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MUBS NEWS

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MUBS 11th Graduation Ceremony

At a colorful and memorable ceremony, MUBS held its 11th graduation ceremony on Friday May 27, 2016 at the MUBS main campus Nakawa.

Congratulations to Management and Organizing Committee who organized the function, Appreciation goes to the students, parents and the MUBS Council led by Prof Venansius Baryamureeba and the Makerere University Chancellor Prof Ezra Suruma who presided over the ceremony.

This is the second Graduation ceremony MUBS held in a year. The first one was held under the 66th Makerere University Graduation ceremony in January 2016 where MUBS presented its undergraduate, masters and Doctoral students to Makerere University for graduation.



L-R: Prof. Waswa Balunywa MUBS Principal and Prof. Ezra Suruma, Chancellor Makerere University, handing over a plaque to one of the best female students, Prof. Venansius Baryamureeba at the MUBS 11th Graduation Ceremony at Nakawa Campus.

Makerere University Business school conducts career fair for S.6 Leavers



Dr. Moses Muhwezi

MUBS attracted hundreds of senior six leavers and their parents during the Open week that was held at the School's Main Campus at Nakawa, May 23-31, 2016.

The Deputy Principal Dr.

Moses Muhwezi explained that the open week was intended to give the parents and the prospecting students an opportunity to look at the courses and programmes offered at MUBS

He emphasized that the programmes offered at MUBS are intended to contribute to the progress of society with employment oriented and knowledge thus advancing skills in entrepreneurship and creating self sustaining Ugandans for a better Uganda.

He said MUBS is committed to supporting the President's efforts to

promote Skilled Uganda programme and also to bridge a gap between practicals and theories.

He invited students to take advantage of the courses offered at MUBS in order to transform themselves and become change agents after graduation.

"MUBS programmes are market driven and designed to equip the students with cutting-age knowledge, skills relevant in today's competitive job market", noted Dr. Moses Muhwezi.

Editorial Team



**Erina
Najjingo**



**Willy
Gilles Okello**



**Sumaia
Namuyingo**



**Eric
Wakanyasi,**

The MUBS News Letter Editorial Team under the public is responsible for Publishing the Monthly news Letters. The team is responsible for gathering news and information from all the Faculties, Departments and Units in the School with the aim of keeping the public and MUBS community informed about important events in the School.

This team compiles all the information needed to create a story and then edits the story to fit a specific news page in the MUBS News Letter. We obtain the information through a number of sources. These may include personal interviews with Deans of Faculties, Academic Heads of Departments, Heads of Administrative Units, Representatives of staff Associations, Students' Guild and attending events organized by the School.

The Editorial Team also checks the accuracy of facts and obtain more detailed information before publishing the information. We also confer with the School management to ensure that sensitive stories are not breaking any laws. When writing these articles, we add background to the original news story and prepare a piece that fits the length allocated by the editor. I therefore appeal to the MUBS Community to support these monthly publications through providing information and inviting us to your functions.

Erina Najjingo
Editor

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MUBS resurrects demands for University status



The Principal of Makerere University Business School (MUBS), Prof. Waswa Balunywa has noted that though the government has plans to change the legal status of MUBS to a Degree awarding institution, they want to

be granted a university status so as to perform better.

"We had requested for a status of a university and not a degree awarding institution. We would be far if we were at the level of an autonomous University status," he says.

"This current status continues to hold us back. MUBS has plans of increasing access to education at a reasonable cost, introduce more relevant courses that are geared towards entrepreneurship, improving the performance

of trainers and educators as well as the performance of students, we can do better if granted the university status," Prof. Balunywa says.

Prof. Balunywa was speaking at the 11th Graduation ceremony of Makerere University Business School on Friday 27th May 2016 where 1314 were awarded Diplomas and certificates in different courses.

Makerere University Business School is currently affiliated to Makerere University. It was started as a constituent college. Though Prof. Balunywa thanked government for the continued support rendered towards the enhancement of staff salaries, he decried the low funding of research at universities. He said there has been a decline in research output due to limited funding and hopes that government increases the budget for research in the next financial year. Adding that there is no university that can grow without research.

MUK. Chancellor Commends MUBS Over discipline

“ I wish to commend MUBS for maintaining discipline among both staff and students. There has been no strike here. Well done. Whenever we hear of unrest among University students, we know that MUBS students are not part of it. This is a very good tradition and I encourage you to go on with it”.



Students who graduated with a postgraduate Diploma in Human Resource Management at the 11th MUBS Graduation Ceremony on May 27, 2016

The Chancellor of Makerere University Prof. Ezra Suruma, recently commended MUBS for maintaining discipline among both staff and students. “There has been no strike here. Well done. Whenever we hear of unrest among University students, we know that MUBS students are not part of it. This is a very good tradition and I encourage you to go on with it”.

Prof. Suruma made the remarks while presiding over the MUBS 11th Graduation Ceremony on May 27, 2016 at the MUBS main Campus in Nakawa. Below is his speech

“ I would like to congratulate the graduands on the

completion of their academic programs. I often feel that we do not attach sufficient importance to finishing and especially finishing well. It is very important to have the courage to start. When we start a project, we have faith in God and in ourselves that we shall be able to complete. This courage to start is essential to your future even as you are finishing your academic programs. You will need to start building a house if you have not yet started. You will need to start a family if you have not yet started. You will need to start a business if you have not started. You may want to start another degree program even after completing this one. But starting becomes a waste if we do not finish.

Like Jesus on the cross we want to be able to say: “It is finished”. The project is completed. The house is done. The harvest is ready. Let us

celebrate. Let us have joy. The purpose for which we sacrificed so much is finally achieved”.

I would also like to congratulate Makerere University Business School, Council, Management and Staff on this achievement. Graduations are the evidence of what has been going on in the University; you are now showing the results of your effort. I would like to thank you for the job well done, both on your part as well as the parents and students. Together the great task has been accomplished (These two should be the last Paragraph).

Promote youth, women; Kasi tell institutions

“Financial Institutions can grow if they focus on women and youth”, noted Mr. Fabian Kasi the Managing Director of Centenary Bank and Chairman Uganda Bankers Association (UBA) while giving a commencement address at the 11th MUBS Graduation Ceremony held on May 27, 2016, the Nakawa Main campus.

He urged Government and banking institutions to come up with policy interventions that will fully integrate women and youth in formal financial services.

Mr. Kasi said women and youth still face challenges in

saving, investing and accessing credit due to majorly cultural beliefs that sometimes prohibit them from owning property, studying, and taking up leadership roles. “It is evident that women and youth comprise an important market segment for businesses.

However, these continue to remain at the peripheral and are financially excluded than men,” Mr. Kasi said. He added that “As an industry in partnership with UBA, we can work together with government to come up with policies that will further improve financial inclusion of women and youths.

Continued on Pg 20

THE 3RD FACULTY OF MANAGEMENT ACADEMIC EXCELLENCE AWARDS CEREMONY



The Faculty of Management and Public Policy recognized outstanding performing student at their annual awards ceremony held on Friday May, 6, 2016 at the former MUBS main Library. The Faculty initiated the Academic Excellence awards in the academic year. 2012/ 2013 to motivate its students improve in academic performance. Indeed these awards have contributed to improved academic excellence in the faculty in a period of three years, making the faculty number one in terms performance in the school.

