

A Digital Publication of Laikipia University - Kenya



LU

September 2019

Info Point



LU SOARS HIGHER AND HIGHER



Laikipia University is ISO 9001:2015 and ISO/IEC 27001:2013 Certified



2019



Laikipia University-KE



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Laikipia University-KE



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EDITORIAL DESK



Welcome to the September Edition of ***LU Info Point***. This edition highlights key milestones that the

University has achieved in various programs and activities in line with the core mandate of research, education, scholarship, outreach and consultancy.

Major achievements featured in this edition include:

Double ISO Certification, Roll out of ERP System, Launch of Strategic Plan among others.

Info Point appreciates LU fraternity for the effort put towards achievement of these milestones.

Together let us tell inspiring stories about LU!

LU *Info Point*

FUNDAMENTAL UNIVERSITY STATEMENTS

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Our Vision

A University for valued transformation of society

Our Mission

To serve the students and society through research, education scholarship, training, outreach and consultancy

Our Motto

Seed of Wisdom

Our Core Values

Quality, Integrity and Respect.

We value Quality by:

- a) Achieving excellence in quality teaching, learning, research, leadership, people development, relationship management and integrated systems;
- b) Providing progressive and accessible education, research, extension and consultancy solutions; and
- c) Pursuing innovation and an outward looking focus.

We value Integrity by:

- a) Operating ethically;
- b) Acting professionally and honestly;
- c) Treating people with fairness, respect and dignity; and
- d) Being open and transparent in decision-making.

We value Respect by:

- a) Working collaboratively;
- b) Listening to others and respecting their point of view; and
- c) Valuing the diversity of people who study and work at LU.



The Vice-Chancellor has been with us for one year and yet the number of milestones that LU has achieved with him at the helm is really enormous!

Congratulations Mr. Vice-Chancellor for this selfless and unmatched commitment.



LU ATTAINS DOUBLE ISO CERTIFICATION



Certification to Information Security Management System (ISMS) based on ISO/IEC 27001:2013 and Quality Management System (QMS) based on ISO 9001:2015 requirements. The University has already been awarded certificates of the two Management Systems by Kenya Bureau of Standards (KEBS).

Laikipia University is the Second University in Kenya to attain ISO/IEC 27001:2013 and the Fourth institution countrywide to attain such a fete.

The simultaneous award of the two ISO certificates is a demonstration of the commitment shown by the University towards ensuring that the quality of education and services offered conforms to international standards. The Certification to ISO/IEC 27001:2013 and transition to ISO 9001:2015 clearly shows that Laikipia University has enhanced her operations to continually improve on the Confidentiality, Integrity and Availability of information management systems, improve customer satisfaction and practice adherence to applicable statutory and regulatory requirements.

This double ISO Certification will benefit the University in many ways:

There will be better resource management, reduced wastage, increased operational efficiency, increased customer satisfaction and improved security of University information. Moreover, this double certification guarantees our graduates a competitive edge in the job market.

Further, the management systems implementation has helped the University streamline her procedures with regard to adherence to teaching schedules, timely admission and registration of students, integrity in processing of examinations, staff recruitment, and payment of part-time lecturers.

Additionally the University has been able to manage her limited financial resources with a lot of efficiency which has necessitated timely payment of salaries for staff, settlement of suppliers' claims as well as the provision of a conducive working environment for all members of staff.

The process of tracking curriculum implementation will be enhanced, cases of missing marks will now be traceable with ease and it is now expected that "missing marks" at Laikipia University will be part of our history by April, 2020.

LAUNCH OF 2018/19-2022/23 STRATEGIC PLAN



The Strategic Plan is a pathway that outlines areas of strategic focus. It is an important guide which provides a vibrant tool for the University in realizing her mandate. The Plan outlines the future needs and aspirations of all stakeholders, and provides a framework through which the University would achieve her desired future. The Strategic Plan emphasizes on transformational leadership at all

levels of the University management and a change of mind-set among key stakeholders to make Laikipia University a true University for valued transformation of society. The Plan hence defines the strategic direction for the University and provides a roadmap to mobilizing and budgeting of resources for the next five years.

