

CHARMAR MAGAZINE

it simply matters



Vol. 2 Issue 7 October 2025

MOSES

Magero Mwanje

**The Voice Behind
Uganda's Stadium
Roar**

Celebrity
weddings that
wowed us
affectionately

The top 5
wearable
trends taking
Uganda by
storm

20 years of
HiPipo's artful
impact

8 items you can
buy now and
wear forever

Youth still
challenged
despite progress

How Uganda's
urban elites
are embracing
yoga and
fitness as a
lifestyle

Table of Contents

- 07** Moses Magero: The Voice Behind Uganda's Stadium Roar
- 11** HiPipo's 20th anniversary unveils Africa's most anticipated awards season
- 13** Celebrity weddings and love that wowed us affectionately
- 15** How Uganda's urban elites are embracing yoga and fitness as a lifestyle
- 18** Education: Your guide to a triumphant promotional third term for your child
- 20** The top 5 wearable trends taking Uganda by storm
- 22** 8 items you can buy now and wear forever
- 24** Electoral roadmap gains momentum as nomination exercise advances
- 27** Youth challenged despite progress in education and health – UBOS report
- 30** Ten sporting lessons Uganda can learn from the recently hosted CHAN tourney
- 33** Uganda Cranes hopeful making World Cup appearance

@CharmarNews

www.charmarnews.com

Trivia Elle Muhoza was crowned the new Miss Uganda 2025/26 at a glamorous event held at the Sheraton Kampala Hotel on September 20, 2025.





EDITOR'S NOTE

Safeguarding Peace Ahead of the 2026 General Elections

As Uganda marches toward the 2026 general elections, the stakes are high, the passions are rising, and the political air is thick with competing visions for the nation's future. Yet amid the enthusiasm, one fact must not be lost: democracy thrives not on violence, intimidation, or chaos, but on peace, tolerance, and respect for divergent views. Elections should be a moment for citizens to freely express their will, not a season of fear. Elections are meant to be a contest of ideas, a platform for diverse visions to be debated and scrutinized. They are an opportunity for citizens to weigh the merits of different leadership styles and policy proposals. For this vital exchange to occur meaningfully, an atmosphere of calm and respect is paramount. A peaceful campaign allows for rational discourse to flourish, ensuring that decisions are made on informed choices rather than inflamed passions.

The responsibility for ensuring a peaceful campaign period does not rest solely on one group; it is a shared duty. Political parties must restrain their supporters from inflammatory rhetoric and provocative actions. Security agencies must act with professionalism and impartiality, protecting all candidates and voters without bias. The Electoral Commission must manage the process with fairness, transparency, and credibility to build trust across the spectrum. And citizens themselves must remember that beyond party colors, we are one people bound by a common destiny. History offers sobering lessons of what happens when the electoral season becomes a battlefield rather than a platform for dialogue. Political violence leaves scars that outlast the campaign season, eroding trust in institutions, dividing communities, and stalling development. Uganda cannot afford to let short-term political interests undermine long-term national stability. As campaigns intensify, Charmar News urges every stakeholder - politicians, institutions, the media, and the public - to place peace above all else. Let the contest of ideas be robust but civil. Let disagreements be aired without descending into hostility. Let us prove that Uganda's democracy can mature through dialogue, tolerance, and a genuine commitment to the common good.

Charmar News stands ready to play its part in fostering this environment, but the ultimate success rests with each one of us. Let us choose peace. Let us choose progress. Let us ensure that when the history of 2026 is written, it speaks of a nation that upheld its democratic ideals with grace and integrity. The ballot, not the bullet, must remain the ultimate decider in 2026.

citizenry.

Baz Waiswa

Editor

+256774064259

baz@charmarnews.com

bazwaiswa@gmail.com

EDITOR

Baz Waiswa

WRITERS

Fahim Muyingo

Baz Waiswa

GRAPHICS

Baz Waiswa

PHOTOGRAPHY

Elisha Muloki

Courtesy

Internet

ADVERTISING

Nankwanga

Eunice Kasirye

CONTACT US

Sal Building

Level 2, Plot 71

Nkrumah Street

Kampala, Uganda

0757 024774

0775 991 850

info@charmarnews.com

www.charmarnews.com

Stakeholders to safeguard tourism integrity



The Uganda Tourism Board (UTB) recently launched a Joint Tourism Security Task Force, a strategic initiative aimed at safeguarding the integrity of the nation's vital tourism sector and ensuring a secure, professional environment for all visitors. The multi-agency task force brings together key stakeholders, including the Uganda Wildlife Authority (UWA), the Ministry of Tourism, Wildlife and Antiquities, representatives from the private sector, and various tourism law enforcement agencies. This unified effort is designed to protect Uganda's coveted image as a leading travel destination. Speaking at the launch, UTB CEO Juliana Kagwa underscored the urgent need for collective action against unlicensed and fraudulent operators. "The activities of these unscrupulous individuals not only defraud unsuspecting visitors but also severely damage the sector's hard-earned reputation," Kagwa stated, emphasizing the task force's critical role in eradicating such illicit practices.

The establishment of the task force comes as Uganda ramps up preparations for World Tourism Day (WTD) 2025. Activities commemorating the day were recently launched by the Minister of State for Tourism, Wildlife and Antiquities, Bahinduka Mugarra Martin. Under the theme "Tourism and Sustainable Transformation," Minister Mugarra highlighted tourism's profound role in uniting communities and driving socio-economic development across the nation. The World Tourism Day 2025 festivities will culminate on September 27th in Arua, featuring a vibrant array of exhibitions, captivating cultural showcases, and a poignant "Save the Rhino" walk.

Bad Black marries not for money but for love

Bad Black, widely known for her candid tell-all confessions about her past as a prostitute, is set to embark on a new chapter, marrying for love rather than financial gain. The self-styled moonlighter and her fiancé, Asha Panda, affectionately known as Slim Daddy, hosted a lavish wedding launch dinner on Saturday, September 20th, 2025. "If a man comes and you're lucky, marry for money," she advised. "If it's about love without money, then work together." "I have worked together with Slim Daddy. He has supported me emotionally and physically and loved my four children, and this is the life I really wanted." "Ladies, money can't buy happiness. Money only fulfills your ego. You will go shopping and go anywhere in the world, but you will not be happy. Beauty without brains doesn't work."



Zembo plants first battery swapping at TotalEnergies Nakawa



TotalEnergies Marketing Uganda partnered with e-mobility pioneer Zembo to unveil Uganda's first fully automated, self-service battery swapping station at TotalEnergies Nakawa Service Station. This innovative hub is set to deliver 24/7 clean energy access for Kampala's ubiquitous boda riders, drastically cutting their operating costs. The state-of-the-art cabinet, entirely engineered and manufactured in Uganda, allows electric motorcycle riders to exchange depleted batteries for fully charged ones in a matter of minutes. This eliminates the lengthy charging downtime traditionally associated with electric vehicles, enabling seamless, round-the-clock operations for commercial drivers. Each station is designed to serve over 100 riders daily, signaling a new phase in efforts to decarbonize Kampala's bustling transport sector.

Stephen Kaboyo, Board Chair of TotalEnergies Marketing Uganda, noted that the initiative is both a climate and a cost-of-living intervention. Kaboyo reiterated TotalEnergies' ambitious net-zero-by-2050.

Dr. James Kasali, adviser to the Minister for Science, Technology, and Innovation Dr. Monica Musenero emphasized Uganda's capacity to produce critical e-mobility infrastructure rather than solely importing it.

Daniel Dreher, Zembo co-founder and R&D lead, highlighted the local ingenuity behind the station. "The system was developed and fabricated right here to cope with Ugandan conditions," Dreher explained.

ASFAs attracts Naomi Campbell's agency

The Abryanz Style & Fashion Awards (ASFAs), in a groundbreaking collaboration with Joram Model Management (JMM), unveiled dates for their highly anticipated model casting, set to offer an unprecedented global opportunity for aspiring models. Scheduled for Sunday, November 9, 2025, at Motiv Bugolobi, this year's search is garnering significant international attention, with the prestigious Women Management agency, founded by supermodel Naomi Campbell, expressing a keen interest in the ASFAs model search. "This is an extraordinary opportunity for models in Uganda and across Africa," Joram Muzira, the founder of Joram Model Management, said. "Not only will they earn the chance to walk the ASFAs runway, but they could also be scouted by one of the world's most prestigious agencies." "The ASFAs have always been about discovering and celebrating talent, but this year, we are opening doors to the world," Brian Ahumuza, the visionary behind the ASFAs, remarked.

Salvado's comedy show Africa Laughs returns

Comedian Patrick 'Salvado' Idringi announced the return of his flagship Africa Laughs comedy experience for its seventh season on Friday, October 25th, at the I&M Bank Atrium in Kingdom Kampala.

