

NEWS LETTER

2025 EDITION 7

EXCITEMENT AS CIU HOSTS THE 2025 FRESHERS' BALL

Clarke International University (CIU) was abuzz with excitement as students, staff, and partners gathered for the 2025 Freshers' Ball—an electrifying celebration marking the university's first-ever chartered freshers' event. Organized by the Office of the Student Guild, the event transformed the Rock Arena on campus into a hub of fashion, music, and culture, embodying the dynamic spirit of the CIU community.

The day's activities began with a tree planting ceremony led by the Vice Chancellor, Deputy Vice Chancellor, and the Guest of Honour from Centenary Bank. The symbolic exercise underscored CIU's commitment to sustainability, growth, and community transformation—values deeply embedded in the university's mission.

After the ceremonial opening, festivities kicked off at noon and continued late into the evening, featuring a rich mix of entertainment including live performances, fashion showcases, and the much-anticipated Mr. and Miss CIU competition. Eleven contestants from various faculties captivated the audience with their creativity, intellect, and confidence.

The contestants included Naomi Agum, Nyamiei Catherine, Namagembe Isabella Christine, Ekram John, Angel Haru, Roshana Sumaya Ali, Nakimbugwe Sandrah, Halia Abdallatif, Martin Marvel Chok, Arinanye Samuel, and Manzi Severe.

After a spirited competition, Nyamiei Catherine (BBA) and Arinanye Samuel (BBA) were crowned Miss and Mr. CIU 2025, respectively, amid thunderous applause from their peers and guests. Their crowning marked one of the night's most memorable highlights.

The entertainment lineup kept the energy high, with popular artist Dax Vibes headlining the show. His electrifying performance, along with dance showcases and student acts, reflected the creativity and youthful energy that define CIU's student body.

Adding a community-driven touch, the event also featured a mini-exhibition where vendors and small businesses displayed products ranging from food and fashion to tech accessories. This platform offered students and visitors an opportunity to network, support local entrepreneurship, and enjoy a holistic experience beyond the stage.

The celebration was made possible through the generous support of sponsors including Centenary Bank, KCB Bank, SafeBoda, and NCSA, who were recognized and appreciated for their continued partnership in empowering student-led initiatives.

The CIU Chartered Freshers' Ball 2025 not only ushered in the new academic year with glamour and joy but also strengthened the university's commitment to nurturing leadership, collaboration, sustainability, and innovation within its growing community.








CLARKE INTERNATIONAL UNIVERSITY CLINCHES PLATINUM AWARD FOR BEST PRIVATE INNOVATIVE MEDICAL UNIVERSITY IN EAST AFRICA

Clarke International University (CIU) has once again proven its excellence on the regional stage after clinching the Platinum Award for the Best Private Innovative Medical University in East Africa at the East Africa Brand Quality Awards, held on Friday, October 17th, 2025, at Golf Course Hotel, Kampala.

This prestigious award recognizes CIU's unwavering commitment to innovation, quality education, and groundbreaking research that continues to redefine the future of healthcare and medical training across the region.

Receiving the Platinum Award underscores the university's leadership in leveraging technology, community engagement, and academic excellence to address real-world health challenges. From fostering student-led research to promoting digital health solutions and public health innovation, CIU continues to embody its vision of transforming healthcare in Africa through education, research, and service.

"We are incredibly honored by this recognition," said a CIU representative. "It reflects the hard work, creativity, and dedication of our students, faculty, and partners who are all passionate about shaping a healthier future for East Africa."

A heartfelt appreciation goes out to the entire CIU community students, staff, alumni, and partners whose shared commitment to excellence and innovation makes achievements like this possible.

As CIU celebrates this milestone, it reaffirms its promise to remain at the forefront of medical education, nurturing the next generation of healthcare leaders and innovators.

The future of healthcare starts here at Clarke International University.







CIU ROTARACT CLUB PARTICIPATES IN REI KENYA 2025





Clarke International University (CIU) proudly joined the 2025 Rotaract Earth Initiative (REI) held in Kitale and Mt. Elgon, Kenya, under the theme "Greening the World and Strengthening Community Health."

