Graduation list inside



Cavendish

Success begins at Cavendish

Cavendish University holds first Virtual graduation in Uganda

Setting the record. Cavendish University Uganda has set a record by being the first university in Uganda to hold a virtual graduation. This is the third graduation of such kind in East Africa since the outbreak of Covid19 pandemic. P.5

First-class students get cash prizes

The four students who graduated with first-class degrees in the 9th graduation received cash prizes of between Shs. 1, 000, 000 and Shs. 500, 000 each.

FULL STOTY P.2

Three Cavendish students attain media fellowship

Three Cavendish University journalism students were among the 26 students from different universities who qualified for the five-day media fellowship training. P.2

Cavendish awards innovative students

On graduation day, Usama Mukwaya and Harmony Kyomugisha received cash prizes of Shs. 5000, 000 each for for their outstanding performances P. 3

















First-class students get cash prizes

BY BENJAMIN MWIBO

The four students who graduated with first-class degrees in the 9th graduation received cash prizes of between Shs. 1, 000, 000 and Shs. 500, 000 each. Mr. Stuart Timothy Akua received a cash prize of Shs. 1, 000, 000 as the overall best student in the Cavendish University 9th graduation held on May 28.

Mr. Akua graduated with a Bachelor of Public Health, scoring a total Cumulative Grade Point Average (CGPA) of 4.95. Ms. Winnie Nakibuuka was the best female student with a total CGPA of 4.89. She graduated with a Bachelor of Arts in International Relations and Diplomacy. The other students are: Mr. Kamal Yousif Anur who graduated with a Bachelor of Business Administration and Mr. Emman-

uel Bigirimana who graduated with a Bachelor of Laws. They got CGPA of 4.8 and 3.95 respectively. They each received cash prizes of Shs. 500, 000. Mr. Akua said that working with the local communities of Iganga district on public health issues made him to work hard. He also said that: "The desire to understand concepts and contextualizing the knowledge acquired has been a driving force to studying hard."

Ms. Nakibuuka a beneficiary of the Cavendish scholarship grant said that hard work contributed to her excellence. "I managed to excel academically because of the commitment I had and knowing what I wanted, but in all, I thank God," Ms. Nakibuuka said. Born in the family of seven, Ms. Nakibuuka said that this is the second degree in their home.

Three Cavendish students attain MCI media fellowship

BY FAITH KEMIGISHA

Three Cavendish University journalism students were among the 26 students from different universities in Uganda who qualified for the five-day media fellowship training.

Ruth Omar, Faith Kemigisha and Sandra Racheal Cope were the 2019 Inter-University Media Challenge award-winning journalism students from Cavendish University who qualified for the training.

The other students were from Kampala International University, Uganda Christian University, Kampala University, and Makerere University among others.

The training which started on February 28th at J- Frigh Hotel Makerere Kikoni is organized by the Media Challenge Initiative (MCI).

MCI usually organizes special training for Inter-University Media Challenge award-winning journalism students. The training is aimed at equipping journalism students with more practical knowledge to become the next generation of journalists in media. Asked why MCI organizes annual Media Challenge Fellowship Program, Mr. Abaas Mpindi, head of the Media Challenge Initiative Mpindi said: "Media Challenge Fellowship Program was born of the idea of building the next generation of journalists and with that we were hoping to identify talented and passionate cadres of young people from Universities that we can begin to groom and give them time and space to think creatively but also to act aggressively on sharpening their skills and sharpening their talent to become the next multimedia journalists or what we call 'a one woman-



one man army journalist."

Mr. Mpindi also added that: "The MCI staff has not been just giving awards to these students and sending them back home but provided a big platform for these individuals to get hands on skills and advanced media training."

The content of this year's training is mainly on the: role of journalists today; goal setting and online journalism; the intersection between media, democracy and development; understanding and reporting on social justice; understanding and applying the practice of solutions journalism; developing story ideas, angles and news writing for print or online media; story packaging for TV, editing and story production; and photojournalism.

The trainers were mainly media experts from Uganda's leading media houses like; Mr. Canary Mugume and Mr. Raymond Mujuni from NBS TV, Mr. Arnold Segawa from NTV, Ms. Carol Ariba from New Vision, and Mr. Maurice Mugisha from UBC TV. Others were Ms. Carol Beyanga from Daily Monitor, Ms. Linda Kagechi from 256 Media, and Mr. James Akena from Reuters.

MCI staff like Mr. Abaas Mpindi the MCI CEO, Mr. Antonio Kisembo the Head of Operations, Mr. Ivan Kimuli Kigozi, and Mr. Mark Muggaga were also among the trainers. Mr. Mpindi, said that this was the third class of fellows and hoped for the best in 2020. Ms. Ruth Omar a trainee from Cavendish University was happy to attend the training. She said: "I am very

proud to be an MCI Fellow because it has given me a new identity and opened huge doors for me to places I never thought I would get to."