Salvado said Africa Laughs Season 7 will once again uphold its tradition of bringing together a formidable lineup of both local and international comedy acts from across the African continent.

The international comedy roster boasts a stellar cast, including Nigeria's Basket Mouth, Kenya's Eric Omondi, South Africa's Mpho Poppo and Celeste Ntuli, and South Sudan's Akau Jambo, among other acclaimed talents.

The lineup features the main celebrant himself, Patrick 'Salvado' Idringi, alongside Anne Kansime, Dr. Hillary Okello, Emmah Napoleon, the dynamic duo Madrat & Chiko, veteran Pablo, and Ronnie McVex.

Musicians Jose Chameleone and Juliana Kanyomozi are set to grace the stage, performing alongside the acclaimed Janzi Band and popular DJ Moustey.

No intentions to run for political office - Eddy Kenzo

The President of the Uganda National Musicians Federation (UNMF), Eddy Kenzo, has strongly affirmed that musicians, like all other citizens, possess the fundamental right to contest for political office. However, despite advocating for his peers' political freedoms, the celebrated artist made it unequivocally clear that he personally has no intentions of pursuing a political career. Speaking in an interview with BBS TV, Kenzo underscored that "singing is a job like any other," effectively dismissing any notion that artistic professions should be excluded from the political arena.

While firmly backing the right of musicians to participate in the political landscape, Kenzo was resolute about his own path. "No, I will not vie for political office," he declared, quickly adding that his decision was not due to a lack of capability. "Not because I am not capable. I am very much capable. But I want to do other things, and politicians can do what they do." He further elaborated that a significant factor in his decision was the presence of a politician within his own household. "Already at home, my wife walks that path because she is a minister," Kenzo explained. "So I do not think it would be wise for me to walk the same path when there are other things I can do, as she also does what she does."



Rickman demands Shs100m cash for Shakib rematch



The highly anticipated rematch between musician Rickman Manrick and socialite Shakib Lutaaya is currently stalled, with Rickman publicly declaring a demand of Shs100 million in cash to step back into the ring. This declaration comes in the wake of Shakib's insistence on a second bout, aiming to avenge his decisive defeat in their "Kampala Rumble" celebrity boxing match last month. "I have not received any money for the rematch," Rickman informed his fans, emphasizing his terms. "I said Shs100m for the rematch. Not in words or writing, CASH ONLY !!!!! Nothing sealed nothing signed yet." The initial electrifying contest, held on August 30, 2025, at the MTN Arena, Lugogo, saw Rickman deliver a stunning knockout blow, leaving Shakib Lutaaya "for the dead" in front of an eager crowd, which included Shakib's wife, Zari Hassan. The bout, part of the "Kampala Rumble" series, ended decisively in Rickman's favour, sparking widespread social media discussion.

"I don't think I lost because he's better than me, it's because I undermined him as an opponent," Shakib stated, publicly challenging the outcome. "But I believe in the rematch I'll beat him hands down because I'll be knowing that I'm fighting a fellow man. People also need to know that boxing is like any other sport, there's always a winner and a loser. So I don't want people to think that because a team has lost, the opponent is better."



MOSES

Magero Mwanje

The Voice Behind Uganda's Stadium Roar

Having previously announced games for KCCA FC in the CAF Champions League, various domestic leagues, and even national team matches, Magero was no stranger to the microphone. Yet, CHAN 2024 presented a new echelon of challenge and prestige.

When the Mandela National Stadium came alive during the African Nations Championship (CHAN) 2024, one voice cut through the thunder of drums, chants, and vuvuzelas; calm yet commanding, precise yet passionate. That voice belonged to Moses Magero Mwanje, a sports journalist and Public Relations Officer (PRO) at KCCA Football Club, who also took on the mantle of stadium announcer during the continental tournament.

When Uganda made history by storming into the quarterfinals of CHAN 2024, Mandela National Stadium was not just roaring with the passion of fans. It was guided, amplified, and electrified by a Moses Magero voice; confident, precise, and unmistakably Ugandan.

Magero recently stepped into the continental spotlight as the official stadium announcer for the CHAN 2024 tournament at the iconic Mandela National Stadium (Namboole). His captivating voice became the soundtrack to Uganda's historic run into the quarterfinals, marking an "electric" and profoundly grateful experience for the seasoned communication professional.



Magero's CHAN story began with a call he almost dismissed. Initially told that he was one of several announcers under consideration, he did not dwell on it. But as the tournament drew closer, he was summoned for sound tests, and passed.

Though he had prior experience announcing at CAF Champions League games and in different stadiums like Nakivubo and Lugogo, this was different. "This was the biggest tournament I had ever done. It was international, continental, and the pressure was massive. One call that goes wrong and everything goes south," he says. "It has been an amazing tournament. All I should say is that I can never be more grateful," Magero recounts, reflecting on the opportunity. He admits to initial skepticism when first approached about the role, knowing that several others were also being considered. However, once called for sound testing, he seized the moment with the confidence garnered from years of experience.

Having previously announced games for KCCA FC in the CAF Champions League, various domestic leagues, and even national team matches, Magero was no stranger to the microphone. Yet, CHAN 2024 presented a new echelon of challenge and prestige. "This was the biggest tournament I have ever done stadium announcing. It is an international tournament, continental for the whole of Africa," he explains. The pressure was palpable, especially during Uganda Cranes games, where the "electric" atmosphere generated by enthusiastic fans fueled both excitement and intense focus.

"One call that goes wrong and you have everything going south. So you have got to be on your A-game," he emphasizes. The role demanded not just a strong voice, but also a cool head, meticulous preparation, and strict adherence to protocol. One of the most formidable challenges, Magero notes, was mastering the diverse and often complex names of players from across the continent. "Some names are really, really tough," he admits, singling out players from the Maghreb

Moses Magero Mwanje was the stadium announcer at during the recently held CHAN 2024.

region (Morocco, Algeria, Tunisia, Libya) and those with unique phonetic rules. He cites the example of South African goalkeeper Samukelo Xulu, whose name, due to the Xhosa language, is pronounced "Tulu."

To ensure accuracy, Magero developed a rigorous preparation routine. "I normally get the names the day before, not the lineup, but the team squad... I go through my routine pronouncing the names. Sometimes I could even try to Google," he reveals. Crucially, on game day, he consults with team officials. "I made most of these guys my friends," he says, describing how he would confirm pronunciations. "The way the person pronounces the name is the way I write it." His past French language studies also proved beneficial for West African names.

The payoff for this dedication, he shares, is deeply personal. “There is nothing that gives me more motivation and satisfaction like a player walking up to you and says, ‘I loved how you pronounced my name.’” He proudly adds, “I made a lot of good friends during the tournament and I am happy.”

However, the role also demands a strict neutrality, which can be challenging when announcing an opponent’s goals against the home team. “It is really tough,” he concedes. “You have got to announce a goal... with passion. It may not be as passionate, but you have got to be neutral because you are doing a role and a service.” He recalls moments of distant boos from the crowd when announcing an opponent’s third goal, a testament to the emotional tightrope walk of a stadium announcer. Magero’s journey to the Namboole spotlight was not without its own set of trials. His first official stadium announcing gig was in 2018 for KCCA FC, a “baptism of fire” against arch-rivals Sports Club Villa. “It is your first game and it is a sellout stadium... I remember reading out the KCCA lineup... and all I could hear were boos. I was very nervous,” he recounts, admitting he almost doubted his ability. Yet, with encouragement, he persevered and excelled, growing with each opportunity.

For aspiring stadium announcers, Magero’s message is clear and inspiring: “Believe that you can and use every opportunity like it was your last.” He stresses the importance of early preparation, diligently working on pronunciations,



maintaining discipline, surrounding oneself with supportive people, and, most importantly, cultivating a genuine love for what you do. “I thought I knew some things. But when you do things at a top level, you do not stay the same,” he concludes, highlighting the continuous growth fostered by high-stakes environments. Moses Magero’s exceptional performance at CHAN 2024 has not only elevated his personal profile but also set a new benchmark for professionalism and meticulous preparation in stadium announcing across Uganda. His blend of expertise, passion, and unwavering commitment ensures that his distinctive voice will continue to resonate across the nation’s sporting arenas.

Magero says you have got to have your nerves in check to succeed as a stadium announcer.

Nothing, however, compared to announcing for the Cranes. Uganda’s historic run to the quarterfinals of CHAN 2024 added a layer of excitement and pressure. “I always love announcing the Uganda Cranes games because the vibe the fans give you is unmatched. You call out one name, and before you even finish, the stadium is already in flames,” Magero recalls. But he is quick to emphasize the discipline it takes. “It is not easy. You have got to have your nerves in check. There is a script you follow religiously, and at this level, there is no room for error.”



