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THE CO-OPERATIVE UNIVERSITY OF KENYA



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CUK Participates in the Inaugural KUCCPS National Career Conference and Exhibition

By Meshack M. Ngangi, MPRSK | 30th January 2026

The Co-operative University of Kenya (CUK) joined the inaugural Kenya Universities and Colleges Central Placement Service (KUCCPS) for the inaugural National Career Conference and Exhibition between 26th and 29th January 2026, at the Kenyatta International Conference Centre (Nairobi) under the theme ***"Informed Career Choices: A Skilled and Competitive Workforce."*** The University's exhibition booth hosted students, parents, and other stakeholders to learn about its academic programmes, career pathways, and the knowledge, skills, and values it imparts for today's dynamic job market.



Prof. John Oluoch (2nd left), KUCCPS Director of Placement and Career Coordination, Mrs. Joy Ayuma Mwinami (left), AR Admissions and Students' Registry, Ms. Lilian Nkatha (2nd right), University Marketing Officer, and Ms. Marcella Kinya (right), during the inaugural National Career Conference and Exhibition held between 26th and 29th January 2026, at KICC, Nairobi.

A delegation from the University was led by Mrs. Joy Ayuma Mwinami, the Assistant Registrar of Admissions and Students' Registry, and included the Corporate Communication and Marketing Department staff. This team engaged prospective students, parents, and other attendees with guidance on programmes offered at CUK, admissions procedures, career planning, and available student support services

The conference was officially opened by Dr. Beatrice Inyangala, Principal Secretary for the State Department of Higher Education and Research, who emphasized the critical role of career guidance in building a skilled, competitive workforce. During the exhibition, the University's Admissions Registrar welcomed Prof. John Oluoch, the Director of Placement and Career Coordination at KUCCPS, to CUK's booth.

Prof. Oluoch appreciated The Co-operative University of Kenya for exhibiting at this landmark event, which is essentially about helping form four leavers align their studies with real-world career opportunities. He further outlined that the expo bridges the gap between higher education and the labour market and guides students to make informed career choices. Several University alumni stopped by, engaging with the exhibitors and expressing appreciation for the education they received from CUK. These interactions underscored the strong alumni network and commitment to giving back to the student community.

On 29th January 2026, the conference's final day, The Co-operative University of Kenya representatives continued to offer guidance on emerging career opportunities as a way of reaffirming its commitment to mentorship and career guidance, ensuring that learners are empowered to make informed choices and succeed in their professional journeys.

CUK Vice Chancellor Presides over the MCN Fellows Certificate Award Ceremony

By Esther Nalotwesha | 11th February 2026

The Co-operative University of Kenya (CUK) proudly celebrated its 27 Millennium Fellows graduates in a vibrant ceremony held on Wednesday, 11th February 2026, at CRCC, Main Campus, Karen. The event marked a significant milestone for student leadership, innovation, and global engagement, as fellows were recognized for completing the prestigious Millennium Fellowship programme.



Prof. Kamau Ngamau (Centre), CUK Vice Chancellor, Prof. Isaac K. Nyamongo (3rd left), DVC - ACDRI, Mr. Kevin Mang'usu (2nd left), Africa for SDGs COO, Dr. Lucinda Mugaa (left), Dean of Students, Mr. Zachary Njeru (3rd right), Ag. Registrar - ACDRI, and Dr. Benson Nyankone (right) flanked by the MCN Fellows 2025 during the Certificate Award Ceremony on Wednesday, 11th February 2026, at The Co-operative University of Kenya (Karen, Nairobi).

Convened under the guidelines of the United Nations Academic Impact (UNAI) and the Millennium Campus Network (MCN), the Millennium Fellowship is a competitive leadership development programme that equips undergraduate students with the skills, networks, and institutional support necessary to drive measurable social impact within their communities. Through the programme, fellows conceptualize and implement projects aligned with the United Nations Sustainable Development Goals (SDGs), addressing pressing global challenges such as quality education, climate action, gender equality, health, and sustainable development.

