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A model showcasing one of the outfits made by Josephine Kisaka of Jo Kisaka Fashions. Josephine's designs reflect a Ugandan story, her personality and roots.

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EDITOR'S NOTE

Electioneering shouldn't relegate young people to idleness

As we approach another election cycle, the air crackles with political enthusiasm. Banners of political office aspirants everywhere, mini meetings and rallies are convened in villages and urban centres, and social media platforms have become battlegrounds for competing ideologies. While this engagement is vital for a healthy democracy, I believe we must be vigilant in ensuring that the energy of electioneering doesn't inadvertently sideline a critical segment of our society: young people.

The youth represent not just the future of our nation, but also a powerful force in the present. Their perspectives are fresh, their ideas innovative, and their potential boundless. Yet, during election periods, I often observe a subtle, yet concerning, trend: the reduction of young people to mere campaign fodder. They are paraded at rallies, tasked with distributing flyers, and encouraged to amplify messages on social media, often without genuine engagement in the substantive issues at stake. The youths are deployed to fight the wars of their candidates – often times physically.

This instrumentalization of youth is a disservice to their potential and ultimately detrimental to our democratic process. When young people are relegated to the role of passive participants, simply echoing pre-determined slogans, we rob them of the opportunity to critically analyze policy, formulate their own opinions, and develop the skills necessary to become informed and engaged citizens.

Furthermore, this pattern reinforces a dangerous narrative that young people are valuable only for their numbers and their enthusiasm, not for their intellect and their insights. It fosters a culture of superficial engagement, where political participation is reduced to performative acts rather than thoughtful deliberation. Electioneering should be a catalyst for empowering young people, not consigning them to idleness. We must move beyond simply mobilizing them as campaign tools and instead invest in their political education, encourage critical thinking, and provide platforms for them to voice their concerns and shape the political agenda.

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

Fahim Muyingo

CONTACT US

Sal Building

Level 2, Plot 71

Nkrumah Street

Kampala, Uganda

0757 024774

0775 991 850

info@charmarnews.com

www.charmarnews.com



Josephine Kisaka

Telling the Ugandan story through fashion

“I believe in empowering the wearer of any garment I design.”

The journey into the world of fashion entrepreneurship for Josephine Kisaka is nothing short of remarkable. With a keen eye for style and a passion for creativity, she has successfully carved out a niche for herself in a highly competitive industry. *Charmar Magazine* editor *Baz Waiswa* had the privilege to gain insight into her inspirations, challenges, and triumphs as a fashion entrepreneur.

Can you tell us a bit about what sparked your love for fashion and design? Was there a moment or experience that really ignited that passion for you?

My passion for fashion started when I was a little girl. I like seeing people dressed in well-made clothes. Around Form Two, I told my friend that I wanted to be a fashion designer, and the rest is history.



A model showcasing a design by Jo Kisaka

Fashion is all about storytelling. How do you infuse your personal story into your designs? What kind of message do you hope to communicate through your work?
 I tell my story through the use of African prints and the functionality of my pieces. My designs reflect a Ugandan story, my personality and my roots. I believe in empowering the wearer of any garment I design, and I want my pieces to give them confidence, elegance, and a sense of cultural pride. My story is also about resilience, and that's what I embed in my work.

We all have those days when creativity feels a bit elusive. What do you do to get inspired and push through those creative blocks? Any go-to rituals or places that help?
 When I hit a creative block, I look at other people's work and see where they have gone to design-wise, and I bounce back. I visit a fabric/trimmings shop and get inspired by textures and colours. Music also helps; gospel music in particular. And of course, prayer. It always recentres me and helps me focus again.

Collaboration can be a game-changer in fashion. Can you share a memorable collaboration you've been a part of? What made it special for you?

One of the most memorable collaborations for me was working on the Makula Collection with a fellow designer. I met Joram Muzira of Joram Model Management during this project, and that encounter opened the door for me into the world of pageantry. Since then, I've had the honour of collaborating on several prestigious pageants, including Miss Uganda, Miss Tourism Uganda, and with the Uganda Network of Young People Living with HIV/AIDS (UNYPA). Each of these partnerships has been incredibly special, allowing me to not only showcase my designs on grand platforms but also use fashion for celebration, empowerment and advocacy.

Sustainability is such a hot topic right now. How do you incorporate eco-friendly practices into your design process? Why do you think it's important for designers to consider this?

