



Cavendish

Success begins at Cavendish

Cavendish opens studio for Journalism students

Hands-on training. In order to prepare their students for the ever competitive job market, Cavendish university has opened a radio station to practically train students.....**P. 4**



Absalom Ochieng and Sandra Cope co-host a show

Controversy continues to loom over Cavendish guild leadership

It is now six months since Cavendish students went on polls to elect a new guild president. However, up to now, the university does not have a substantive guild president. The election was held on May 7.

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Soursop: The Commendable cancer treatment fruit of all times

This fruit is believed to be 10,000 times more powerful than the conventional chemotherapy treatment.



Journalism students attend media training

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Cultivate your job skills at Cavendish University Uganda

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Man makes electric motorcycles to curb Carbon emissions in Kampala



The electric motorcycle used in the pilot stage. Photo by JOSHUA NSEREKO

BY JOSHUA NSEREKO

Over the recent years, there has been a rise in the number of Boda-boda riders in Kampala and this has in turn subjected the city to an increase on the Carbon gases emissions from the several motorcycles.

On the surface, Mr. Ivan Kasule is one of about 300,000 Boda-boda riders in Kampala City. He picks up his passengers from around the city and its outskirts but Mr. Kasule has a distinguishing factor in his bike.

As one of the first riders for the Zembo company, Kasule operates an electric motorcycle offered by the same company.

For close to a year while using the Zembo electric motorcycle, Kasule points out the distinctions that the electric motorcycle has over the ordinary ones he was formerly operating. "This motorcycle, does not require neither oil nor fuel and, therefore, has no fumes, which is healthy for both the riders and the environment," said Mr. Kasule.

Zembo company, as part of their main objective to mitigate the levels of pollution in Uganda, the company aims at cutting on the percentage of Carbon gases emitted by offering an alternative energy-based solution, electric motorcycles.

Being third in the Start-up Africa Road trip, the now one-year-old company has come from just an idea that Daniel Dreher, a former solar engineering student and founder of the Zembo company, once had while commuting daily from Makindye to Najjanankumbi.

The solar engineer is now offering a sustainable electric motorcycle as the perfect alternative for the boda-boda business to go green.

Climate change

Air pollution is one the major causes

of Climate change with the greatest percentage of it caused by transportation, that is, the increasing number of vehicles (motorcycles and cars) in the country today.

The Paris Climate deal which was signed in 2016 has the primary objective of bringing the world's countries together to wedge a fight against global warming and climate change impacts. Uganda in the same year was one of its earliest African parties to sign on the deal, committing herself to a 0.07% of greenhouse gases for ratification.

Following this, the Ugandan government has laid ground for several mitigation plans to reduce the impacts of climate change in the country through the introduction of projects like the Lake Victoria Environmental Management Project and the Uganda Clean Cooking Supply Chain Expansion Project.

Mr. Daniel Dreher, a former solar engineering student and founder of the Zembo company said: "Powered by a rechargeable and removable Lithium-ion battery, the electric motorcycle can go about 70 km per single charge.

Dreher adds that: "The electric motorcycle's maintenance plan simplifies the rider's work and will help a boda-boda rider save money." Mr. Dreher estimates that one can save of about 800,000 shillings that would have been spent on items such as oil.

With no gearboxes and exhaust pipes, the electric motorcycle only requires a replacement of the brake pads once they wear out.

Change in livelihoods

Zembo company not only offers electric motorcycles to help mitigate the pollution levels in Uganda but also helps to change the livelihoods of the people in its society as well. The company offers a friendly payment

that allows its current and potential customers to pay in monthly installments, hence helping customers to afford the motorcycle and to start work faster. Mr. Dreher also adds that although the price for a bike is slightly higher than that of the contemporary motorcycles on the market, this payment plan makes it a lot more easier to afford.

"Our plan is to set up several stations, first in Kampala then to the rest of Uganda where we recharge batteries, Mr. Dreher said, adding that, "The driver of the electric motorcycle only comes to the recharge station to exchange the energy drained battery for another already charged one, a process that takes only one minute.

This process is called the one-minute swap which takes the same amount of time it takes a rider of an ordinary motorcycle to refill his tank at a fuel station. However, riders cannot own batteries because batteries are expensive. "One battery costs more than the motorcycle itself," Mr. Dreher said.



The recharge station in Ntinda which runs on Solar Energy Photo By JOSHUA NSEREKO

The company is currently running only three stations, in Ntinda, Najjanankumbi and Makerere respectively. However, that of Makerere still in building process and will soon be in full operation.

The company has an informal relationship with SafeBoda, a renowned transport company mainly using motorcycles. Some of the riders from the SafeBoda company agreed to be test drivers and after operation, give Zembo feedback.

"We chose to affiliate with SafeBoda because the riders are customer orientated and easier to deal with", Mr. Dreher noted.

Mr. Kasule, a member of Safeboda company now doubles as a trainer at Zembo company following his vast experience for the one year he has been operating.

"I can proudly say that, save for the ecofriendly aspect, the electric motorcycle also has an advantage of helping a rider to save, since I don't have to spend on fuel, or oil which I was doing between a space of a week or two without fail while using my former motorcycle, Mr. Kasule said, adding that, "with this motorcycle, that is no longer my worry."

