



25th February 1980

UNIVERSITY OF NAIROBI

VARSIY FOCUS

A General Information Sheet from the Vice-Chancellor

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1. AN ABSTRACT OF THE 15TH INAUGURAL LECTURE
BY PROF. J. MUHANGI "PSYCHIATRY IN KENYA:
NEW HORIZONS IN MEDICAL CARE"

"Years of struggle lie behind us,
Ceaseless labour little gain,
Ever let those years remind us
Sunshine follows after rain".

These words are part of a school anthem I used to sing several years ago. They seem appropriate in describing the history, the present and future of psychiatry in Kenya.

Modern psychiatry in Kenya began in the 1920's when, ironically, Mathare hospital opened as a smallpox quarantine centre. Soon, however, smallpox receded and the centre became a mental Unit.

By the forties it was to form the base of Carother's work which resulted in his controversial publication, "The African mind in health and disease". It is not probably correct to blame Carothers for the flaws in his treatises. Psychiatric knowledge at his time was anyway scanty as exemplified by European travellers who returned to tell stories such as that the adult African's intellectual functioning was like that of a seven year old European child.

In the intervening period, a lot of knowledge has been accumulated. Thus, organic diseases like smallpox have been completely eradicated and knowledge of psychiatric diseases has been tremendously boosted as attested to by the various publications both from the continent and Kenya.

Psychiatric illnesses are not only complex both in diagnosis and treatment but are notorious for the effects they have on society. Diagnostically, they are difficult because they can masquerade as physical illnesses, thus deceiving doctors who waste a lot of time and money making investigations and offering prescriptions that ultimately do not benefit the patient. Furthermore, a psychiatrically ill patient will put a lot of demand on the family, will become less productive and in extreme cases will destroy property and crops.

Unfortunately, the new psychiatric knowledge has not been transmitted to many of our present health workers who continue to regard mental illness as 'madness'. The two concepts are not always interchangeable since people with purely physical illness can show behaviour indistinguishable from madness, behaviour that will be eliminated if the physical condition is treated.

There is an urgent need to increase the teaching of psychiatry not only in the medical schools but in all health training centres. Furthermore, there is need to institute research tasks that will enable us to understand fully the nature of psychiatric illness in our population.

The last ten years of this department are probably the years of struggle, ceaseless labour and little gain. They are years in which the department was poorly housed and had the minimum of staff. Recently, however, training of psychiatrists has been given a boost and a registered psychiatric nursing course has been started.

With the increasing governmental and University awareness of the ills of psychiatric disorder,

it looks as if sunshine will soon follow after rain.

The full text of the lecture is in press for publication and sale.

2. FACULTY-BASED STUDENTS' ASSOCIATIONS

The following students' associations are currently operating in the University. Those marked with an asterisk(*) should submit their programmes of activities for the current year and the additional information requested below, including copies of their Constitutions.

1. Accounting Students Association*
2. Association of Architectural Students
3. Association of Medical Students*
4. AIESEC Kenya - Economics Commerce - Registered
5. Biology & Wildlife Association
6. DS 70 Design Students Association*
7. Education Students Association*
8. Engineering Students Association
9. Geographical Society of Kenya*
10. Historical Association of Kenya*
11. Law Students Association*
12. Literature Students Association*
13. Marketing Students Association
14. Nairobi University Agriculture Students Association (NUASA)
15. Sociology Students Association
16. Swahili Students Association*
17. Veterinary Students Association*
18. Nairobi University Pharmacy Students Association (NUPSA)*

2.1 Required Information

2.1.1 As reported in Varsity Focus No.10 faculty-based students' organisations have been asked to programme their activities to include activities of an interdisciplinary nature. Many of these associations have not submitted this information to the Vice-Chancellor's office. More information is now required to update the records in his office and to assist the associations wherever possible.

2.1.2 Those Student Associations which have not submitted their Constitutions to the Vice-Chancellor's office are requested to do so as quickly as possible. This should include the number of members each association has and the names of its officials, date of inception and past achievements of the association. An example of such an achievement is reported below.

2.1.3 Of immediate importance for the associations is an indication of the problems they are encountering such as office needs, financial problems, and management and secretarial needs. This information should also be sent to the Vice-Chancellor's office. Whereas the University may not be in a position to offer these facilities wholly or in the immediate future, an assessment of the needs and the extent to which the University can be involved may subsequently be worked out. An example of such an involvement is reported

below in that the Gandhi Smarak Trust Fund is willing to finance educational projects by students. It is, therefore, important to provide the information being asked for.