At JoKisaka Fashion House, we are slow fashion. We use leftover fabrics and offcuts creatively; we avoid waste, and we teach our clients to buy quality over quantity. We upcycle a lot here, and recently at the launch of the Hannah Karema, we did a fully upcycled piece down to the trimmings. We do not throw any fabrics away.

Designers should be into textile waste management because fashion does have its part to play where sustainability is concerned. The use of synthetic fabrics is a danger to the environment. So we need to figure out ways of using little or prolonging their use.

The fashion world can be pretty intense! How do you handle stress and maintain your mental well-being while working in such a fast-paced industry?

I am not stressed by the fashion world because I do many other things, and the brand has grown immensely. I've learnt to manage my time, delegate work and, most importantly, to rest. I take days off, spend time with loved ones. I've also learnt to say no when I need to. I teach fashion or participate in skilling projects.

What advice would you give to aspiring designers who look up to you? What do you wish you had known when you were starting out?

Firstly, I wish I had someone to hold my hand coming into the fashion industry; I doubted myself a lot. A designer needs to stay focused and know who they are. The industry is big enough for all designers. Put your work there sometime; even when you are not paid, it helps with exposure. Stay consistent. Also, don't ignore the business side of fashion. I wish I had known more about financial management when I was starting. Learn about pricing, customer service, and how to build a brand. Above all, never stop learning.

Can you share a particular design or collection that you're especially proud of? What was the inspiration behind it?

Definitely the outfit I designed for Hannah Karema at the Miss World pageant 2024. As well as the most recent one at the launch of the Hannah Karema Foundation. The first one told a Ugandan story. The second one demonstrated the passion JoKisaka has for sustainable fashion. The fabrics are already on the market; we cannot quickly do away with them, so we reuse them as much as we can.



Jo Kisaka pieces give the wearer confidence, elegance, and a sense of cultural pride

The fashion landscape is always changing. How do you stay ahead of trends while still staying true to your unique style?

Stay original. Be true to yourself, like those people that call African print tacky, but I absolutely love African print. I can put it on anything I am designing. So, I would say stay true to your roots and merge with the trends. If you could design an outfit for anyone in the world, who would it be and what would it look like? It has to be an elegant art piece, and it has to speak. My dad – I would not be here without him. I have made him clothes but never art, so definitely that.

Lastly, what's your dream project or goal as a designer? Where do you see yourself in the next five years?

To showcase at the biggest fashion stages globally; whether it's Lagos Fashion Week or the Mercedes-Benz Fashion Week. And for the brand to

a classic that dresses all ages of people, if an entire extended family walked into the store, everyone would have an outfit to wear. Mentoring other up-and-coming designers and sharing the stages with them.



Creatives industry targeted to catalyse Uganda's economic growth

By FAHIM MUYINGO
Photography: INTERNET



The forum marked a turning point in the government's approach to creativity

Uganda's creative sector took centre stage as policymakers, industry stakeholders, and development partners convened at the 14th National Development Policy Forum (NDPF) to deliberate on how creative industries can become catalysts for economic growth and youth employment.

The Forum, organised by the National Planning Authority (NPA), was held at the Serena Hotel on 16th April 2025 under the theme "Creative Industries as Catalysts for Economic Growth: Harnessing Opportunities and Supporting Uganda's Creative Talent".

The Forum marked a turning point in the government's approach to

culture and creativity—not as entertainment, but as an economic powerhouse.

The State Minister for Finance, Planning and Economic Development, Amos Lugoloobi, while opening the Forum, revealed that the creatives sector would play a central role in Uganda's new 15-Year Tenfold Economic Growth Strategy.

The minister revealed that the artists have been knocking on the door of the government for a while, and the government has listened to their pleas and is now committed to removing the barriers to innovation and creativity. "So, through the National Development Plan IV,



“So, through the National Development Plan IV, we plan to invest in the creative industries and provide the backing that the artists and creative entrepreneurs need to prosper,” he said.

The minister acknowledged the persistent challenges that creatives continue to face, notably the weak copyright laws and a lack of infrastructure.

“The value chains for the different creative industries are weakened by the inadequacy of proper and functioning infrastructure such as production studios, theatres, cinemas, public libraries, art galleries, artist residency facilities, performance venues, co-workspaces and community halls,” he said. Adding: “Therefore, in the medium term, the government plans to redevelop the National Theatre to increase its capacity and repurpose it as a national multipurpose hub for all the creative domains. In the long term, we plan to establish fully equipped regional multipurpose creative hubs, public libraries and museums for young artists and practitioners through public-private partnership arrangements.”