Mr. Kasule also emphasized that: "This electric motorcycle also has a state of the art hydraulic brake plate, a technology that I as a rider find safer than that of the ordinary motorcycle the rest of my colleagues' use. It is instant and therefore safe in case of any potential accident that might lie ahead," as he operates the instant brakes to help make practical of what he explains at the time.

Mr. Kasule, the pioneer rider of the e-motorcycle also points out that the motorcycle is noise free, and has been found to be most convenient by his now regular customers.

Mr. Fabian Dold, a regional manager for Equator Solar limited who is a mechanical engineer and a solar expert notes that: "Electric mobility makes Uganda more independent, since the motorcycles that have been introduced run on electricity which is locally produced at a surplus, hence enhancing the independence from oil, saving the country from both the expense of its transport and as an environmental impact, it as well cuts on Carbon gas emissions."

"One battery costs more than the motorcycle itself,"

Mr. Dreher.

Mr. Dold also points out that lack of efficient recycling methods is a major limitation to electric mobility. "There are about two recycling plants in the whole of Europe addressing this problem," Mr. Dold said.

Since its first operations in October 2018, Zembo has made many improvements from their pilot stage motorcycles to the ones that are now being imported from China and assembled by the company in Uganda. "China has one of the largest automobile markets with about 20 million cars sold per annum.

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Man makes electric motorcycles to curb Carbon emissions

from page 2



Mr. Ivan Kasule, the SafeBoda rider operating the electric motorcycle at his rounds during work. Photo by JOSHUA NSEREKO

Whereas the idea is just new to many countries especially those in Africa, in China, where I recently was

on research, I found that many of the operating vehicles on their streets are electric”, Mr. Dreher said.

The importation of the already manufactured motorcycles is part of the second phase of the company, aiming at providing a more commercial alternative for the Boda-boda riders as compared to the ones in the pilot stage which were relatively faster.

“We plan on having 39 motorcycles on the roads by the end of 2019 and 2000 motorcycles by the end of the following year, 2020,” Mr. Dreher added.

As the government sets up these mitigation plans and policies, the private parties and individuals in the country like Zembo company are involved in small start-ups and commercial businesses.

as solutions to champion for the disaster risk reduction as caused by the greenhouse gas emissions and other climate change factors. “We are in contact with the Ministry of Energy and mineral development which has a project to promote electric 2 and 3 wheelers.

This project is in cooperation with the UNDP, and it is not only within Uganda but also with Kenya, Tanzania, and Ethiopia,” Mr. Dreher added. “I trust that in the future there will be initiatives from the government, to help us scale up and be able to create a bigger impact,” Mr. Dreher said.

Cavendish student makes a Home Automation System



BY LILLIAN NAKITTO MAJANJA

Mr. Blasius Nkoloogi a third-year student of Computer Science at Cavendish University has developed a prototype of a Home Automation System. Mr. Nkoloogi loves mobile application development mainly android applications and studying venturing in humidity systems engineering.

He says that this knowledge could venture him into Internet of Things (I.O.T) including how to make robots. He is aspiring to join the Institute of Electrical and Electronics Engineers (IEEE) club.

Mr. Nkoloogi is trying to prototype a smart home where home intervention is minimized. The system also involves sensors where by heat is detected. An Air Conditioner, detects light and darkness such that when it is hot, the Air Conditioner automatically switches on in case a person is in the room, and in case the temperatures drop, the Air Conditioner automatically switches off.

Also, when the day breaks, the system senses the day light and the lights automatically switch off, and when the night falls, the lights automatically switch on, making it possible not to use padlock as it secures the home.

Mr. Nkoloogi developed the system during his training. Basically, I.O.T helps prevent human intervention, saves power and money.

It has a security button which prevents intruders, and in case the intruders have an idea where it is located, one cannot get in unless with clear knowledge of how it operates. He uses keypad to use a password.

It basically can be used anywhere even in offices.

It can work on phones laptops or anything since he just integrates it with the existing system like CCTV, then control everything with a mobile application.

In Mr. Nkoloogi’s studio, he installed a CCTV security system which he integrated with an android application to always monitor what goes in there.

The cameras sense motions around and he receives the alerts on his phone. In case someone comes nearby, he taps on the mobile application to instantly monitor the actions at his studio.

However, this is not without a challenge. Mr. Nkoloogi indicates that at times his components get defects due to tear and wear, he lacks funds to support the advancement of the system which needs more components among other challenges.

These, he says, have limited the system’s implementation mainly due to inadequate funds. But Mr. Nkoloogi is determined to persist and he has no plans of selling his system.

MCI trains Cavendish students

BY BOND MATSIKO

Media Challenge Initiative (MCI) conducted a three-day training at Cavendish University as a way of preparing students for the November 1, Inter-University Media Challenge competitions.

The same training was conducted in many other universities within Kampala in order to equip students with the skills of writing, editing and producing good stories. The training started on October 14 and ended on October 16, 2019.