Being a stadium announcer also means balancing passion and neutrality, even when your home team is losing. Magero admits it is not easy. "Announcing an opponent's goal against Uganda is tough. The crowd boos, you feel the tension. But you have got to stay professional and neutral, you are serving the game, not your emotions," he explains.

Outside the stadium, Magero wears many hats. As KCCA FC's PRO and a practicing sports journalist, he embodies versatility in sports communication. His work bridges fans, players, and institutions, shaping narratives both inside and outside the pitch. But above all, he remains the voice that guided Uganda through one of its most historic football tournaments. A voice trained not only in diction but also in resilience, passion, and belief.

Magero believes serving as a stadium announcer at AFCON and the World Cup will be an amazing experience.

"When you do things at the top level, you do not stay the same. You grow. And that is what CHAN 2024 has been for me, growth."

Magero looks forward to being a stadium announcer at an even bigger occasion or tournament like the Africa Cup of Nations (AFCON), the biggest football competition on the continent, and also the FIFA World Cup or even the FIFA Club World Cup.

The FIFA World Cup is the epitome of football on the planet Earth, and the FIFA Club World Cup is the epitome of club football on Earth. Being able to serve as stadium announcer at these events would be very amazing and a dream come true for me.



Aside from his role as PRO for KCCA Football Club, Magero also does emceeing or hosting for various events. "I have hosted a number of events. Sports and non-sports events in Uganda. I have been privileged to emcee at the Uganda Premier League End of Season Awards several times, but my dream would be to host the CAF Awards or the FIFA Awards. It is huge when you think about it, but just like the late Nelson Mandela once said, "It only seems impossible until it's done."

Two Impactful Decades

HiPipo's 20th anniversary unveils Africa's most anticipated awards season

HiPipo, a leading advocate for digital and financial inclusion, is marking its 20th anniversary with an expanded and highly anticipated 2025 awards season. The celebrations will culminate on November 14th, 2025, at the Kampala Serena Hotel, featuring the 14th consecutive HiPipo Music Awards (HMA) and the 12th Digital Impact Awards Africa (DIAA).

In a significant move to recognize key industry players, the HiPipo Music Awards organizing committee has announced two special recognition categories for this year's gala: Media Personality of the Year (Radio and TV) and Influencer of the Year. These new categories will honor the crucial contributions of mainstream and social media personalities in propelling the music industry forward through their various platforms.

HiPipo Music Awards

Further underscoring their commitment to empowering talent, HiPipo revealed a groundbreaking incentive: winners of the two new special categories – Media Personality of the Year and Influencer of the Year – along with the Breakthrough Artiste of the Year, will each be awarded a plot of land.



Innocent Kawooya, the HiPipo CEO

This unique prize aims to provide tangible support and appreciation to individuals driving the industry. "The HiPipo Music Awards stand as a beacon in Africa, renowned as the continent's most consistent platform for showcasing and celebrating outstanding talent," stated Innocent Kawooya for HiPipo. "For 14 consecutive seasons, we have not only honoured but also empowered countless artists, reaffirming our dedication to musical excellence. With the addition of these special recognition categories, the total number of HMA award categories now stands at 14."



For the HiPipo Music Awards, only actively scaling the adoption and songs released within the past year usage of digital and financial services are eligible for nomination. across Africa. Kawooya highlighted Nominations will close on the organization's expanded September 22nd, after which the influence: "Having recently added the official nominees will be unveiled. very successful and colorful Middle Public voting will then commence, East and Africa Digital running until the awards night on Transformation Summit to our November 14th, 2025, when the catalogue, we have cemented our winners will be announced and position as a premier organisation in celebrated. spearheading conversations around

Digital Impact Awards Africa Digital and Financial Inclusion, The November 14th event will also Innovation, and Excellence." He host the Digital and Financial added, "From Uganda to the rest of Inclusion Summit, featuring the Africa, the Digital and Financial prestigious Digital Impact Awards Inclusion Summit, featuring the Africa (DIAA). Now in its twelfth Digital Impact Awards Africa, is consecutive edition, DIAA remains more than a ceremony. It is a Africa's most consistent and revolution; a catalyst for policy influential awards ceremony, improvement, innovation, and recognizing and rewarding players inclusive finance across the continent who are spearheading the use of – and a driving force for Maximizing digital mediums to serve not only the Digital Dividend." Nominations traditionally banked but also the for the 2025 Digital Impact Awards underbanked, underserved, Africa will also run until September unbanked, and unserved 22nd. Nominees will be unveiled on communities across the continent. September 30th, with voting kicking The Digital and Financial Inclusion off thereafter until the winners are Summit will convene C-Level announced and crowned on executives and industry stakeholders November 14th, 2025.



Celebrity weddings and love that wowed us affectionately

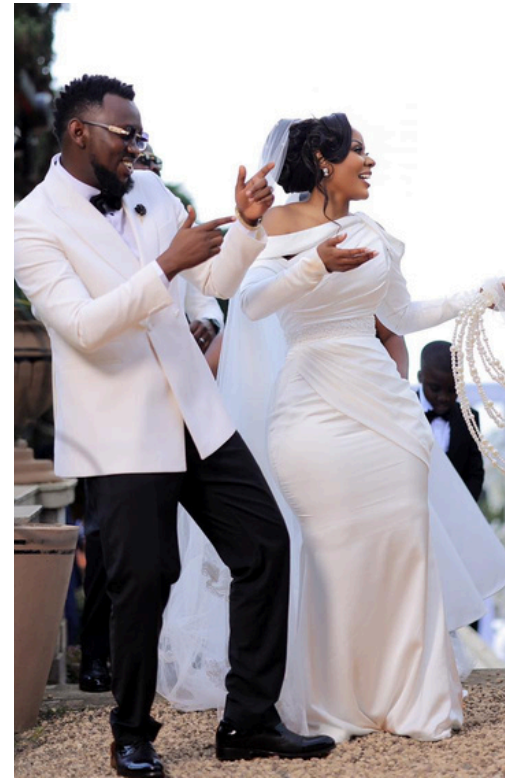


Adding to the matrimonial bliss, former Miss Uganda Stellah Nantumbwe married Bukonya Saidi in a civil ceremony on August 23, 2025. The intimate event followed their culturally rich traditional wedding (kwanjula) held earlier in January, solidifying their journey together.

Another gospel voice, Baby Gloria, celebrated her wedding to Jonas Mbaleka in August 2025. The couple's big day was the culmination of earlier traditional marriage ceremonies, including the kukyala and kwanjula, marking a beautiful new chapter in their lives.

August 2025 proved to be a remarkably romantic month for Uganda's entertainment and social elite, with a flurry of high-profile weddings and engagements captivating the nation. From gospel powerhouses tying the knot in grand fashion to budding young stars making commitment vows, love was undoubtedly in the air.

Leading the heartfelt celebrations were Gospel singers Desire Luzinda and her fiancé Levixone, who officially became husband and wife on August 15, 2025. Their highly anticipated ceremony was a spectacle, streamed live to thousands of fans eager to witness the union of the beloved couple.



The wedding bells also continued to ring for musician Ykee Benda and Emily Nyawira. After an engagement in June and a traditional kukyala ceremony in July, the couple continued their wedding celebrations throughout August, sharing their joy with loved ones.

Beyond the altar, several prominent figures made significant steps towards marriage. Socialite Juliet Zawedde made headlines with her engagement to Tanzanian singer Bushoke on August 4, 2025. The proposal garnered considerable attention, partly due to Zawedde's well-known close friendship with Ugandan music icon Jose Chameleone.

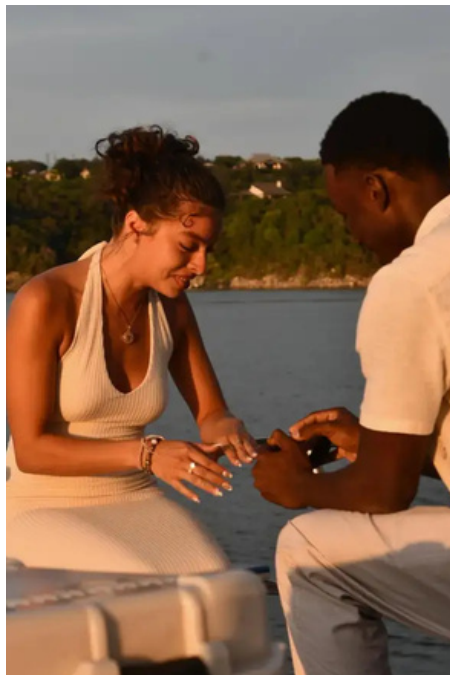


Perhaps the most surprising news came from the younger generation: Solomon Kampala, the 20-year-old son of political figure Bobi Wine and Barbie Kyagulanyi, proposed to his American girlfriend Helen Jacquez in Texas. The romantic proposal quickly went viral across social media, showcasing a modern, cross-cultural love story.