He affirmed that “amending the Copyright and Neighbouring Rights Act (2006) was a government priority” to allow “creatives to monetise their work and access funding.”

The Chairperson of the National Planning Authority, Prof. Pamela Mbabazi, revealed that with help from the German Corporation for International Cooperation (GIZ), they undertook a diagnostic study on the culture and creative industries in Uganda. She said the study findings provide evidence-based policy recommendations and interventions intended to address the different challenges facing the creatives industry with the intention to unlock its potential in job creation, revenue mobilisation and cultural preservation. The report, according to Prof. Mbabazi, provides policy guidance and highlights the industry's potential to generate employment and revenue while preserving cultural heritage. “The country’s rich cultural and natural heritage can generate significant domestic revenue, especially from travellers seeking

unique experiences, which are not limited to food, traditional music and dance, crafts, and other cultural expressions, as part of their journeys,” said Prof. Mbabazi.

The Prime Minister, Robinah Nabbanja, who officiated at the closing of the forum, noted that Uganda, through its rich cultural heritage and unlimited pool of talents, has the potential to develop new areas of wealth and employment, emphasising that Uganda’s untapped artistic potential could be a game changer because of its multiplier effect on other sectors, including tourism and manufacturing.

“Our artists and cultural entrepreneurs have continued to shine both regionally and globally, yet the economic potential of Uganda’s creative industries remains largely unexploited. This must end,” she declared.

With over 77% of Uganda’s population under 30, the Prime Minister underscored the sector's potential to absorb the country's youthful labour force. She announced plans for increased government engagement, aligning flagship programmes like the Parish Development Model and EMYOOGA with creative value chains such as digital content creation.



UBOS collects data to transform education, labour and agriculture sectors

BY: FAHIM MUYINGO

Photography: COURTESY/INTERNET

Uganda Bureau of Statistics (UBOS) recently announced it had collaborated with the Ministry of Education and Sports, Ministry of Agriculture, Animal Industry and Fisheries and Ministry of Gender, Labour and Social Development to conduct the Baseline Education Census, Uganda Aquaculture Census and Labour Market Survey. The Executive Director of UBOS appealed to local government authorities, stakeholders and the general public to support the activities by providing accurate data to enumerators.

The Baseline Education Census currently underway, UBOS said, is covering all learning institutions, public and private, in the country from pre-primary, primary, secondary, vocational and higher institutions of learning. The census, which kicked off on April 7th in the Greater Kampala Metropolitan Area—covering Kampala, Wakiso, and Mukono—is poised to redefine planning and policy in the sector. The census will roll out to the rest of the country in line with the opening of the Second Term, running through to June 30th, 2025.

The Labour Market Survey, also ongoing, is capturing data from households and formal and informal sectors across the country – it will



The Aquaculture Census to be conducted in May 2025 to provide structural data on aquaculture

provide statistical data and information on labour market dynamics to inform effective planning.

The Aquaculture Census to be conducted in May 2025 will provide a primary source of structural data on aquaculture, providing benchmark information on the number, size and distribution of aquaculture holdings, characteristics of the aquaculture households, land use and other inputs. The exercise, UBOS said, will collect comprehensive and accurate data on the aquaculture sector in Uganda.

Education census—shaping the future of learners

The State Minister for Primary Education, Joyce Moriku Kaducu, told journalists at the Uganda Media Centre that the exercise isn't just about numbers but about shaping the future of every learner in Uganda. "With accurate and comprehensive data, we can better allocate resources, identify gaps, and craft policies that respond to the real needs of our education system."



UBOS officials at Uganda Media Centre in Kampala

The census will capture detailed information on learners, teachers, and school infrastructure across all education levels—from nursery to university, covering both public and private institutions.

Kaducu stressed that the success of the census hinges on cooperation: “We urge the public and especially heads of institutions to welcome our enumerators. Parents must ensure their children’s details are accurate—this data will define how we plan for them in years to come.”

The Baseline Education Census comes at a time when Uganda’s education system is striving to bounce back from disruptions caused by the COVID-19 pandemic, adapt to the digital age, and expand access to quality learning. By gathering this critical data, Uganda hopes to lay a strong foundation for evidence-based decision-making in education, marking a turning point in how the country identifies challenges and crafts solutions.

Labour Market Survey – decoding the job puzzle

The Labour Market Survey is an ambitious effort to collect detailed data on the state of work in Uganda. From urban business hubs to rural homes, enumerators are knocking on doors, gathering vital statistics that could shape the country’s employment policies for years to come. The survey targets households and actors in both the formal and informal sectors, aiming to uncover the realities of employment, skills availability, job demand, and workforce gaps across the nation.