Mr. Mpindi is, optimistic that the trainees will perform well in their journalism career paths. He said that the sky is the only limit at the MCI and they are moving all their forces to building the next generation of journalists that can impact, change, and lead the community to an era of knowledge and awareness.

Ms. Omar thanked MCI for the great work of training and imparting in her the most needed skills in the field of journalism. She plans to start an online publication for self- employment. There are more trainings ahead, as the graduation for the fellows is planned for July 25, 2020.

The Cavendish Education News Tuesday, June 2, 2020 3 Cavendish awards innovative students



BY CLADYS NALUBEGA

n graduation day, Usama Mukwaya and Harmony Kyomugisha received cash prizes of Shs. 5000, 000 each. They are second year students of Business Administration and Journalism & Communication Studies respectively.

The two students were awarded for their innovations in the Uganda entertainment industry. Mukwaya is the Producer of the new TV series Kyaddala which airs on NBS Tv, a show that has transformed the face of real-life drama on TV.

Kyaddala is a pan-African television drama series created for Reach a Hand Uganda. Set in a present-day high school life, Kyaddala a Luganda word for "It's Real", focuses on real life social issues that affect young people across Africa and their attempts to overcome those issues. The series features actors and actresses from Uganda, Kenya, Rwanda and Nigeria.

Speaking to this newspaper, Mukwaya said that the prize was a surprise to him. "I thought we were going to be given plaques but I was overwhelmed by the cash prize," Mukwaya said. He also added that: "This is something outstanding and very motivational to students to not only focus on education but also be innovative so as to make a difference."

Kyomugisha who is TV host at Magic 1 and the main actress in the Kyaddala TV series said that it was

exciting and humbling to receive a prize from the Cavendish University. She advised Cavendish University students to be passionate in whatever they do. "If you are going to do it, at least be passionate about," Kyomugisha advised.

Mukwaya and Kyomugisha are part of 27 students who had already received non cash prizes on November 13, 2019 in the award-giving ceremony organized by Cavendish University.

The award-giving ceremony was held on November 13, 2019. In the ceremony, the students were awarded for their excellence and for representing the university at different academic fora at the national, regional or international levels.

The colorful ceremony at which students were issued with Certificates of Excellence was presided over by members of the University Advisory Council, the Vice Chancellor, members of the senior management, other university staff and students.

The purpose of the awards is to promote hard work and innovation among Cavendish University students, Following the Vice chancellor Prof. John F. Mugisha's declaration of last year as a "Year of Excellence". All members of staff and students were argued to commit to continued growth, selfimprovement and to stay focused on achieving set goals in an excellent manner despite the setbacks.

Rita Kobusingye



Finalist at the Hult Prize regional competitions in Nairobi, Kenya.

Bosco Twishime



Finalist at the Hult Prize regional competitions in Nairobi, Kenya.

Sufficient Ninsima



Profound debater, and composer of the best Poem at the Inter-University Debate Championship at Bishop Stuart University. Also participated in the Haradali Open (East Africa's Women Debate Championship) at Strathmore University.

Eve Joan Nagawa

Profound debater, Finalist at the Haradali Open (East Africa's Women Debate Championship) at Strathmore University and president of the CUU debate club.

Collins Mbulakyalo



Best Public Speaker at the Inter-University Debate Championship at Bishop Stuart University, Best Judge at the Haradali Open (East Africa's Women Debate Championship) at Strathmore University and currently in Arusha for a debate on democracy, governance and corruption with the EALA Members of Parliament.

Mariama Tabally



Best team at the Inter-University Debate Championship at Bishop Stuart University, Finalist at the Haradali Open (East Africa's Women Debate Championship) at Strathmore University and currently in Arusha for a debate on democracy, governance and corruption with the EALA Members of Parliament.

Richards Okorjie Chimezu



Reigning Mr Cavendish and also Mr. East African Universities 2019/2020.

Continued to page 11

EDITORIAL

Embrace Cavendish graduation model

With many countries and institutions in lockdown because of the Novel Corona Virus, learning might never be the same again anytime soon. The World Health Organisation (WHO) predicts that the virus might be with us for more than two years. So, we need to learn to live with it.

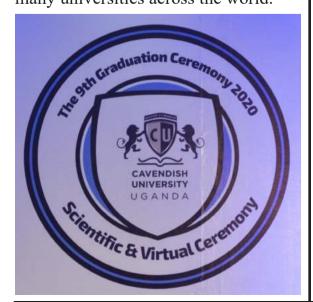
With this, more innovation is needed in the field of education to support learning. Cavendish University has thus set a record by holding the first scientific and virtual graduation in Uganda. By the time of the lock in March, some universities in Uganda were already preparing for graduation but that is not the case now. Their students now are not sure of how and when they will graduate.