The implementation of the Plan will strategically position the University for the next five years as a key player in the Kenya Government's realization of Vision 2030 and the Global SDGs. The Strategic Plan has been aligned to the Government's "Big Four Agenda" Four Agenda", and the Medium-Term Plan III of Kenya Vision 2030 Development Blueprint.

In light of the ongoing reforms in the education sector, the Strategic Plan sets a platform for the identification of niche areas to uniquely differentiate Laikipia University. In addition, the Plan lays a pathway for modern infrastructural development to support the University in realizing her core mandate.

Consequently, the Strategic Plan is a road map of proactively refocusing the University towards responding to emerging societal issues and is therefore geared to positioning the University globally in order to achieve a competitive edge.

LAUNCH OF 2019/2021 FARM BUSINESS PLAN



The Farm Business Plan is anchored in the Strategic Plan. The plan will create a Centre of Excellence in Agriculture in the region and hence play a critical role towards empowering the youth and the community on modern farming technologies. It will also make a contribution towards offering solutions to food security issues in the ASAL areas.

At the national level, it is important to note that

the Plan will contribute towards the realization of the "Big Four Agenda". In this respect, the University has made a commitment to utilising its available 439-acre arable land as a strategic resource for meeting the Government's agenda of having a food secure nation.

The Farm Business Plan is a vehicle for re-engineering the University Farm as a key enabler in

internal resource mobilization. The University can favourably undertake Agribusiness ventures as a way of creating demand for quality and nutritional agricultural produce through value addition. A number of enterprises have been proposed to realize this:

- *Dairy Farming Enterprise*
- *Poultry Farming Enterprise*
- *Cereal Farming Enterprises*
- *Horticulture Crops Enterprise*
- *Fodder Production Enterprise*
- *Sheep Farming Enterprise*
- *Pig Farming Enterprise*
- *Tree and Fruit Seedlings Enterprise*
- *Bee Keeping Enterprise*

REVIEW OF LU STATUTES

The University reviewed its 2013 Statutes and has come up with a Laikipia University Statutes of 2019. Through this review, the University has aligned its operations to relevant Government Policies and other agencies as required. The reviewed Statutes will streamline the University operations through the proposed defined management framework and various functional Departments. The instrument provides reference on the way the University should be run, the reporting chain of command, and mechanisms for resolving staff and students' grievances.

The review of the University Statutes established the following:

- *Directorate of Career Placement, Alumni and TVET*
- *Directorate of External Linkages*
- *Directorate of Human Rights and Gender Affairs*
- *Directorate of Corporate Affairs*
- *Directorate of Resource Mobilization*
- *Directorate of ICT*
- *Office of Corporation Secretary*

IMPROVEMENT OF HEALTH SERVICES

Laikipia University has taken a proactive role in improvement of health services:

- *The University Medical Unit has been registered as an NHIF hospital with 24/7 medical services to staff, students and surrounding community.*
- *The University has procured a modern Ambulance. The Ambulance is set to enhance access and response to emergencies.*
- *Further, the University has acquired Serum Biochemistry analyser and Haematology analyser machines and has Operationalized AIDS Control Unit.*
- *Additionally, the University has consistently held Annual Health Week event which focuses on preventive health care to staff, students and surrounding community. The staff, students and surrounding community benefit from free access to a variety of medical services including cancer screening and counselling, HIV/AIDS Counselling and testing, among others. This year's Health week will be held on 23rd September – 27th September 2019.*



ROLL OUT OF ERP SYSTEM

To ensure that all university operations have been automated, the University has procured and is implementing Enterprise Resource Planning (ERP) from ABNO Solutions. The system has enhanced efficiency and effectiveness in service delivery:

- Tracks students from the time they apply for a program in the university right through the time they are fully registered in the institution
- Reduces time taken to register new students
- Students are able to register for their courses online
- Track students attendance
- Generates exam cards and exam attendance list
- Ability to print transcripts and result slips
- Generation of the consolidated mark sheet
- Approval of marks at the various levels
- Graduation list is published from the system
- All the financial activities of the university have been taken care of. The system helps keep track of the student invoices, fee payments, supplier invoices, payment vouchers, imprest processing, budgeting, income generating activities, bank reconciliation, project accounting and provides the final and management reports at a click of a button.
- Automation of the timetabling process. The system automatically creates the timetable based on the class number, rooms, lecturers, special facilities that may be required and location.