“The labour market is a living organism; it’s constantly changing,” says Dr Sylvia Nabirye, a renowned labour economist at Makerere University. “To make informed decisions, we need fresh, accurate data. This survey will give us just that.”

According to UBOS, the Labour Market Survey is focused on three

core areas: Monitoring Labour Market Trends – Understanding shifts in employment and unemployment, the rise of informal work, and the mobility of the workforce; Assessing Labour Demand – Identifying which sectors are hiring, which skills are most sought after, and what gaps exist between educations and market needs; and Measuring Labour Market Efficiency – Evaluating how well Uganda’s labour market matches jobs to job seekers and how quickly labour moves to where it’s most needed.

According to Dr Nabirye, these insights are essential in addressing one of Uganda’s most pressing development challenges: youth unemployment. “Every year, we graduate thousands of young people from universities and vocational institutions. But many of them don’t find jobs, not because they are lazy, but because the market is not aligned with their skills,” she explains. “This survey will help bridge that gap.”

Uganda has one of the youngest populations in the world, with over 75% of its people under the age of 30. While this presents immense potential for economic growth, it also creates pressure on the job market to absorb new entrants each year.

For Rose Nambasa, a 27-year-old graduate who has been running a small tailoring business in Wandegeya after years of job hunting, this survey brings hope. “Sometimes I wonder if anyone in government really sees us — the ones making ends meet in small ways,” she says. “I hope this survey helps them understand the struggles we face and how they can support us better.”

Why mentorship will overtake training as the secret sauce for employee productivity

BY: JOYCE NAIGA KYEYUNE
Photography: COURTESY/INTERNET

An eyebrow-raising article from the [Harvard Business Review \(HBR\) in 2019](#) stated: “Companies spend heavily on executive education but often get a meager return on their investment. That’s because business schools and other traditional educators aren’t adept at teaching the soft skills vital for success today, people don’t always stay with the organizations that have paid for their training, and learners often can’t apply classroom lessons to their jobs.”

And even though we know informally that employees are jaded about training (hunting high and low for excuses to dodge training or commenting on dancing rabbit videos during sessions) still, we find that companies and organizations continue to invest in traditional training programmes as part of their revenue growth strategies and employee retention plan. In the HBR article, business professors Mihnea Moldoveanu and Das Narayandas, introduce an interesting concept –the Personal



Ms. Joyce Naiga Kyeyune

Learning Cloud (PLC) which they recommend as more transformative “...by making it easy and affordable to get personalized, socialized, contextualized, and trackable learning experiences enabled by online learning, digital tools and interactive platforms, from both legacy providers and upstarts.” The 2019 article was visionary – today, we see employees engaging and leading their own learning (partly driven by Covid-19 forced remote learning and the ubiquity of Artificial

Intelligence) in topics that inspire, develop and build them as individuals and consequently help them become more productive in the workplace. The PLCs that employees ride on do not necessarily have anything to do with their formal job tasks.

A fantastic case study

The Ministry of Water and Environment mentorship programme in Uganda, the first to be implemented by a government ministry, is a fantastic case study of an ‘upstart’ that is supporting employees to be more productive through the ‘personalized, socialized, contextualized’, PLC-inclined mode that HBR proposed. In September 2024, I was invited as a mentor to be part of the team of the Uganda Ministry of Water and Environment mentorship programme for young professionals in the ministry. The six-month mentorship programme, which is now in its fourth cohort, was started initially to encourage female staff to build their confidence and skills to aspire and gain leadership positions in the sector.



Supported by Water Aid and implemented by Contour Consults and Girls 4 Girls, the programme was later scaled up to include male mentees enrolling close to 200 mentees.

Why is mentorship a unique boost for employee productivity?

It diverges from the traditional company-focused training to employee personal development. Each MWE mentorship session addresses sector technical topics in one track with a second track focused on self-development topics like personal branding, mental wellness, personal financial management and effective non-verbal communication. When asked about the most impactful benefits of the programme, one mentee stated that they benefitted most from

from “...financial skills, discipline, patience, resilience and assertiveness”. When asked about recommended improvements to the programme, one mentee mentioned: “We would like more sessions, especially about all topics we covered for real life like family, money and mental health...”

Mentees were engaged in self-reflection on planned skills application during group sessions

The qualitative evaluation results imply that learning that is structured to support individual benefit may be more engaging and impactful for employees. In other words, when employees feel ‘cared for’ as individuals, they are more motivated to care about organizational goals as well.