The ceremony was chaired by Dr. Benson Nyankone, the SGDs Club Patron and MCN Civic Learning Council Member, and graced by senior University leadership, including Vice Chancellor, Prof. Kamau Ngamau, Prof. Isaac K. Nyamongo, the DVC of Academics, Co-operative Development, Research, and Innovation (ACDRI), Mr. Zachary Njeru, Ag. Registrar (ACDRI), CHRP (K) Hellen Njuki, the Assistant Registrar Examinations and Certification, among others. The University leadership, in their remarks, commended the fellows for demonstrating initiative, resilience, and purpose-driven leadership throughout the fellowship cycle. They emphasized that such global programmes reinforce CUK's commitment to nurturing graduates who are not only academically competent but also socially responsible and globally conscious.

Prof. Kamau Ngamau highlighted the importance of student-led innovation, noting that universities play a critical role in shaping leaders capable of responding to societal challenges with integrity, creativity, and vision. The recognition of the Millennium Fellows, he observed, reflects the University's broader mandate of providing education and training with emphasis on Co-operative development. It provides consultancy and research services to the co-operative sector and related economies.

Mr. Kevin Mang'usu, the Chief Operating Officer at

Africa for SDGs, represented its Founder and CEO, Dr. Joe Bonga. He highlighted the dire need for institutions to partner and work towards the realization of the Sustainable Development Goals by 2030 in preparation for the Pact for the Future. The celebration featured the issuance of certificates and appreciation items in recognition of the fellows' dedication and successful completion of their projects. The atmosphere was marked by pride and reflection, as the graduates were applauded for translating ideas into action and for demonstrating the power of youth leadership in driving tangible community impact. Each project undertaken during the fellowship period represented a meaningful contribution toward sustainable development and social transformation.



By participating in the Millennium Fellowship, The Co-operative University of Kenya continues to strengthen its global partnerships and align its academic mission with international development frameworks. The recognition of the graduating fellows stands as a testament to the University's dedication to fostering leadership beyond the classroom, leadership rooted in service, accountability, innovation, and measurable impact. The celebration reaffirmed the University's role as a hub for transformative learning and purpose-driven education, shaping graduates who are prepared to make meaningful contributions both locally and globally.





CUK Hosts the NLDPS for Partnership Bid

By Meshack M. Ngangi, MPRSK | 12th February 2026

The Co-operative University of Kenya (CUK) hosted a delegation from the National Livestock Development and Promotion Services (NLDPS) at its Main Campus in Karen, to chart a collaborative path for advancing livestock cooperative development in Kenya. The meeting underscored a shared commitment to transforming the livestock sector through structured cooperatives, research, innovation, and strengthened governance frameworks.

Welcoming the NLDPS delegation, which was led by Board Chairperson Hon. Mohamed Ibrahim Elmi, CUK's Deputy Vice-Chancellor of Academic, Co-operative Development, Research, and Innovation (ACDRI), Prof. Isaac K. Nyamongo, reaffirmed the university's dedication to supporting national livestock transformation. He emphasized the institution's role in driving research, building capacity, and fostering innovation to enhance the performance and sustainability of livestock cooperatives. In his opening remarks, Hon. Elmi articulated a forward-looking vision for Kenya's livestock sector, stressing that structured cooperative systems would be essential to achieving meaningful and inclusive growth.

Prof. Nyamongo highlighted the strategic importance of Kenya's Arid and Semi-Arid Lands (ASALs), which are home to more than 70% of the country's livestock population. These regions form a central focus of the National Livestock Cooperative Development Initiative (NLCDI), a government-backed program jointly spearheaded by NLDPS, the State Department of Cooperatives, and the State Department of Livestock. The initiative seeks to organize pastoralist communities into market-oriented cooperatives capable of improving productivity and household incomes. Its relevance is further underscored by the designation of 2026 as the UN International Year of Rangelands and Pastoralists (IYRP2026), a global recognition of the importance of pastoral systems. During the meeting, The Co-operative University of Kenya's role as a technical partner in NLCDI was formally affirmed, with the University tasked with developing training curricula and governance frameworks aimed at strengthening livestock cooperatives and unlocking their full economic potential.