Academic year	No. Of Students on Vice Chancellor and Dean's List	%
2012/ 2013	120	-
2013/ 2014	150	25
2014/2015	192	28

Categories of Certificates

- Certificate of recognition (silver) award for continuing students on Vice Chancellor and Deans' list in first and second year of their study
- Certificate of Merit (Gold) award to students who had graduated but maintained on the Vice Chancellor's List throughout the three years of their study at MUBS
- Certificate of distinction (gold) award to students who graduated but maintained on the Dean's list throughout the three of their study
- Certificate of recognition (gold) award to students who graduated, whose performance was inconsistent but improved in their final year of study.

Opening Remarks by the Faculty Dean

In her opening remarks, the Faculty Dean Dr. Annet K. Nabatanzi Muyimba, thanked the students for being academic giants more especially the latest graduates at the Makerere University 66th Graduation ceremony held in January 2016. In a special way she recognized Mr. kalumba Tadeo for his excellent performance as the best student in the Faculty of Management and Public Policy with a CGPA of (4.90) making it consistent for the

faculty as the best for two years in the school.

She challenged the students to continue laying strategies on how best they can maintain their excellent performance both at their work place and at school.

"Good grades and best performance are a way to go if one is to gain trust from their employers and be recommended for superior jobs. Its good grades that acts as introductory weapons to the companies," she noted.

Dr. Nabatanzi also emphasized the importance of the certificates to student, as it acts as marketing tool on their CVs. She said it is one way of valuing students by the school. She encouraged the students to use their skills, knowledge able-bodied by embarrassing the ethical code of conduct of the institutions and keep humble not to indulge in any malpractices like corruption. She thanked the School Bursar for funding the function.



Dr. Annet K. Nabatanzi Muyimba

Remarks from the Head of Department Human Resource Management,



Ms. Jolly K. Byarugaba

Ms. Jolly K. Byarugaba also thanked the academic giants that were on the Vice Chancellor's list. She said it was also good to associate with the best students and it was equally beautiful to excel. Although she was aware of the challenges of unemployment, Ms. Byarugaba encouraged them to work hard and excel for the best of their future and for the maintenance of the spirit of excellence.

THE 3RD FACULTY OF MANAGEMENT ACADEMIC EXCELLENCE AWARDS CEREMONY

The Head of Department Leadership and Governance



Dr. Isaac Kayongo

Dr. Isaac Kayongo the Head of Department Leadership and Governance also urged the students to attend classes regularly, love their courses and avoid examination malpractices. He advised them to set goals much earlier if they are to succeed in school and in life after school. He congratulated the best performing students in the faculty and advised them to always set their bar high. To those who had graduated, he wished them the best. Dr. Kayongo

however advised the students to use the knowledge they have gained in school to create jobs and employ others other than spending time on the streets looking for jobs which are not enough for the thousands of those who graduate each year.

African Development Bank (ADB) scholarship

Ms. Sheila Kasujja a Director in Bursar's office congratulated the outstanding performing students on ADB scholarships and thanked them for having exhibited a highly excellent academic performance. She advised the students to accumulate monthly savings for future investments and come up with investment clubs such as SACCO.



**Ms. Sheila Kasujja,
Bursar's Office**

Closing Remarks by the Deputy Principal

In his closing remarks, the Deputy Principal, Dr. Moses Muhwezi, congratulated the graduates of the Faculty for their excellent performance and the students for being the mirror of MUBS. He explained to the students the essence of the certificates they received that they act as an introductory feature to the employers. Dr. Muhwezi assured the students that the certificates they received were a symbol that reflected their seriousness and achievements. He further advised the students to always aim at attaining a balance in their way of living in all spheres



Deputy Principal, Dr. Moses Muhwezi, handing over a certificate to one of the students



**Ms. Catherine
Asiimwe,
Faculty Registrar**

of life.

Dr. Muhwezi thanked the Lectures in the Faculty for their tremendous work towards the students performance.

He applauded the Dean Faculty of Management Dr. Annet . K. Nabatanzi Muyimba for acting as an example to other faculties through valuing the student's efforts.

He also suggested that once there is opportunity to recruit staff in School service, the overall best students in faculty be retained in School service.

He thanked the administrators in the faculty for the job well done in handling students' cases and also appreciated the teamwork exhibited in the faculty.



**Mr. George William
Mugerwa,
Field Attachment
Coordinator,
Department of
Leadership and
Governance**



Graduation High Lights

Keynote Speech by Fabian Kasi, Managing Director, Centenary Bank at the 11th MUBS Graduation Ceremony



Good morning, It is a great honour to be part of this graduation ceremony. Let me start by thanking the management of Makerere University Business School (MUBS) for inviting me to speak to you about "Financial Inclusion for Economic Transformation: A focus on Women and Youth". As you may be aware women and youth form the bulk of our population. Uganda has one of the youngest populations in the world under 15 years estimated at 48.7%, which is considerably higher than the world average of 26.8 per cent,

according to the 2014 State of Population Report. 51.4% of the total population are females, according to the 2014 and National Population and Housing Census Report.

With that demographic snapshot, it is evident that women and youth comprise an important market segment for businesses. However, women and youth continue to remain at the peripheral. For instance in the financial services sector, women and youth are much more financially excluded than men. Women and youth still face challenges in saving, investing and accessing credit due to majority cultural behaviours that sometimes prohibit them from owning property, studying, taking up leadership roles, just to name but a few. However, women have been able to transcend the barriers and set up innovative financial solutions such as the Nigina Groups which have supported saving and credit facilities, and banks have also come up with products that target both groups.

At Centenary Bank, we have built our business by providing financial services especially microfinance to the unbanked, particularly those in rural areas, and to those often considered to be at the peripheral. We are currently the leading commercial microfinance Bank with over 1.4 million customers which accounts for 25% of the market in terms of deposits. Our customer deposits grew by 17.5% above the industry average of 12.1% in 2015 and the same year's performance portrayed us as the second most profitable bank in Uganda. We have thus demonstrated that working with markets that are considered challenging and on the peripheral can actually be profitable. You only need to understand the

market and use a different approach. We believe that women are the mothers of the economy and that the youth are the future of the economy. So by investing in them, we have contributed to the overall economic growth of our nation. We have designed products that seek to circumvent the barriers that impede women and youth from accessing credit and other financial solutions. For instance our SupaWoman club aims at increasing financial inclusion for women by improving their levels of income and livelihoods. It is not just any other financial product, it includes business advisory, mentorship support, financial management training, networking opportunities, exchange visits and support on health and insurance.

I want to encourage you to visit any of our branches to find out more about the Supa Woman and how you can benefit from financial solutions that we have specifically designed for your age group. You can join as an individual, a group of five and more, or have a joint account of 2 to 5 people. We also continue to respond to some of the challenges that the youth face in accessing credit facilities. We have tailored a financial literacy training program for the youth, women and small and medium enterprises. The Bank in partnership with aBi-Trust, Kampala Capital City Authority (KCCA) and the Government of Uganda has introduced programs to support the expansion of youth-owned business ventures in Uganda. Our approach integrates financial literacy training in our programs because we work in communities where the bulk of the population is illiterate. In 2015, we trained 720 microcredit customers in five districts, 360 youths in 10 groups, 150 small and medium enterprise owners in three districts and 240 women in Kampala.

The trainings often focus on personal finance, managing businesses, loan utilisation, and saving. While Centenary Bank has made notable contribution towards extending services to women and youth, there is need for more participation of many other institutions and wide-ranging policy interventions so that they can fully be integrated formal financial services. I also believe that as an industry in partnership with Uganda Bankers Association (UBA) we can work together with government to come up with policies that will further improve financial inclusion of women and youths.