‘Recruiting’ work-life professionals as mentors to carry the learning was “refreshing for the fact that it came from down-to-earth people who had seen these principles work for them”, said one mentee. The mentors were selected from different fields to share their success principles which most mentees said inspired them. “It is common to grow weary, but the shared experience and counsel reinforced my resolve to keep being excellent in my workplace”.

Seasoned mentors bring flavour and lived experiences in a ‘safe space’ for broad question and answer sessions that are attractive for young professionals that are eager to learn, progress, and make their mark.

Seasoned mentors selected to carry career life lessons to mentees

Mentorship is powerful precisely because it plows the ground for organizations to plant the seeds for technical skills and company loyalty as mentees value the self-development track contribution to their overall well-being. Efficient use of available time is a key factor in capacity-strengthening initiatives. Each full-day session was held once a month with a technical and personal development track complemented by group sessions. Integrating mentorship within the ministry calendar ensured that staff were not overly absent from their work responsibilities and could still benefit from skills development.

Low-cost delivery of the mentorship is a key enhancer of the programme ensuring it can be delivered consistently. The expert mentors are invited as volunteers sourced from a pool of referred distinguished professionals, keeping ‘training’ costs minimal. A team from the Water Resources Institute of the Ministry coordinated and organized the site logistics on their premises, including communication and mentee selection. Thus, the typical budget-straining costs of most one-off training programmes are avoided by staggering them across the year and signing discounted long-term mentorship management contracts.

Single-gender mentorship sessions allowed for open discussions of career challenges unique to each gender.

Ms Joyce Naiga Kyeyune, Communication and Strategist, ICT Creatives.



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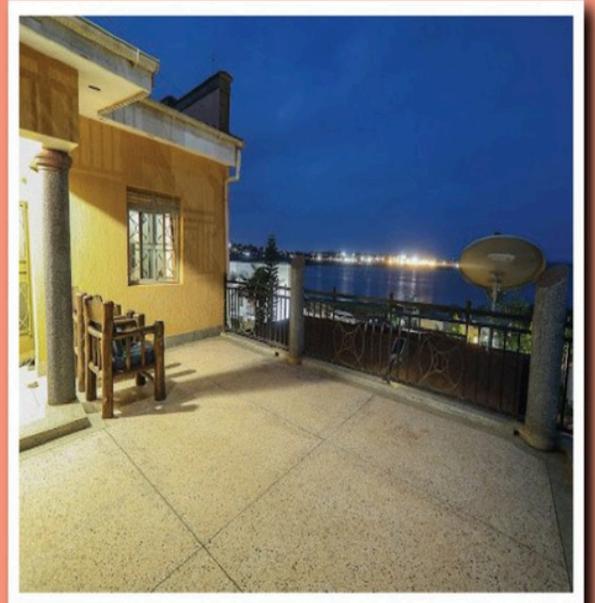
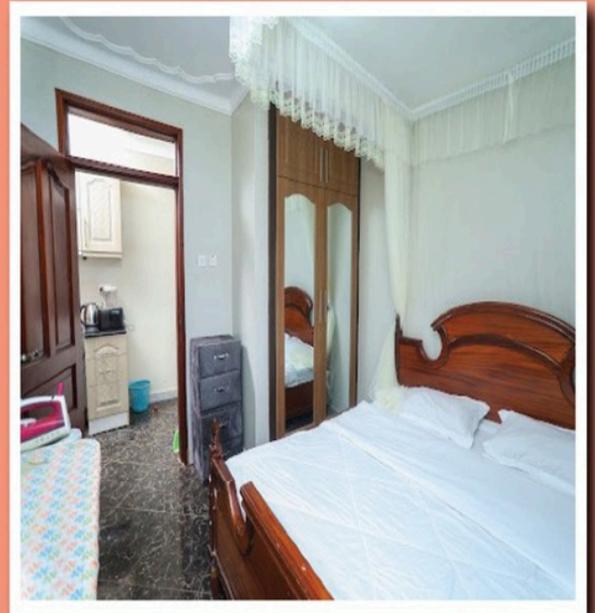
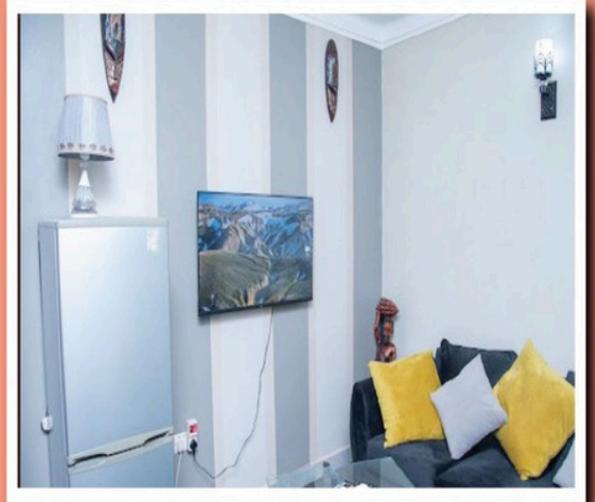
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What you need to know about bras before choosing one for yourself