2.2 Students' Activities

2.2.1 The Marketing Students' Association has as its main objective to introduce students to their prospective employers. To achieve this, they will organise public lectures and trips to industries in the City and in the rural areas. One such trip organised recently was to the Kenya Farmers' Association. This was in response to the Vice-Chancellor's call to the University community to help in the economic development of the rural areas by imparting knowledge to those who need it for solving practical problems of development.

During the remaining part of the academic year, the Association will organise three public lectures, educational visits to various industries in the City and one trip to a rural area towards the end of the year.

2.2.2 The Sociology Students' Association will hold the following public lectures in the latter part of the current session:

- 27 Feb 1980 - "Rural-urban migration - Causes, Consequences and Remedies".
- 5 Mar 1980 - "Impact of the present examination system on life changes".
- 12 Mar 1980 - "Kenya's New Education Policy".

At the middle of every first term, it is customary for the Sociology Students' Association (SSA) to hold an annual dinner-dance. Such was the occasion on February 1, 1980 in the University's

Junior Common Room. It is during this occasion when students and staff members of the association meet and interact on a purely recreational level in anticipation of a more busy time as students prepare themselves for the end of year University Examinations. Further, the occasion aims at providing a last best opportunity during the academic year when non-members can opt for membership in the association.

When circumstances permit, it is also desirable to invite distinguished guests to share the occasion with students. In this respect, the association was pleased to be honoured by two distinguished guests - the Vice-Chancellor and the Faculty Dean. Indeed, this was the first time in the history of the association when a Vice-Chancellor gave such respect to the SSA.

In his remarks as the guest of honour, the Vice-Chancellor noted the importance of recreational activities as "a health factor" in the students' academic life. He also appreciated efforts by students to relate their knowledge of Sociology to other discipline, and particularly to understanding problems of poverty, illiteracy, and ignorance that require solution through interdisciplinary efforts. He further remarked that many issues in socioeconomic development would be better understood if sociological insights are provided, and hoped that in future sociology will be even more utilized in identifying "action areas" which relate to development.

2.2.3 The Agricultural Students' Association has organised a Symposium to be held in March on "The need for restructuring and reforming a

more relevant curriculum to meet the immediate needs of the developing nations".

They also hope to participate in the All-Africa Agriculture Students Seminar on "Agricultural patterning to enhance rural development" to be held in Nigeria in March and in the 24th International Association of Agriculture Students scheduled to be held in Spain in July.

The educational trip being organised to survey Kenya's rural agriculture in the arid and semi-arid remote districts and the rural development project already identified by the Association and earmarked for material, albeit small, help is commendable.

2.2.4 The Architectural Students Association set up an ambitious but practical programme for the whole year including among other aims to educate the public on architecture through the mass media, to relaunch the indoor games programme started in 1978/79, to organise small competitions for development on campus paths around the Faculty of Architecture, Design and Development, and to stage exhibitions by students.

In order to provide practical experience for the members, a number of projects have been identified. The students have designed a display pavillion at Jamhuri Park for local building products and at Mt. Kenya Tourist Rest have done some work on local technology in a sloping site.

The Faculty exhibition to be held on 27 April, 1980 will have on display class and group exhibits of the students' work. This is an undertaking by the whole Faculty.

The student hold weekly seminars on Wednesday afternoons.

2.2.5 AIESEC - This Association holds weekly company contact talks and organises monthly visits to companies in Nairobi. This year they have decided to improve their public relations to promote awareness of AIESEC's aims in the University and in business circles. To this end, they hope to screen candidates for international exchange programmes and the leadership development programme. They also hope to start a committee at Kenyatta University College.

2.2.6 The Engineering Students' Association is organising educational trips to Leyland, Thika in March, Kamburu Dam in March, Lake Region Development Programme in September.

Guest Speakers to give public lectures are invited once a term.

They are working on a Mathare (Undugu Centre) project. This involves the construction of microphone stands and a mini-football pitch. They hope to interest local firms to provide the material for this.

2.3 When a comprehensive programme of activities is drawn up, the University community may wish to participate in any of the activities of these associations. There are other activities which are purely social in character, undertaken by the students which have not been highlighted today. The idea of programming activities aimed at achieving the objectives of a society is appreciated by all and it is hoped that the rest of this year will have projects and activities aimed at achieving particular objectives of each organisation. Students have already been invited to apply for funds from

the Gandhi Smarak Trust Fund to finance projects that are of an educational nature. The projects being undertaken by students can be organised individually or by student groups or organisations. It should be possible to tackle the Undugu project, for example, in an interdisciplinary fashion by involving sociology, engineering and architecture students' organisations. Projects should be clearly drawn up to ensure efficient implementation.