August 2025 has undoubtedly left an indelible mark on Uganda's celebrity landscape, serving as a powerful testament to love, commitment, and the excitement surrounding new beginnings in the public eye.

Singer Chosen Becky also announced her engagement to Ssekajja Abdul in August 2025. Their relationship, which began with Abdul formerly being her driver, has been a topic of discussion among fans, who eagerly await their next steps.

TikTok sensation Sammie Manini, known for his viral comedic videos, shared his engagement news in August 2025. This joyful announcement followed closely on the heels of his traditional marriage ceremony (kukyala) held at the end of July, delighting his legions of followers.



How Uganda's urban elites are embracing yoga and fitness as a lifestyle



Yoga and meditation have rapidly become effective tools for managing stress, enhancing focus, and promoting overall well-being.

In Uganda's vibrant and fast-paced urban centers, a quiet revolution is taking place. The nation's urban elite – a diverse demographic of demanding professionals, creatives, and entrepreneurs – are increasingly integrating yoga, meditation, and holistic fitness into their daily lives. This transformative shift mirrors a broader global trend where wellness is no longer perceived as a luxury, but rather an indispensable lifestyle choice. "My job as a banker is incredibly demanding, both mentally and physically," says Lyn Namuli, a

38-year-old yoga enthusiast. "Before I discovered yoga two years ago, I felt constantly on edge. Now, I have a space to breathe, to recenter. It's not just physical flexibility; it's a mental reset that helps me be more focused and effective at work." Once largely confined to expatriate communities or niche wellness circles, these practices are now becoming mainstream within Kampala's affluent society. Boutique yoga studios, state-of-the-art gyms, and mindfulness workshops are experiencing a surge in popularity,

catering to a clientele seeking respite from demanding careers and the stresses of modern urban life.

The Rise of Holistic Wellness Havens

Uganda's capital, Kampala, is at the forefront of this movement, witnessing the emergence of sophisticated wellness centers that seamlessly blend traditional practices with cutting-edge fitness trends. These havens offer a sanctuary from the city's hustle, providing a diverse range of services from dynamic yoga classes to calming meditation sessions, meticulously designed to cater to individuals seeking equilibrium amidst their demanding schedules.



Fitness coaches are developing innovative programs that combine yoga with aerobics sessions

A notable pioneer in this space is Amrutha Wellness Center, formerly known as Urban Yogi. This center has been instrumental in integrating yoga and holistic wellness into the urban lifestyle, emphasizing the profound importance of mental, physical, and emotional well-being. It stands as a prime example of the growing demand for spaces dedicated to rejuvenation and inner peace. The shift is driven by several factors. A heightened awareness of mental health, spurred by global wellness trends and the unique pressures of rapid economic development in Uganda, plays a significant role. Urban elites are increasingly recognizing the toll of long hours, constant connectivity, and the pursuit of success on their well-being.

Yoga and Meditation: Tools for Urban Resilience

The inherent pressures of urban life often lead to elevated stress levels and mental fatigue. In response, yoga and meditation have rapidly become effective tools for managing stress, enhancing focus, and promoting overall well-being among Kampala's driven professionals. These practices are being actively incorporated into daily routines to foster mental clarity and emotional stability. Joyce Christine Nakiwala, a seasoned yoga teacher, articulates the profound impact of these practices. "Yoga is a tool of healing, a path to inner peace, and a practice that nurtures both physical and mental wellness," she explains. "As we face the challenges of modern life, yoga reminds us to slow down, ground ourselves, and move with purpose."

Furthermore, fitness coaches are developing innovative programs that combine yoga with aerobics sessions. These initiatives are specifically designed to combat the rising prevalence of non-communicable diseases (NCDs), advocating for a more comprehensive and holistic approach to health. Beyond the spiritual and mental aspects, high-intensity fitness training, spinning classes, and personalized coaching are also booming. Fitness centers equipped with modern machinery and offering diverse classes are increasingly seen as social hubs where business deals are sometimes initiated, and networks are strengthened, alongside breaking a sweat.

Fitness as a Community Catalyst

Beyond individual practice, fitness in Uganda's urban centers is transcending into a vibrant social activity. Group classes, outdoor sessions, and community fitness events are gaining significant traction, fostering a powerful sense of camaraderie and a shared commitment to health. Social media platforms are now routinely awash with images and videos of Ugandans enthusiastically engaging in various fitness activities, from serene yoga poses to high-intensity workouts, showcasing a collective enthusiasm for wellness.

"As we face the challenges of modern life, yoga reminds us to slow down, ground ourselves, and move with purpose."

Meditation, often integrated with yoga or practiced independently through guided apps and workshops, is also gaining traction. For many, it offers a practical tool to manage anxiety, improve focus, and cultivate emotional intelligence – skills deemed invaluable in competitive professional environments. Mugisha Kaduggala, a respected yoga and wellness teacher in Entebbe, beautifully elaborates on this communal aspect. "Wellness involves a lot more than getting your medications and immunizations," Mugisha states. "Wellness is rooted in the idea of community involvement. Wellness is having healthy minds, balanced body in strength, flexibility and loving hearts."

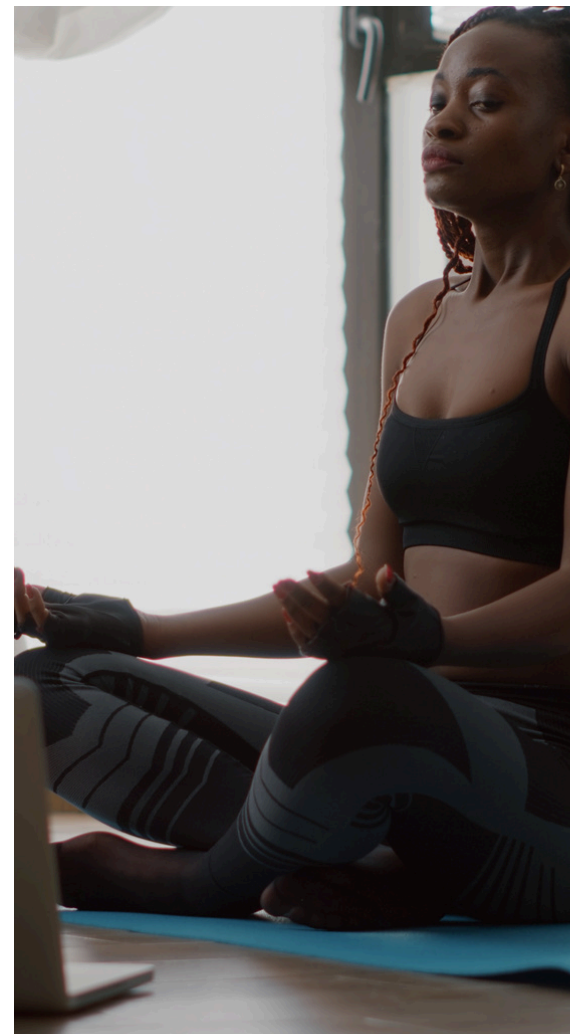
Global Trends Shape Local Lifestyles

Uganda's urban elite are increasingly influenced by global wellness trends, reflecting a growing awareness and embrace of international health philosophies.

The integration of mindful movement practices, such as yoga and Pilates, into traditional fitness regimes highlights a deeper understanding of the importance of mental health alongside physical vitality. This profound shift is not merely about achieving a certain physical appearance but about cultivating a balanced, resilient, and fulfilling lifestyle.

Boaz Tumwine, a social commentator, observes, "This trend signifies a coming of age for Uganda's affluent class. They are exposed to global wellness narratives through travel and media, and they have the disposable income to invest in their well-being. It's about prioritizing longevity, mental agility, and a sophisticated approach to life where success is measured not just by material gains but by holistic health."

The enthusiastic adoption of yoga, meditation, and holistic fitness by Uganda's urban elites signifies a profound cultural shift towards comprehensive well-being. As these practices become more deeply woven into the fabric of daily life, they offer individuals a powerful pathway to navigate the complexities and demands of modern urban living with enhanced grace and resilience. This movement stands as a testament to an evolving understanding of health, where the mind, body, and spirit are intentionally nurtured in harmony, paving the way for a more balanced and vibrant urban future.



Yoga and meditation practices are being actively incorporated into daily routines to foster mental clarity and emotional stability.