By: MPANGA MARRIETTA ENOCH

Photography: INTERNET



Bras come in different size and shapes for different body types.

Bras have long been a staple in women's wardrobes, providing support and shaping for the bust. However, the benefits of wearing a bra extend far beyond just aesthetics. Research has shown that wearing a bra can help improve posture, reduce back pain, and prevent sagging of the breasts. With so many advantages, it's no wonder that experts are promoting the regular use of bras for women of all ages. In addition to the physical benefits, wearing a bra can also have a positive impact on self-esteem and confidence. For many women, wearing a bra can help them feel more secure and comfortable in their own skin. The right bra can enhance a woman's natural shape, giving

her a boost of confidence and helping her feel more put-together. By promoting the use of bras, we are not only encouraging better physical health but also empowering women to feel confident and comfortable in their own bodies.

Your body type

To get the best bra experience, you need to get the right bra for your body make and size. This means you need to have a deep understanding of your body size and type. Here below are the most known body types that there are.

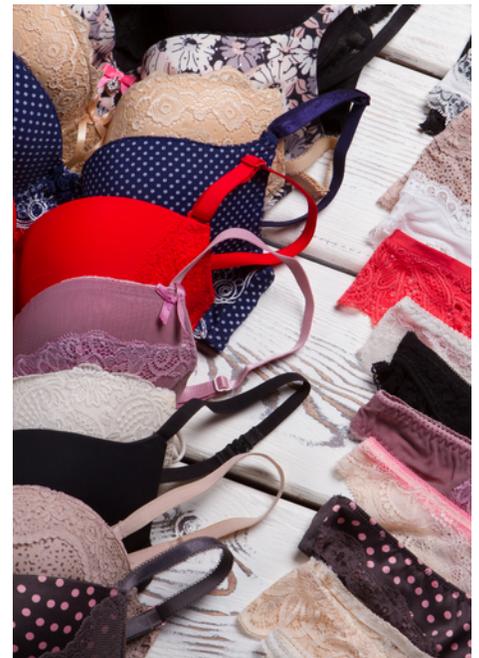
Hourglass: Known for its balanced bust and hips with a narrower waist, it is significantly smaller than a pear. Her weight is carried evenly on the upper and lower body; the bust and hips are of

v similar length. Normally she wears the same size on both parts of the body.

Pear (Triangle): Where the hips are wider than the bust. A defined waist, a lowered body that is bigger than the upper body and narrow shoulders.

Apple (Round/Oval): Characterised by a fuller midsection. Less defined waistline and bust, plus the shoulders may be more prominent.

Inverted Triangle: With broader shoulders compared to the hips. This shape is marked by shoulders that are broader than the hips, often accompanied by a fuller bust. The waist may be less defined, creating a strong and distinctive silhouette.



Rectangle (Straight): Where the bust, waist, and hips are roughly aligned; features a more uniform distribution of weight. The shoulders, waist, and hips are typically aligned in width, offering a naturally poised and balanced appearance.

Spoon: Similar to pear but with more emphasis on the hips and lower body shape, the spoon shape features weight concentration in the hips and thighs. Women with a spoon shape often have a slightly larger bust compared to the classic pear shape.

Diamond: Noted for a wider shape, it is characterised by a fuller midsection with narrower shoulders and hips. This shape tends to have slimmer arms and legs and a less defined waist, creating a unique and elegant profile.

Now that you know and understand where you stand in terms of body shape, let's now discuss your twin sisters.

Properly Fitting Bra:

Band:

- The band should be snug but not tight, feeling firm but comfortable.
- It should sit horizontally around your body, neither riding up at the back nor digging in.
- You should be able to comfortably fit a finger (or two) between the band and your skin.

