friday, 30<sup>th</sup> October, Karatina University's School of Natural Resources and Environmental Studies, in partnership with Victory Farms and the school's Directorate of Career Services, University-Industry Linkages, and Alumni Affairs, held a career fair that brought together students, alumni, and industry partners to explore career opportunities and share their experiences.

The career fair was officially opened by Prof. Wabwoba, the Deputy Vice Chancellor (ARSA), who highlighted the importance of career development and alumni involvement in shaping one's future.

On the other hand, Dr. James Mugo, a lecturer in aquaculture, led the career fair program while Michelle from Victory Farms welcomed everyone and introduced the presenters for the career fair. Dr Gladstone Sagada gave a presentation on aquaculture and shared the innovations that Victory Farms uses in their lake operations. Mark Stiekema, Group CFO of Victory Farms, followed with a talk on building a strong work ethic and shared lessons from his career and rugby experience.





*Dr. Gladstone Sagada of Victory Farms addressing the students*

The Victory Farms team also presented the GALT Programme, a two-year graduate training in aquaculture and leadership. Alumni from Karatina University, including a 2018 graduate and Hezbon, shared their personal journeys and encouraged students to take initiative, stay consistent, and learn from others.

Karatina University's strong performance highlights our growing commitment to technology, research, and innovative problem-solving.



*Victory Farms team joins Karatina University students and staff for a group photo*

The career fair later ended with closing remarks and recommendations from the Victory Farms team, leaving them inspired and encouraged in the world of aquaculture.

## KARATINA UNIVERSITY STUDENTS SHINES AT NATIONAL AI HACKATHON- EMERGES 1ST

**O**n Friday, 14th November, a team of our student innovators represented Karatina University at the National Inter-University Hackathon held at Jomo Kenyatta University of Agriculture and Technology (JKUAT), where they emerged **1st Runners-Up Overall**.

The event brought together over 53 teams from 28 universities across Kenya, competing to develop Artificial Intelligence (AI) solutions addressing real-world challenges in key sectors such as education, health, agriculture, ICT, and business.



*The student pose for a photo after being awarded as the second runners up.*