Prof. Isaac K. Nyamongo (Centre), DVC - ACDRI, Hon. Mohamed Ibrahim Elmi (2nd left), NLDPS Board Chairperson, and Dr. Richard Kyuma (2nd right), NLDPS Chief Executive Officer, flanked by delegations from CUK and the National Livestock Development and Promotion Services during a Strategic Meeting held on Thursday, 12th February 2026, at The Co-operative University of Kenya (Karen, Nairobi).

NLDPS Chief Executive Officer Dr. Richard Kyuma commended CUK for its longstanding and significant contribution to Kenya's cooperative movement, describing the university's impact in building a robust sector as remarkable. Prof. Wycliffe Oboka, Director of CUK's Institute of Co-operative Development, elaborated on the university's capacity-building strategy under NLCDI. He outlined plans to implement tailored training modules, reinforce governance systems, and provide institutional

support designed to professionalize and scale up livestock cooperatives. These measures closely reflect national policy directions, including recent cooperative reforms that prioritize training, sound governance, and the adoption of information and communication technologies to enhance cooperative performance and accountability.

Digital innovation also featured prominently in the discussions. Prof. Kennedy Waweru, Director of Research and Innovation at CUK, introduced a proposed digital database known as PLCM, intended to streamline cooperative management. The platform would centralize cooperative data, improving membership records, livestock identification, traceability, monitoring, and coordination among societies. By linking livestock registries and production metrics to broader value-chain databases, the system would enable real-time monitoring of disease outbreaks, market trends, and performance indicators. The proposed platform aligns with Kenya's national Animal Identification and Traceability (ANITRAC) System, which envisions integrated electronic identification and data management systems to ensure farm-to-fork traceability and enhance asset security. Within the cooperative context, PLCM was presented as a practical mechanism for operationalizing traceability at the grassroots level.



The discussions took place against the backdrop of an evolving and supportive policy and regulatory environment. In 2020, Kenya adopted a new National Cooperative Policy titled "Promoting Cooperatives for Socio-Economic Transformation," which laid the foundation for strengthened governance and oversight within the sector. The proposed 2023 Cooperative Societies Bill builds on this framework, including provisions such as the reintroduction of a Commissioner of Co-operatives to safeguard members' interests and improve institutional performance. The policy framework places particular emphasis on smallholder agriculture, including livestock, intending to enable farmers to aggregate production more effectively through well-governed cooperatives. Similarly, the 2020 Livestock Policy calls for modernization and commercialization of the sector through research, value addition, and enhanced coordination between national and county governments.

Enhancing Productivity: CUK hosts a Staff Engagement Forum

By Paul Miracle | 12th February 2026

On Thursday, 12th February, The Co-operative University of Kenya hosted an interactive Staff Engagement Forum (SEF) aimed at equipping its task force with practical insights to empower them individually and enhance their collective effectiveness. The engagement, which took place at the University's Nordic Hall, was convened following an invitation from the Division of Finance, Planning, and Administration (FPA) and University Management, encouraging all members of staff to participate in what was described as a reflective and interactive platform for growth.

In her opening remarks, CHRP (K) Jemimmah Anne Mmata, Principal Human Resource Manager, underscored the purpose of the forum as one centered on enhancing staff personal well-being, fostering effective working relationships, and contributing to sustained professional growth within the University community. She emphasized that people drive performance and that institutions thrive when their employees are self-aware, emotionally intelligent, and committed to continuous development, an outlook that framed the day's deliberations.

