



UNIVERSITY OF NAIROBI

No.14  
3<sup>rd</sup> July 1980

# VARSIY FOCUS

A General Information Sheet from the Vice-Chancellor

## C O N T E N T S

	<u>Page</u>
1. FOREWORD.....	1
2. CATERING SERVICES.....	1
3. UGALI (Kenya Kitchenopoea 1980).....	2
4. THE TEN COMMANDMENTS FOR SAFE DRIVING....	4
5. NEW APPOINTMENTS.....	4
6. UNIVERSITY HEALTH SERVICES.....	5
7. ENVIRONMENTAL SCIENCE RESEARCH LAB.....	8
8. DEPARTMENTAL ACTIVITIES.....	9
9. GANDHI SMARAK NIDHI TRUSTEES.....	10
10. CONVOCATION.....	11

1. FOREWORD

The 1980/81 financial year started on 1 July, 1980 and the Government printed estimates indicate that the University will get K.£8,125,800 for the period 1 July 1980 to 30 June 1981. As in the past, this budget has been calculated on the basis of a capitation grant, currently fixed at K£1450 per undergraduate student per annum.

The Senate and Council will be requested to recast the University estimates according to the Government printed estimates.

In the meantime, it is evident that restraint in overall expenditure will have to continue to be exercised. It is, however, hoped that for the rest of development plan period until 1982/83, everything will be done to facilitate improved development of the academic functions of the University.

2. CATERING SERVICES

During the recent (February-June 1980) closure of the University, a great deal of time and effort were spent in effecting various changes to improve the catering services. Some of them are still going on and will be continued in the next long vacation. In particular, the central catering unit will continue to be decongested. In general, there is still considerable congestion in the large dining halls at breakfast time. This is inevitable in the meantime as the majority of students have classes at 8.00 a.m. This will be alleviated by starting breakfast earlier. But this also means more students should get to breakfast earlier to avoid the congestion and rush just before 8.00 a.m.

In the meantime, the students of pharmacy have recently launched a new publication; the Pharma News, whose first issue carried the following article written by Mr. Kipkonos Cheriuyot. It is a lighthearted pharmaceutical/pharmacological description of ugali. It is reproduced here from Pharma News by kind permission of the author, Mr. K. Cheriuyot. Other scholars are invited to match this humorous description with their own political, literary, financial, linguistic, surgical, botanical, architectural, medicinal, agricultural, artistic, commercial, educational,

engineering, legal, scientific, veterinary or any other scholarly description of a topic of such social importance.

3. UGALI (Kenya Kitchenopoea 1980)

by Kipkonos Cheruiyot - B.Pharm. IV.

Reproduced from PHARMA NEWS APRIL 1980, Magazine of the Nairobi University Pharmacy Students' Association, by kind permission of the author.

Appearance:

It is a white doughy mass. Freshly prepared, it is of semi-solid consistency but hardens on standing to a hard cake.

Active Ingredients:

Maize starch, powdered and sieved to a loosely defined mesh number (K.K. 1980) is the active principle of this medicament.

Preparation:

Water is heated to 80-100°C. The water has to be free from botulinum and other dreaded toxins otherwise rigid specifications do not arise. The powdered maize starch is added to the boiling water in small quantities triturating all the time. The preparation is considered ready when a semi-solid mixture has formed: the exact end-point is a delicate one which only experience can provide.

Indications:

It is the drug of choice for moderate to severe hungeriasis. That the prognosis is so good is evidenced by the fact that this drug is heavily prescribed in institutions of hungry in patients like high schools and colleges.

Dose:

The dose regimen is vastly ranged being dictated by the particular needs of the patient, and on the type of formulation. A patient with acute or severe hungeriasis may take in a staggering dose without belching. On formulation aspect, one may approximate the toxic level simply because the preparation has been aptly diluted with Kuku soap. Otherwise according to K.K. 1980 this drug should be given in kilograms per kilogram body weight.

Side-effects:

The saying goes - a harmless drug is a useless one. Ugali, the wonder drug, is no exception. The most widely reported acute side effect is drowsiness. For this reason, the inpatients in schools are usually underdosed for the mid-day administration, otherwise the lecturer will be beautifully punctuated with snores. This is because drowsiness synergises fantastically with a boring afternoon lecturer.