The Media Challenge Expo is a three-day festival under the theme ‘Reporting on Climate Change and Disaster Risk Reduction in Uganda.’ It brought together the media fraternity for conference sessions on improving climate change communication, a journalism career fair for

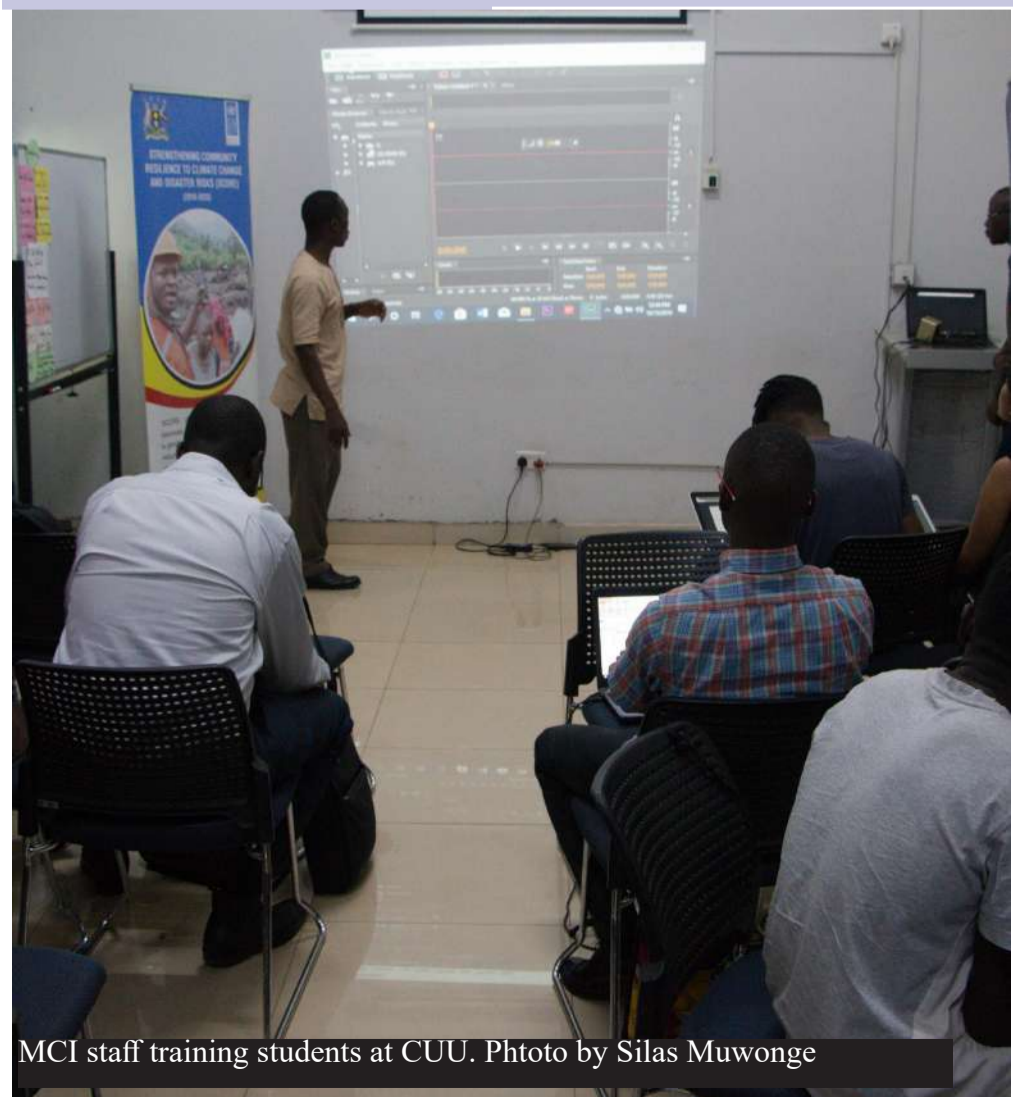
students, over 15 different journalism skills trainings, and a live news reporting competition for university teams.

Mr. Antonio Kisembo a cofounder and Head of Operations at MCI commenced the training by teaching students on how to use KineMaster, a mobile phone application to edit news stories.

Mr. Simon Ssenyondo Kakoza another co-founder and manager at MCI was another trainer.

The training ended with the nomination of the students to represent CUU in the 2019 Inter-University media challenge competition.

The Media Challenge Initiative will also kick off the first national Climate Change Media Awards, where the best student and mainstream journalists reporting about climate change issues will be awarded.



MCI staff training students at CUU. Photo by Silas Muwonge

Cavendish opens radio studio for practical skills training



Mr. Absalom Ochieng and Ms. Sandra Cope presenting a morning show. FILE PHOTO

BY FAITH KEMIGISHA

Cavendish university has set-up a modern radio studio for practical training of journalism students. Just like other universities in Uganda, Cavendish has for the past ten years of its existence suffered the same fate of theoretical journalism training.

However, with the new management on board, journalism has been given a facelift. Given the practical nature of the journalism course, the university decided to setup a radio studio so as to conduct more practical than theoretical training.

To effectively conduct practical courses, the university has employed a full-time media expert to conduct training in the field of journalism.

The university also procured a professional video camera for television production among other equipment.

The university wants journalism students to be well prepared for the competitive job market.

The purchase of the equipment and the setting up of the studio were received with excitement from the entire journalism students.

Mr. Joshua Nsereko, a third-year student of journalism is, optimistic that he will get practical skills before he graduates from Cavendish university. "The studio is going to help me with the practical training, preparing me for the work force and being employable. It's also going to help me gain confidence in what am studying."