The keynote session, facilitated by psychologist Dr. Kennedy Peter Munyua, focused on the theme "Personality, Emotional Intelligence and Personal Development: Managing Self and Relationships at Work." His presentation explored how understanding oneself forms the foundation for building stronger professional relationships and creating high-performing teams at CUK. Drawing from the session materials, he explained that diverse personalities reflect unique patterns of thinking, feeling, and behaving, which in turn shape communication styles and approaches to work.



CUK Staff Members follow through with a presentation on Personality, Emotional Intelligence, and Personal Development during the Staff Engagement Forum held on Thursday, 12th February 2026, at The Co-operative University of Kenya's Nordic Hall in Karen, Nairobi.

Staff were encouraged to appreciate that no personality type is superior to another; rather, their diversity in personality enriches teamwork and improves results. Dr. Munyua highlighted that workplace conflict often arises from differences in personality and perspective, but understanding these differences reduces frustration and strengthens collaboration. By recognizing individual strengths, such as the reflective focus of introverts, the energy of extroverts, the analytical depth of thinkers, and the empathy of feelers, teams can harness complementary skills for improved performance and productivity at the University.

A significant portion of the engagement forum was dedicated to emotional intelligence, defined as the ability to understand emotions, manage them effectively, and relate well with others. Participants examined its core components: self-awareness, self-management, social awareness, and relationship management. Through reflective discussions, staff explored the importance of recognizing personal emotional triggers, understanding how their reactions impact colleagues, and choosing constructive responses, especially under pressure.

The session reinforced that high emotional intelligence contributes to better teamwork, less conflict, higher productivity, and stronger leadership within the University. The forum also delved into personal development as an intentional process of self-improvement, continuous learning, and confidence-building. Staff were encouraged to identify specific areas for growth, including skills enhancement, attitude, communication, and time management. Practical guidance was provided on building self-esteem by acknowledging strengths, accepting imperfections, and celebrating progress. Embracing a growth mindset and recognizing that improvement is possible, mistakes are lessons, and feedback is valuable, was emphasized as key to sustained professional development.

To translate insight into action, the staff were guided in creating personal growth plans by identifying one goal, choosing one concrete action, and setting a clear timeline. The session concluded by bringing together the core message of the day: knowing one's personality, developing emotional intelligence, and committing to personal growth lead to better communication, stronger relationships, and improved workplace performance. As aptly captured in the final thought of the presentation, "when we grow as people, we grow as professionals." The Staff Engagement Forum established The Co-operative University of Kenya's commitment to nurturing a supportive and high-performing work environment.





Varsity Hosts the Society of Actuaries (SOA) Students' Connect 2026

By Meshack M. Ngangi, MPRSK | 13th February 2026



(L-R) Panelists: Martin Nyantika, Anthony Kadima, Anthony Muturi, and Japheth Indakwa Ambutsi during a panel discussion at the Society of Actuaries Connect 2026 held on Friday, 13th February 2026, at The Co-operative University of Kenya (Karen, Nairobi).

A bright, bustling New Block (Room A) hall at the heart of the leafy suburbs of Karen set the incredible scene for a day of ideas, mentorship, and opportunity: on 13th February 2026, nearly four hundred University students from different institutions and professionals converged to explore what it means to build a global actuarial career. The day's energy was immediate; conversations that began as tentative questions in the morning grew into sustained exchanges by afternoon, and by the time the final tea break arrived, many attendees lingered, unwilling to let a single conversation end. This was the Society of Actuaries Connect 2026 in Nairobi, hosted at The Co-operative University of Kenya in collaboration with the Actuarial Society of Kenya (TASK), an event that brought universities, industry, and student voices together to map a clear, practical route from classroom to professional practice.

The program opened with warm and purposeful framing from Dr. David Muriuki, who represented Prof. Kamau Ngamau, the CUK Vice Chancellor. Delivering the Vice Chancellor's address, Dr. Muriuki expressed the University's honour in hosting this transformative SOA Student Connect event. Subsequently, a student welcome from Shelmith Mwangi, President of the Actuarial Students' Society of Kenya (ASSK). From the outset of the event, the message was consistent: actuarial education is strongest when academic programs, student communities, and employers collaborate to create structured, supported pathways.