Success Unchained

Your guide to a triumphant promotional third term for your child

As Uganda's school year enters its crucial promotional third term, students, parents, and teachers across the nation are bracing for a period that will determine learners' advancement to the next class. The third term is a period that can feel both exciting and daunting, filled with the promise of advancement but also the pressure of final assessments. Far from just a final push of studying and late-night cramming of theories, education experts emphasize that success hinges on strategic planning, smart organization, open communication, a strong collaborative front between home and school and a robust support system. It's a three-pronged approach involving parents, teachers, and learners working in harmony.

This final term is a critical juncture where academic foundations are consolidated and future pathways are set. Ensuring learners are well-prepared is a shared responsibility, requiring active participation from all stakeholders.

For Parents: The Pillars of Support

Parents are the unwavering foundation upon which a child's academic journey rests. Parents play an indispensable role in ensuring children approach this make-or-break term with confidence and a conducive home environment.



This final term is a critical juncture where academic foundations are consolidated and future pathways are set.

Your role, as parents, shifts from general oversight to targeted, encouraging support during this high-stakes period.

Key strategies include:

Structured Routine: Establishing consistent wake-up, study, and sleep times helps learners maintain focus and discipline.

Dedicated Study Space: Providing a quiet, well-lit area free from distractions is crucial for concentration.

Active Engagement: Discussing school topics, quizzing children on key concepts, and showing genuine interest in their academic progress reinforces learning.

Health and Nutrition: Ensuring balanced meals and adequate rest directly impacts cognitive performance, memory, and energy levels.

Positive Reinforcement: Celebrating small milestones and offering encouragement can significantly reduce stress and foster a positive attitude towards learning.

Prioritise Health and Wellness: Nutritious meals, regular physical activity, and sufficient sleep (8-10 hours for teenagers) are non-negotiable. A healthy body fuels a sharp mind. Limit sugary snacks and excessive screen time.

Communicate Actively with Teachers: Don't wait for report cards. Attend parent-teacher meetings, send emails, or schedule calls to understand your child's progress, areas of concern, and how you can reinforce learning at home.

Offer Emotional Support, Not Just Pressure: The pressure of final exams can be immense. Be your child's biggest cheerleader. Emphasise effort and learning over just grades. Listen to their anxieties, celebrate small victories, and remind them of their strengths.

Encourage Breaks and Hobbies: All work and no play can lead to burnout. Ensure your child still has time for hobbies, sports, or simply relaxing. These breaks are vital for mental rejuvenation.

Plan for the Future: Discuss the next academic year or future goals in a motivating way. This helps contextualise the current effort and provides a vision to work towards.

For Teachers: The Guides and Mentors

Teachers are at the forefront of preparing students for successful assessments in the third term. Their strategies are central to student achievement:

Early Planning: Breaking down the syllabus into manageable sections and setting clear weekly learning objectives guides effective instruction.

Regular Assessments: Utilizing mini-tests, quizzes, and group discussions helps monitor understanding, identify learning gaps, and inform targeted interventions.

Targeted Support: Offering extra lessons or remedial classes for learners struggling with specific topics ensures no one is left behind.

Feedback and Communication: Maintaining open lines of communication with parents about students' progress is vital, involving them in supporting learning at home.

Motivation: Encouraging a growth mindset by praising effort, perseverance, and critical thinking, rather than just results, builds resilience and a love for learning.

For Learners: The Architects of Their Own Success

The promotional term is a powerful opportunity for students to take ownership of their learning journey. With the right strategies, they can build confidence and achieve their goals. For students, successful preparation is a testament to discipline, self-awareness, and effective study habits:

Set Realistic Goals: Breaking down subjects into achievable targets and creating a structured study schedule makes the workload manageable.

Active Revision: Practicing past papers, summarizing key points, and regularly testing oneself are effective techniques for knowledge retention.

Seek Help When Needed: Proactively asking teachers, classmates, or parents for clarification on challenging topics is a sign of engagement and strength.

Healthy Habits: Prioritizing enough sleep, regular exercise, and good nutrition is crucial for maintaining focus, energy, and memory retention.

Time Management: Balancing study with regular short breaks helps avoid burnout and keeps the mind fresh and receptive.

Identify and Address Weaknesses: Be honest about subjects or topics you find challenging. Dedicate extra time to these areas and don't hesitate to seek help from teachers, tutors, or classmates.

Ask Questions: If you don't understand something, ask! Your teachers are there to help.



The promotional term is a powerful opportunity for students to take ownership of their learning journey.

The top 5 wearable trends taking Uganda by storm

Fashion is no longer just about looking good. It's about expressing personality, culture, and lifestyle. In Uganda, where contemporary style meets rich cultural heritage, certain wearable trends are defining wardrobes this season. From urban streets to office corridors, here are the top five wearable trends that are shaping style in Uganda today.

Statement African Prints

Bold, vibrant African prints continue to dominate Ugandan fashion. From Ankara dresses to printed shirts, these pieces are no longer reserved for special occasions—they're everyday wear. Designers are experimenting with geometric patterns, asymmetrical cuts, and bright color palettes, allowing wearers to showcase cultural pride with a modern twist.

Street-style tip: Pair an Ankara skirt with a neutral top and leather sandals for effortless daytime sophistication.

Oversized Tailoring

The oversized blazer and relaxed trousers trend has firmly taken hold. Oversized tailoring adds structure while offering comfort, bridging casual and formal wear. In Uganda's professional and creative sectors, this style signals confidence and fashion-forward thinking.

Local twist: Match neutral oversized pieces with traditional jewelry or handcrafted accessories to blend modern tailoring with cultural aesthetics.



Resetting expectations realistically can alleviate immense pressure and foster a sense of progress.

Minimalist Athleisure

Comfort meets style in Uganda's growing athleisure trend. Sleek joggers, fitted hoodies, and casual sneakers are becoming staples for urban wear. This trend reflects a lifestyle shift toward functionality without compromising on aesthetics, particularly for young professionals balancing work, social life, and fitness.

Street-style tip: Pair monochrome joggers with bold sneakers or a statement bag for a look that's both relaxed and intentional.

Layered Jewelry

Ugandan fashionistas are embracing layered necklaces, stacked bracelets, and bold earrings. Layering accessories allows individuals to customize their look and adds a personal touch to any outfit. Local designers are creating pieces inspired by traditional motifs, giving modern style a distinctly Ugandan identity.

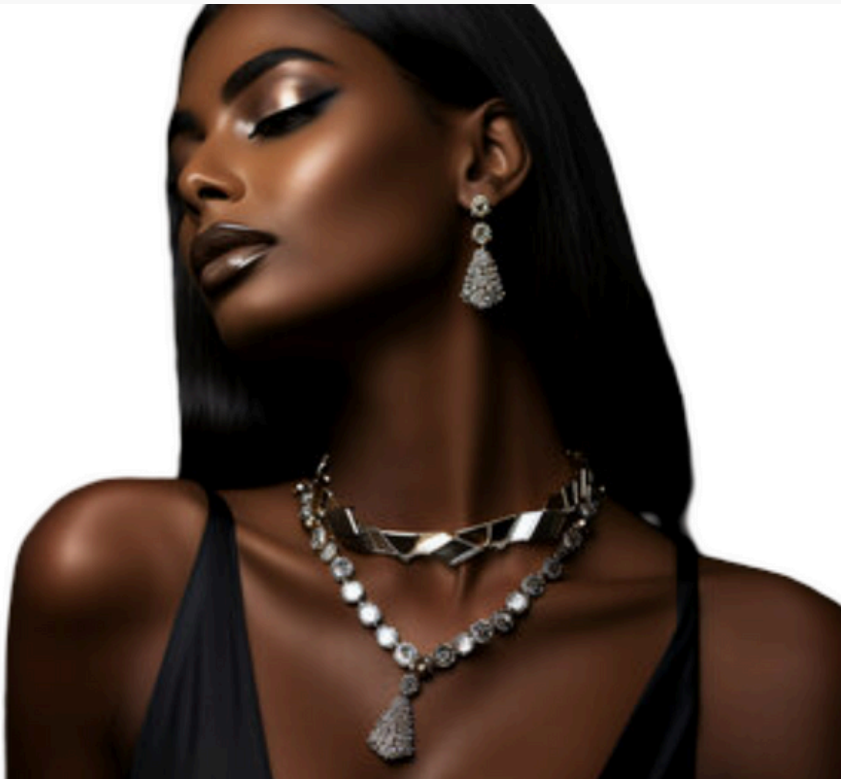
Style hack: Mix metals and textures for depth, or combine handcrafted jewelry with minimalist clothing to make the pieces pop.

Sustainable & Upcycled Fashion

As global consciousness about sustainability grows, Ugandan designers are embracing upcycled fabrics and eco-friendly materials. This trend prioritizes durability, creativity, and ethical production. Consumers are drawn to one-of-a-kind pieces that tell a story while reducing fashion waste.