Mr. Nsereko, added that: I will also learn what I never knew before and expand my knowledge." The establishment of the studio and purchase of other equipment will not only help student acquire practical skills, but it will also ease teaching at the university.

Many times, students are assigned projects for course works and they

have always found it hard to produce such projects on time because of lack of equipment.

However, this is becoming a thing of the past since some equipment are already available and the university is still buying more equipment.

Preparation for self-employment

Mr. Habib Semakula, a lecturer in the department of Journalism, however, thinks that the establishment of the studio for Journalism students will not only help students get practical training but will also prepare students for self-employment.

"It's a very good initiative because it is going to provide students with practical skills and hands-on training." Mr. Semakula also added that: "Basically, students will learn how to do production and later start-up their own studios and do their own work.

Mr. Semakula also stressed the need for practical training of Journalism students. He said: "Journalism is literally a practical art.

So, in addition to the theories like communication skills and Art of public speaking, there are things in journalism which will require a student to invest in like; sound recording, editing, and animation. All these have to be practical."

Mr. Semakula also stressed that it is wrong for institutions offering Journalism course not to have practical training facilities like a studio. "I must say that it is academically wrong for any institution teaching journalism to have no studio for the practical part to offer to its students," Mr. Semakula warned.

Mr. Herbert Mudoola, the Head of Department, Journalism and Communication Studies was grateful to the university management for fulfilling

the long-time request of the department.

He was also glad that Journalism training at Cavendish university will now be project oriented.

"Training is changing and it is going to be more project oriented where by most of our course works and exams are going to be more practical than theory," Mr. Mudoola said, adding that: "In order to produce an all-round journalist, our students have the chance to acquire all the skills in the particular fields."

Mr. Mudoola advised that students must have practical skills because this is what employers are looking for. "Most media houses are interested in a Journalism graduate who is practical and has skills that can benefit that media organisation employing him/her," Mr. Mudoola advised.

He also said that practical trainings of the students in the universities will also help students identify their potential easily and develop skills in different fields," Mr. Mudoola said.

"The establishment of the studio for Journalism students will not only help students get practical training but will also prepare students for self-employment," Mr. Semakula.

The dean of the faculty of Socio-economic Sciences, Dr. Alice Wabule who lobbied for the equipment said that journalism students will no longer rely solely much on theoretical training. "Our students will not have to rely on the theoretical learning but will go further to do the practical beat of it," She said, adding that: "We have surely gone a step in the right direction having seen the equipment that were brought."

MCI trains lecturers on climate change

BY STAFF REPORTER

The Media Challenge Initiative (MCI), an organization devoted to change the next generation of journalists in Uganda organized a two-days lecturers conference with the aim of training lecturers on climate change reporting.

The conference began on October 10 at Kati-Kati restaurant, Lugogo Bypass Kampala. The conference comes at the time when climate change is of much concern to many people.

The conference organizers felt that learning institutions are not doing enough to teach students on how to report on climate change. In fact, many universities do not have courses on environmental journalism. The keynote speaker was Mr. Patrick Luganda a former journalist and now a climate change activist with the Network of Climate Journalists of the Greater Horn of Africa (NECJOGHA). Other speakers were Mr. Epa Ndahimana and Mr. David Luganda, all from NECJOGHA. Mr. Abaas Mpindi, The CEO of Media Challenge Initiative was also among the speakers.

The Media Challenge Initiative has also made 'Climate Change' the theme of this year's Inter-University Media Challenge competition. In the conference, the speakers tried to paint a picture on the reality of climate change.

They stressed that climate change is real and is here with us. Mr. Mpindi said that lecturers need basic knowledge on climate change so as to help them train students on climate change reporting. "We needed to train the lecturers with basic knowledge of climate change," Mr. Mpindi said, adding that: "This programme seeks to bring lecturers from different universities to find ways of training the next generation of reporters."

Mr. Mpindi also said that: "Lecturers will have annual trips within or outside Kampala city to share better ways of training students on key global emerging issues.

A recommendation was made that lecturers should look for ways of incorporating climate change topics in their lectures even when environmental topics are not included in their course outlines.



Mr. Abaas Mpindi speaking to the lecturers. Photo by SILAS MUWONGE

Cavendish University: From 8 to 4000 students



Cavendish University Main Campus. FILE photo

BY PENINNAH NAMARA

Since its inception in 2008, Cavendish University has become a

model university in Africa that delivers a transformative, market-relevant quality education.

Cavendish University like other in

How WhatsApp impacts on your class performance

BY PATRICIA TUMUHAIRWE KISESI

“I am always on my phone. I sleep with my phone under my pillow so that I can easily reach it when I wake up in the middle of the night to see what is happening on my social media accounts. The first thing I do when I wake up in the morning is to check my phone. I am on my phone the whole time I am walking to campus and also in class during the lectures under the table. The only time am not looking at my phone is when am bathing.” Says Mercy (not real name), a second-year student at cavendish University.

Mercy is not alone in her obsession for the use of social media. Many young people today may have or be developing an addiction to using social media.

There are a number of social media platforms available today which include Facebook, Twitter, snap chat, Instagram, Pinterest and LinkedIn among others.