Thank you



Graduation High Lights

Arua and Mbale campuses- produced best students at MUBS 11th Graduation Ceremony

We were pleased yet again to announce that MUBS Arua campus produced presented two (2) diploma graduands who scored a CGPA of 5 and two (2) CBA graduands who scored a CGPA of 5 at the just concluded MUBS graduation ceremony held on May 27, 2016.

It should be noted that the same Campus presented the best over all the best student in Humanities at the 66th Makerere University Graduation ceremony in January 2016. Rashid Taban obtained a Bachelor of Business Administration first-class with a cumulative grade point average (CGPA) of 4.91. The maximum grade is 5.0.

We congratulate them and thank their parents, guardians and lecturers for guiding them towards the remarkable achievement in their lives.

MUBS Staff Graduate with Masters of Science in Information Technology from ICT-University

This year 13 members of staff graduated with Masters of Science in ICT from ICT- University Cameroon. The Graduation Ceremony was presided over by the ICT- University President Prof. Victor Mbarika, on May 27, 2016 at MUBS Nakawa campus.

MUBS has been working with ICT University Cameroon to advance e-learning and staff have benefited from this programme.

This is the second time MUBS is graduating its staff on this programme, the first cohort graduated with Post Graduate Diplomas in ICT in May 2014.

The school encourages academic staff to embrace these programmes in order to boost capacity for e-learning. The online experience will be transformed into MUBS' own programme.

Bitature honoured at MUBS Graduation

MUBS honored Simba group of Companies founder and Chairman Patrick Bitature with an outstanding achievement award.



He received the award on the 11th MUBS Graduation ceremony on May 27, 2016 in recognition for his contribution towards social economic transformation of society and his exceptional enterprising skills that have impacted on the lives of many. The entrepreneurship award was handed over to him by the Chancellor of Makerere University Prof. Ezra Suruma during the MUBS 11th Graduation ceremony on Friday 27th May 2016. Bitature, 56 is a Ugandan businessman and entrepreneur with interests in

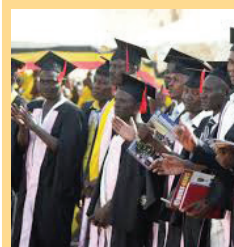
telecoms, energy production, mining, media, real estate, travel, and leisure and co-ownwer of Protea Hotels. He was born in a wealthy family which ended its fortunes by the death of his father in the early years of Idi Amin's rule in the 1970s.

At the age of thirteen (13), Bitature became the sole bread winner trading in sugar, clothing, shoes, and foreign currencies before expanding into mobile telephones and mobile airtime distribution that have seen him rise to be one of the wealthiest persons in Uganda. While receiving the award, Bitature thanked MUBS for recognizing him and added that "I accept this award not just on my own behalf but on behalf of every budding entrepreneur out there trying hard to make a small difference to their immediate community and society."

He noted that the main reason why they (entrepreneurs) work hard is not just to provide security for their loved ones, but 'to contribute meaningfully to local churches, hospitals, Rotary clubs, community and the country.' He advised graduands to take responsibility of their life and destiny, develop good habits early and stick to them adding that "there is no short cut to working hard for sustained success."

"You don't have to go into the lake as some say, You don't have to go to witch doctor or a shrine as some VIPs do or to give all your money to the Biwempe church pastor, You don't have to sell your soul and values in search for money, You don't have to rob someone or be corrupt," Bitature advised

40 Luzira Inmates Graduate at MUBS 11th Graduation Ceremony



This year Forty (40) inmates from Luzira Upper Prisons graduated with Diplomas and Certificates in Entrepreneurship and Small Business

management at the 11th MUBS Graduation Ceremony held on May 27, 2016. The programme is part of MUBS'

Corporate Social Responsibility. The inmates were awarded their Diplomas and Certificates in absentia. The School will subsequently organise a graduation ceremony for the inmates in Luzira.

Graduation lunch best ever organized

All members graduation committee, thank you for the organisation, it was colorful though with minor glitches. Kudos go to the person/s who were in charge of Guesthouse serving point, all staff i.e support, administrative and academic staff had some thing to bite at least. Even those from Juma prayers found something. I must applaud the Faculty of Business Computing and Management Science for the Gown the Dean and his team put on.

The 15th Public Economic Forum : Rethinking the Land Question in Uganda

On May 3, 2016, the MUBS Economic Forum in partnership with Friedrich Ebert Stiftung (FES) held its 15th Public Forum under the theme "Rethinking the Land Question, Food Security and Agricultural Transformation in Uganda." The debate attracted a number of participants of different ages, gender, social and economic status, and political affiliations. The MUBS News gives a summary of the key messages that came out of the dialogue.

Challenges in the Ugandan land Act

John Kiguli, a Senior Lawyer and lecturer of land law, Makerere University identified the various challenges within the Ugandan Land Act and Constitution which have resulted in mass evictions, overlapping rights, land conflicts, and institutional proliferation which has resulted into confusion in land governance.

He also identified a number of legislatable areas to resolve the land question in this country. One was on the overlapping rights in the same piece of land, 'lawful occupant' vs. 'bona fide occupant', registered land owner vs. statutory tenants, the fate of institutions such as Buganda Land Board that exist without legal status etc.

Political answers to deal with the land question in Uganda

Dr. Juliet Kiguli, a Professor of Anthropology at Makerere University called for more political answers to deal with the tradition, norms and practices in Uganda that have a tendency to discriminate against women with regards to access, control and ownership of land.



What informs land give-aways?

Robert Kirunda also a Lawyer and law don at Makerere University, reflected on the land ownership, use, rights, and interests in this country. He asked key questions such as: What informs land give-aways such as Mabira, Amuru, Namulonge? Should 'investors' be required to take measures that guarantee food security? He quoted the sugar growing phenomenon in Busoga for an example.

He noted that with land tenure (customary vs. mailo vs. freehold vs. leasehold), food security,

and agricultural transform are ultimately a political question. He contends that all questions around access to land and land tenure in Uganda reflect a long-standing clash between historical and present challenges.

He thus suggested that since the legal framework falls short of providing much needed solutions to the questions on access and security of tenure, the troubling questions around this symbiotic relationship between land and agricultural development are beyond the purview of the law. They need appropriate political answers.

Land and woman

Hon. Lawrence Bategeka, the Member of Parliament for Hoima Municipality, dealt with the reforms needed to achieve food security in the country. We all know how important a resource land is. We all know that if you want to die in Africa, touch two treasures of man: land and woman.

It's common knowledge that when farmers are not secure about the land they are cultivating there is no incentive for them to adopt modern technology (such as buying high yielding seed, fertilizer, and machinery). Uganda should put in place measures to increase access to land by the tillers; hitherto this has proved a daunting challenge.



Uganda Now

Hon. Prof. Ogenga Latigo MP for Agago South noted that Looking at Uganda now, which was better than Malaysia at Independence in 1962, with our vast agricultural potential, Our measure of poverty is US\$1/day to Malaysia's US \$9.7/day), over 50% of our GDP is generated in Kampala, and another 40-50% will come from oil fields; we are back to the



hand hoe, and 60% of the population depends on subsistence farming; annual population growth (3.2% p.a.) roundly outstrips agricultural growth (1.7% p.a.), and mass poverty and food insecurity are threatening the entire country; and unemployment and income poverty are decimating our youths who constitute >70% of the population etc. Finally, Uganda's land question is real, and the challenges are frightening sometimes. But then we hold our country in our hands, and no one else will come to do the things we must do. If we do not courageously address our land question, history will judge us very harshly.