Represented by the club president and one member, the Rotaract Club of CIU joined fellow Rotaractors from Kenya, Uganda, and Tanzania in a regional effort to promote sustainability, health, and community empowerment.

The team participated in tree planting campaigns around Mt. Elgon and Kitale, inspiring communities to take action for a greener planet. They also took part in a free medical outreach at Andersen Medical Center, offering health services such as blood pressure screening, HIV testing, and dental and eye checkups.

In addition, the Rotaractors visited a local school where they distributed reusable sanitary pads to young girls, promoting menstrual hygiene and encouraging them to stay in school.

Beyond service, participants enjoyed fellowship and cultural exchange, exploring the Kitale Museum, bonding through music and laughter, and strengthening ties across East Africa.

The REI Kenya 2025 experience left a legacy of green hope, healthier communities, and strengthened Rotaract connections — a true reflection of CIU's commitment to service and leadership beyond borders.

CIU STUDENTS GAIN HANDS-ON ENTREPRENEURSHIP EXPERIENCE AT 3-DAY BOOT CAMP

Clarke International University (CIU) recently hosted a transformative 3-day Entrepreneurship and Innovation Boot Camp that brought together students from the School of Business and Applied Technology. The event was a collaborative initiative featuring representatives from the Uganda Innovation Hub and Uganda ICT, aimed at equipping students with practical knowledge and real-world entrepreneurial skills.

The sessions were led by experienced facilitators, including Mr. Ronald, the lead trainer, and Mrs. Sandra, head of the innovation group, who both shared inspiring real-life experiences from their journeys in entrepreneurship and innovation. Their engaging presentations and interactive discussions helped bridge the gap between theory and practice, allowing students to explore the realities of building and sustaining innovative ventures in Uganda's fast-evolving business landscape.

Throughout the boot camp, participants delved into key areas such as entrepreneurial thinking, innovation strategies, and industry-based problem solving. The sessions encouraged collaboration, creativity, and critical thinking—essential skills for students aspiring to become future business leaders and innovators.

By the end of the training, students had not only developed new perspectives on entrepreneurship but also gained the confidence to turn their ideas into action. The boot camp created a vibrant learning atmosphere that emphasized practical engagement,

teamwork, and strategic innovation.

This initiative underscored CIU's commitment to producing well-rounded graduates capable of driving growth, fostering innovation, and contributing to Uganda's socio-economic development





A CALL FOR PERSONALISED CARE CIU SYMPOSIUM AFFIRMS "EVERY STORY IS UNIQUE" WHILE URGING IMMEDIATE ACTION ON BREAST CANCER SCREENING.

Clarke International University hosted a crucial Breast Cancer Symposium on Friday, the 30th, gathering institutional leadership and medical experts to address the rising incidence of cancer in Uganda. The event saw participation from high-level Clarke International University management, including Vice Chancellor Prof. Rose Clarke Nanyonga and Deputy Vice Chancellor Dr Mika Singh, along with the student body, headed by Guild President Mr Okello Robert. Key presentations were delivered by Dr Mugisha Noleb Mugume, M., Chair of the National Cancer Control Secretariat and Community Oncology Fellow at the Uganda Cancer Institute (UCI), and Adong Linda Lutanda, CT, MPH, a Cytologist from the UCI Department of Pathology and Laboratory Medicine. Margaret Nanteza Okello, CEO and Co-founder of the Cancer Aid Organization, also contributed to the critical discussions .





The experts emphasized the significant global and local cancer burden, noting that cancer is one of the leading causes of death worldwide, particularly in developing countries like Uganda. According to the World Health Organization (WHO), breast cancer is the most common cancer among women globally. In Uganda, presentations confirmed that breast cancer is the second leading cause of cancer death among women,





following cancer of the cervix. Dr. Mugisha Noleb M.'s data revealed that breast cancer accounted for 2,639 new cases among Ugandan women in 2020, representing 13.5% of female cancer diagnoses. They further clarified that cancer development is multifactorial, resulting from a combination of different factors and although rare, men account for an estimated 1 in every 100 breast cancer diagnoses worldwide.