Social media addiction can be generally defined as the problematic, compulsive use of social media platforms that results in significant impairment in an individual’s function in various life domains over a prolonged period of time.

Social media is mainly made for communication. According to the Uganda Communications Commission (UCC) over 40% of Ugandans were using the internet in 2018.

Addiction to social media is not by accident. The more people access a Social media site, the more money the owners make. Ms. Lynn Lorna Tumuhairwe, a software Engineer with Andela Uganda, an American software company says that these applications are developed with the intention of getting as many users as possible and keeping them using the different sites available.

Social media also improves the teaching and learning process. According to Dr. Martha Kibuka Musoke, a senior lecturer at Cavendish University, social media if used correctly, can be an efficient, although not effective tool for learning.

In her research paper, “Leveraging Social Media in Higher Education: A Case of Universities in Uganda,” it was revealed that majority of the students are accessing social media and mainly for learning purposes.

“...the desire to use social media for learning purposes by students can be attributed to the growing availability of free educational resources online, but also the convenience of engagement the platforms do provide to students,” the publication reads in parts. Like every great invention, social media platforms come with some problems.

Gradual effects

Using social media while in class, for example, reduces the concentration level of the student.

stitutions of higher learning in Uganda is licensed and accredited by the Uganda National Council for Higher Education, the body that regulates the operation of universities in matters concerning academics.

Cavendish University runs a number of programmes on certificate, diploma, bachelors and postgraduate.

At the time of opening in 2008, the university had one campus located in Wandegeya with only few courses offered.

According to Mr. Livingstone Kabwogamu at Cavendish University enrollment office, Cavendish University Uganda started with eight students in 2008.

Mr. Kabwogamu said: “As for now, the university has three branches, a main campus at Siyani building, Kingsgate building-both on Ggaba road and the school of Law at Accacia Avenue in Kamwokya,” adding that: “When the university had just started, the law course was not there until when the university thought it was necessary and the school of Law started in January 2018.”

Mr. Kabwogamu also said that: “Cavendish University as of today has a number of courses and the students are more than 4000.”

With the ever-growing competitive business market, Cavendish University has employed every technique necessary to ensure that it matches the dynamic world.

Students, therefore, make use of the available library, laboratories and modern lecturers to ensure that they get quality of the material needed for their academics.

When the University had just started, the students were few and this implies that even the courses were few as well.

With the University motto being, “Success begins at Cavendish University” students and all other stakeholders work towards achieving the best almost in all aspects and sector of the institution.

The university now boasts of providing quality education using the most modern facilities.



CUU students use wireless internet service. Photo by Vincent Ahambisibwe

Mr. Hebert Mudoola, the head of Department, Journalism and Communication Studies at Cavendish University said: “These students normally fall behind in their school work because they cannot follow what the teacher is saying when they are always on the phone. Students with a social media problem also have less time to read and prepare for exams.”

Over use of social media affects the quality of sleep in an individual. One cannot get enough sleep when it is interrupted by notifications and messages from social media platforms.

In an interview, Dr. Kibuka said that problematic use of social media can cause general anxiety disorders. “Most of the information on social media platforms are not facts but rather opinions.

When someone sees a quote that has been posted, that quote can affect other aspects of the reader’s life yet the quote is just a personal opinion,

” said Dr. Kibuka, adding that: “It can also lead to laziness in students if used wrongly and unsupervised.”

Way forward

Problematic use of social media, especially among the young people can be checked by encouraging “addicts” to reduce the amount of time spent on social media.

This can include simple steps, such as turning off sound notifications and only allowing one to check their smartphone every 30 minutes or once an hour.

Other simple steps include having periods in the day where there is self-imposed non-screen time (such as during meal times).

And also leaving the gadgets in a separate room from where they sleep (just so they don’t get the urge to check social media before bedtime, during the night, and when they wake up).

CUU School of Public Health adopts practical teaching

BY STAFF REPORTER

The school of Public Health at Cavendish university has adopted practical teaching in order to ease learning and increase students' class performance.

In the class of Health Education facilitated by Ms. Juliet Marion Bandaru, skits, drama and other visual aids are used to teach students. The class is mainly practical where the students form groups and present public health messages in form of skits, drama, postures among others.

Visual aids are those instructional aids which are used in the classroom to encourage teaching learning process.

Visual aids are highly recommended than conventional methods of teaching because visual aids arouse the interest of learners and help the teachers to explain the concepts easily.

Visual learning aids such as pictures, drawings or dynamic video is often designed to facilitate learning and have a positive effect.

Ms. Bandaru said that Health Education is a practical course and the students of Public Health should learn how to put across Public Health messages to the communities using dramas, skits, and other visual aids. She also said: "In this form of teaching, I am able to identify students' team spirit, communication skills, presentation skills, and creativity," Ms. Bandaru said.

Mr. Joseph Nashion a second-year student of Public Health said: "The use of skits in class makes communication easy. It is one of the better ways of passing information to students," adding that: "The use of skits help students to build confidence."

Effective use of audio-visual aids substitutes monotonous learning environments.

Mr. Nashion also said that: "This mode of teaching simplifies education to the learning to the students and the students can perform well in exams since it lessens book reading."

Ms. Bandaru plans to continue with this mode of teaching.