A central strand of the day was the personal and professional testimony delivered by senior practitioners. Japheth Indakwa Ambutsi, FSA, CERA, and Head of Actuarial at Old Mutual East Africa, led a candid session on the actuarial journey, describing both the long horizons of professional development and the incremental milestones that define career growth. His talk emphasized perseverance, practical experience, and the leadership opportunities that follow technical mastery. Zain Ibrahim, SOA Regional Director for Middle East, Africa, and South Asia, presented a clear overview of the Society of Actuaries qualification pathway and highlighted the ecosystem of study resources, mentoring, and global mobility that supports candidates.

Regional and student support mechanisms were illustrated by Anthony Muturi, FSA, MAAA, Group Actuary at ICEA Lion Group, who introduced the Actuarial Academy of East Africa (AAEA) Student Success Program and practical study initiatives available locally. He and other speakers stressed that regional programs and study groups complement global exam pathways by contextualizing content and creating accountability structures for candidates.

Practical exam preparation took center stage in a session led by exam candidates and an SOA moderator. Victor Mwenda, Hamline Karani, and Collins Aseka shared honest reflections on balancing university coursework with exam study and offered concrete tactics: build a realistic weekly study timetable, rely heavily on timed past papers and mocks, form small accountability groups, and target weak topics through short, focused review cycles. Edmond Ochola, Senior Actuarial Specialist, moderated the discussion and helped translate these personal strategies into actionable study plans students can adopt immediately.

Employability and professional readiness were addressed in a robust hiring-managers panel. Panelists Anthony Kadima, FSA and Group Chief Actuary at WAICA Reinsurance; Martin Nyantika, Head of Practice (General Insurance) at Kenbright Actuarial and Financial Services Ltd.; and Anthony Muturi discussed what employers seek beyond technical credentials: data literacy and familiarity with analytical tools, the ability to communicate quantitative results to non-technical stakeholders, teamwork, and business-focused problem framing. They encouraged students to build demonstrable portfolios from coursework and internships, practice concise storytelling around technical work, and seek short projects that convert theoretical knowledge into visible workplace outcomes. Japheth Indakwa Ambutsi moderated this panel and helped extract practical recruiting advice for attendees.



Interactive elements made learning tangible. Jens Brostrøm Hansen from ACTEX Learning demonstrated study resources and time-saving exam tools; a team Kahoot quiz reinforced core concepts under friendly competition. The day concluded with plaque presentations, closing remarks, and a long networking tea that produced immediate follow-ups: mentoring sign-ups, internship conversations, and contacts exchanged between students and industry representatives.

A concrete outcome of the event was the announcement and awarding of an exclusive scholarship package: five attendees were selected in a live draw to receive a 100% exam fee waiver for either Exam P (Probability) or Exam FM (Financial Mathematics), together with premium online study materials valid for twelve months. This practical support removed an early financial barrier for those winners and converted aspiration into an immediate plan to register, study, and sit their first professional exam.

The event also promoted the SOA Affiliate Membership as a no-cost resource hub for students: access to a digital actuarial library, on-demand learning, live webinars, flash mentoring, and one-on-one coaching were all emphasized as high-value supports that complement formal study. Speakers urged students to treat the affiliate membership as an active toolkit, attend webinars, use the library to fill topical gaps, and request short mentoring sessions for targeted help.

For students, academics, and career services alike, the day delivered a clear roadmap: commit to a disciplined study routine, join and contribute to study networks, convert coursework into demonstrable projects, and use mentoring and affiliate resources to unblock specific study or career questions. The names behind these messages represented the spectrum of university leadership, student voice, regional support, and industry practice that together make actuarial pathways both accessible and aspirational. Actuaries Connect 2026 in Nairobi combined inspiration, instruction, and immediate support to transform interest into momentum. The conversations of the day signalled a cohort of students who are not only prepared to pass exams but are also positioned to translate technical skill into professional impact.



