

## KARATINA UNIVERSITY EMPOWERS PRISON OFFICERS THROUGH OCCUPATIONAL STRESS MANAGEMENT WORKSHOP

**O**n 27th January 2026, Karatina University, through the Directorate of Community Outreach, conducted a one-day Occupational Stress Management Workshop for officers from Nyeri Medium Prison and Nyeri Women's Prison. The workshop was held within the Kenya Prisons Service framework and aimed at promoting mental well-being and resilience among prison officers.

The initiative followed a successful engagement at Nyeri Maximum Prison in December 2025, after which the programme was extended to other prisons in Nyeri County. The workshop focused on helping officers understand occupational stress and equipping them with practical strategies to manage the pressures associated with prison work.

The sessions were facilitated by Mr. Joseph Wanjau, Counseling Psychologist and Dean of Students, Ms. Jacinta Kabucho, Senior Counselor, and Prof. Margaret Mwenje, Director of Community Outreach. Through interactive discussions, officers shared experiences and reflected on stress-related challenges common within the prison environment.

Participants appreciated the practical coping techniques shared during the workshop and noted improved awareness of stress management and personal well-being. The Officers in Charge of Nyeri Medium and Women's Prisons commended Karatina University for its continued support in addressing mental health issues among prison officers, while feedback from Nyeri Maximum Prison highlighted positive changes in officers' work commitment and interpersonal relations following earlier interventions.



*Participants keenly following through the presentation and discussions on Mental health.*



*The team poses for a group photo after the successful workshop*

Karatina University remains committed to community outreach initiatives that promote mental health, well-being, and sustainable partnerships. Through such engagements, the University continues to apply its expertise in addressing societal needs and contributing to the improvement of service delivery and quality of life within the wider community.

## KARATINA UNIVERSITY HOSTS CAPACITY-BUILDING WORKSHOP FOR DEANS OF STUDIES ON CBE IMPLEMENTATION

**O**n 29th January 2026, Karatina University, through the Directorate of Community Outreach, hosted a capacity-building workshop for High School Deans of Studies from Mathira Sub-County at the Senate Chambers. The workshop focused on strengthening the role of Deans of Studies in supporting the implementation of Competence Based Education (CBE) and guiding curriculum transition to Senior School pathways.

The engagement was organized in response to growing concerns around the gap between CBE policy and practice, particularly challenges related to curriculum transition and learner pathways. The workshop brought together 26 Deans of Studies from County and Extra-County schools, providing a platform for dialogue, shared learning, and practical guidance.



*The Deputy Vice Chancellor Prof. Franklin Wabwoba addressing the audience during the capacity building workshop.*

The workshop was officially opened by Prof. Franklin Wabwoba, Deputy Vice-Chancellor Academic, Research and Student Affairs, who underscored the central role of Deans of Studies in shaping academic standards, mentoring learners, and ensuring effective

curriculum implementation. He encouraged the participants to approach their responsibilities with professionalism and a commitment to leaving a lasting positive impact on learners.



*A section of the participants keenly following through the presentations.*

Facilitators drawn from Karatina University led discussions on the evolving responsibilities of Deans of Studies under CBE, strategies for supporting teachers and learners, and managing the transition from Junior Secondary to Senior School. Participants actively engaged in the sessions and expressed appreciation for the practical and policy-focused insights shared. Many called for similar workshops to be held regularly and extended to teachers and school administrators.

Karatina University remains committed to community outreach and capacity-building initiatives that support educational development. Through such engagements, the University continues to partner with schools and education stakeholders to promote effective curriculum implementation and improved learner outcomes.



*The team poses for a group photo after the successful capacity building workshop.*

## **KARATINA UNIVERSITY TRAINS STUDENTS ON INNOVATION COMMERCIALIZATION**

Karatina University, through the Directorate of Research, Innovation and Extension, successfully conducted a two-day student training workshop on innovation and commercialization on 28th and 29th January 2026 at the University Conference Hall. The workshop was organized in collaboration with Viktoria Ventures, a leading ecosystem platform supporting early-stage innovation and investment across Sub-Saharan Africa.

Dubbed the “Curate, Create & Catalyze Innovation Workshop,” the training aimed to bridge the gap between academic creativity and market application by equipping students with practical skills to refine, package, and commercialize innovative ideas. The programme attracted 31 students drawn from diverse academic disciplines.



Opening the workshop, the A.g. Director of Research, Innovation and Extension, Prof. Kellen Kiambati, emphasized the importance of nurturing a culture of innovation that translates academic ideas into sustainable and scalable solutions. She encouraged students to think beyond project completion and focus on value creation and societal impact.

On the other hand, the Deputy Vice-Chancellor (Academic, Research and Student Affairs), Prof. Franklin Wabwoba, challenged participants to embrace entrepreneurial thinking and view themselves as potential job creators, noting commercialization as a key driver of national development.



*Prof. Franklin Wabwoba, Deputy Vice Chancellor Academic, Research and Student Affairs addressing the audience the workshop*

The training was facilitated by Ms. Elizabeth Odima and Mr. Daniel Midega from Viktoria Ventures, the training covered innovation mindset development, market-oriented thinking, business model design, commercialization pathways, and intellectual property protection. Students were also taken through pitching techniques and received expert feedback on their ideas.

The workshop showcased a wide range of student innovations spanning digital health, agriculture, artificial intelligence, business solutions, tourism, mental health, and media services – highlighting Karatina University’s strong multidisciplinary innovation po-

tential.

By the end of the training, participants demonstrated improved confidence, clearer value propositions, and a better understanding of the innovation-to-market journey. The workshop further strengthened collaboration between Karatina University and external innovation ecosystem partners, reinforcing



*Participants pose for a group photo with Prof. Franklin Wabwoba, DVC (ARSA), Prof. Kellen Kiambati, Acting Director, Research, Innovation and Extension, and facilitators from Victoria Ventures after the successful conclusion of the training.*