- Generation of multiple timetables for programs, students, lecturers, classes etc.
- Students can now apply for hostels online.
- Students will automatically be allocated rooms once they pay the fees.
- The system will automatically update room vacancy status in real time.
- Creation of a student portal which allows students to access online fee statements, register for units, report for a new semester, check for their results, and book for hostels.
- Streamlines delivery of library services by automating the entire range of library functions from access, cataloguing and circulation. This will give students and staff a better a learning experience.
- Span the entire procurement lifecycle, from requisitions, through the approval workflow, order processing to invoicing and inventory management, streamlining procurement management processes. The system ensures that procurement plan is done in accordance with the budget.
- Ability to track all of the employees' biodata capturing the important events with alerts to them.
- Staff can now to apply and approve leave online.
- The system takes care of all the requirements of medical records and is capable to provide easy and effective storage of information related to staff and students within the university. One can be able to access patient details and the drugs history as well as monitor a patient card online making it effective to run the health facility in the institution.
- The system allows students and staff to pay for their meals and this data is integrated with the financial modules. It minimizes chances of fraud and the institution can be able to track the meals sold at any given day.



IMPROVEMENT OF THE EXISTING INFRASTRUCTURE

The University is ensuring speedy completion of the ongoing projects to ensure that staff and students have adequate office spaces and teaching/learning facilities. The following projects are in the final stage of completion: Signature Gate, Library and Administration Block, Tuition Blocks, Equipping Science Lab and equipping of the Media Studio.

The Sports fields have been upgraded. The leveling of the sports fields has been completed and the planting of grass has commenced. The leveled fields will have two soccer fields and two netball and two handball courts. The Department looks forward to hosting inter-university games, secondary, primary and county games. The University has also embarked on the construction of the Science

RANKING WEB OF UNIVERSITIES



IMPROVEMENT OF THE VISIBILITY OF THE UNIVERSITY IN THE WEBO-METRICS

The University Visibility in the Webometrics Ranking has improved. Webometric is a tool for ranking institutions of Higher Education. The ranking takes into consideration four parameters: Openness, Impact, Presence and Excellence. The aim of the Ranking is to improve the presence of the Academic institutions on the Web. This ranking system measures how strongly a university is present in the web.

LU improved on Webometric ranking by 272 steps from 14342 to 14070 internationally, and nationally at 41.

The improvement was occasioned by:

- *Staff accessing payslips online,*
- *Uploading of staff profiles on website*
- *Staff apply and approve leave online*
- *Quarterly uploading of publications and proposals*
- *Establishment of students and staff portals*
- *Registration of Academic Staff on Google scholar and Research Gate*
- *Publishing of Periodic Digital Online Newsletter-Info Point*
- *Revamping the University Website and regularly updating the website with the latest information*
- *Provision of adequate internet infrastructure*
- *Maintaining and extending network cables to cover other areas in the university*
- *Update research publications on the university website*
- *Encouraging staff to use corporate email address*
- *Encouraging LU students to visit the website*





ESTABLISHMENT OF A WATER BOTTLING PLANT

The University has established a water bottling plant which is not only an income generating source, but will also go a long way in addressing the problem of water scarcity facing the communities around.

To achieve this, the University has:

- *Secured water source points*
- *Refurbished and furnished facility for water bottling*
- *Procured water bottling machine*

LU is now bottling mineral water at the University for use and commercial purposes.

LAN AND WIFI

The University have expanded internet connectivity (Local Area Network - LAN and WIFI) within the University compound. Hotspots points have also been increased.