The symposium detailed both modifiable and non-avoidable risks associated with the disease. Non-avoidable factors include sex (100 times more prevalent in women), age (two-thirds of diagnosed women are over 55 years), and family history involving genetic mutations like BRCA1 and BRCA2. However, speakers underscored avoidable lifestyle risks, such as lack of adequate physical activity, an unhealthy diet high in saturated fat like red meat, being overweight or obese, and the use of alcohol and tobacco. Attendees were urged to look for primary signs, including a hard lump in the breast or armpit (typically painless), changes in breast size/shape, or dramatic skin changes such as hardening, dimpling, or an orange peel-like appearance.

A crucial message delivered by Adong Linda Lutanda and Dr. Mugume centered on prevention, stressing that early detection and early proper treatment can prevent most cancer deaths. Presenters outlined essential screening protocols: monthly Self-Breast Examination (BSE), ideally performed seven days after the end of the monthly period; the Clinical Breast Exam (CBE), which should be done yearly by a trained health worker; and mammography (breast X-ray). They specifically recommended mammograms for every woman 40 years of age and above, while also advising men over 40 with suspicious lumps to undergo the procedure. If a lump is found, immediate evaluation via a breast biopsy (such as Fine Needle Aspirate Cytology for BIRADS 2/3 or Core Needle Biopsy for BIRADS 4-6) is necessary for definitive diagnosis, though they noted that about 80% of lumps are non-cancerous.

To combat the growing cancer burden, Dr. Mugisha Noleb M. outlined several ways the Clarke International University community can formally partner with the UCI, reinforcing the message that action begins with you. He called for engagement in Research and Innovation to contribute to the knowledge pool on cancer and develop diagnostic tools, as well as collaboration on Community Outreach and Health Education to provide cancer screening services. Students of Clarke International University were specifically encouraged to organize Peer Education and Awareness talks and use digital platforms for social media advocacy to debunk cancer myths. This joint strategy, formalized through means like student internships and clerkships, mentorship programs, and joint screening programs, emphasizes the necessity of coordinated action

CLARKE INTERNATIONAL UNIVERSITY STUDENTS JOIN THE FIGHT TO END POLIO





Clarke International University (CIU) proudly joined the global community in commemorating World Polio Day 2025 under the theme "One Day. One Focus: Ending Polio". The event, held on 24th October 2025 at Speke Resort Munyonyo, was organised by Rotary Districts 9213 and 9214, bringing together partners including UNICEF, the Ministry of Health, WHO, PATH, National Medical Stores, UNEPI, C-Care, and CIU.

CIU as a Key Partner in the Fight Against Polio

As a dedicated partner, Clarke International University contributed both technical and human resource support to ensure the success of the day's activities. The university's partnership reflects its commitment to advancing community health and supporting national immunisation efforts. Through its Faculty of Health Sciences, CIU continues to build a generation of health professionals passionate about disease prevention and public health advocacy.

Students Take the Lead in Community Health Action

A team of CIU students from the School of Nursing and Midwifery and School of Allied Health actively participated in the medical outreach at Nsambya Hospital Ggaba Branch, one of the central activities of the day. The outreach provided Oral Polio Vaccine (OPV) to under-five children, alongside catch-up doses for other antigens and essential child health supplements.

In total, 390 children were immunized, with CIU students supporting registration, data management, crowd control, and community mobilization. The students also engaged in health education sessions, sensitizing caregivers on the importance of routine immunization and polio prevention.

Learning Through Service

For CIU students, participation in such national health campaigns reinforces the university's experiential learning approach — where classroom knowledge meets community service. Many described the experience as both educational and inspiring, deepening their understanding of Uganda's public health system and the importance of intersectoral collaboration in disease eradication.

Collaboration for a Polio-Free Uganda

The event also featured a public awareness march in Munyonyo, a keynote address by Dr. Robin Nandy, UNICEF Uganda Country Representative, and a high-level panel discussion involving the Ministry of Health, WHO, and Rotary leaders. CIU's visibility among key national and international health stakeholders underscored the university's growing role in shaping Uganda's healthcare future.