According to Prof. John Francis Mugisha, Cavendish University Vice Chancellor, holding scientific and virtual graduation will enable students obtain their academic documents to be able to secure jobs, promotions at the work place, job security or pursue further education and make contributions to the world.

Many universities in Uganda should, therefore, embrace this new model of graduation as a way of controlling the spread of the Novel Corona virus. Education institutions and students should accept the change and adapt to it.

With many countries in E. Africa still registering increase in the number of COVID19 patients, there is a lot of uncertainty about when the region will be free from the Corona virus.

In order to avoid students' over stay in the universities waiting for the 'normal' graduation of big gatherings, universities should change focus and copy the Cavendish model. This model may soon be the only way to go in many universities across the world.



The Guest of Honour (The Rt Honorable Speaker of Parliament of Uganda), other distinguished guests, university sponsors, members of the university management and staff, the student body, graduands of today and your families, all friends of Cavendish University Uganda, ladies and gentlemen.

Today we are celebrating the 9th graduation ceremony of Cavendish University Uganda. It is the frst graduation we are doing virtually because we wanted to balance the need for promoting students' employability with the need to prevent the spread of the Novel Corona Virus.

I congratulate you - the graduands - wherever you are watching this from, because you worked very hard and endured the pain and sacrifce that goes with rigorous and highly demanding university education. I know that education

H.E. Benjamin Mkapa

Chancellor Cavendish University

journey is neither short nor smooth. It requires hard work, sustained courage and the constant stress of having to sit periodic examinations to prove that you actually mastered the intended learning outcomes. I join your professors and instructors who trained you, in applauding your achievement. By the same token, I join your parents, sponsors, relatives and friends who must be overjoyed that you have successfully completed your studies at Cavendish University Uganda and are

For this 2020 graduation, the university management chose the theme: "Research and Innovation as Tools for Growth and Development". I approved this theme because I know that workable solutions to the global challenges of today and tomorrow cannot simply be by intuition but must be evidence-based. I also know that innovation is what will make the difference between today and tomorrow if the future is to be better than the present.

graduatingtoday.

There is not a single organisation in the world today that isn't searching for innovative ways to improve its productivity, sustainability, effciency and effectiveness. Your own employability and career development is thus dependent on your ability to convert your acquired knowledge into better ways of doing business, improving service delivery and scaling big ideas. Having spent considerable years at Cavendish University Uganda,

you have been exposed to a vast demography of people from different countries, cultures, ethnicities, languages and learning environments. I urge you to build on this and create powerful and helpful networks that will open doors of opportunities for you in different geographical and political settings.

Make use of the generic skills in Information Technology and digital literacy to maintain and reinforce your contacts, and to exchange constructive information among yourselves.I do commend your professors and instructors for equipping you with knowledge, skills and competencies that will enable you to navigate the world of business and industry and make your own contribution.

As I conclude, I would like to emphasise that success is not automatic. It requires a strategy, hard work, sustained focus, continuous learning and discipline. To be innovative, you will have to constantly challenge yourself to perform higher by devising better ways of achieving more with less or with nothing at all. The qualifcations you are earning today are testament to your polished skills and capabilities and, therefore, you have no excuse for not succeeding. You should leave here with determination and confdence to devise solutions to challenges facing humanity today. You have my blessings and best wishes for a great future. Thank you and may God bless you.



steemed guests, parents, Sponsors, staff, students and graduands, I wish to welcome you all to the ninth graduation ceremony of Cavendish University Uganda (CUU), and the frst ever scientific and virtual graduation to be held. The outbreak of the Novel Corona Virus which causes Covid-19 led to the shutdown of universities and other education institutions almost all over the globe.

At CUU, we decided to migrate all our contact students to the Cavendish University Learning Platform (CULP) that was already serving the Distance Learning students. We therefore seamlessly switched to online study following the regulatory guidelines in Uganda.

Our professors and instructors kept conducting their classes leveraging technology such as Zoom, WebEx and Google Meet. Moreover, we maintained all operational and administrative activities including holding virtual meetings of Faculty Boards, Uni-

Prof. John Francis Mugisha

Vice Chancellor Cavendish University

versity Senate and Council following our academic and operations calendar. We at CUU have not missed any academic or operations activity. We are not missing the graduation!

The purpose of holding this scientifc and virtual graduation is to enable our deserving students to obtain their academic papers so that they can secure new jobs, promotions at the workplace, job security or pursue further education and make their contribution to the world. Therefore, today, CUU will gift to the world a total of 809 graduates who are well trained, highly skilled and intellectually grounded to add value in terms of providing excellent services and crafting workable solutions to the social and development challenges facing humanity today and in the future.