Local brands to watch: Labels like Buzigahill and Afro Muru are leading the way in eco-conscious wearable fashion.

Uganda's fashion scene is thriving, fueled by creativity, culture, and conscious style choices. Investing in these trends not only keeps you current but also supports local designers, celebrates heritage, and embraces style that can evolve with you for years to come.



These wearable trends offer a blueprint for versatile, expressive, and future-forward wardrobes.

8 items you can buy now and wear forever

In Uganda's fast-evolving fashion **Leather Sandals**

Durable, comfortable, and stylish, some wardrobe staples never lose their charm. Investing in timeless pieces not only ensures style longevity but also gives your closet a sense of enduring sophistication. Here are eight items you can buy now and wear forever. Well, to the countryside. Afro Muru nothing last forever, but at least, specializes in unisex clothing, with good handling, we believe including leather sandals, made in these wearables will last for a long time, giving you value for money and emotional attachment.

Dark Denim Jeans

A pair of dark, well-fitting jeans is a universal wardrobe hero. Durable enough for daily wear yet stylish for evening outings, they adapt seamlessly to Uganda's dynamic lifestyle. Pair them with a shirt, blazer, or even a bold tee for different looks. At Odds, a contemporary label, creates high-quality denim pieces that stand the test of time.



Classic White Shirt

A crisp white shirt is the ultimate versatile piece. Whether tucked into a pencil skirt for work, paired with jeans for casual brunch, or layered under a blazer for formal events, it never goes out of style. In Uganda's warm climate, breathable cotton versions keep you cool while looking effortlessly polished. Ofumbi by Rebecca Nanjogo offers minimalist designs, including tailored shirts that embody sophistication and comfort.



Ankara Print Skirt or Dress

African prints are timeless in Uganda, bridging culture and contemporary fashion. A high-quality Ankara skirt or dress in bold yet classic patterns can be worn to cultural events, weddings, or even casual meetups. Its versatility lies in how it can be dressed up or down with accessories. Brenda Maraka blends Ugandan cultural elements with modern aesthetics, offering Ankara pieces that are both stylish and culturally resonant.



Leather Handbag

A classic leather handbag adds instant sophistication. Neutral colors such as brown, black, or tan can carry your essentials for work, travel, or social events. In Uganda, where functionality meets fashion, investing in a quality bag pays off for years. Buzigahill, founded by Bobby Kolade, upcycles secondhand clothing into new garments, including leather accessories, promoting sustainability in fashion.



Cashmere or Wool Sweater

Although Uganda is mostly warm, the evenings in highland areas like Kabale or Fort Portal can get chilly. A soft, neutral-colored cashmere or wool sweater is perfect for layering and never goes out of style. Its timeless appeal makes it a versatile piece for casual or semi-formal settings. Afro Muru offers unisex clothing, including sweaters, made in Uganda, combining comfort with style.



Classic Watch

A simple, elegant watch is the ultimate statement of sophistication. It pairs well with both traditional attire and modern office wear. In Uganda, where punctuality and presentation are valued, a timeless watch becomes both functional and fashionable. Buzigahill also offers upcycled accessories, including watches, that blend functionality with fashion. Fashion in Uganda is dynamic, but investing in these timeless staples ensures you're always prepared, stylish, and confident. Rather than chasing fleeting trends, focus on pieces that harmonize with your lifestyle, culture, and climate—they will serve you year after year.



Headgears not to miss in your wardrobe

Your wardrobe isn't complete without these head-turning essentials. From laid-back streetwear to timeless classics, the right headgear doesn't just accessorize — it defines your style.

The Classic Fedora

The fedora has survived decades without ever losing its charm. Whether you're pairing it with a tailored suit or a simple white tee and jeans, this hat adds instant sophistication. Think cool jazz vibes meets modern street flair.

Baseball Cap

The ultimate casual essential. From errands to brunch, a baseball cap

keeps it laid-back and stylish. Bonus: it's a perfect bad hair day savior.

Beanie

When temperatures drop, the beanie steps up. From fitted, clean styles to slouchy urban vibes, this cap adds warmth and personality.

Bucket Hat

What was once the uniform of fishermen and '90s kids is now back on runways and sidewalks. The bucket hat adds playful flair to casual outfits.

Flat Cap

A nod to retro sophistication, the flat cap has found its way back into modern wardrobes. It's casual, smart, and quietly stylish.



Electoral roadmap gains momentum as nomination exercise advances



Justice Simon Byabakama Mugenyi, the Commission's Chairperson

Uganda's march toward the 2025/2026 General Elections entered a decisive phase, with the Electoral Commission (EC) steadily nominating candidates for various positions including the Office of President. The nomination exercise, which kicked off on September 3, is seen as a critical milestone in a roadmap that culminates in presidential, parliamentary, and local government elections early next year. Addressing the nation from the EC headquarters in Kampala, Justice Simon Byabakama Mugenyi, the Commission's Chairperson, said the first stage of nominations—for District and City Chairpersons, the Lord Mayor, and Councillors—was successfully concluded on September 5.

"We congratulate those who have been successfully nominated and urge them to abide by the Commission's guidelines as we prepare for the campaign phase," Byabakama remarked.

Local Government Nominations in Phases

The process was rolled out in stages to accommodate Uganda's multi-tiered governance structure. Between September 8 and 10, the focus was on Municipality and City Division Chairpersons and Councillors, including representatives from Special Interest Groups (SIGs). From September 11 to 24, attention was shifted to Sub-County, Town, and Municipal Division Chairpersons and Councillors at gazetted centers.

The EC urged aspirants to familiarize themselves with the requirements outlined in its guidelines, cautioning that some have failed due to non-compliance. These requirements included timely payment of non-refundable nomination fees to the relevant councils, proper symbol selection for independent candidates, and strict adherence to regulations on nomination convoys. Candidates were permitted no more than two vehicles in their convoys, with each carrying a maximum of ten people, all duly cleared by police.

Complaints and Social Media Allegations

While the Commission acknowledged receiving complaints during the process, it criticized the growing trend of aspirants using social media platforms to air grievances. "Such platforms are not the appropriate channels for addressing complaints or allegations," Byabakama stressed, reminding candidates that the Commission is constitutionally mandated to handle such disputes. A formal written process remains the only recognized avenue for resolving nomination-related issues.

To streamline the process, the EC has established a Query and Complaints Desk at its head office, supported by both toll-free and chargeable lines. The Desk is tasked with providing guidance on legal matters, verifying details of aspirants and supporters on the



The electoral commission in Kampala smoothly and successfully conducted the nomination of presidential candidates

National Voters' Register, and addressing any issues arising during nominations.

Countdown to Presidential Nominations

The highlight of the roadmap was the nomination of presidential candidates. It was scheduled for September 23 and 24 at the EC headquarters in Lubowa, Wakiso District. The exercise was expected to attract high political drama as parties and independents unveil their flag bearers. Presidential aspirants met stringent conditions: they must be Ugandan citizens by birth, registered voters above 18 years, and holders of at least an Advanced Level (A-Level) education certificate or its equivalent. Those with foreign or equivalent qualifications were to present certification from the National Council for Higher Education (NCHE).

Additionally, each aspirant must have secured the backing of at least 100 registered voters from a minimum of 98 districts, representing two-thirds of the country. To avoid last-minute hitches, the Commission had urged presidential hopefuls to submit supporter lists by September 10 for verification.

Roadmap Toward Polling

The nomination phase will be followed by official campaigns, ahead of polling scheduled between January 12 and February 9, 2026. Elections will cover the presidency, parliamentary seats, and a wide range of local government positions at district, municipal, and sub-county levels, alongside representatives of Special Interest Groups. Justice Byabakama underscored the importance of a peaceful process, noting that

elections must not undermine Uganda's stability. "We should not allow elections to disrupt the prevailing peace and stability in our country," he urged.

Nomination of MPs next

According to the EC, nomination of candidates for parliamentary elections in line with Section 9 of the Parliamentary Elections Act, Cap 177 is scheduled for 22nd to 23rd October 2025 at the district. Thereafter, conducting campaigns in line with Section 21 of the Parliamentary Elections Act, Cap 177 will commence on 10th November 2025 and end on 12th January 2026.