The biggest problem now facing women and girls is access to land for food security.

Dr. Maggie Kigozi

We have seen women left land less and helpless when husbands die and relatives take away the land. We have seen women killed for land. We have seen girls and women resort to prostitution when their access to a piece of land is denied. We must recognise that women are not all the same. We have the rural woman, the educated woman, the corporate employee and the entrepreneur -small, medium and some are large. The women also come from different tribes with different cultures and most women did not inherit land culturally. The issue of land ownership and accessibility is complex in Uganda. Land management must cater equitably for land title holders, bona fide occupants, and women and children. Women will only equitably access land when all other rights like education, health, Gender based violence, are addressed.



Dean of Students' Office

The Dean of Students' Office coordinates the activities of student accommodation and is responsible for the welfare and discipline of students in the University. Apart from the Hall of Residence, which is governed by the custodian other sections overseen by the Dean's office include sports and recreation, students' guild and the counselling centre.

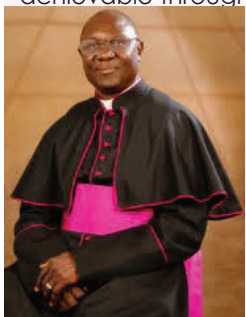
Dean Of Students Ms. Evace Nyakoojo

The Dean of Students' office caters for student welfare in three main areas: University Halls of Residence, where in conjunction with the custodian ensures that appropriate accommodation facilities and good catering services are provided to students; Recreation and Games - the Department in liaison with the Sports tutor staff organizes competitions and sports activities for students; and counselling services to the MUBS community. The Dean of Students also gives oversight to the Students' Guild, the Student governing body. The elections of the Guild President, Guild Representative Council (GRC) and the SCR leadership are organised by the Dean of students' office.



Msgr. Dr. Lawrence Ssemusu, Sports Tutor

The Sports tutor's office is mandated to cater for students' and staff welfare through providing sporting and recreational activities and sports competitions. The business of the office is sports achievable through an effective means of improving skills, talent identification, hiring the best personnel in the sports field, coaching, monitoring and grooming the talent and moulding individuals into complete beings. This is made possible by availability of physical resources, facilities, infrastructure and equipment. Financial resources and Human resources (Staff, coaches and athletes) and the stake holders (National Sports Federations, National Council of Sports, Uganda Olympic Committee, NUSFU, FASU, FISU and the Government of the Republic of Uganda).



Shamilla Kugonza, in charge of Guild Affairs in the Dean Of Students' Office

The Students Guild is a link between the students' body and the University Administration. It is headed by a Guild President who is democratically elected by the students in accordance with the existing guidelines..



School Counsellor, Ms. Juliet Kateega

The Counselling and Guidance Office helps to address personal or emotional challenges that may affect an individual while studying or working in Makerere University Business School. The Counselling and Guidance office works closely with all university units to enable students realize their academic and personal potential and to assist staff in addressing psychological issues that may affect them in living worthy and productive lives.



The School Counsellor Ms. Juliet Kateega believes that Counseling is the Road less travelled but most needed. "There are still many mistaken ideas about what counseling is and who it is for. It is common for people to have fears about counseling for instance one may be afraid that the counselor will make assumptions about them, or the counselor may think they have mental disorders or they are crazy and sometimes think the counselor will know much about them that he/ She should not know. On the other hand, some people appreciate the experience of talking to someone and sharing their heart with a stranger (Counselor) believing that this stranger may be more objective than a friend, a relative or an acquaintance. But the reality is that the process of counseling has lasting results you cannot afford to miss", she noted.

Ms. Alison Barugahare the custodian Berlin hall of residence



MUBS has only one hall of residence (Berlin hall) and it only accommodates a few female students. The rest of the students are non-residents. The hall houses a total of 277 students out of which there are 204 students on government sponsorship, and 73 are private students. It also houses female students with disabilities, It although there is one male disabled student who resides there. He was permitted by the administration to do so on special and humanitarian grounds since he crawls and uses a wheel chair for his mobility around the school. The disability students also have their places of convenience and bath rooms separate.

Frequently asked question:

What is the criteria for getting accommodated in Berlin Hall?

There is a Subcommittee of Management called the Room Allocation Committee that sits to consider the applications for accommodation. The Applications are received by the Dean of Students Office which presents the list of applications to the Room Allocation Committee for consideration. Allocation is based on the first come first serve basis.

Pictorial



MUBS Principal Prof. Waswa Balunywa in a group photo with Dr. Manu Chandaria, one of Kenyans leading Entrepreneurs, businessmen and one of the 20 Forbes magazine Africa's wealthiest people. He has come out with the largest business ideas to solve society's problems in Kenya. The Picture was taken at Pridelinn paradise Hotel Mombasa. Dr Chandaria closed the CAPA 2016 MOMBASA Conference.



Out-standing Performing Students in the Faculty of Public Policy showing off their certificates. Announcing outstanding performing students



Dr. Laura Orobia- Ndaba, Dr. Francis Kasekende, and Ms. Aisha Namale, were the MUBS Delegation who attended the Commonwealth Association of Polytechnics in Africa (CAPA)Conference in Mombasa. The conference started on May 30, 2016. MUBS is only Ugandan University which is a member of the Ugandan Member university



Drake- MUBS Sustainable programme 2016. Joining MUBS students to study the challenges for sustainable development



Deputy Principal Dr. Moses Muhwezi (2nd Left) receiving a Certificate of Appreciation from the outgoing Guild President H.E. Don Patrick Bugingo(left) looking on are Ms. Hadijah Namboze and Mr. Hawazi, Administrators in the Deputy Principal's Office



Former Guild Vice President; H.E. Lillian Nyakuni, showing off her Certificate



Faculty of Management and
Annually the Faculty wards



Some of the MUBS Academic Staff who attended the MUBS 11th Graduation Ceremony on May 27, 2016 at the MUBS main campus , Nakawa



16. Annually Drake University students
s faced by Uganda in its path to attain



On-line registration for MUBS undergraduate and Diploma new students. This was conducted across all public Universities.



The new MUBS Guild Executives swearing-in, at a colorful function which was organized by the Dean of Students' office at Silver Springs Hotel- Bugolobi

CFO asks CEO

"What happens if we invest in developing our people and they leave us?"

CEO

"What happens if we don't, and they stay?"

Staff News

We congratulate the (19) nineteen Members of staff who graduated at the 11th Congregation of Makerere University Business school which took place on Friday May 27th, 2016.