Last year, our graduation (and annual) theme was: commitment to excellence as a key to graduate success. As a university, we lived to the expectations of this theme: we emerged the best in the 2019 interuniversity debate competitions; subsequently our debate team was invited to participate in the East African Legislative Assembly (EALA) debate in Arusha; we were voted the best private university (hence Golden Medal Award Winners) by the Consumer Choice Awards; we improved from position 17 to position 11 in the University Ranking in Uganda conducted by UniRank (see https://www.4icu.org/ug); we were the second best university in Uganda in

the innovation challenge sponsored by the worldwide Institute for Electronic and Electrical Engineers (IEEE), just to mention a few This year, the theme of our graduation (and of the year 2020) is: "Research and Innovation as tools to achieve Growth and Development".

Innovation and excellence are some of our highly cherished institutional core values. This is what produces new knowledge, which is sine qua non for innovation and development. Because of innovation, we are able to hold this graduation, which is both scientifc and virtual and to virtually access our students, their families and all our stakeholders who are viewing us live on various media in real time.

To our graduands, you have been taught that innovation requires skills in critical thinking, digital literacy, data manipulation, statistical methods and communication. You have been trained and equipped with these skills and competencies. CUU trusts that you will apply them to make a significant contribution to your families and communities because you have already demonstrated resilience, hard work and commitment.

You have passed through a rigorous and intense academic process of training and formation. For this, I congratulate you. Aim higher, trust God, continue to learn and ensure to stay safe from situations that can compromise your health. I wish you God's choicest blessings in all your endeavours.

Cavendish holds first virtual graduation in Uganda



BY BENJAMIN MWIBO

Cavendish University held a Scientific and Blended Virtual Graduation on Thursday, May 28 at Speke Resort Munyonyo and it was broadcast live on NBS television and other online platforms, attracting a viewership of over 4.2 million worldwide.

The 9th graduation was presided over virtually by the Chancellor H.E. Benjamin Mkapa from Tanzania. A total of 809 students graduated with certificates, bachelor's degrees and post graduate degrees.

This was the first graduation of such kind in Uganda and the third in East Africa since the outbreak of COVID19 that has caused lockdown in many countries across the world. Attendance in the graduation was strictly by invitation and few students were invited to represent others.

The function started at 10am and lasted for three hours. The Commencement Speaker was Ms. Doris Akol, the former Commissioner General at URA and Rt. Hon. Rebecca Kadaga, Speaker of Parliament was the guest of honour.

The theme of the graduation was "Research & Innovation as tools to achieve Growth & Development." The graduation was postponed from March 27 to May 28, 2020, citing COVID-19 pandemic as the major reason for the postponement.

The university conducted a Graduation Survey in April. A sample of 500 graduating students participated in this survey and according to Mr. Fredrick Mufta, Sales & Marketing Director, 72 per cent of the students preferred a virtual graduation while others preferred to have the traditional in-person ceremony at a time when this public health crisis is over.

The graduation was described as

scientific because it observed the scientific guidelines of the Ministry of Health and the World Health Organisation (WHO) such as social distancing (over a two- metre radius), use of face masks, taking a short duration (maximum two hours), using a wide venue with sufficient ventilation that permits the flow of natural air, permitting few participants (not exceeding 20 people), sanitising the entire venue and provision of sanitary facilities to the participants on entry and exit.

In his address, the University Chancellor H.E. Benjamin Mkapa challenged the graduands to embrace Innovation as Tools for Growth and Development. "I know that innovation is what will make the difference between today and tomorrow if the future is to be better than the present," H.E Mkapa said adding that: "There is not a single organisation in the world today that isn't searching for innovative ways to improve its productivity, sustainability, efficiency and effectiveness. Your own employability and career development is thus dependent on your ability to convert your acquired knowledge into better ways of doing business, improving service delivery and scaling big ideas."



H.E Mkapa also advised the graduands to work hard, be focused, continue learning and be disciplined if they are to succeed because success is not automatic.

In his speech, Prof. John Francis Mugisha the Vice Chancellor justified why the graduation was necessary. He said: "The purpose of holding this scientific and virtual graduation is to enable our examined students obtain their academic documents to be able to secure jobs, promotions at the work place, job security or pursue further education and make contributions to the world." Graduating now rather than later will enable graduates to compete more favourably for any available jobs, promotions, and survive better the post- COVID-19 employment environment, which is likely to be characterised by new job scarcity, retrenchments, and the like.



Rt. Hon. Rebecca Kadaga commended Cavendish University for continuing to operate even when all education institutions including universities went into a shutdown world over. "I am reliably informed that Cavendish University Uganda was already prepared with an educational online platform and I take this opportunity to congratulate you. This sets you apart as a university preparing students for the future."

Rt. Hon. Kadaga further advised the graduands to work hard in order to succeed. "To succeed, you need hard work, unwavering commitment, steadfast concentration, excellent collaborative skills as you study in teams and great intellectual abilities to satisfy stringent requirements of a rigorous academic system," She said.