IMPROVEMENT OF LIBRARY SERVICES

- *Installed KOHA- an Open Source System - for Integrated Library automated services.*
 - *Procured current collection of books, journals and periodicals to the tune of Kenya Shillings 6 million*
 - *The University has also established 2 mini libraries under the human rights center and the gender center that are fully stocked .*
 - *The University in partnership with the Laikipia University Alumni donated reading shades to the green library*
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OTHER ACHIEVEMENTS

- Legally acquired titles deeds for Main Campus
- Mitigated on theft/burglary incidences
- Conducted fire drills, established fire assembly points and increased awareness on fire safety
- Enhanced staff capacity on Disability Mainstreaming and facilities
- Recruited Farm Manager
- Recruited Estate Manager
- Established distinct commercial farm and demonstration farm
- Procured a tractor and its accessories
- Developed and implemented the University Risk mitigation Plan on Corruption prevention
- Mainstreamed National Cohesion and National Values Structures and Guidelines in the University.

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LU ADMITS 2019-2020 FRESHMEN

About 1200 freshmen selected Laikipia University as their University of Choice. It is worth noting that this intake is higher than the last year's intake with the gender ratio being 50:50 making the University gender compliant. This increase in number of students preferring to study in Laikipia University is a clear demonstration that the University is discharging her mandate efficiently and effectively by leveraging on her niche areas by offering education which matches the best international standards. Serene learning environment, location of the University in semi-urban area and along the tourism corridor were among the factors that attracted the freshmen to this great University.

Notably so is the fact that Laikipia University is a renowned institution in the field of Education. The institution has continued to produce great teachers in the country. This, coupled with highly motivated staff, disciplined students and a strong alumni network were among the many reasons cited by the freshmen for preferring Laikipia University.

The Vice Chancellor congratulated the freshmen for their hard work that earned them a place to this unique University. In his address he assured the freshmen that Laikipia University is well endowed with sufficient resources both human and infrastructure that will enable them achieve their desired skills and goals.

The freshmen were taken through an elaborate induction program in order to familiarize themselves with the University. The orientation process also provided them with the opportunity to interact with members of staff from various departments.



LAIKIPIA UNIVERSITY SOARS HIGHER AND HIGHER

Laikipia University continues to attract students locally and globally.

Sr Augustina Chinweokwu Akaeze has been admitted for an MA in Applied Linguistics in the Department of Literary and Communication Studies at Laikipia University. She is a Missionary Sister of our Lady of the Holy Rosary Congregation.

She is from Igbo Community of Anambra State in Nigeria. A teacher by profession, she has taught in different schools both in Anambra state and Benue State. Additionally, she has been in secondary school administration for a reasonable period and the last post she held was of a Principal of a secondary school.

Being a creative writer, she has written two novels: *The Widows daughter* and *Among my Kinspeople*. These novels are currently being used in some secondary schools in Nigeria.

This is Sr Augustina's first time to be in Kenya. She is excited to study in Laikipia University, which she describes as 'so calm and beautiful'. Laikipia University will be her Home for the next two years.

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Coping with Grief

COPING WITH GRIEF AND LOSS

By Dr Prisca Tarus

Lecturer: Department of Psychology, Counselling & Educational Foundations

Coping with the loss of a close friend or family member may be one of the hardest challenges that many of us face. When we lose a spouse, sibling or parent our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Everyone reacts differently to death and employs personal coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. It may take months or a year to come to terms with a loss. There is no “normal” time period for someone to grieve. Don’t expect to pass through phases of grief either, as new research suggests that most people do not go through stages as progressive steps.

If your relationship with the deceased was difficult, this will also add another dimension to the grieving process. It may take some time and thought before you are able to look back on the relationship and adjust to the loss.

WHAT IS GRIEF?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including: divorce or relationship breakup, loss of health, job, loss of financial stability, a miscarriage, retirement, loss of a cherished dream, a loved one's serious illness, loss of a friendship, loss of safety after a trauma, selling the family home. Even subtle losses in life can trigger a sense of grief including after moving away from home, graduating from college, or changing jobs. Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing. Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

THE GRIEVING PROCESS

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you. Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

HOW TO DEAL WITH GRIEVING PROCESS

While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces and move on with your life.