MASTER'S DEGREE OF ICT - UNIVERSITY

No	Name	Designation	Department	Programme
1.	Catherine Nyesiga	Assistant Lecturer	Business Computing	Master of Science in Information Technology
2	Philip Kato Khatiya	Assistant Lecturer	Business Computing	Master of Science in Information Technology
3.	Moses Serugo	Assistant Lecturer	Business Computing	Master of Science in Information Technology
4	Cosmas Ogenmungu	Assistant Lecturer	MUBS Regional Campus, Arua	Master of Science in Information Technology
5	Zuhra Nantege	Assistant Lecturer	Business Computing	Master of Science in Information Technology
6	Ayebare Joanina	Teaching Assistant	Business Computing	Master of Science in Information Technology
7	Engotoit Bernard	Teaching Assistant	Business Computing	Master of Science in Information Technology
8	Lukwago Ismael	Teaching Assistant	MUBS Regional Campus, Jinja	Master of Science in Information Technology
9	Bwino Keefa	Teaching Assistant	MUBS Regional Campus, Jinja	Master of Science in Information Technology
10	Shafiq Mugerwa	N e t w o r k Administrator	MIS	Master of Science in Information Technology
11	Mubuke Faisal	Teaching Assistant	MUBS Regional Campus, Jinja	Master of Science in Information Technology
12	Naluwoza Ruquiaya	Lecturer	Business Computing	Master of Science in Information Technology
13	Tusubira Irene Philper	Lecturer	Business Computing	Master of Science in Information Technology

POST GRADUATE DIPLOMA, DIPLOMA AND CERTIFICATES

No	Name	Designation	Department	Programme
1	Oketch Mike	Office Assistant	P r o c u r e m e n t and Logistics Management	Post Graduate Diploma in Business Administration
2	Nayiga Annet Rhita	Supervisor	Principal's Office	Post Graduate Diploma in Human Resource management
3	M a b o n g a Vincent	Security Guard	Security Section	Diploma in Finance and Account-ing
4	Ebiacu Gerald	Security Guard	Security Section	Certificate in Business Administration
5	Opael Wilfred	Security Guard	Security Section	Certificate in Business Administration
6	M w e b a z e William	Security Guard	Security Section	Certificate in Business Administration

We once again congratulate them upon this noble achievement and commend Management and Council for embracing the Staff Development Programme.

Massy Nabasiye

A.g Human Resource Manager

Staff who have lost their beloved ones

We extend condolences to the Members of staff who lost their beloved

No	Name of staff	Designation	Department	Diseased	Relationship
1.	Joseph Kasango	Teaching Assistant	MUBS Regional Campus, Jinja	Mrs. Florence Kasango,	Mother
2	Tino Ann Margret,	Security Guide	MUBS Regional Campus, Arua	Mr. David Okwir Kanuti,	Father
3.	Florence Ajulu	Security Guide	MUBS Regional Campus, Jinja	Ms. Kevin Mudodo	Mother
4	Eliasaph Mbareeba-Baraba,	Senior Aide	Quality Assurance Directorate	Mr. Gideon Kabirigye	Father
5	Zainah Nakabuye	Assistant Lecturer	Marketing and International Business	Haji Aziz Kasujja	Father
6	Francis Aruo	Lecturer	MUBS Regional Campus, Jinja	Mrs. Janet Alupo	Mother

Dr. Arthur Ahimbisibwe sworn-in Chairperson MUBASA



Dr. Arthur Ahimbisibwe

On May 06, 2016 Dr. Arthur Ahimbisibwe, a Senior Lecture in the Department of Procurement and Logistics, was sworn-in as the Chairperson of Makerere University Business School Academic Staff Association, (MUBASA). At a colorful function held at Silver Springs Hotel in Bugolobi, the outgoing Chairperson Dr. Isaac Magoola, welcomed the new Executive and challenged them to

practice academic freedom in order to succeed. He they should uphold the law and policies made under it, respect national justice, respect others regardless of their positions and finally set a few objectives and accomplish them.

The new MUBASA Executive include;

Dr. Arthur Ahimbisibwe chairperson

Dr. Isaac Wanzige Magoola- Vice chairperson

Ms. Zaina Nakabuye- General Secretary

Mr. Douglas Ssenoga- Public Relations& Welfare committee

Ms. Carol Kiriza- Member

Ms Mauren Mukoda- Member

Mr. Gonzaga basulira – Member

Dr. Muhammad Ngoma- Member/ Research committee

Dr. Ernest Abaho- Member

Dr. Vincent Bagire_ Member

Mr. Sam Musigire- Member

Dr. Isaac Nkote- RBS/ NIC Representative

Mr. Onesmus Kamachoko- Treasurer.

The Deputy Principal, Dr. Moses Muhwezi, who officiated at the hand over ceremony reminded the new executive about the importance of MUBASA , Trade Unions and the welfare of staff. "The point I am making is that this perception that there is management and there is MUBASA and we are apart should stop. I take this opportunity to call upon my colleagues to join hands for the good of this Association. What you should bear in mind is that there is no institution without challenges. We shall improve, provided that we have trust in ourselves", he said.

He further noted that MUBS has a unique culture of achievements. "We must resolve to build the institution and take it to another level. So, I call upon you to join hands and not to tear it apart", he advised.

He also advised the incoming Chairperson Dr. Arthur Ahimbisibwe to be a real leader. "Overcome any pride in you and lead these people. They have trusted and voted for you. Don't let them down. We are here to support you and we shall work together", he said.

I thank all of you for inviting me and I once again thank you all for coming and I wish everybody a successful career.

MUBS- Drake University sustainable Development Project 2016

MUBS Students join Drake University students for three weeks in Uganda. Students critically assess the challenges faced by Ugandans while the country attempts to achieve sustainable economic development. The students have the opportunity to work with faculty to design a tailored experience based upon their area of interest. Students' experiences in Uganda

Rural Visit

One of the first experiences in Uganda was our trip to the rural village, which I really think opened all of our eyes. We got to witness how more than 60% of the population lives in the country first hand. My favorite part of the day, and maybe even the whole trip, was seeing all the children wave and smile at us. Since I live in a town that does a lot of farming, it was also very interesting to see how it is done in Africa. Agriculture is very important to sustainable development, and can arguably be related to every SDG goal. We learned that cocoa is a very important part in Ugandan economy, but that they export their raw goods to outside countries just to buy back the finished product at a much higher price. Another issue Ugandan agriculture faces is that most of the farms are small, and every crop is grown and harvested by hand. This leads to sustenance farming, or farming that only can feed the family that owns it. Fixing these problems would help sustainable development throughout the country.

By Madi Sehmer



Gender Issues

Our visit with Judge David Batema was very interesting. This topic is incredibly important to sustainable development because it applies to all sectors and every individual regardless of status or occupation. A few things this visit encouraged me to consider are:

1) Equality vs. Equity; I used the metaphor of people with different heights trying to see over a level fence to illustrate this. If we elevate the short people with the same size blocks as the tall people, the heights will still be uneven, but if we elevate people according to their height (giving some more than others) we can level out and everyone can see over the fence. This means addressing inequalities on a specific cultural basis.

2) Perspective and privilege; I think the most eye-opening part for me was realizing how much someone's perspective can change how they receive a message. We all have different levels of privilege and when discussing issues like gender inequality it's very important to



consider the cultural context of the speaker and audience members.

3) What's missing from the discussion; Coming from a fairly liberal and politically correct educational background, I immediately noticed a few aspects of equality that were ignored in Judge Batema's presentation. I think it's important to reflect on why LGBTQ rights were not discussed. Is Uganda's culture at a point where they can discuss these rights yet? Do women's rights have to be established and advocated for before Uganda can consider LGBTQ rights?

By Hannah Lancaster

Media in Uganda

The media in Uganda seems to be very interesting. Much like the U.S. the main sources of media seem to be social media, TV, the radio, and the newspaper. On the trip we were able to learn about media as a whole. Also we were able to learn about media through the viewpoints of somebody who works with radio, someone that is an investigation journalist, someone who is a feature journalist, and finally someone who worked in the TV industry. Each individual we talked to had a different opinion on media, and how it should work in Uganda. Something that I found very surprising was the role of government in media. For example the government owns the largest newspaper in Uganda, "New Vision".

The government also has the power to shut down



social media. This occurred twice this past year during the election. Media is extremely crucial to the sustainable development of a country. As described by one reporter media is crucial because it shows the people of the country its issues that it must improve upon. I feel if the media continues to expose problems in Uganda it will only create more progression in the sustainable development goals. The UNDP also uses the media as a tool. The UNDP will use media as a

form of communication to remind the people what the goals really are. Overall media in Uganda has the role of accurately reporting what is going on in the country and world.