Mr. Nashion recommends that courses must adopt this learning approach because it is more practical than theory."



Students perform a skit during a lecture

Controversy continues to loom over Cavendish guild leadership

BY FELIX TUNGA

It is now six months since Cavendish students went on polls to elect a new guild president. However, up to now, the university does not have a substantive guild president. The election was held on May 7.

The race attracted five candidates who included; Mr. Joshua Echam a second-year student of Law, Ms. Sarah Natukunda a second-year student of Information Technology, and Mr. Abdul Muhammad a third-year student of Business Administration. Others were Mr. Muhammad Jaffa a second-year student of Public Health, and Ms. Patience King Nakayiwa a third-year student of Business Administration.

The race was, however, between Ms. Nakayiwa a Ugandan and Mr. Jaffa a Nigerian.

Mr. Edmond Sendeyo, the vice chairperson of the electoral commission said that the composition of the electoral body was done in a transparent manner by involving all the necessary stakeholders, mainly the students. "There was a successful formation of the electoral commission by all the class coordinators and then the electoral commission nominated the candidates," Mr. Sendeyo said.

On voting day, the electoral commission made sure that all the voting materials were set and security was beefed-up by the Uganda police.

However, trouble ensued after three bundles of ballot papers were found in Ms. Nakayiwa's ballot box, prompting fears of vote rigging. Mr. Sendeyo said: "Three bundles of ballot papers were found in Ms. Nakayiwa's ballot box. In the bundles had 48 ballot papers, of which 45 were valid, and three were invalid."

This raised concern among agents of other four candidates most especially the agents of Mr. Jaffa who demanded for explanations on how the bundles of the ballot papers were found in Ms. Nakayiwa's ballot box.

More disturbing was that the ballot papers had serials numbers that were in order. This almost resulted into fights between the agents of the two main candidates.

Voting was mainly based on the nationality of the candidates as many international students sided with Mr. Jaffa and the Ugandan students voted their very own, Ms. Nakayiwa. Mr. Jaffa showed early lead as the votes were counted but this did not lead him to victory.

Each of the main candidates garnered 389 votes. This was after the Dean of students Ms. Hope Byachi advised that even



Ms. Patience King Nakayiwa

invalid votes be counted since students were not sensitized on how to vote.

This suggestion was welcomed by the agents of the main candidates.

However, this decision was not welcomed by Mr. Paul Maduok, the electoral commission speaker who walked out of the tally room in protest, citing electoral fraud. Ms. Nakayiwa was declared winner of the guild elections but her victory was reversed after Mr. Jaffa filled a petition challenging Ms. Nakayiwa's win, leaving the entire students' body without a leader.

However, Mr. Israel Lambe, the former Guild president had reservation on the way elections were handled. "I want to express my disappointment for all that transpired during the recent elections.

In my regime, if elections were conducted in the same way, I think I would have not served as the Guild president," said Mr. Lambe. He, however, thanked the Cavendish university administration for drafting the new constitution. He said: "I thank the current university administration most especially the Vice Chancellor Prof. John Francis Mugisha for drafting a constitution that will guide other elections to come.

Mr. Lambe also commended the students for being calm during and after the elections. "I also thank the students for keeping calm during the process of the elections up to this semester with no cases of strikes at the university," Mr. Lambe said.

Ms. Hope Byachi, the Dean of students, however, blamed the electoral commission chairman for all the mess that occurred during the elections. "I blame the chairperson electoral commission, Mr. Bosco Tusiime for taking one side when confusion

started among agents in the voting room," adding that: "Before bringing order into the tally room, some members including other agents had left the room with false information to the voters who stood outside Kingsgate by 10pm. But thanks to Uganda police who came in to disperse the students."

The current constitution allows the Dean of students to takeover students' leadership in case the office of the Guild is not functioning. "In case the office of the Guild is not functional, the Dean of students with her committee comprising of the legal advisors takes over the students affairs," Ms. Byachi said.

Now that there is no Guild President, the Dean of Students has indeed taken over the student leadership.

The entire election left the students' body divided with many students wondering how such election was conducted.

Mr. Joseph Nashion a student of Public Health blamed the university administration for not recognizing Ms. Nakayiwa as the Guild President-elect.

"The university administration has then become weak if they cannot allow Ms. Patience King Nakayiwa to take oath because she was already declared the Guild President," Mr. Nashion said.