- 1. Acknowledge your pain.*
- 2. Accept that grief can trigger many different and unexpected emotions.*
- 3. Understand that your grieving process will be unique to you.*
- 4. Seek out face-to-face support from people who care about you.*
- 5. Support yourself emotionally by taking care of yourself physically.*
- 6. Recognize the difference between grief and depression.*

The Five Stages of Grief

Denial: *“This can’t be happening to me.”*

Anger: *“Why is this happening? Who is to blame?”*

Bargaining: *“Make this not happen, and in return I will ____.”*

Depression: *“I’m too sad to do anything.”*

Acceptance: *“I’m at peace with what happened.”*

If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you’ll heal in time. However, not everyone who grieves goes through all of these stages—and that’s okay. Contrary to popular belief, you do not have to go through each stage in order to heal. In fact, some people resolve their grief without going through any of these stages. And if you do go through these stages of grief, you probably won’t experience them in a neat, sequential order, so don’t worry about what you “should” be feeling or which stage you’re supposed to be in.

Grief is normal but when grief doesn’t go away, it is known as persistent complex bereavement disorder (complicated grief). In persistent complex bereavement disorder, the emotional symptoms are so severe and deeply-rooted that you have trouble moving on from the loss and living your own life. Grief can manifest itself in a variety of ways. How a person grieves depends on spiritual, cultural, emotional, and behavioral factors. There is no typical response to a loss. However, there are some common symptoms of grief that many people experience.

The sadness of losing someone you love never goes away completely, but it shouldn’t remain center stage. If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships.

Symptoms of complicated grief include:

- *Intense longing and yearning for your deceased loved one*
- *Intrusive thoughts or images of your loved one*
- *Denial of the death or sense of disbelief*
- *Imagining that your loved one is alive*
- *Searching for your deceased loved one in familiar places*
- *Avoiding things that remind you of your loved one*
- *Extreme anger or bitterness over your loss*
- *Feeling that life is empty or meaningless*

Symptoms of grief are both physical as well as emotional. Emotional symptoms include the following; shock and disbelief, sadness, guilt, anger and fear while physical symptoms consist of fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains, insomnia and may more

WHEN GRIEF DOESN’T GO AWAY

As time passes following a significant loss, such as the death of a loved one, it’s normal for feelings of sadness, numbness, or anger to gradually ease. These and other difficult emotions become less intense as you begin to accept the loss and start to move forward with your life. However, if you aren’t feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed

into a more serious problem, such as complicated grief or major depression.

Seek Support for Grief and Loss

The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Even if you're not comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. While sharing your loss can make the burden of grief easier to carry, that doesn't mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.

TURN TO FRIENDS AND FAMILY MEMBERS

Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Rather than avoiding them, draw friends and loved ones close, spend time together face to face, and accept the assistance that's offered. Often, people want to help but don't know how, so tell them what you need—whether it's a shoulder to cry on, help with funeral arrangements, or just someone to hang out with. If you don't feel you have anyone you can regularly connect with in person, it's never too late to build new friendships.

Accept that many people feel awkward when trying to comfort someone who's grieving. Grief can be a confusing, sometimes frightening emotion for many people, especially if they haven't experienced a similar loss themselves. They may feel unsure about how to comfort you and end up saying or doing the wrong things. But don't use that as an excuse to retreat into your shell and avoid social contact. If a friend or loved one reaches out to you, it's because they care.

DRAW COMFORT FROM YOUR FAITH

If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. If you're questioning your faith in the wake of the loss, talk to a pastor, a priest or others in your religious community.

JOIN A SUPPORT GROUP

Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

TALK TO A THERAPIST OR GRIEF COUNSELOR

If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

TAKE CARE OF YOURSELF AS YOU GRIEVE

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional

needs will help you get through this difficult time.

FACE YOUR FEELINGS

You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

EXPRESS YOUR FEELINGS IN A TANGIBLE OR CREATIVE WAY

Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to your loved one.

Try to maintain your hobbies and interests. There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.

Don't let anyone tell you how to feel, and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

Plan ahead for grief "triggers." Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal. If you're sharing a holiday or lifecycle event with other relatives, talk to them ahead of time about their expectations and agree on strategies to honor the person you loved.

LOOK AFTER YOUR PHYSICAL HEALTH

The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

WHEN GRIEF DOESN'T GO AWAY

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If your loved one's death was sudden, violent, or otherwise extremely stressful or disturbing, complicated grief can manifest as psychological trauma or Post Traumatic Stress Disorder. If your loss has left you feeling helpless and struggling with upsetting emotions, memories, and anxiety that won't go away, you may have been traumatized. But with the right guidance, you can make healing changes and move on with your life.