- 2.4 As an example of the usefulness of students' professionally oriented activities, the Nairobi University Pharmacy Students' Association's efforts to tackle the shortage of reading materials in the University is commendable. The students have reported that they received 13 books worth Shs. 4,000/- from the International Pharmacy Student Federation; they also raised money in a social function to buy four books which they donated to the Department of Pharmacy. Their departmental reading room is now reported to be stocking over 2000 books and journals which are extensively used by both staff and students. The materials are donations to the students.

3.

SPORTS

The Kenya Universities Sports Association (KUSA) has now been in existence for just over a year, having been registered by the Registrar of Societies on the 4th day of January, 1979.

KUSA's objectives are:

1. to develop and promote sports in all Kenya Universities and other institutions of higher learning;
2. to promote closer contact among students of Kenyan Universities and other institutions

of higher learning within the Republic of Kenya;

3. to foster friendship, understanding and mutual respect among students in Kenya Universities and institutions of higher learning leading to the strengthening of Kenyan Unity.

To achieve these objectives, KUSA has applied for affiliation to the following sports bodies:

- (i) The Kenya Olympic Association (KOA)
- (ii) The Kenya National Sports Council (KNSC)
- (iii) The Federation of African University Sports (FASU)
- (iv) The International Federation of University Sport (FISU)

Membership of KUSA is open to all Kenyan national Universities (together with their constituent colleges) and other institutions of higher learning which award University Diplomas/Certificates, and whose membership shall be registered with and approved by KUSA. Suffice it to add that all Kenyan nationals, wherever they may be undertaking University education, are eligible to compete under the KUSA flag.

The current office-bearers of KUSA are:

| | | |
|------------------|---|---------------------|
| Prof. K. Thairu | - | CHAIRMAN |
| Mr. E.N. Gicuhi | - | Vice-Chairman |
| Mr. P.E. Kangori | - | Hon. Secretary |
| Mr. S.J. Ashioya | - | Hon. Vice-Secretary |
| Mr. S.K. Ngaii | - | Hon. Treasurer |
| Mrs. Mumbi Maina | - | Hon. Vice-Treasurer |
| Mr. M.W. Wachira | | |
| Mr. Meke Mukesh | | |
| Mr. James Achoka | | |

His Excellency, the President of the Republic of Kenya and Chancellor of the University is the Patron of KUSA.

The University hopes that members of staff who have a contribution to make towards improving the standard of University sports will volunteer their services in coaching university athletes and sportsmen. Staff are eligible to serve as officials and qualified coaches will be most welcome to work in the Association.

KUSA will organise sports and competitions leading to the following events:

- a) World Student Cross-Country, March 1980 in Northern Ireland.
- b) The 10th Anniversary of the University of Nairobi Games, July 1980 in Nairobi.
- c) World Student Table-Tennis Championships, September 1980 in England.
- d) World University Games (FISU) 1981 in Spain.
- e) All-Africa University Games (FASU), 1982 in Zambia.
- f) World University Games (FISU) 1983, in Brazil.

Details about the above-listed programmes will be released as and when necessary. In the meantime, KUSA welcomes any ideas you may have as to how its activities can be improved, and looks forward to the participation of all in its sporting activities over the next two or so years.

4. ACCOMMODATION

During 1979/80 academic year, the University has accommodated 4,185 students in the Halls of Residence against the Halls capacity of 4,085 bed spaces. The extra 100 bed spaces were acquired through converting some quiet and reading rooms into sleeping rooms to ease the accommodation

pressure. The University Halls of Residence Institute helped to accommodate 703 students in local hotels while over 400 undergraduate students found their own accommodation, i.e. became non-resident students. The University has no accommodation for the postgraduate students.

Water shortage problem has been experienced recently. This has also affected most of Nairobi residents. The University has been informed that this has been due to the low water level at source as a result of the long dry spell prevailing in the country. This in turn resulted into low water pressure in the taps. This low pressure has at times diminished to drops of water or nothing at all.

Storage water tanks have, therefore, been installed in an attempt to alleviate this problem, particularly in Halls 5, 7, 10 and 11 which were badly affected by the water shortage. Storage water tank for Hall 9 has been ordered and will be installed shortly.

Students and members of staff working in the Halls of Residence should exercise economy in water usage at all times until the situation improves.

A new Hall of Residence is under construction at Kabete Campus and will be ready for occupation next academic year. This will accommodate an additional 300 undergraduate and 90 postgraduate students.