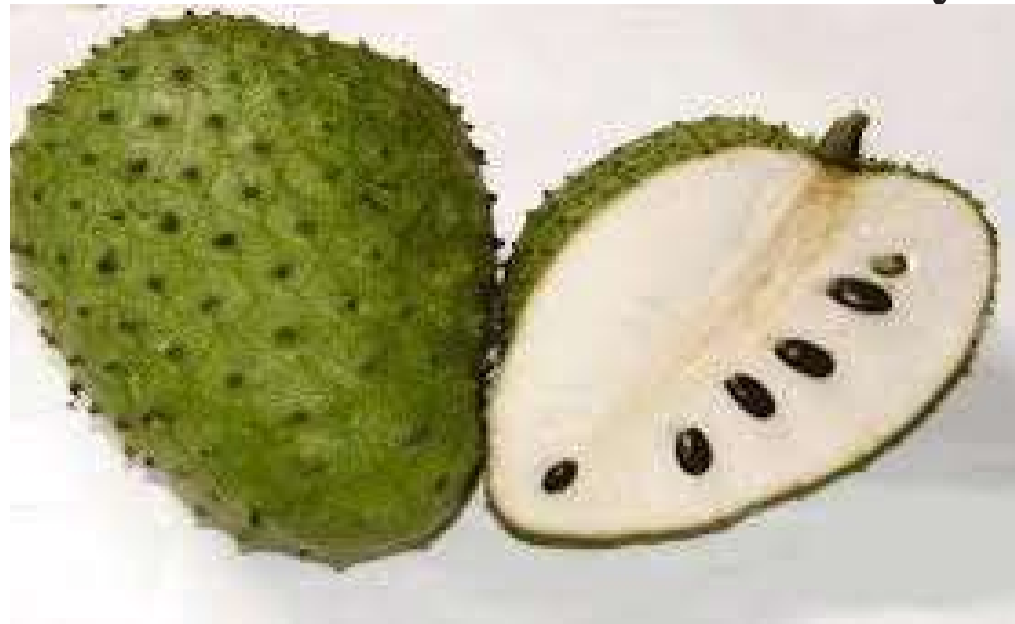
Trouble ensued after three bundles of ballot papers were found in Ms. Nakayiwa's ballot box, prompting fears of vote rigging.

The former Guild Speaker Mr. Alex Futupai blamed the electoral commission for failure to sensitize the students on electoral process. "There was no public lecture to students on how to cast their votes by the electoral commission and this is one of the mistakes made by the electoral commission," Mr. Futupai said.

However, Ms. Penninah Namara, a Journalism student advised that next time, there must be strict supervision when conducting elections. "The next time elections will be carried out, strict supervision must be emphasized in order to avoid ballot stuffing," Ms. Namara advised.

The newly drafted guild constitution states that in case there is no active Guild Students' Union, a caretaker comes in under the leadership of the Dean of students. However, what is not known is how long the caretaker will spend in office.

The questions that linger are: Now the semester is coming to an end and in case of another election when shall it be? Also, if the students are to go for another election, will the same candidates be nominated for the guild race or students will have new faces in the ballot papers?



Soursop (Graviola): The cancer treatment fruit

All pharmaceutical companies have hidden far from us the fruit that treats Cancer. Many people and experts around the world claim that this fruit is the most powerful natural cancer-killer in the world.

This fruit is believed to be 10,000 times more powerful than the conventional chemotherapy treatment.

Soursop is a fruit that's popular for its delicious flavor and impressive health benefits. It is also very nutrient-dense and provides a good amount of fiber and vitamin C for very few calories.

What is Soursop?

Soursop, also known as graviola, is the fruit of *Annona muricata*, a type of tree native to tropical regions of the Americas.

This prickly green fruit has a creamy texture and a strong flavor that is often compared to pineapple or strawberry. Soursop is typically eaten raw by cutting the fruit in half and scooping out the flesh.

Fruits range in size and can be quite large, so it may be best to divide it into a few portions.

A typical serving of this fruit is low in calories yet high in several nutrients like fiber and vitamin C. A 3.5-ounce (100-gram) serving of raw soursop contains.

Components in Soursop

- Calories: 66
- Protein: 1 gram
- Carbs: 16.8 grams
- Fiber: 3.3 grams
- Vitamin C: 34% of the RDI
- Potassium: 8% of the RDI
- Magnesium: 5% of the RDI
- Thiamine: 5% of the RDI

Soursop also contains a small amount of niacin, riboflavin, folate and iron. Interestingly, many parts of the fruit are used medicinally, including the leaves, fruit and stems.

It is also used in cooking and can even be applied to the skin. Research has also unearthed a variety of health benefits for soursop in recent years.

Some test-tube and animal studies have found that it may help with

everything from alleviating inflammation to slowing cancer growth.

It's High in Antioxidants

Many of the reported benefits of soursop are due to its high content of antioxidants.

Antioxidants are compounds that help neutralize harmful compounds called free radicals, which can cause damage to cells.

Some research shows that antioxidants could play a role in reducing the risk of several diseases, including heart disease, cancer and diabetes.

One test-tube study looked at the antioxidant properties of soursop and found that it was able to effectively protect against damage caused by free radicals.

Another test-tube study measured the antioxidants in soursop extract and showed that it helped prevent damage to cells. It also contained several plant compounds that act as antioxidants, including luteolin, quercetin and tangeretin.

More research is needed to determine how beneficial the antioxidants



Although most research is currently limited to test-tube studies, some studies have found that soursop could potentially help eliminate cancer cells.

One test-tube study conducted in 2016 in USA treated breast cancer cells with soursop extract. Interestingly enough, it was able to reduce tumor size, kill off cancer cells and enhance the activity of the immune system.

Another test-tube study still in USA-looked at the effects of soursop extract

on leukemia cells, which was found to stop the growth and formation of cancer cells.

However, keep in mind that these are test-tube studies looking at a strong dose of soursop extract. Further studies need to look at how eating the fruit may affect cancer in humans.

It Can Help Fight Bacteria
In addition to its antioxidant properties, some studies show that soursop may contain potent antibacterial properties as well.