Cups:

- Your breasts should fill the cups completely, without any bulging or spillage.
- The cups should lie flat against your chest, with no gaps or puckering.
- If you're wearing an underwired bra, the underwire should lie flat against your ribcage, following the natural curve of your breast tissue>

Straps:

- The straps should be comfortable and stay in place without digging into your shoulders or slipping off.
- They should be adjusted to provide adequate support without being too tight.

Overall Fit:

- The bra should feel supportive and comfortable, even when you move around.
- It should not cause any discomfort or chafing.

When it comes to undergarments, bras are an essential item that every woman wears on a daily. From push-up bras to sports bras and everything in between, let's dive into the world of bras to find the perfect fit for you.

Balconette Style: This gives a round shape. It is refreshing to try her because she is supportive and can be found with or without underwire and still has a great lift. I haven't taken mine off since I bought it.

Strapless Style: Super smooth microfibre with a comfy padded hook and eye. The beauty with her

is that she gives you the freedom to wear whatever you want and feel secure. No outfit is off limits with those strapless bras.

T-short bra: These have moulded cups with no seams, so they give a really smooth shape under lighter layers and a rounded shape.

Sports Bras: These sports-style bras support the twins well with shock absorbers and a soft-touch fabric that is not wired. S/he hugs you with lots of strength, support and love.

Nurse & Maternity Bras: Mother-and-child moments – she will support that flow so well without choking the baby. They are usually spaced out nicely with hooks at the top for easy access to the breast. I would recommend every pregnant woman have six or seven of those from three months to the last minute, perhaps a year.

Swimming Bra: The feeling of being supported in a cup and braving the waves in style while being comfortable and confident or able to run, jump, and swim – that's the right destination. You can never go wrong. If the size of the cup is right.

Camisoles: Those are my favourite pleasures. Very sexy indeed, both in the outward (with a top, no bra) and inward looks. It offers great support around the bottom and hips to enhance shape. If you want to impress someone, you can never go wrong with this silly, body-hugging outfit. It brings out the femininity in you. A must-have for that specific and special day.

Here are quality certificate courses for new curriculum O'level leavers

As Uganda continues to embrace educational reforms, the Competency-Based Curriculum (CBC) has emerged as a transformative approach, preparing students not only to excel academically but also to acquire practical skills vital for the job market. With ordinary level (O-Level) graduates seeking pathways to further education or direct employment, numerous courses have been tailored to address the diverse needs of these learners. This article explores the courses available for O-Level leavers within the framework of Uganda's CBC, alongside the unique benefits each course offers.

Vocational Training Programs

Vocational training programs offer practical and specialized training in various trades. They focus on skills development and are designed to respond to the local economic context.

Key Areas:

- Carpentry and Joinery
- Electrical Installation
- Plumbing
- Tailoring and Fashion Design
- Hospitality Management

Benefits:

- **Job Readiness:** The hands-on nature of vocational training equips students with skills that are in high demand in the job market. Graduates can quickly transition into job roles or even start their own businesses.



By NYAGO BOSCO

- **Entrepreneurial Opportunities:** Vocational training encourages innovation and entrepreneurship, allowing students to create their own enterprises.
- **Economic Contribution:** Skilled vocational professionals contribute significantly to improving local economies and enhancing productivity.

Technical Courses

Technical courses focus on specific fields such as engineering, ICT, and automotive technology, blending theoretical knowledge with practical application.

Key Areas:

- Information and Communication Technology.
- Automotive Mechanics
- Building and Construction

- Agriculture and Animal Husbandry

Benefits:

- **Diverse Career Paths:** Graduates from technical programs can seek employment in various sectors, including technology, manufacturing, and agriculture.
- **Skill Versatility:** The training provides a strong foundation, enabling graduates to adapt and thrive in multiple job roles or industries.
- **Contribution to National Development:** By offering skilled labor, graduates contribute to national projects and infrastructure development.

Arts and Humanities

Programs in the arts and humanities focus on critical thinking, creativity, and cultural studies, aligning with Uganda's rich cultural heritage.

Key Areas:

- Fine Arts
- Music and Performing Arts
- Journalism and Mass Communication
- Literature and Creative Writing

Benefits:

- **Cultural Preservation:** These courses help promote and preserve Uganda's diverse cultures and traditions.

- **Enhancement of Soft Skills:** Skills in communication, creativity, and teamwork develop well-rounded individuals equipped for various careers.
- **Opportunities for Diverse Careers:** Graduates can venture into fields such as media, education, and public relations, enhancing prospects for employment.

Business and Entrepreneurship Courses

Designed to equip O-Level leavers with the skills to run businesses successfully, these courses cover essential aspects of starting and managing a business.