CUK Council Convenes a Performance Improvement Planning Retreat

By George K. Kanja, MSc. | 18th February 2026



Dr. Jeremy Bundi (Centre), University Council Chairperson, Council Members (L-R) Ms. Christine Kariuki, Mr. John W. Kihara, Ms. Peris Onsarigo, Mr. Christopher O. Ombati, Ms. Susan N. Ong'ondi, Mr. Anthony Saiti, and Ms. Mary Simat, and the Vice Chancellor Prof. Kamau Ngamau (4th right), during a Performance Improvement Planning Council Retreat held between the 16th and 18th of February 2026, at the Lake Naivasha Resort, Nakuru County.

The Co-operative University of Kenya (CUK) council convened a three-day Performance Improvement Plan (PIP) retreat from 16th to 18th February 2026 at the Lake Naivasha Resort. The retreat, led by Council Chair Dr. Jeremy Bundi, brought together all Council members and the University Vice Chancellor, Prof. Kamau Ngamau. Among the attendees were key representatives such as Ms. Christine Kariuki, representing the Principal Secretary of the State Department of Higher Education and Research, Ms. Susan Nyamoita Ong'ondi, representing the Principal Secretary of the State Department of Cooperatives, and five independent council members, including Mr. Christopher Ombati, Ms. Peris Onsarigo, Mr. John Kihara, Ms. Mary Simat, and Mr. Anthony Saiti. The main focus was to review the Council's Performance Evaluation Report for FY2024/2025 and to develop practical plans for strengthening governance, accountability, and strategic impact.

Throughout the retreat, the Council members engaged in interactive sessions and group discussions. They thoroughly analyzed performance data from the 2024/2025 financial year, identified areas needing improvement, and clarified the roles and responsibilities of each member and committee. For instance, the committee chairpersons led focused sessions on their respective portfolios to ensure a comprehensive evaluation of all aspects of the Council's work. The aim was to strengthen governance by sharpening committee mandates and decision-making processes. At the end of these sessions, the Council had drafted detailed Performance Improvement Plans (PIPs) for each committee and major function. These PIPs set clear actions, responsibilities, deliverables, and timelines for addressing the identified gaps.

The retreat was expertly facilitated by Dr. Lilian Okumu Obuo and Dr. Lina Ayako from the State Corporations Advisory Committee (SCAC). Dr. Okumu Obuo is an accomplished legal and governance specialist, currently serving as Acting Deputy Director at the Office of the Director of Public Prosecutions, while Dr. Ayako is a respected expert in organizational leadership and education. Their guidance helped deepen the discussions and ensure that the Council's plans were aligned with best practices in leadership and accountability, positioning The Co-operative University of Kenya among the elite institutions of the 21st century.

By the close of the retreat, the Council reaffirmed its commitment to excellence and continuous improvement in steering CUK to achieve its broad objective of developing a globally competitive co-operative University that is excellent in education, training, research, innovation, and outreach. The convention formally endorsed the PIPs developed during the workshop, agreeing on specific action strategies to implement them over the coming year. Members also agreed to refine the Council's governing charters and committee terms of reference, to further enhance clarity and effectiveness. Throughout the retreat, CUK's core values, especially integrity and accountability, were emphasized as the foundation for all decisions. In summary, participants left with a clear roadmap for next steps: to finalize and implement the PIPs under regular review, with ongoing support from SCAC advisors.

This retreat underscored The Co-operative University of Kenya's dedication to strong governance and institutional performance for optimum productivity. By rigorously evaluating past results and planning strategically, the University Council leadership has taken concrete initiatives to improve oversight and impact. The proactive measures adopted at the three-day retreat are poised to help ensure that the institution continues to uphold high standards in leadership, transparency, and excellent service to its stakeholders.