Question:

Do you feel that the government should have any role in the media? And if so how much?

What more can be done by media to further progress sustainable development in Uganda?

By Andrew Evans

MUBS- Drake University sustainable Development Project 2016

Students' share their experiences during their study tour in Uganda

Murchison Falls

The trip to Murchison Falls was one of the parts of the trip that I was looking forward to the most and it didn't disappoint. We got the chance to go on two safaris and a boat ride up the Nile to see



the falls during our time there. I really enjoyed seeing all the different animals the park had to offer. Some of the animals we saw were Lions, Gazelle, Crocodiles, Elephants, Hippopotamus, Water Buffalo, Giraffes, Monkeys and many more. Our driver was very knowledgeable about the animals at Murchison and would often stop the car and enlighten us about what we were seeing.

Our tour guide during the boat trip had eagle eyes and was pointing out hidden crocodiles left and right. I also liked the fact that we got to sleep in tents, although it became a little scary when a hippo was feeding right outside my tent. The last thing we did before we left Murchison was drive up to the falls themselves. I really enjoyed the falls and learned that the park has been under protection for over 50 years, and has even changed names during this time. This was a great ending to the trip up to Murchison falls

Health Care in Uganda

It has been pretty clear to see from all of our experiences in this trip that health care in Uganda is very different from the United States. The Kikwanda Health Center is trying to expand from a level 3 to a level



4 center. Currently they focus on vaccinating children for the 6 main killer diseases, treating malaria and typhoid, and simple testing including ultrasounds on Saturdays. Once the funds are raised the clinic plans to expand to include a maternity ward to provide more mother and child services. Pharmacies here do not have nearly as many hard drugs and we do in the United States, the pharmacists can prescribe medications, and do not have a medical data base to keep track of all patients and prescriptions. Finally the hospitals are very crowded, have minimal machinery, patient privacy is not a priority, and insurance is not common so it is common to have to pay large sums out of pocket to receive treatment. Although the United States may be more "advanced" in medicine than Uganda, the US system is very slow and tedious. Is there something that the US can learn from the Ugandan health care system and vice versa?

Posted by Katherine Smith

Microfinance- Reach Out

Our group visited an organization called Reach Out to learn about microfinance and to sit in on community microfinance groups. Reach Out was originally started to combat HIV/AIDS and provide support to patients, but in 2009 they started a microfinance operation to help the extremely poor save money. Microfinance is almost like a small bank, but for people who cannot provide collateral for a loan. These small groups, called VSLAs, are comprised of 15-30 people. The general purpose of these VSLAs is to help poor people, especially women, save money and be able to access small loans efficiently. It's important that the members within the group know each other, because the incentive to pay back the loan is social pressure. In essence, you don't want to be embarrassed in front of a group of your peers by not paying back the loan. I said before that the small group is like a bank; everybody contributes savings at weekly meetings, and loans (usually four week loans) are then given out within the group. The interest repaid on the loans is then distributed equally among group members at the end of a 12 month period.

We were fortunate enough to be able to sit in on two weekly meetings for local VSLAs. They showed us how a meeting operates, and all of the bookkeeping work they do. Reach Out has created over 300 of VSLAs

The United Nations Development Programme (UNDP)

We received a presentation from a representative of the UNDP, Simon Peter Nsereko. This is the first time the program has included the UNDP as part of the course, so it was a little rough.

The presenter discussed the reality of how the UNDP functions and works with host governments in order to fulfill the SDGs. Prior to mentioning the work with the SDGs, the presenter mentioned how 33% of the MDG targets were achieved in Uganda, meaning much of the goals were still unrealized once the SDGs were published in 2015. The UNDP mainly helps form and develop frameworks and plans for governments to adapt to their country so as to successfully implement programs and initiatives to push forward development. The UNDP also relies and works heavily upon the statistics and data provided by the home country, which in itself provides its own set of challenges. The UNDP has to work through host government. Some developing nations governments tend to be either corrupt, unstable, or both. That very fact provides a challenge and issue for the UNDP; not to mention the added complication of appeasing donor nations if progress is slow on the targeted SDGs. The UNDP has to act diplomatically when working with the governments,

MUBS Guild Executive 2016/ 2017 takes oath : Advised to practice Democracy



On the left is the new Guild President, H.E Joram Matovu taking oath



The new Guild executives taking oath

On May 26, 2016 a new era of Student Leadership was ushered in as the New Guild Cabinet for Makerere University Business School 2016/2017 swore in. Like a child receiving their first gift most of the New Cabinet members could not hold back their excitement. With clean shaven looks for the men and women and smiles permanently planted across most of their faces, their readiness to start serving their term was clearly evident. The ceremony was attended by the MUBS Principal Prof. Waswa Balunywa, Deputy Principal Dr. Moses Muhwezi, Dean Of Students Ms. Evace Nyakoojo, Prof. Victor Mbarike, Visiting professor to MUBS from Southern University Louisiana, H.E. Charles Karondo, Guild President Mt. Kenya University, Members of Staff and a good representation of the student body.

The Principal officiated at the swearing-in-ceremony held at Silver Spring Hotel, Bugolobi. The ceremony also included the out going Guild led by H.E. Don Patrick Bugingo awarding Certificates to some members of staff for supporting the Guild whenever they needed them. Bugingo thanked the School Management under the leader of prof. Waswa balunywa and Deputy Principal Dr. Moses Muhwezi for their support to the Guild, to his executive for the job well done while serving the students. To the incoming Guild President, he advised him that the welfare of the students should always be catered for if he is to succeed. Working with the Dean of Students' Office and the School Administration will make his work easier.

Prof. Balunywa congratulated H.E. Matovu on being elected as the Guild President of MUBS and advised him to practice democracy. He advised the New Guild Cabinet to serve with dedication; humility and most of all exercise service above self as well as acquainting themselves with the rules and regulations governing student affairs and the University at large. He also urged the Guild President to deliver the promises that he made to the students.

He advised the student leaders to always prioritise their

academics above other activities, and pledged the University Management's openness to dialogue. "Let us work together to transform the University," he emphasized. He challenged the new guild president to understand the role of the guild. "Today, you have been sworn in as the Guild President but then what is the role of the Guild? The Guild president acts as the watch dog and is equally our partner and that is why we sit with him/ her in the council to see how students' problems can be solved as we run the institution", he noted. To the incoming executive, you have been elected to steer the institution. There are various issues to be addressed. "You need to hold meetings, solving problems and manage conflicts around.

I know at the end, you will be a better leader and then say this is the experience I got from MUBS. I hope that the young democracy you are nurturing will help you and I am sure that you will project the image of Makerere University Business School".

He thanked the Dean of Students who has been much closer to the students. She is even more popular than me as most of the students came to hug her here. Thank you for the job well done." He also thanked Prof. Victor Mbarika for supporting MUBS online plat form and for hosting the MUBS Guild Presidents for the last five years. He welcome the Guild President of Mt. Kenya University (MKU) H.E. Charles Karondo. "I thank you for coming and I think we shall have better things in future" he noted. In a special way, Prof. Balunywa thanked the out- going Guild President H.E. Bugingo for his wonderful leadership and thanked his parents for bringing him up in that way.

I wish you the best in your journey towards your leadership in MUBS.