Prof. Mugisha also highlighted the achievements of the university, for example, being the best in the 2019 interuniversity debate in Uganda, being voted the best private university in Uganda of which the Cavendish University awarded a golden medal by the Consumer Choice Award. The university also improved on her ranking from the 17th position to 11th position in a span on just one year.

How then will the academic documents (Transcripts and Certificates) be verified and delivered?

Upon graduation, the university will publish the names of the graduates on the University Website.

The university will also send soft copies of the academic documents to the graduates via email; the Certificate, Transcript and copy of the graduation book will be delivered by courier to the Office of the Education Attaché at the various embassies in Kampala for countries with CUU International graduates or arrange collection from the University by the graduates in Uganda; and the academic documents can be verified using the Certificate Verification Service (CVS) link on the university website.

However, the university also clarified that no further graduation fees shall be payable by the students who choose to "walk" at the next graduation ceremony and that graduation fees for the 9th Graduation Ceremony will be maintained to cover the costs related to, among others, certificate and transcript printing and delivery, as well as, the CVS service.



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The Cavendish 2020 Graduation List Tuesday, June 2, 2020

CERTIFICATES

CERTIFICATE IN BUSINESS ADMINISTRATION

No. Name

- 1 AJAK Francis
- **ACHOL Veronica**
- 3 ADAU Bol Suzan
- ADOLFINA Ntale
- AIMEE Scheilla Mbanza
- ANGELINA Nyanyok Mayen
- AWEIN Bol Agany
- **BAMWINE Dorcus**
- DUT Akech Akok
- 10 ENZAMA Joet
- 11 GISMA Olga Rugbua Justin
- 12 GRACE Manas Daniel Jamba
- 13 IBALA Galla Lomrumoi Lomairang
- 15 KAFANKA Abel
- 16 KERUBINO Deng Dholic
- 17 KUICH Emmanuel
- 18 KUOT Wol Akok
- 19 MARGARET Esoot Munduni
- 20 MARIAL Joseph
- 21 MOSES Gai Deng
- 22 NYOKA Christine
- 23 OBULEJO Rogers Eric
- 24 PETER Yak Bul
- 25 TOGO Esther
- 26 WANINGO Daniel Peter

CERTIFICATE IN PROCURE-MENT AND LOGISTICS

Name No.

- 1 AYIGA Michael
- CHOL Isaac Angeth
- KIDEN Margret
- 4 MALUAL Madut Diing

CERTIFICATE IN INFORMA-TION TECHNOLOGY

- 1 AMAN Mach Achuoth
- 2 DANIEL Enoch
- **EDO Solomon**
- 4 IKUMAYETE Kirongozi
- 5 ISAAC Wiyuak Chuol
- 6 MAJUOT Mabior Kuol
- NANGENDO Martina
- SARAH Halima James
- 9 TEMESGEN Tekie Teweldemedhin
- 10 THON Jacob

CERTIFICATE IN HEALTH RECORDS AND INFORMATION **MANAGEMENT**

No. Name

- AGOLO Harriet
- **ALUPO** Scovia
- 3 AMODING Eunice
- 4 LOKUT Paul

CERTIFICATE IN RECORDS AND ARCHIVES MANAGE-**MENT**

No. Name

- 1 ARENGO Irene
- KATOOKO Eveline
- KONGAI Harriet

CERTIFICATE IN SECRETARI-AL STUDIES AND INFORMA-TION MANAGEMENT

Name No.

- 1 AGUMA Mary
- 2 APUKO Modesta

CERTIFICATE IN PUBLIC RELATIONS AND MEDIA MAN-AGEMENT

No. Name

- 1 AGUER Ateny Jok
- 2 BIOR Garang Gak

CERTIFICATE IN LAW

No. Name

- 1 ALUKO Lydia
- 2 APATH Susan Manut
- 3 ATWINE Stella
- 4 NINSIIMA Abigail Magezi