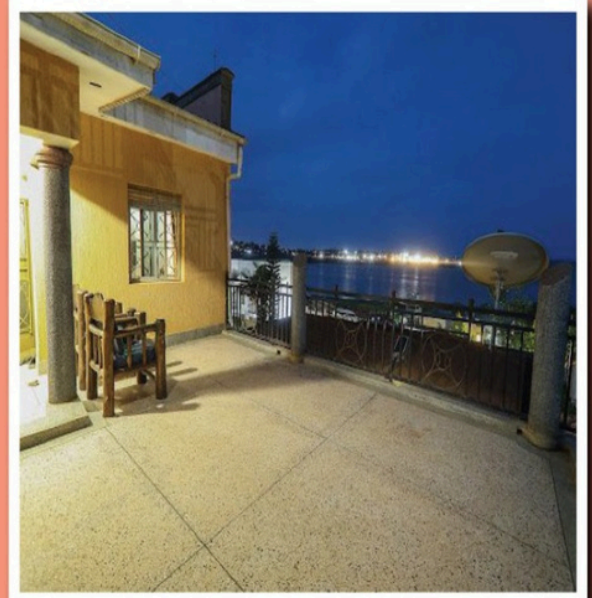
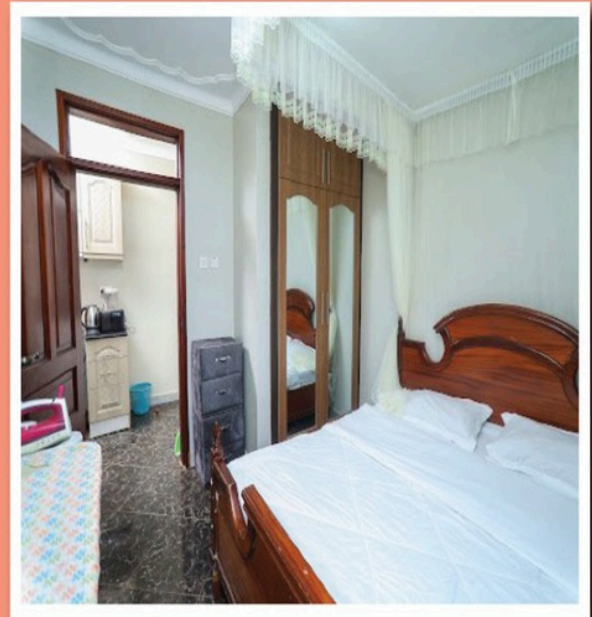
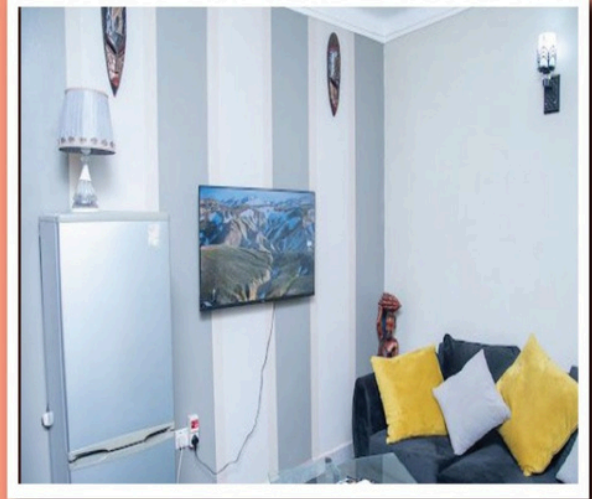
To enhance transparency, the EC has set up a Query and Complaints Desk at its head office, supported by toll-free lines, to handle inquiries and guide aspirants through verification processes.

Book Now: Kampala Lakeview Getaway

It's time to treat yourself to the getaway you deserve without breaking the bank!

For as low as \$24 a night, come spend time with your 1+ in our budget-friendly 1-bedroom Airbnb nestled in the heart of Bukasa - Muyenga.

Fully furnished with a breathtaking view of the lake.



Book on Airbnb:

<https://www.airbnb.com/slink/aJuqAYSo>

Or call +256 771375026 / +256 706760001

Youth challenged despite progress in education and health – UBOS report



Ugandan youth also face growing risks from sexually transmitted infections.

Uganda's youthful population, which makes up nearly a third of the country's citizens, remains both a national asset and a pressing challenge, according to a new thematic report released by the Uganda Bureau of Statistics (UBOS). The report, based on findings from the 2022 Uganda Demographic and Health Survey (UDHS), shows that out of the country's estimated 46 million people, over 14 million are aged between 15 and 30 years, representing 31% of the population.

Education Gains, But Gaps Persist

The study highlights steady progress in education, with more young people—especially women—attaining higher levels of schooling compared to previous decades.

The proportion of young women aged 25–29 without education dropped sharply from 19.7% in 2006 to just 6.4% in 2022. However, challenges remain, with about 20% of adolescent girls (15–19) still married or in a union, often curtailing their educational and career opportunities.

Alarming Teenage Pregnancies and Early Sexual Activity

The report raises concerns over adolescent sexual and reproductive health. One in four girls aged 15–19 has begun childbearing, a rate that has stagnated for nearly two decades. Despite increased contraceptive use—from 5% in 2006 to 22% in 2022—teenage pregnancy rates remain high, linked to cultural practices, limited

access to health services, and unequal power dynamics in relationships.

Rising STI Infections and Declining HIV Awareness

Ugandan youth also face growing risks from sexually transmitted infections. The proportion of adolescents reporting STI symptoms more than doubled between 2006 and 2022, with 17% of young women and 7% of young men affected. Meanwhile, knowledge of HIV testing centers has declined among adolescents, threatening national HIV response efforts.

Gender-Based Violence on the Decline

On a positive note, UBOS reports

significant declines in gender-based violence. The share of young women who have experienced physical violence since age 15 dropped from 56% in 2006 to 30% in 2022, while cases of sexual violence fell to 6% from 27% in the same period. Experts attribute this progress partly to increased education and changing social attitudes.

Employment and Skilling Challenges

Despite educational progress, many Ugandan youth remain vulnerable to unemployment or underemployment. Nearly half of young men and a third of young women reported working in the year before the survey, often in informal and low-paying jobs. The report warns of a skills mismatch, urging government and private sector collaboration to expand vocational and technical training.

UBOS Calls for Urgent Investment in Youth

UBOS Executive Director emphasized that Uganda's "youth bulge" could either accelerate economic growth or strain national resources depending on policy responses. "This demographic dividend will only be realized if we invest strategically in education, health, protection, and job creation for young people," the report notes. The findings are expected to guide policymakers, development partners, and civil society in shaping youth-centered interventions aimed at transforming Uganda's most dynamic demographic into a driver of sustainable growth.

Dr. Chris Mukiza's report, many Ugandan youth remain vulnerable to unemployment





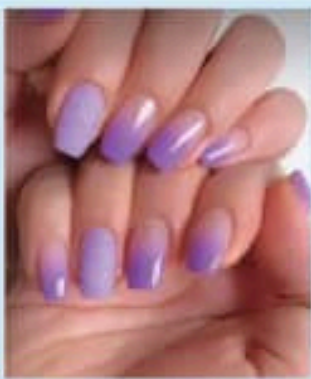
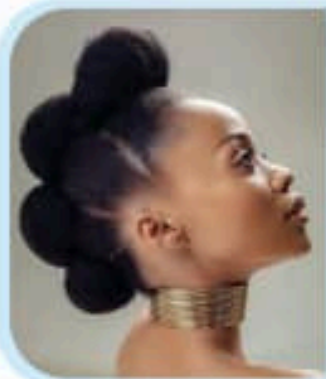
Charmar
Unisex Salon

Colline House - Speke Road



Book Now For;