Obesity has been reported liable to result from chronic administration of the drug, especially if one is not mindful of the dose given.

Constipation is commonly reported if the drug is administered without roughage which aids in degradation.

Forensic classification:

It is a part I of the Essential Commodities Act: So no hoarding is allowed.

Transportation from one place to another is legal only if a permit is issued by the prescribed officer in the prescribed form.

Assay:

According to K.K.1980, bio-assay is highly recommended. This is best achieved by eating it.

S.A.R.

This is not yet fully elucidated. Research should be geared towards achieving the following goals:

- a) Prolonging the duration of action. A single dose administered per day would go a long way in solving the more pressing energy crisis and the mid-day traffic jam would be diluted.
- b) Hoarding could be checked by employing the help of the most effective detective, the nose.

This can be done by increasing the commodity - nose affinity can be increased by perfuming the drug so that the smell can emanate from the hoarders' backyards to the hungry consumer on the counter end.

4. THE TEN COMMANDMENTS FOR SAFE DRIVING

The Institute of Adult Studies has diversified its adult educational work to include driving. The following ten commandments constitute the first ten lessons:

- 4.1 Thou shalt hold nothing but thy steering.
- 4.2 Thou shalt not take unto thee a God of thy horsepower.
- 4.3 Thou shalt not make the centre lane in vain.
- 4.4 Remember the driver behind you; let him pass.
- 4.5 Honor thy father and mother and thine other passengers.
- 4.6 Thou shalt not kill any pedestrian.
- 4.7 Thou shalt not commit drunken driving.
- 4.8 Thou shalt not steal thy neighbour's eyes with thy headlight nor his ear with horn, nor his enjoyment with litter.
- 4.9 Thou shalt not bear false witness with thy signals.
- 4.10 Thou shalt not covet thy neighbour's right of way.

5. NEW APPOINTMENTS

5.1 Mr. Felix Macharia Kiruhi

Lecturer (Radio): Institute of Adult Studies.

Mr. Kiruhi was trained as a teacher at Thogoto and Kenyatta College in 1967 and 1971 respectively. Between 1975 and 1976 he undertook basic training in radio production at the Institute of Mass Communication in Nairobi followed by further studies at the North E. Wales Institute where he was awarded a Bachelor of Education in Educational Technology and the Advanced Diploma in Educational Studies in 1979. His special interest is in T.V. production and the organisation of a multi-media library.

5.2 Promotion:

Dr. Henry Indagasi, PhD

Lecturer: Department of Literature.

Dr. Indagasi was educated at Kamusinga Secondary School and the University of Nairobi where he won the Shell Award for the best results in the Faculty of Arts in 1973. He taught at Sigalagala and Lugulu Secondary Schools before joining the University of California, Santa Cruz in 1974. He was awarded a Master's degree in 1975 and PhD in January 1980. His doctoral dissertation was entitled "Joseph Conrad: A study of Colonialism". He has taught in the Department of Literature since 1977 as a Tutorial Fellow, assistant lecturer and was recently promoted to lecturer. Mr. Indagasi is the assistant editor of Busara.

6. UNIVERSITY HEALTH SERVICES

The University Health Services came into operation in October 1966. There were then about 1449 undergraduate students and 236 academic staff. The panel of private doctors was increased from two to three, with a provision of a fourth member as may be required. The scheme provided for general practitioner services to staff in return for a capitation fee per person dealt with.

In January 1967, it was decided that a full time College Medical Officer should be appointed to be responsible for the students' health scheme as well as providing medical services to all staff other than those on academic terms of service. The Medical Officer started work on 1 July, 1968 but the panel of private doctors continued serving the College whose population by then had increased to 1892 undergraduates and 250 academic staff.

In 1970 it was decided to increase the establishment in the students health centre. There was also a provision to extend the health service to cover curative and preventive medicine which would ensure regular medical check-ups for members of staff and their families. These were, however, carried out in town in the facilities of the private doctors. An advantage accruing from this offer was that staff would have the chance of consulting the other doctors on the panel of private doctors. One of the doctors would also be on call at all hours, including Sundays and public holidays.