DIPLOMAS

DIPLOMA IN BUSINESS AD-MINISTRATION

No. Name

- 1 Ajak Francis
- 2 ABDULAZIZ Mohammed I
- 3 ACHIRO Poline Johnson
- ADAU Bol Suzan
- ADOL Machar Goljok
- ADOLFINA Ntale
- **ADONG Janet**
- 8 AJIET Simon Peter
- 9 AKODOI Justine
- 10 ALII Walter
- 11 ANDRUGA Nelson
- 12 ANGOM Monica Okello
- 13 ANITAH Lynn Natabi Kabuye
- 14 ASIMO Caroline
- 15 AWEIN Bol Agany
- 16 BAMWINE Dorcus
- 17 BOL Sam Leek
- 18 BONIVENTURE Irene
- 19 BYARUHANGA Ali
- 20 CANWAT Morish 21 CHOL Isaac Angeth
- 22 DAVID Karhakubwa King
- 23 DAVID Majok Deng
- 24 DEBORAH Emmanuel Kileo
- 25 DUT Akech Akok
- 26 IMEN Jennifer Lotyang
- 27 IRAKOZE Achille
- 28 JOSEPH Adhieu Arol
- 29 JOSEPH Simon James Andrea
- 30 KAFANKA Abel
- 31 KINTU Andrew
- 32 KIPWOLA Gloria
- 33 KISAKYE Christine
- 34 KON Anyar Diing Akuei 35 LUSUNZO Philimon
- 36 Makeny Deng Peter
- 37 MARIAL Joseph
- 38 MATIOK Paulino 39 MBABAZI Jello
- 40 MBOMI Raphaëlla Annita
- 41 MBUYO Joseph
- 42 MUHWEZI Baleeta Racheal
- 43 NIZEYIMANA Wilson
- 44 NTUNGIRE Apophia
- 45 NUWAHEREZA Benjamin 46 NYALONY Palet Khan
- 47 NYOKA Christine 48 OCANIT Julius
- 49 OCHAN Rojo
- 50 OKIROR Joshua
- 51 OLUPOT Richard Ocen
- 52 ONEN Geofrey

- 53 OTEMA David
- 54 OYELLA Consolate
- 55 PETER Yak Bul
- 56 SSENTONGO Herbert
- 57 TIMNIT Fesseha Ghebremichael
- 58 WAMALA Halima
- 59 WANINGO Daniel Peter
- 60 WASSWA Maurice

DIPLOMA IN COMPUTER SCIENCE AND INFORMATION TECHNOLOGY

No. Name

- 1 ABAK Josephine Bol
- 2 ACAYE Joel
- 3 AMAN Mach Achuoth
- 4 AREMO Joshua
- 5 BASIIMA Rodman
- 6 BUGABA Hamidah
- BYAMUKAMA Bosco
- 8 DANIEL Enoch
- 9 ISAAC Wiyuak Chuol 10 KANANURA Edwin Kyerere
- 11 KASHUMBUSHA Stephen
- 12 KOK Abraham
- 13 LOKI Daniel Atiol
- 14 LUWAR Solomon
- 15 MAJUOT Mabior Kuol
- 16 MENYA Paul
- 17 MUWANGA Anthony 18 NABIKAMBA Mark
- 19 NALUYIMBA Lyton Elizabeth
- 20 NANGENDO Martina
- 21 NATASHA Sandra Agasha 22 NELSON Atem Gai Deng
- 23 OBAL Brain 24 OKUMU Thomas
- 25 ONUME Isaac 26 OPIO Philip
- 27 OWINY Matata
- 28 OWOYESIGA Beach 29 SAMUEL Abel Mading
- 30 SSERUNJOGI Isaac
- 31 TITUS Tong Majak
- 32 TWINOMUHWEZI Brian 33 UWAMAHORO Joan

DIPLOMA IN PUBLIC HEALTH

No. Name

1 EDEMA Edward

DIPLOMA IN HEALTH RE-CORDS AND INFORMATION MANAGEMENT

Name No.

- 1 AGOLO Harriet
- 2 AKOL Julius Diwa **ALUPO** Scovia
- 4 AMODING Eunice
- ANGODO Moses 6 ASIO Patricia
- CHEKWEMOI Caren
- KALULE Esther 9 LOKUT Paul
- 10 LOROT Andrew 11 NAJORE Ruth
- 12 NAMAGANDA Carol 13 NAMBUBA Irene
- 14 NGIRO Christine 15 OCEN Moses
- 16 ODENG Daniel Stephen
- 17 ONYANG Rose Mary

18 OPUWA Joseph

DIPLOMA IN RECORDS AND INFORMATION MANAGE-

MENT

No. Name 1 OPIO Peter

DIPLOMA IN RECORDS AND ARCHIVES MANAGEMENT

No. Name

1 KATOOKO Eveline

DIPLOMA IN PUBLIC ADMIN-STRATION AND MANAGE-

MENT

No. Name 1 BEROCHAN Paula

DIPLOMA IN SOCIAL WORK AND SOCIAL ADMINSTRATION

No. Name

1 APOLOT Loyce 2 DAU John Awuou

DIPLOMA IN LAW

Name

- 1 ALUKO Lydia
- 2 APATH Susan Manut
- ATWINE Stella
- NINSIIMA Abigail Magezi

KAYEMBA Muhamad

BACHELOR'S DEGREES

BACHELOR OF BUSINESS ADMINISTRATION

- No. Name
- 1 ABALO Sharon 2 ABDULAHI Abdihakim Mohamed Isse
- 3 ABER Judith 4 ABUBAKAR Hafsat Tafida
- ACHEN Peace
- 6 ACHOL Deborah **ACHOL Mading Marial**
- 8 ACHOL Veronica 9 ACHORA Patience Okello
- 10 ADESA Mariano Ereneo Murhuam
- 11 ADUT Guor Lueth Amal