Principal's welcome message to first year students



Prof. Waswa Balunywa

At this time of the year, we welcome those who are joining the MUBS fraternity. Welcome all our first year students. But allow me to start by congratulating you on passing your exams and becoming eligible to enter the university but it is not about eligibility alone, it is also about being selected.

Today thousands of those who are eligible are not selected. It is therefore to a greater extent a privilege to join the university. This is a great opportunity which nobody should take for granted. Our selection process

allows for only the best people to emerge and we believe you are one of them. We hope that you will be able to sustain this image of an excellent student.

Now that you have joined the university, you have

obligations to yourself, to your parents/guardians/friends and to the entire country. To yourself, you need to go out with a good degree from the institution. You should not demean yourself through poor performance and irresponsibility. To your parents, you have an obligation not to embarrass them and to the nation, you have an obligation to make that small contribution to transform society but it all depends on whether you blow up this opportunity or not. You will be able to achieve this through hard work, paying attention to your studies, forming study teams to aid your study success. But life in the University is different, nobody wakes you up, nobody urges you to do anything. You must take responsibility for your action, life and studies. Our role is to contribute to the Human resource bank of the nation and we cannot do it without your acceptance.

We hope that you will accept to become a notional asset and allow us to train you and create an important resource in you for the country. We wish you the best in your years ahead and hope that you will set your goals and realize your dreams

Prof. Waswa Balunywa, PhD

Principal

MUBS

Out- going Guild President and his Vice retained in MUBS

His commendable leadership and outstanding performance in managing students' affairs, the out-going Guild President HE. Don Patrick Bugingo, his Vice President Lillian Nyakuni and the Guild Speaker Aporo Sarah have been retained to work in the University. The opportunity is also open to the former Guild executive with first class degrees.

The opportunity was offered by the MUBS Principal Prof. Waswa Balunywa during the Guild hand over ceremony at Silver Springs Hotel Bugolobi on May 26, 2016.

MUBS has a policy of retaining guild presidents who have exhibited outstanding leadership and best performing students who graduate with first class degrees to work in the University. i

This policy has encouraged continuing students to work hard by carrying out wide and deep researches. They are also encouraged to do their course works with a sense of commitment well knowing that they will be employed immediately after they complete their programmes on the basis of their good grades. The policy is also beneficial to the university as it is able to keep and make use of a pool of best brains in the country.



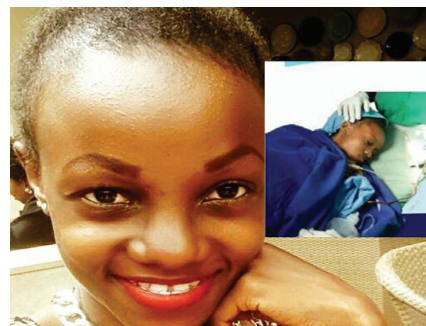
MUBS Student's Life In Danger, Seeks shs 22m For Cancer Operation

Alice Nankinga a second year student at Makerere University Business School (MUBS) is seeking for help her raise 22 million shillings that is needed for her operation in Nairobi.

She operated upon at the age of 18 in 2014 due to too

much stomach pain. She was diagnosed with tumors in 2015; one in the spleen and another in her ovary. She could barely walk or talk nor eat and drink. The doctors took a decision to remove her spleen and the tumor and after she gets a chemotherapy treatment which she accepted and took four cycles. However, this did not stop the tumors from growing.

In February of this year, she was operated for the same tumors and was to go for radiotherapy after the operation but unfortunately that is when the only Radiotherapy machine at the Uganda Cancer Institute in Mulago collapsed. She was then advised by doctors to go try Nairobi Cancer Institute but she cannot afford the UGX. 22 million needed for the operation.





Should you say Bye WhatsApp, Hello Telegram?

In security research circles, this has resulted in endless debates between WhatsApp and Telegram. Everybody has a strong opinion, but there is no general consensus.

The Similarities

WhatsApp and Telegram share the same groundwork. Both apps use your phone number as identification, both let you chat with groups, share videos and pictures, both apps have basically the same User Interface, even down to the conversation view.

But lots of users are switching from WhatsApp to Telegram because of its better features like group chat up to 200 users and sending files up to 100 MB (WhatsApp allows up to 50 MB per file). Telegram has a new feature 'auto self-destruct message'. Even the developers of the telegram are pretty sure about the security of this application as they have offer for the hackers of 200.00 million who can break the security of the application while WhatsApp faced several hacking attacks and I am pretty sure they will never come with such exclusive offer. In simple words telegram is more secure application than WhatsApp.

With that behind us, let's talk about the differences.

How Is Telegram Better

Telegram is free

WhatsApp is not free. You must pay for it beginning from the second year, Telegram is a free to download and install application that offers the users an open-source platform with no ads, a clean and fast interface and asks for no payments whatsoever.

Telegram Is Secure

Seriously secure. The makers of Telegram are so confident about it that they are offering \$200,000 bounty to anyone who can break into MTProto, the backbone of Telegram

communications.

WhatsApp on the other hand is prone to hacks and attacks. And their security measures are just no match for Telegram.

Telegram Is Fast

I've been using WhatsApp for more than 3 years now but lately it has been getting slow. A notification will be delayed by a couple of minutes, I got into Telegram not much long ago but so far it has never let me down, speed wise.

Telegram Let's You Talk In Secret

This is not the whisper in my ears kind of a thing. Telegram allows you to send end to end encrypted messages with self-destruct options.

Your Data Is YOUR Data

Again, Telegram is heavily encrypted and secure. And as of right now, no one is indexing your data and using it to sell you better ads. Which is what Facebook might do with WhatsApp if it wants to make any of the 19 Billion dollar investment back.

Desktop Apps

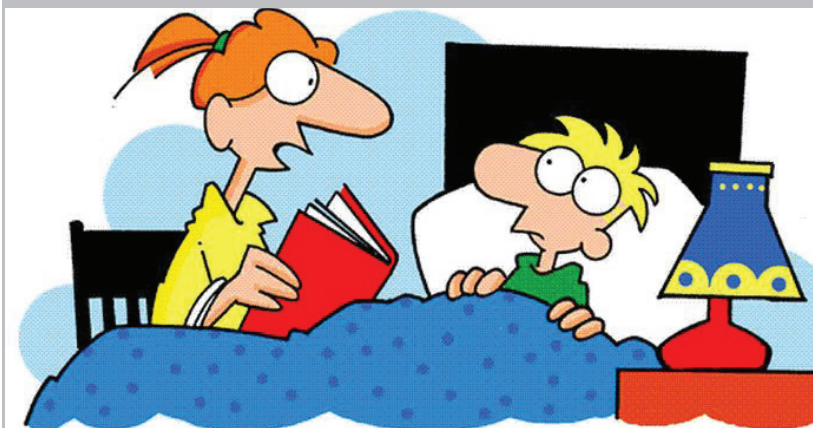
Unlike WhatsApp which has a closed system, Telegram has an open API. Which means that there are lot of interesting chat clients for Telegram. It also means that you can finally use an IM client that's just as fast on the desktop as it is on your phone.

Compared to Telegram, WhatsApp is huge. Every single one of your friend uses it.

Oboth Andrew

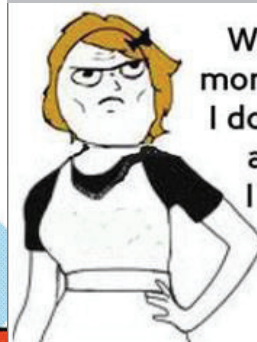
Network Administrator (MIS Unit)

Humour



**"Romeo and Juliet met online in a chat room
But their relationship ended tragically
when Juliet's hard drive died."**

Humour



**Wherever we keep d
money, our son steals it.
I don't know what to do
about it, where do
I Keep the money?**

**Keep it in his Books.
He Never touches them...**



How to perform a breast cancer examination.