University Catholic Faithfuls Mark Ash Wednesday

By Meshack M. Ngangi, MPRSK | 18th February 2026

Catholic brethren at The Co-operative University of Kenya gathered in a solemn Ash Wednesday Mass on Wednesday, 18th February 2026, a service that marked the beginning of the Lenten Season for students and staff alike. The Mass was celebrated by Rev. Fr. Patrick Muema, Youth Chaplain of St. John the Evangelist Holy Ghost Parish (Karen), whose homily set a reflective and action-oriented tone for the forty days ahead. In his sermon, Fr. Muema invited all Christians on campus to take the season of Lent as an opportunity to deepen their prayer life, renew their commitment to spiritual discipline, and translate faith into concrete acts of compassion for the needy in their society.

Emphasizing the three traditional pillars of Lent, Fr. Muema called on the university's Catholic faithful to engage intentionally in prayer and fasting while placing particular emphasis on almsgiving as a practical expression of solidarity. He urged the congregation to "uplift the needy in our University community" by organizing and participating in charitable initiatives that respond to pressing student and staff needs, reminding the congregation that faith finds its fullest expression when it serves the vulnerable. His message linked personal conversion with communal responsibility, framing charity not as a one-time gesture but as an ongoing practice woven into campus life.

Beyond acts of charity, Fr. Muema also challenged the university community through the Office of the Dean of Students to cultivate greater social cohesion. He appealed to those present to work on inter-ethnic understanding and reconciliation as part of the broader project of nation-building, arguing that the observance of Lent should include efforts to bridge divisions and promote unity across differences. Fr. Muema's inspiration was drawn from the 2026 Lenten Campaign theme, "Building a Just, Peaceful and United Kenya: Upholding Equity and Human Dignity," which was launched by the Kenya Conference of Catholic Bishops (KCCB) in Lodwar. This call to social harmony resonated with many in the congregation and positioned the season as a moment for both interior renewal and outward-facing engagement toward a more united Kenya.

Members of staff and students alike joined in the liturgy, and the celebration was graced by the presence of Dr. Lucinda Mugaa, Dean of Students, whose attendance underscored the institution's support for spiritual life and community service on campus. The joint participation of university leaders, clergy, and the student body highlighted a shared commitment to holistic formation, where academic pursuits are balanced with moral responsibility and civic-mindedness. In the closing remarks, the Dean of Students

As the Co-operative University community enters the Lenten journey, the themes raised during the Ash Wednesday Mass—renewed prayer, disciplined self-denial, charitable outreach, and the pursuit of social unity—will guide campus observances and practical initiatives. The solemn imposition of ashes served as a visible reminder of human vulnerability and the call to transformation, setting a sober but hopeful tone for a season intended to prepare hearts and minds for the celebration of Easter.

CUK Onboards 30 Interns in a Three-Day Orientation Programme

By Esther Nalotwesha | 23rd February 2026

The Co-operative University of Kenya (CUK) successfully conducted a comprehensive three-day Internship Orientation Programme from 18th to 20th February 2026 at the Co-operative Retreat and Conference Centre (CRCC), bringing together thirty interns, both from CUK and the Public Service Commission, for an immersive induction experience. The programme was designed to equip the interns with institutional knowledge, ethical grounding, professional standards, and personal development skills necessary to navigate the workplace effectively and uphold the University's values.

The orientation commenced with Ms. Carol Mbuthia setting a reflective and purposeful tone, welcoming the interns and establishing guiding principles for the sessions, encouraging active participation, respectful engagement, and open dialogue. A light-hearted icebreaker question, "What changes your mood?" sparked laughter with many interns humorously responding, "money." This interactive beginning created a relaxed environment that encouraged honest conversations about expectations from both the workshop and the workplace, as well as mutual responsibilities between interns and their colleagues.