12 ADUT Mary

- 13 AJAK Marial Chanuong Yol
- 14 AKENA Keneth Latigo 15 AKON Rebecca Mabior
- 16 AKOY Machok John 17 ALBINO Ring Madut Yai 18 ALLEN Vivian Balondemu
- ALUEL Mawien Wek
- 20 AMBIE Janet 21 AMISI Bernadette

26 ANYAIT Susan

- 22 AMOR Susan Atem 23 AMUYA Simon
- 24 ANA Shitala 25 ANNA Wamuyu Karume
- 27 ANYANG Monytoc Manychol Monytoc
- 28 APATH Susan Manut
- 29 APIO Priscilla 30 ASINGWIRE Jonathan
- 31 ATUHAIRWE Conrad 32 BABIRYE Mary Rio
- 33 BABYENDA Fally 34 BAGUMA Destin
- 35 BAGUMA Rachel Shekinah
- 36 BAKO Angela Jamba
- 37 BALIKWISHA Longo

The Cavendish 2020 Graduation List Tuesday, June 2, 2020

38 BARAKA Tabaro Christian

39 BARECH Lual Chol Aginy

40 BIBUYA Bukuto Sylver

41 BIONG Magid Ajing 42 BIOR Garang Gak

43 BOL Kuaja Lual

44 BONFILS Sibetu

45 BUKIRWA Gorret

46 CHOL Jok Makuei

47 CHRISTINE Layet Samuel

48 CIGIRIZA Samuel

49 DANTIYE Nasir

50 DAVID Luel Puoch

51 DEBORAH Achol Mayen

52 DHOR Deng Dut Gop

53 DOMINIC Dut Chan Diang

54 DOTO Kisoma

55 DUKE Martha

56 DUOT Jacob Ajang

57 EFIOK Daniel Eyo

58 ELISEE Goba

59 ELIYA Cigiriza

60 ELIZABETH Dunstan Wajo

61 ELIZABETH Nyanapak Majak

62 EMELDA Dana Ambrose Baoza

EMMANUEL Federiko Inyasio

64 EMMANUEL Mangok Aliap

65 EMMANUEL Simon Alier Tong

66 EVA Falax Wani Lado

67 EVANCE Julius Nyaki

68 FADUL Yousif Jana

69 FATIYA Mary

70 FAZATI Hassani Ali Abdillah

71 FAZILI Baguma Daniel

72 GAI Peter Jok

73 GASIGWA Robert Nzarigezaye

74 GENTILLE Mariza

75 GEORGE Iwa Aquilino

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77 HABYARIMANA Robert

78 HASSAN Mahamud Mohamed

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80 INGA Ngola David

81 IRENGE Mweze Justin

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186 NNAYIGA Assumpta Mirembe

187 NYADIO Aisha

188 NYADOUTH William Deng

189 NYAKANGO Peter Padiet Akundok

190 NYAWOUR Veronica Kueth

191 OBULEJO Rogers Eric

192 OCHENYI Martin

193 ODONGA Francis

194 ODYEK Hilda

195 OFONYA George

196 OGENMUNGU Gerald 197 OKELLO Kennedy Kosko

198 OKENY Lillian

199 OKOT Sunday Jimmy

200 OMODING Charles Clarke 201 OPIO Emmanuel

202 OWACHGIU Richard

203 OYAMBIA Ndjeka Marc 204 OYAT Godfrey

205 PATRICIA Marko Abraham Laki

206 PINYOLOYA Lucy

207 PONI Sylivia Sekwat

208 REBECCA David Nyang

209 SADIKI Rehi 210 SHADIA Zainabu Iddy

211 SSOZI Rogers Innocent

212 STANLEY Ajush Micheal 213 SUNDAY John Manyang Deng

214 SWEDI Bushiri Elie 215 TOGO Esther

216 TOT James Gatwech

217 TUMWEBAZE Jackson 218 TWISHIME Bosco

219 UMA Daniel Conard 220 UMUTONI Zainabu

221 USHINDI Barhalinshonyi 222 UWASE Deborah

223 VICTORIA Leyot David Logoro

224 WABWIRE Iddi Yusuf 225 WALAH Alice Philip

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229 YANGI Alice Duku 230 YOUSIF Kamal Anur

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1 ABDIRAMAN Ahemed Abudulle

MASTER OF ARTS IN PUBLIC RELATIONS AND MEDIA STUDIES

No. Name

1 GEORGINA N. AtwineNullaut

Cavendish awards students

From page 3

Tijah Igbazenda Imoter



Innovator of the Afya-soft App, a medical app which connects patients to the nearest medical centre and also shows availability of doctors to avoid queues.