In one test-tube study, extracts of soursop with varying concentrations were used on different types of bacteria known to cause oral diseases.

Soursop was able to effectively kill off multiple types of bacteria, including strains that cause gingivitis, tooth decay and yeast infections

Another test-tube study showed that soursop extract worked against the bacteria responsible for cholera and *Staphylococcus* infections.

Despite these promising results, it's important to remember that these are test-tube studies using a highly concentrated extract. It's far greater than the amount you would typically get through your diet.

Further studies are needed to evaluate this fruit's potential antibacterial effects in humans.

It Could Reduce Inflammation

Some animal studies have found that soursop and its components may help fight inflammation.

Inflammation is a normal immune response to injury, but increasing evidence shows that chronic inflammation could contribute to disease.

In one study, rats were treated with soursop extract, which was found to decrease swelling and alleviate inflammation

Another study had similar findings, showing that soursop extract reduced swelling in mice by up to 37%.

Though research is currently limited to animal studies, this may be especially beneficial in the treatment of inflammatory disorders like arthritis.

In fact, in one animal study, soursop extract was found to decrease the levels of certain inflammatory markers involved in arthritis.

It May Help Stabilize Blood Sugar Levels

Soursop has been shown to help regulate blood sugar levels in some animal studies.

In one study, diabetic rats were injected with soursop extract for two weeks. Those who received the extract had blood sugar levels that were five times lower than the untreated group.

Similarly, another study conducted in 2017 in USA showed that

administering soursop extract to diabetic rats reduced blood sugar levels by up to 75%. However, these animal studies use a concentrated amount of soursop extract that exceeds what you might get through your diet.

Although more research on humans is needed, these findings suggest that soursop could be beneficial for those with diabetes when paired with a healthy diet and active lifestyle.

How to Eat Soursop



From juices to ice creams and sorbets, soursop is a popular ingredient found throughout South America and can be enjoyed in a variety of different ways.

The flesh can be added to smoothies, made into teas or even used to help sweeten baked goods. However, because it has a strong, naturally sweet flavor, soursop is most often enjoyed raw.

When selecting fruit, pick one that is soft or let it ripen for a few days before eating. Then simply cut it lengthwise, scoop out the flesh from the rind and enjoy.

Keep in mind that the seeds of the soursop should be avoided, as they have been shown to contain annonacin, a neurotoxin that may contribute to the development of Parkinson's disease



Source: Healthline.com

SPORT



Cavendish university football team growing



Cavendish university football team. FILE Photo

BY MARIE NYASSA MUZALIWA

Created in 2010 the Cavendish university football team started with 14 players, a number which grew massively in 2013. In the beginning they did not have a coach nor a fitness ground. In 2015 Cavendish university decided to invest in football by providing all the facilities needed for the team to succeed but still they could not deploy a head coach to the team.

In the year 2016 Cavendish university football team was given its first ever head coach. With immediate effect he took the team to its first competitive game but the result was not good.

In 2017 they managed to play some friendly matches to make sure all the players get some minutes in their socks before throwing themselves into the competitions.

Some of the games played was against Makerere University, Kampala International University and Kyambogo University.

On Sunday, April 7, 2019, Cavendish University participated in the corporate league at Mandela National stadium, an Annual league that brings corporations together through sports. While the Cavendish Football team

it managed to break ground with two wins, one draw and one loss.

It was a test to this young football team but a test which they passed. They looked like under-dogs but they put a spirited fight for the pride of the university.

They are now planning for the upcoming competition which is expected to take place next year although the date, the month and the host is still not known.

“We cannot tell the exact date of the opening of the upcoming corporate league but all I can say is that it will start next year,” the team captain Mr. Naftali Kawamara said in an interview.



In a separate interview, the head coach Mr. Emmanuel Efoyura said: “We are preparing for that and we believe we will do well when it starts.”

The reaction of the players toward that competition was positive. Joel Kaitenda one of the team’s midfielders said: “We are so excited about that news because as a player, you always want to play and be able to help the team in whatever is possible.”

Roy Elvis, another player said: “This time we are all ready for anything that comes our way, we have trained a lot for these kinds of event.”

In year 2016 Cavendish university football team was given its first ever head coach. With immediate effect he took the team to its first competitive game but the result was not good.



Why gambling is harmful to your health

Gambling problems can happen to anyone from any walk of life. Your gambling goes from a fun, harmless diversion to an unhealthy obsession with serious consequences.

Whether you bet on sports, scratch cards, roulette, poker, or slots—in a casino, at the track, or online—a gambling problem can strain your relationships, interfere with work, and lead to financial disaster. You may even do things you never thought you would, like running up huge debts or even stealing money to gamble.

Gambling addiction—also known as pathological gambling, compulsive gambling or gambling disorder—is an impulse-control disorder.

If you’re a compulsive gambler, you can’t control the impulse to gamble, even when it has negative consequences for you or your loved ones.

You’ll gamble whether you’re up or down, broke or flush, and you’ll keep gambling regardless of the consequences—even when you know that the odds are against you or you can’t afford to lose.

Of course, you can also have a gambling problem without being totally out of control. Problem gambling is any gambling behavior that disrupts your life.

If you’re preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences in your life, you have a gambling problem.

Source: HelpGuide.org

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