In 1971 the question was raised as to the benefits to be provided by the University to both staff and students if the health services were run on a unified basis. There were then about 3384 undergraduates, 190 postgraduates and 309 academic staff. The existing scheme covered general practitioner and consultant services, but doctors gave prescriptions and not medication. The University Council Terms of Service Committee reviewed medical benefits for Academic staff in 1971 to include:

- (a) Under a non-contributory scheme provision of clinics and general practitioner services, together with such specialist services as may be recommended by the University doctors free of charge to members of staff and their families.
- (b) Hospital charges, except insofar as covered by the member's contribution by way of hospital tax collected by the Government, fall to be met by the member of staff. Payment of anaesthetist's, surgeon's and other specialist fees together with x-ray and any specialist treatment.
- (c) Cost of drugs to a maximum of £50 per family per year either through its own dispensing unit or through other arrangements the University may make from time to time.

In February 1977, Council considered a report on the University Medical Scheme, including certain unsatisfactory features arising largely from the provisions of the University Terms of Service leading to misuse of the scheme. Council authorised the Vice-Chancellor to take appropriate action and a re-constituted medical review sub-committee reviewed the scheme.

The sub-committee reported its recommendations to the GPC in May 1977 and Council at its meeting in 1977 accepted these recommendations in principle and resolved that the University Medical Service for staff and students be operated by University doctors, and that as recommended by the sub-committee, eligibility of staff in the scheme should be as follows:

- (1) Husbands of women members of staff are not entitled except:
  - (a) where such husbands are employees of the University and entitled on their own right,
  - (b) in exceptional circumstances in which university permission has been granted, e.g. where a disabled husband is shown to be entirely dependent on the wife.
- (2) Children, including legally adopted children of entitled women employees should receive medical benefits even if the family is in receipt of benefits under the husband's terms of employment elsewhere.
- (3) All children born of multiple existing marriages of entitled members should receive benefits.

This reorganisation was to have been effected on 1 July, 1978 but this was faced with a basic problem of the gradings proposed for the doctors to be employed at the Health Centre. It was not possible to recruit the doctors at the salaries being offered then. In the circumstances, interim arrangements were made for staff to continue to receive medical services after 30 June, 1978. These arrangements enabled members of staff and their families to consult a number of private practitioners whose names and addresses were circulated to staff.

It is these arrangements which ceased on 31 March, 1980 when the new reorganised scheme was put into effect, with 3 specialist doctors. As originally conceived, the health services would have had approximately 5 general practitioners on full-time employment and would have used the Medical School staff and consultants. As it is, the present staff clinic is congested due to shortage of physical facilities and general practitioners. Efforts have been made to resolve the present problems of congestion through employment of two additional doctors to bring the total number of doctors at the Staff Health Centre to 4: one general doctor and three specialists; and two at the students health services. Doctors from the Department of Human Anatomy have kindly volunteered their services to the Health Centre.

In the meantime, the GPC at its meeting held on 6 September 1979 adopted the Government rate of Shs. 150/- per day as support for hospital charges for senior staff. This was adjusted for other grades to bring them up corresponding government rates. Attempts were also made to alleviate the problems staff experience when treatment is undertaken overseas. At present, therefore, the University meets the economy airfare, doctor/specialist fees and drug costs and a portion of the hospitalisation charges.

The University Health Services aims at continuing to provide adequate medical services to entitled staff at the Staff Health Centre, and emergencies after working hours, weekends and public holidays in collaboration with the Nairobi Hospital, Aga Khan Hospital, Gertrude's Garden Children's Hospital and other hospitals.

In the meantime, it has become clear that the service will need to be reviewed again and strengthened through an effective health insurance scheme to cater for the health needs of nearly 6000 undergraduate students, over 1000 postgraduates, about 1000 academic staff and their families, some 700 middle grade staff and their families and over 2000 junior staff whose families also need attention.

#### 7. ENVIRONMENTAL SCIENCE RESEARCH LABORATORY

The German Agency for Technical Cooperation has donated equipment worth K.Shs. 190,000/- to the Environmental Science Laboratories of the Faculty of Architecture, Design and Development. The equipment supplied included one measuring Tape Recorder BRUEL & KJAER, including power supply, two microphones and two microphone carrier systems. This will be used for research in the field of noise control by field recording and subsequent analysis in the acoustic laboratory. The thermal laboratory received an infra-red thermometer ULTRAKUST for measuring surface temperatures with accessories including one electric recorder and an electric psychrometer HYGROPHIL for electronic temperature and humidity measurements.