Justice Wua Akile

Engaged a lot in UN related activities, most engaging student in 2017 and also participated in the team which represented CUU at the regional competitions of the Hult Prize in Lagos Nigeria.

Juliet Nalwoga



Winner of the 'Best English News Anchor Award' at the 2018 Inter-University Media Challenge.

Kenneth Muhereza Bintu



Innovators of the Public Transportation App which has been showcased in several African countries like Kenya, Uganda, Tunisia and also at the UN SDG's open day at Kololo Independence grounds recently.

Shyka Lwanyaka Farid

Golden ticket holder of AIME in East Africa, Founder of the Wellbeing foundation where he has fronted the "My Menstruation is awesome campaign" all of which have taken him far beyond Africa.

Samuel Museveni



Founder of the Chilli Afique project which was pitched and competed well in the Hult Prize competitions and reached quarter finals in Dubai 2018.

George Ataho

The national and regional winners of The Hague Innovation in Law (HiiL) Innovating Justice Challenge 2018 with the 'Bataka Court model' innovation.

Bataka court model is a community based informal justice system that provides an alternative justice mechanism to enhance access of justice for the poor.

Absalom Ochieng



Winner of the 'Best Television (TV) Presenter Award' at the 2018 Inter-University Media Challenge.

Harmony Kyomugisha



TV host at Magic 1, Actress in the *Kyaddala* and The Campus TV series which have enhanced visibility of CUU.

Caleb Somtochemu



Winner of the 'Best Technology Reporter Award' at the 2018 Inter-University Media Challenge.

Blasius Nkologi

Developer of the smart "Intrusion Detection System" which is a useful Internet of Things (IOT) and Artificial Intelligence (AI) based solution to the challenges of maintaining home security.

Denis Tabo

Winner of the 'Best Editor Award' at the 2018 Inter-University Media Challenge.

Ramon Tindimweba



President of the Cavendish Law Students' Association and also President of the Uganda Law Students' Association.

The Cavendish



How regular exercise keeps your body healthy

BY LIVINGSTONE NSOBYA

hysical fitness is one of the activities every human being should have for a healthy lifestyle. Physical fitness is a state of health most especially the ability to perform aspects of sports, occupation and daily activities.

Physical fitness is generally achieved through proper nutrition, moderate physical exercises and sufficient rest and without those three elements, do not expect any results.

A number of people go to gyms for different reasons, some for flexibility exercises such as stretching which improves on the range of motion of muscles and joints. Others for aerobics like running, walking and this focuses on the cardio vascular endurance.

A large number of men and women do go for anaerobic such as weight trainings, sprinting and this increases short term muscles and strength and this shapes their bodies the way they want them to be.

Mr. Kevin Muhumuza a gym instructor at Body Builders Gym Kampala says it is very important for one to do physical exercises at least 30 minutes a day. He adds that working out every day keeps your body healthy, it reduces your risks of heart attack, helps you manage your weight, have low blood pressure and it also helps one to have strong bones, muscles and

"Many of the benefits of exercises are mediated through the role of the skel

eton muscles as an Endocrine organ and this makes muscles contract and release multiple substances known as cytokines which promote the growth of new tissue, tissue repair and



various anti-inflammatory functions which in return reduce the risk of developing various diseases," Said Mr. Muhumuza.

He also advised on the types of foods that one must eat while exercising. He recommends that one should eats plenty of fruits, drinking plenty of water or fluids.

However, Mr. Muhumuza says that

it is not a must for one to go to the gym for physical exercise because one can do it in their room, compound and any place that has space.

He also advised on workout dress code, saying that one should not put on a tight dress or pair of pants when he or she is going to the gym or any other place for workouts. One should instead put on a free outfit that makes him or her comfortable when working-out. People who workout are at a lower risk of dying early.

Mr. Muhumuza, however, advises that every person should workout for a good health. He says that physical education should even be made compulsory in schools so that the students and teachers can be physically fit and healthy.

Besides being physically fit, Mr. Muhumuza said that working-out has helped people like him get jobs. He said that if physical education is made compulsory in schools, they (gym instructors) will get jobs in schools to teach body fitness lessons.

Working out and following a strict nutritional regimen to achieve a perfect physical form is both art and science while lifting weights and engaging in other fat busting and muscle revealing exercise is an important part of discipline, but eating the right way maybe even a bigger piece of puzzle.



To help people make healthy lifestyle changes, Mr. Muhumuza said that: "People should set specific, progressive achievable weight and exercise target and prescribing lifestyle intervention programs that can provide appropriate supports. Using smart phones or watches(smart) applications or other wearable devices that provide activity feedback as well as applications that help people track food intake can be helpful to keep people motivated for a healthy lifestyle."









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