A Shared Vision

CIU remains committed to its vision of "Making a Difference in Africa's Health Systems" through active community engagement, academic excellence, and partnerships that promote sustainable health outcomes. By standing alongside partners in the fight to end polio, CIU continues to empower its students to become transformative leaders in health and



SLEEP IS THE FOUNDATION: DISCOVERING THE CODE TO RESTORATIVE SLEEP





In the latest CIU LIT Series talk, Clarke International University (CIU) hosted Carolyn Busingye, Uganda's first certified sleep coach, who delivered a powerful and enlightening session on the importance of quality sleep. Her central message was simple but profound — *sleep is not a luxury; it is the foundation of all human performance and productivity.*

Busingye challenged the common belief that success requires "pushing through tiredness," urging students and professionals alike to view sleep as an intentional, non-negotiable part of a balanced and successful life. Drawing from her own experience of struggling with sleep, she emphasized that many people silently suffer from sleep deprivation without realizing its far-reaching effects on physical health, mental clarity, and emotional well-being.

Understanding What Sleep Really Is: Active Restoration
The coach described sleep as a naturally repeated process within a 24-hour cycle—one that adults must experience for at least seven hours each night to function optimally. For children, the required range of 9–12 hours is crucial for healthy brain development.

But sleep, she stressed, is not just "rest." It's *Active Restoration*—a vital biological process where the body and brain conduct critical repairs and updates.
- **Brain Organization:** During sleep, the brain processes the day's experiences, retaining important information and discarding the unnecessary, preventing "performance glitches."
- **Physical Repair:** Cells regenerate, muscles strengthen, and the immune system is reinforced.
- **Hormone & Emotional Balance:** Hormones are rebalanced, emotions reset, and the mind prepared to face a new day with calmness and clarity.

The High Cost of Sleep Deprivation
Busingye cautioned against waiting for the body to "crash" before seeking help, reminding the audience that the body eventually "sends the bill" for inadequate rest. Even a single night of poor sleep can trigger forgetfulness, slow reaction times, and an inability to learn effectively.

Chronic deprivation, she warned, has deeper consequences: weakened immunity, accelerated aging, increased risk of cardiovascular diseases, diabetes, and cognitive impairment. Emotionally, it leads to irritability, stress, and instability—issues that quietly erode daily performance and relationships.

The Five Keys to "Sleeping Smarter"
According to the coach, better sleep starts with simple, deliberate habits. She outlined *five keys* to unlock restorative rest:

1. Routine: Maintain consistent sleep and wake times to align with your body's internal clock.
2. Wind Down:Avoid phones and screens at least 30 minutes before bed. Blue light interferes with melatonin production and sleep quality.
3. Environment:Keep your room cool, dark, and comfortable—conditions that naturally promote deep sleep.

4. Mind & Body:Engage in relaxing pre-bedtime activities such as stretching, prayer, or journaling. A sleep journal helps identify patterns and sleep disruptors.
5.Fuel:Limit caffeine, energy drinks, and heavy meals late in the evening to prevent digestive interruptions.

Busingye further encouraged students to incorporate regular physical activity and effective time management into their daily lives—two habits that directly enhance sleep quality.

A Wake-Up Call for the Ambitious
In closing, she left the audience with a statement that resonated deeply across the hall:
> "Sleep is not a reward for being productive. It's the foundation that makes productivity possible."

The CIU LIT Series once again proved its value as a platform for transformative learning and lifestyle awareness. As Busingye reminded everyone, prioritizing sleep isn't a sign of laziness—it's an act of self-respect and an investment in long-term health, focus, and excellence.