8. DEPARTMENTAL ACTIVITIES

8.1 "Save our Soils Project" - IFIAS/UNEP Workshop  
Department of Geography

The Director of the Population Studies and Research Institute, Prof. S.H. Ominde and Dr. G. Ongweny of the Department of Geography recently attended a workshop on the Phase I Programme for the IFIAS/UNEP Project "Save our Soils" in USSR. The workshop considered, among other things, the kind of data on socio-economic problems that are available at each project centre that could answer questions raised during the preparatory phase, the reports already written and the additional information needed to be collected and the formulation of the Phase II programme. These studies will be limited to the semi-arid and wet tropical regions and ecologically by the erosion and nutrient depletion processes of soil degradation. Dr. Ongweny presented a paper on "The Nature and extent of soil loss studies in Kenya". Kenya will be one of the regions in which the project will be carried out. In the meantime, a Presidential Commission on Soil Conservation and Afforestation has been set up.

8.2 Kanu Party Workshop  
Department of Government

Two members of the University community presented papers at the KANU Workshop on 31 May, 1980 at the Kenyatta Conference Centre. Dr. Michael Chege talked on the "organisational and structural problems of political parties in Africa". His proposals included identification of the party with popular aspirations as a means of expanding recruitment and hence expand its financial base; a graduated fee system with respect to personal income; hiring of graduate-level executive officers at branch level and headquarters; a thorough review of party ideology in light of realities; strict adherence to party constitution and a national party training college. Dr. Anyang' Nyong'o discussed "The Role of the political party in policy making". He dwelt on, among other issues, agriculture, energy, education, and economic planning and asked "in planning the economy of Kenya, what type of individuals are we building the future for? What type of sacrifices are we making today so that the people of tomorrow will enjoy?"

To what extent would we expect the individual today inspired by Kanu to make any sacrifice for the achievement of the goals set out in our Development Plan and subsequent sessional papers?"

The workshop made a number of recommendations among which similar workshops are envisaged for every year. Inputs by University scholars dealing with a whole range of problems that have faced Kenya since independence would form the basis for further future policy and organisational issues to be discussed at such workshops.

### 8.3 A Manual for Research and Writing Faculty of Commerce

The Faculty of Commerce has published a manual on research methodology and writing which both undergraduate and research students may find useful. It outlines the steps to be taken in writing up a research project. Although written mainly with MBA students in mind, other students are likely to benefit. The manual is divided into two parts. The first part contains some helpful hints for doing research, the details of which are given in a twenty-page appendix, and the second part is concerned with the mechanics of writing an academic paper. The manual can be purchased from the Faculty of Commerce office, at a nominal price of Shs. 5/-

### 9. GANDHI SMARAK NIDHI TRUSTEES (GSNT)

The GSNT Committee resolved on 9 May, 1980 that in future, due to current inflation, the best final year student in each faculty, except those in the Faculties of Architecture, Design and Development, and Medicine, be given K.Shs. 3,000/- instead of K. Shs. 2,000/-

The Committee is designing a gold medal to be awarded annually to the best overall student in the whole University with the highest proficiency both academically and in extra-curricular activities.

10. CONVOCATION

There was a meeting of the Executive Committee of the Convocation on 21 March, 1980.

During the meeting, arrangements for the 1980 Annual Re-Union for the Members of the Convocation were discussed and a Committee, under the Chairmanship of Dr. H.W.O. Okoth-Ogendo, was set up to work on specific arrangements for the Re-Union. The last Re-Union held on 25 November, 1978 was in the form of a dinner/dance held at Panafric Hotel, Nairobi. The Committee working on the arrangements for this year's Annual Re-Union welcomes any ideas and suggestions to make the function a memorable and eventful occasion.

During the meeting, the Executive Committee also considered the whole question of Youth and Society, in view of the continuing unrest of students in schools and the University, and recommended, among others, that there is need of the Convocation organising a public seminar on the subject.

The Editorial Committee of the Convocation Gazette is presently working on the third issue of the Gazette and any contributions, from the members of the Convocation, are welcome. Such contributions, on matters relevant to the Convocation, should be directed to Dr. V.B. Mbaya, the Editor of the Convocation Gazette, at the Department of Biochemistry, Chiromo.

July 3, 1980.