Step by step process of performing a breast cancer self examination.

1. Stand undressed from the waist up in front of a large mirror in a well-lit room. Look at your breasts. Don't be alarmed if they do not look equal in size or shape. Most women's breasts aren't. With your arms relaxed by your sides, look for any changes in size, shape, or position, or any changes to the skin of the breasts. Look for any skin puckering, dimpling, sores, or discoloration. Inspect your nipples and look for any sores, peeling, or change in the direction of the nipples.

2. Place your hands on your hips and press down firmly to tighten the chest muscles beneath your breasts. Turn from side to side so you can inspect the outer part of your breasts.

3. Then bend forward toward the mirror. Roll your shoulders and elbows forward to tighten your chest muscles. Your breasts will fall forward. Look for any changes in the shape or contour of your breasts.

4. Now, clasp your hands behind your head and press your hands forward. Again, turn from side to side to inspect your breasts' outer portions. Remember to inspect the border underneath your breasts. You may need to lift your breasts with your hand to see this area.

5. Check your nipples for discharge (fluid). Place your thumb and forefinger on the tissue surrounding the nipple and pull outward toward the end of the nipple. Look for any discharge. Repeat on your other breast.

In the shower:

6. Now, it's time to feel for changes in the breast. It is helpful to have your hands slippery with soap and water. Check for any lumps or thickening in your underarm area. Place your left hand on your hip and reach with your right hand

to feel in the left armpit. Repeat on the other side.

7. Check both sides for lumps or thickenings above and below your collarbone.

8. With hands soapy, raise one arm behind your head to spread out the breast tissue. Use the flat part of your fingers from the other hand to press gently into the breast. Follow an up-and-down pattern along the breast, moving from bra line to collarbone. Continue the pattern until you have covered the entire breast. Repeat on the other side.

Lying down:

9. Lie down and place a small pillow or folded towel under your right shoulder. Put your right hand behind your head. Place your left hand on the upper portion of your right breast with fingers together and flat. Body lotion may help to make this part of the exam easier.

10. Think of your breast as a face on a clock. Start at 12 o'clock and move toward 1 o'clock in small circular motions. Continue around the entire circle until you reach 12 o'clock again. Keep your fingers flat and in constant contact with your breast. When the circle is complete, move in one inch toward the nipple and complete another circle around the clock. Continue in this pattern until you've felt the entire breast. Make sure to feel the upper outer areas that extend into your armpit.

11. Place your fingers flat and directly on top of your nipple. Feel beneath the nipple for any changes. Gently press your nipple inward. It should move easily.

Repeat steps 9, 10, and 11 on your other breast.

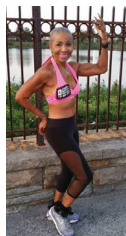
Perform this examination at least once a month.



80-Year-Old Body Builder: 'Age is Nothing But a Number'

One of the world's oldest female body builders, Ernestine Shepherd was named the oldest female body builder by the Guinness Book of World Records in both 2010 and 2011. She wrote about the secrets to her health and well-being.

"Age is nothing but a number," Shepherd believes that "being out of shape as we age truly is merely an option NOT a mandate!"



Eat clean. Shepherd sticks to a daily diet of 1,700 calories, which includes egg whites, chicken and vegetables.

Do the same workout every day. In an interview with Oprah, Shepherd revealed, "I do the same thing day in and day out." This daily routine includes a workout that begins at 3 or 4am with a 10-mile run.

Find what you like to do. The fitness trainer teaches classes of her own, but encourages people to exercise in whichever way they like. "Not everybody wants to be a body builder, not everybody wants to be a runner. But find what you like to do," she told Oprah.

Have something that motivates you. Although Shepherd finds strength in prayer, she says she owes most of her motivation to her late sister.

Know your blood group: Type Os

Thrive on intense physical exercise and animal proteins

Do not do well with dairy and grain products

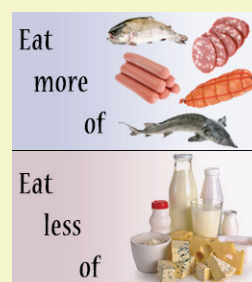
Hardy digestive tract

The leading factor in weight gain for Type Os is the gluten found in wheat germ and whole wheat products.

Type O have a tendency to have low levels of thyroid hormone and unstable thyroid functions, which cause metabolic problems and weight gain.

Type O have high stomach-acid content, can digest meat easily.

The initial weight loss on the Type O Diet is by restricting consumption of grains, breads, legumes, and beans. It is good to avoid food that inhibits thyroid hormone (cabbage, brussels sprouts, cauliflower, mustard green) but increase hormone production (kelp, seafood, iodized salt). Type Os should eat fruits of alkaline nature such as berries and plums. Type Os should severely restrict the use of dairy products. If you are a Type O of African ancestry, you should eliminate dairy foods and eggs altogether.





**Makerere University Business School (MUBS)
21ST ANNUAL INTERNATIONAL MANAGEMENT
CONFERENCE (AIMC)
September 12-15, 2016**

CALL FOR PAPERS

**Theme:
AFRICAN BUSINESS AND DEVELOPMENT IN THE GLOBAL
ECONOMY**

**Hosted by:
Makerere University Business School, Kampala - Uganda**

Deadline for submission of papers: June 20, 2016

2016 Conference Chair

Dr. Mohammed Mugerwa

2016 Deputy Chair

Dr. Vincent Bagire

**Prof. Balunywa elected president of
Africa Business and Entrepreneurship
Society**



Prof. Waswa Balunywa

MUBS Principal

The Principal, Makerere University Business School Prof. Waswa Balunywa was elected the President of the Africa Business and Entrepreneurship Research Society. His election was the Africa Business and Entrepreneurship conference organized by the Whitman School of Management of Syracuse University, USA. The Conference was jointly organized with the Faculty of Business Administration of Laval University and Makerere University Business School attracted numerous papers from across Africa, the United States and Europe.

The papers were by African scholars, PhD students and Professors in various universities from different countries. "It was an exciting conference and I was privileged to be elected a president of a recently formed Africa Business and Entrepreneurship Society", Balunywa said.

MUBS was recognized as a leading Business School in Africa. The School was also recognized for its lead in entrepreneurship studies. "Our popularity in entrepreneurship emerges from our participation in the Global Entrepreneurship Monitor (GEM studies)", explained Prof. Balunywa. GEM is an international consortium of scholars in entrepreneurship who have been exploring the relationship between entrepreneurship and economic growth.

**MUBS ICT Centre- Short
Courses**



The Centre regularly conducted short courses lasting duration of one to four weeks. The short courses mainly target working people who wish to update their knowledge and skills in specific areas of work. The courses also target University and secondary school students and the general

public. The centre also designs and tailor made programs for different individuals and organizations.

Certificate in Ms. Office Applications

Certificate in Computerized Accounting Applications

Certificate in Human Resource Information Systems.

Certificate in MS Project Application Software

Certificate in Web Design and online marketing tools

Certificate in Computer Graphics & Design. (

Certificate in Data Analysis packages

Certificate in Business Applications Development

Certificate in Systems and Network Administration

E-learner ICDL entry-level Certification

International Computer Driving License Certification

Testing of English as a Foreign Language