During the opening session, CHRP (K) Anne Jemimmah Mmata, the Principal Human Resource Manager, outlined that the orientation program is designed to build confidence, align expectations, and instill values that drive performance at The Co-operative University of Kenya and that its impact has contributed to 0% voluntary turnover in the first two years of employee engagement and 0% performance-related terminations among new hires. Further enriching the programme, Mr. Kihiu Mugo, Deputy Director for Governance and Ethics at the Public Service Commission of Kenya, engaged the interns in an insightful session on ethical leadership and public service accountability. He emphasized the critical role of integrity, transparency, and adherence to governance frameworks in building credible institutions and sustainable careers. His address reinforced the University's emphasis on character formation alongside technical competence, reminding participants that professional excellence must always be anchored in ethical responsibility.

In line with the University's commitment to strong digital governance, sessions on ICT systems, cybersecurity, and information management highlighted password safety, digital threat awareness, and responsible system usage. Further strengthening this foundation, Dr. Duncan Nyale, the Director of the Institute of Open, Distance, and eLearning (IODeL), guided interns through data protection policies and organizational data management, reinforcing confidentiality and the secure handling of institutional information.

The programme also emphasized that professionalism extends beyond systems and procedures. Mr. Meshack M. Ngangi from the Corporate Communication and Marketing Department delivered an engaging session on customer care and brand visibility, reminding interns that each interaction contributes to the University's image and reputation. The importance of personal branding was equally highlighted, encouraging interns to cultivate consistency, integrity, and professionalism in both conduct and communication.

Recognizing the importance of holistic development, the orientation incorporated sessions on self-awareness, mental health wellness, and work-life balance. Mr. Mugo challenged interns to reflect on their strengths, limitations, and the impact of their behavior on others within professional spaces. Encouraging resilience and growth, he concluded with the powerful reminder: "Fail, and Learn Again."

Health and well-being were further addressed in a comprehensive HIV & AIDS awareness session led by Mr. Justus Mokaya. Beyond medical awareness, he stressed the importance of self-compassion and self-affirmation, reminding interns that caring for oneself is fundamental to sustained professional success.

Financial literacy formed another key pillar of the programme, with representatives from ICEA Lion Group equipping interns with practical knowledge on financial planning and long-term stability. CHRP (K) Anne Jemimmah Mmata provided a detailed overview of the University's Internship Policy, clarifying expectations, responsibilities, and compliance requirements to ensure clarity and accountability throughout the internship period.

Professional conduct and workplace responsibilities were reinforced through sessions on Information Security Management Systems, emotional intelligence, and conflict resolution. Interns were guided on effective communication, empathy, and constructive problem-solving — essential competencies in collaborative work environments.

A key highlight of the programme was an engaging and insightful session delivered by Ms. Damaris Ndungwa of Blue Concepts Africa, who inspired attendees with a compelling discourse on building a strong personal brand. Her presentation underscored the importance of intentional career mapping, workplace grooming, and professional etiquette as foundational pillars for long-term success. Through an exemplified conversation with relatable experiences, she challenged the interns to view themselves as brands in progress, requiring clarity, consistency, and credibility. Ms. Ndungwa's practical guidance equipped participants with the tools to position themselves strategically and professionally for success in their current roles and beyond.

Ms. Lilly Mwagodi concluded the professional standards component by taking interns through the University's Code of Conduct and Professional Ethics, emphasizing integrity, confidentiality, respect, and accountability as non-negotiable standards. The programme culminated in the interns taking the Oath of Secrecy led by the Ag. University's legal officer, Mr. Ian Oboka, an advocate of the High Court, signed the necessary documentation, symbolizing their commitment to ethical service.

The orientation concluded on a celebratory note with closing remarks from Prof. Esther Gicheru, the Deputy Vice Chancellor, Finance, Planning and Administration (FPA). Congratulating the 30 interns upon the successful completion of the orientation, Prof. Gicheru encouraged them to uphold the practical skills gained and to serve as ambassadors of excellence within and beyond The Co-operative University of Kenya. Quoting Zig Ziglar, the Deputy Vice Chancellor reminded them: "Your attitude, not your aptitude, will determine your altitude."

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