THE DIFFERENCE BETWEEN GRIEF AND DEPRESSION

Distinguishing between grief and clinical depression isn't always easy as they share many symptoms,

but there are ways to tell the difference. Remember, grief can be a roller coaster. It involves a wide variety of emotions and a mix of good and bad days. Even when you're in the middle of the grieving process, you will still have moments of pleasure or happiness. With depression, on the other hand, the feelings of emptiness and despair are constant.

Other symptoms that suggest depression, not just grief, include:

- *Intense, pervasive sense of guilt*
- *Thoughts of suicide or a preoccupation with dying*
- *Feelings of hopelessness or worthlessness*
- *Slow speech and body movements*
- *Inability to function at home, work, and/or school*
- *Seeing or hearing things that aren't there*

CAN ANTIDEPRESSANTS HELP GRIEF?

As a general rule, normal grief does not warrant the use of antidepressants. While medication may relieve some of the symptoms of grief, it cannot treat the cause, which is the loss itself. Furthermore, by numbing the pain that must be worked through eventually, antidepressants delay the mourning process. Instead, there are other steps you can take to deal with depression and regain your sense of joy in life.

When to seek professional help for grief

If you're experiencing symptoms of complicated grief or clinical depression, talk to a mental health professional right away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better.

Contact a grief counselor or professional therapist if you:

1. *Feel like life isn't worth living*
2. *Wish you had died with your loved one*
3. *Blame yourself for the loss or for failing to prevent it*
4. *Feel numb and disconnected from others for more than a few weeks*
5. *Are having difficulty trusting others since your loss*
6. *Are unable to perform your normal daily activities*



LU Half Marathon 9th Edition

Date: Saturday 28th September 2019

Theme: Sports, Health & Clean Environment

Let's Beat Non- Communicable Diseases (NCDs)

LU Half-Marathon is an annual event. The event has attracted athletes who are recognized both nationally and internationally.

Notable athletes who have participated in our previous Editions of the LU Half –Marathon include: Abel Kirui and Bedan Karoki, who have excelled both nationally and internationally. Faith Kipng'etich camped and trained in Laikipia University in preparation for international competitions.

Congratulations to Bedan Karoki for winning the ***Podio Masculino-Medio Marathon DE Buenos Aires*** held recently.

REGISTRATION

S/N	EVENT	DISTANCE	AMOUNT (KSH)
1	Elite men & Women	21km	1000/=
2	Elite Men & Women	10km	500/=
3	LU Staff	10km	500/=
3	Other Universities	10km	500/=
4	Corporate Race	10km	1000/= per person
5	Secondary Schools	10km	200/= per student
6	Primary Schools	10km	100/= per pupil
7	Fun Race	2km	LU Half Marathon t shirt@500/=

AWARDS & PRIZES

NO.	21km Elite	10km Elite	10km staff	10km University Students	5km Secondary/ Primary Students
1	250,000/=	20,000/=	20,000/=	20,000/=	10,000/=
2	80,000/=	16,000/=	16,000/=	16,000/=	8,000/=
3	50,000/=	12,000/=	12,000/=	12,000/=	6,000/=
4	35,000/=	8,000/=	8,000/=	8,000/=	4,000/=
5	25,000/=	4,000/=	4,000/=	4,000/=	2,000/=
6	15,000/=	-	-	-	-
7	10,000/=	-	-	-	-
8	8,000/=	-	-	-	-
9	7,000/=	-	-	-	-
10	5000/=	-	-	-	-



LAIKIPIA



UNIVERSITY

HEALTH WEEK 2019

THEME: FIGHTING NON-COMMUNICABLE DISEASES (NCDs) FOR A BETTER LIFE

ACTIVITIES

23RD SEPTEMBER 2019

Seminar on: Cancer, Diabetes, Hypertension, Alcohol, Drugs & Substance Abuse, Mental Health, Blood Donation, Sexual & Reproductive Health Awareness

24TH – 27TH SEPTEMBER 2019

Screening Services: Cancer, Diabetes, Hypertension, Eye Checkups, HIV/AIDS



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Info Point



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