FORGING OUR FUTURE: WHY MARKET-CREATING INNOVATION IS AFRICA'S PROSPERITY ENGINE

In a world where challenges like poverty and unemployment define much of Africa's landscape, innovation isn't just a buzzword; it's our lifeline. For us, where traditional paths to growth often fall short, innovation means rewriting our story from one of dependency to self-sustained progress, turning local problems into global opportunities.
The challenge is that not all innovation is created equal. The path to lasting prosperity isn't just about making existing products slightly better; it's about creating new markets entirely. In his groundbreaking book, The Prosperity Paradox, the late Harvard Business School professor Clayton Christensen identifies three types of innovation:
1. Sustaining Innovation: Making good products better for existing customers (e.g., a new smartphone model). This is important for competition, but often benefits the already affluent.
2. Efficiency Innovation: Doing more with less (e.g., automating processes). While vital for profitability, this can reduce jobs in labour-intensive economies like Uganda's.
3. Market-Creating Innovation: The game-changer. This transforms complex, expensive products into simple, affordable ones, making them accessible to a whole new population, which Christensen called "non-consumers."
This third type is the prosperity engine for Africa. Market-creating innovations build the foundation for sustainable economic growth. They don't just fight for a piece of the existing pie; they bake a new one. They create new jobs, supply chains, and infrastructure. The rise of M-Pesa in Kenya, for example, didn't just solve a banking problem; it created an entirely new market. In Africa, where many lack access to healthcare, education, and finance, these innovations hold immense potential. They don't wait for perfect conditions; they build them, moving us from managing poverty to actively creating wealth.
The Foundry's Mandate: Building the Innovator's Mindset
This journey requires a fundamental shift in thinking. We must move from being just problem-solvers to relentless problem-finders, adopting an innovator's mindset: a combination of creativity, resilience, the courage to build, and the grit to pivot.
This is precisely why The Foundry at Clarke International University (CIU) was established. We are CIU's strategic engine for innovation, designed to bridge the gap between academic knowledge and real-world impact, directly supporting the university's 2025-2029 THRIVE strategic plan. Our mission is simple: to be the launchpad that helps forge ideas into scalable ventures that advance humanity's well-being. We are here for our entire community (students, faculty, and external partners), dedicated to building sustainable businesses.
Our strategy is focused on systematic exposure and empowerment. We are immersing our community in the core concepts of

entrepreneurship through Spark Sessions, Innovation Workshops, and Bridge Workshops. Through these, we hope people gain not only unique ideas but also the tools to execute them. For those with promising concepts, The Foundry will provide structured support for market validation and prototype development. We aim to have our first cohort of prototypes ready for our first university-wide Hackathon.

This process is already underway. Our first Spark Session hosted the founders of Neexa AI, who shared their journey of building a tech company in Uganda. Their story offered two profound lessons:

1. You don't need massive capital to start. They began with their skills and a clear understanding of the problem. Execution and validation are more valuable than initial funding.
2. Be prepared to pivot. They started in marketing but listened to their customers and pivoted to leveraging AI for sales, proving that innovation thrives on adaptability, not perfection.

Your Next Opportunity: Join the Spark

The momentum continues. We invite you to our next Foundry Spark Session on Thursday, 6th November, at 6:00 PM EAT on Zoom.

We will host Lucía Ugalde from the University of California, Berkeley & UCSF, who will speak on "Building Medical Combination Products and the Innovator's Toolkit." This is a rare opportunity to learn a unique innovation model: combining existing technologies in novel ways to create scalable, profitable solutions. Lucía will share a toolkit for identifying these opportunities, aligning perfectly with the market-creating innovations that can transform our economies.

The journey to prosperity is one we must all walk together. The Foundry is here to be your partner, your launchpad, and your community.

Join the Spark Session (Thursday Nov 6th, 6:00pm EAT):
Registerhere: https://forms.gle/T55Lgpw2o3BPx4KG9

Venue:Zoom
https://us06web.zoom.us/j/82555908112?pwd=zeJA0TNfy3ZbnaC3a5xIVkiWkl6XhL.1

Meeting ID: 825 5590 8112
Passcode: 234070

Join The Foundry Community WhatsApp Group:
https://chat.whatsapp.com/EzsrjSsfYEs0NH5d8BTSD0



CIU CLARKE INTERNATIONAL UNIVERSITY
LEAD • INNOVATE • TRANSFORM

CHARTERED

www.ciu.ac.ug
info@ciu.ac.ug
Kawagga Close, off Kalungi Road, Muyenga
Block 244 | Plot 8244 Bukasa Kyadondo
P.O.Box 7782 Kampala-Uganda

+256 750 000 600
+256-323-301-640