A water bore-hole, 675 feet deep, has already been sunk at Kabete Campus. This now awaits the installation of a water pump and when this is done, there will be considerable improvement in the

water situation at Kabete.

5. OBITUARY

THE VICE-CHANCELLOR'S EULOGY GIVEN AT THE FUNERAL SERVICE FOR THE LATE JAMELICK RUTERE MUGAMBI, HELD AT ST. ANDREWS CHURCH ON 22 FEBRUARY, 1980

"Dear Friends! We are gathered here today in memory of the late Jamelick Rutere Mugambi who has been a lecturer in Crop Science until he tragically met his death on Thursday, 14 February 1980.

The late Jamelick Rutere Mugambi was born in Abogeta location in Meru District on 6th January, 1944. He grew up in Meru where he completed both his primary and secondary school education in 1962. After passing Cambridge School Certificate in 1962, Mr. Mugambi was admitted to Siriba College, Maseno where he studied Agriculture. In 1965, he was awarded a Diploma in Agriculture with Distinction. Thereafter, he was awarded a scholarship to study for a degree in Agriculture in New Zealand. He was admitted at the University of Canterbury, Lincoln, where in May 1970, he qualified for the award of a BSc. degree in Agriculture. As a result of his good academic performance, he was registered for a Masters degree at the same University immediately after completing his Bachelor's degree. He qualified for the award of an MSc. degree in Agronomy in May 1973.

The late Mr. Mugambi was married to Susan in New Zealand and after completion of his studies, returned to Kenya. He joined the National Agricultural Research Station at Kitale in 1972 as a Maize Agronomist, the post he held until he joined the University. While at Kitale, he did some research which indicated the possibility of harvesting maize early if there were adequate

facilities to dry it. He then felt constrained at Kitale and also wanted to study for PhD. He, therefore, joined the University of Nairobi as a lecturer in 1974 in the Faculty of Agriculture, Department of Crop Science. During his stay at the University he was a conscientious teacher who was meticulous in his preparation and execution of duty. He got registered for PhD and then last year applied for sabbatical leave to go to the University of Florida to complete his PhD studies on Bana grass. The University was in the middle of negotiating for a scholarship at the time of his death.

Mugambi was actively involved in various University committees in addition to his normal teaching duties. He was, for a long time, the Secretary of the Farm Practice Committee of the Faculty of Agriculture and in the last year, the Committee Chairman. He did a commendable job in this Committee by organising student supervision by staff during their attachment to farmers outside the University. He was also an active member of the Field Station Farm Committee at Kabete. His contribution in all these will be greatly missed.

Besides his academic ability and involvement, the late Mr. Mugambi was a keen sportsman. He played football, tennis, squash and golf and excelled in virtually all of them. For three years he was a committee member of the Veterinary Laboratory Sports Club. He was also an active and respected official of the Kabete United Football Club for the Kabete Staff. Many members of staff will recall the several occasions when he persuaded them to provide transport for that football team.

In all these activities and involvements, Mr. Mugambi was a patient and friendly colleague. He was an indefatigable man who hated to leave

half-finished jobs. He made numerous friends both at Kabete and elsewhere. His death occurred on Thursday, 14 February 1980 at about 5.00 p.m. near Ahero in Nyanza. At the time of his death, Mr. Mugambi was on official duty with two other staff members to conduct a survey of farms where the Second Year B.Sc. Agriculture students would be going for their Farm Practice. He was tragically killed when the car in which they were travelling rolled.

Mr. Mugambi leaves a widow, Susan; a son, Kinoti and a daughter, Esther. He will be greatly missed by his family, all his friends and relatives, and the entire University community.

On behalf of the entire University community, I would like to express our deep and heartfelt condolences to the family of the late Mr. Mugambi, his relatives, friends and colleagues. We fully share with the family this very sad bereavement and wish them strength and courage as they learn to live without Mugambi. May he rest in eternity".

6. RESEARCH FUNDS

At the joint meeting of the Councils of the University of Nairobi and Kenyatta University College held on 24 January, 1980 it was agreed that research, postgraduate training, staff development, research institutes and halls and catering, should be funded separately and adequately from the undergraduate capitation grant. Before then, these items had been funded from the approved budget based on a capitation grant of K£1450 per undergraduate.

In the meantime, it is announced that the National Council for Science and Technology has allocated Shs. 2,959,770/- for research to scholars in the University, including K.Shs. 68,950/- to applicants from Kenyatta University College. The University is very grateful to the Council for these generous research allocations.

JMM
February 25, 1980.

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