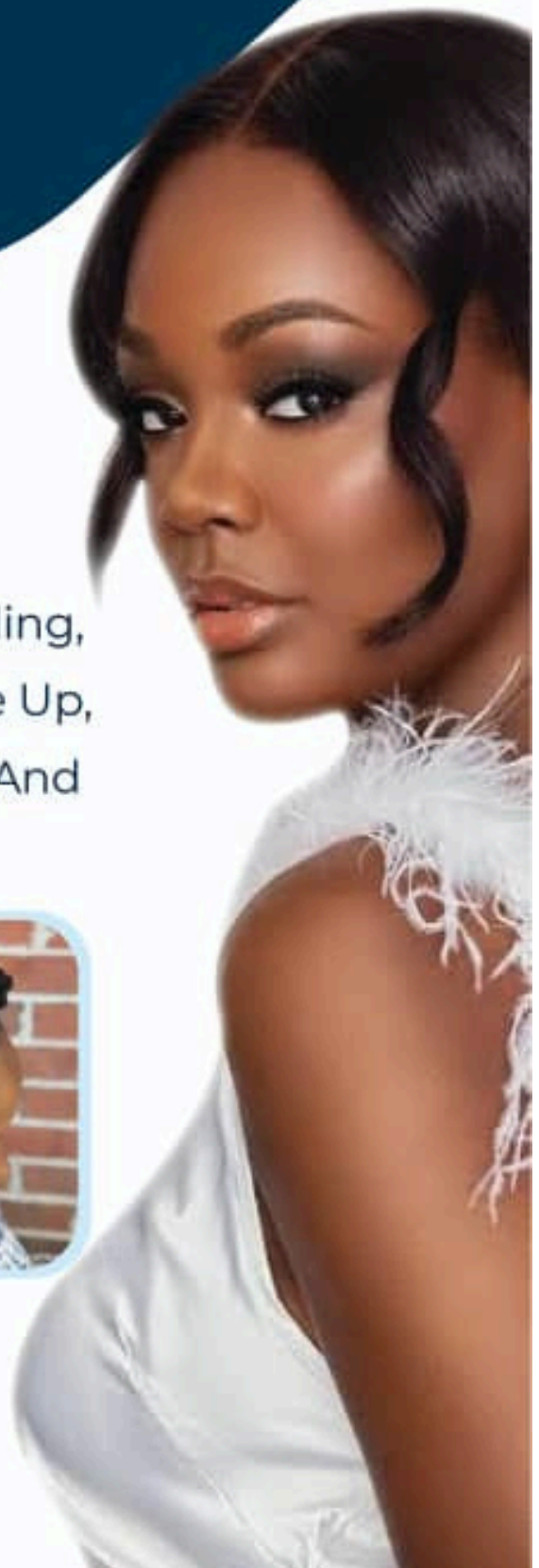
Bridal services, Hair Cuts, Braiding, Styling,
Treatments, Manicure, Pedicures, Make Up,
Facials, Waxing And The Best Human And
Synthetic Hair Weaves In Town!



Book now:

+256 781 680 111

+256 706 389 843



Ten sporting lessons Uganda can learn from the recently hosted CHAN tourney

The recently concluded African Nations Championship (CHAN) once again highlighted the competitive spirit, organizational growth, and tactical evolution of African football. While Uganda has made commendable strides in qualifying regularly for CHAN, the Cranes' performances have exposed gaps that must be urgently addressed if the country is to move from being mere participants to genuine contenders.

From the tournament, Uganda can draw ten critical lessons that go beyond the pitch—touching player development, administration, and the future of the domestic game.

Grassroots Development is the Bedrock of Success

The success of nations such as Morocco and Senegal is tied to strong grassroots programs. With structured academies feeding their national teams, they field players comfortable under pressure. Uganda, in contrast, still relies heavily on raw talent, with less emphasis on polished youth development. Schools football and community leagues need revitalization to create a pipeline of skilled athletes.

Coaching Quality Shapes Tactical Discipline

CHAN 2024 exposed how crucial



Rogers Torach excellently captained Uganda Cranes at CHAN 2024

CHAN 2024 exposed how crucial coaching is to match outcomes. Teams like Algeria, though hosts, fell short tactically against sides with better-prepared coaches. Uganda's coaching fraternity must embrace modern methods, continuous education, and exposure to international tactics to keep pace with Africa's evolving game.

Mental Toughness Wins Matches

Several CHAN fixtures were decided in the final minutes or through penalty shootouts, underscoring the importance of psychological resilience. Uganda's players often falter under pressure, pointing to a need for sports psychology programs to build confidence and composure in high-stakes moments.

Modern Infrastructure Gives Teams a Competitive Edge

The state-of-the-art training facilities and stadiums in the host country created a professional environment for players. By contrast, Uganda's infrastructure lags behind, with inconsistent pitch quality and limited training resources.

From the tournament, Uganda can draw ten critical lessons that go beyond the pitch — touching player development, administration, and the future of the domestic game.



Uganda Cranes defender Hillary Mukundane was impressive

Accelerating investment in modern stadiums and medical facilities is no longer optional.

Professionalized Backroom Staff are Game-Changers

Beyond coaches, the most successful teams had analysts, nutritionists, physiotherapists, and logistics managers. Uganda must adopt this holistic approach to player management. A well-supported player is a well-performing player.

Fan Culture is a Force Multiplier

The atmosphere in CHAN stadiums demonstrated the role of fans in motivating players.

Uganda's fan culture has been weakened by inconsistent league organization and poor match-day experiences. Rebuilding trust with supporters through better security, entertainment, and fan engagement will rekindle passion in local football.

Player Welfare Must Be Prioritized

Ugandan players have repeatedly faced delays in allowances and logistical hiccups. In CHAN, however, nations that ensured smooth welfare for their squads reaped the benefits of focused players. A happy, well-compensated team translates into improved results on the pitch.

Tactical Versatility is Non-Negotiable

Teams like Mali and Morocco showed

tactical flexibility, switching from defensive to attacking transitions seamlessly. Uganda's game plan often appears predictable, leaving opponents comfortable. Developing adaptable playing styles that mix flair with discipline is crucial.

A Strong Domestic League Feeds National Team Quality

The CHAN platform is exclusively for home-based players, meaning national performance reflects the quality of the domestic league. Uganda's Premier League, while improving, still struggles with funding, professionalism, and exposure. Elevating the league will directly strengthen the Cranes.

Long-Term Vision is Key to Sustainable Growth

Perhaps the most vital lesson is the need for a clear 10–15 year strategy. Nations that are excelling today invested decades ago in structures, policies, and consistent leadership. Uganda must craft and commit to a sports masterplan that survives political cycles and focuses on steady, long-term growth.

CHAN was not just a tournament; it was a wake-up call. Uganda's regular qualifications show potential, but the results highlight untapped promise and systemic weaknesses. If the ten lessons from this edition are embraced—with urgency and sincerity—the Cranes could soon evolve from perennial underdogs to genuine contenders in African football. The choice now rests with Uganda's football authorities: to either repeat old mistakes or to learn, adapt, and rise.

Uganda Cranes hopeful making World Cup appearance



Uganda Cranes defender Azziz Kayondo was solid in the World Cup qualifier games against both Mozambique and Somalia.

The Uganda Cranes significantly boosted their 2026 FIFA World Cup qualification aspirations, reclaiming second place in Group G with a convincing 2-0 victory over Somalia on Monday at the Mandela National Stadium. This crucial win, following a dominant performance, sets the stage for a dramatic conclusion to their qualification campaign.

Allan Okello set the tone early for the Cranes, calmly converting a penalty in the 6th minute after left-back Azizi Kayondo was fouled inside the box, giving the hosts an ideal start.

Somalia, already at the bottom of the table, struggled to cope with Uganda's tempo and relentless attacking pressure. The advantage was doubled before halftime when Jude Ssemugabi pounced in the 39th minute to finish from close range, effectively sealing the contest.

With a comfortable two-goal cushion, the Cranes delivered a controlled second-half display, expertly managing the game to secure all three crucial points. The victory was a testament to the team's renewed confidence and tactical discipline under Head Coach Paul Put.

This latest triumph caps off a stellar week for Paul Put's men, who had earlier produced a scintillating performance on Friday, September 5, 2025, dismantling Mozambique 4-0 in their qualifier at the same venue. Goals from Allan Okello, a brace from Rogers Mato, and a late strike from Elio Capradosi secured a resounding victory that kickstarted Uganda's resurgence.

Speaking after the Mozambique game, Head Coach Paul Put expressed his delight with the team's emphatic response to their first-leg defeat to the Mambas.

"I told my players that people were waiting for revenge, and today they showed what football is. We created many chances and kept the pressure on Mozambique. 4-0 is a great result and I am very happy," Put stated. He then challenged his charges to replicate that ruthless display against Somalia, a challenge they met with conviction.

Elsewhere in Group G, leaders Algeria saw their perfect run halted, albeit slightly, as they were held to a goalless draw by Guinea in Casablanca. Both sides carved out clear chances, but inspired goalkeeping from Guinea's Moussa Camara and Algeria's Alexis Guendouz ensured the spoils were shared. The result delivers a blow to Guinea's fading qualification hopes, while Algeria remain firmly in command of the group.

Upcoming WC qualifiers

Botswana vs Uganda - 9/10/2025

Algeria vs Uganda - 14/10/2025

The Federation of Uganda Football Associations has assembled what they think is a strong 26-man Uganda Cranes squad for the forthcoming FIFA 2026 World Cup Qualifiers. Uganda will play Botswana on 9 October 2025 before facing Algeria on 14 October 2025. Head Coach Paul Put has named a squad that blends experience with youthful energy. Allan Oyirworth of New England Revolution in the United States, Hilary Mukundane and Enock Ssebagala of Vipers SC and Bobosi Byaruhanga from Oakland Roots in the United States make a return to the squad.



To qualify, Uganda must finish among the four best second-placed teams since Algeria has pulled away from the Group G pack and is set to qualify as group toppers.





www.charmarnews.com

To advertise call:

+256706760001 / +256771375026