Key Areas:

- Business Management
- Marketing
- Financial Literacy
- Entrepreneurship Development

Benefits:

- **Empowerment through Entrepreneurship:** By fostering a spirit of entrepreneurship, these programs inspire self-reliance, enabling individuals to create job opportunities for themselves and others.
- **Financial Literacy:** Students gain crucial financial management skills, preparing them for informed decision-making in personal and business finances.
- **Innovation Promotion:** Courses encourage innovative thinking, helping students to develop unique solutions to local challenges.



Shoe making is a vocational skill the youth can acquire after O'level.

Health and Wellness Programs

Health-related courses cater to the increasing demand for skilled professionals in the healthcare sector, aimed at producing competent health workers.

Key Areas:

- Nursing and Midwifery
- Community Health Work
- Laboratory Technology
- Environmental Health

Benefits:

- **Public Health Improvement:** Graduates play a vital role in improving healthcare standards and health education in communities.
- **High Employment Demand:** The healthcare sector generally offers a wide range of job opportunities, ensuring a higher chance of employment.
- **Contribution to National Health Policies:** Skilled health professionals are essential for implementing government health initiatives.

Agricultural Training Programs With Uganda's economy heavily reliant on agriculture, courses focused on sustainable farming practices, agribusiness, and rural development are essential.

Key Areas:

- Crop Production
- Livestock Management
- Agroecology
- Agricultural Extension Services

Benefits:

- **Food Security Promotion:** Training in agriculture equips students with skills necessary for improving productivity and ensuring food security.

Entrepreneurial Viability:

Graduates can cultivate their own plots or engage in agribusiness ventures, contributing to the economy.

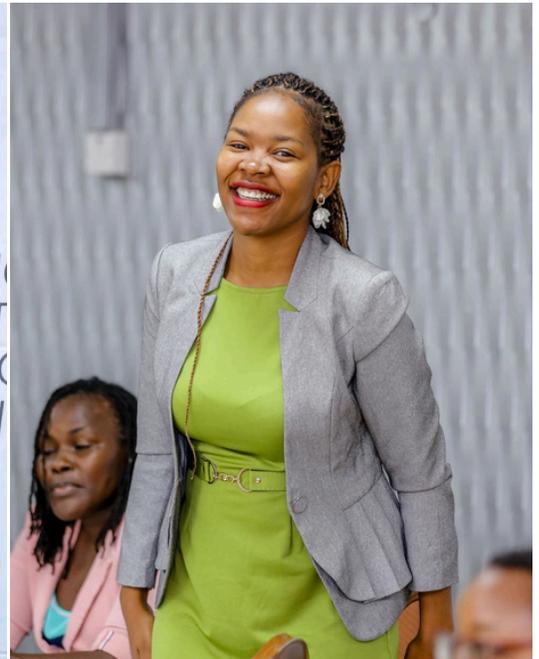
Mob: +256 776 682130

Email: nyago.jb@gmail.com

PRAU gets new leaders

The Public Relations Association of Uganda (PRAU) met on 12th March 2025 in Kampala at the Annual General Meeting. Members used the meeting to elect new members of the Governing Council for the period 2025-2027. PRAU is the umbrella body of all private and public communication specialists, brand managers, mass communication students & other related disciplines.

The Governing Council 2025-2027 has Irene Nakasiita (President), Ronald Beinomugisha (Vice President), Tina Wamala (Immediate Past President), Stella Marion Athieno (General Secretary), Lyn Tukei (Deputy Secretary General) and Nancy Akullo (Director Programmes). Others are Anthea Paula Turwomwe (Treasurer), Didacus Okoth (Director Discipline), Shirley Birungu (Director PR), Tenywa Rodney Ernest (Student Representative) and Jukira Asiya (Student Representative).



Five reasons a man falls out of love & leaves

By: Teddy Tracy Nayiga
Photography: INTERNET

What's going on with your boyfriend when you know he's got strong feelings for you, but he's dragging his feet on committing? There are specific reasons why a man will make the conscious decision to commit to a woman – or not.

Those reasons often have little or NOTHING to do with:

- How long you've been together
- What everyone else, including you, thinks he "should do"
- How much you've "invested" in the relationship

A man will want to commit to you simply because of the way you make him FEEL.

If he feels that his life will be better with you in it, than without you, he will want to commit to you. But if he's unsure about the future of your relationship because of some lingering DOUBTS in his mind, based on what's happening or not happening in your relationship, then you're already fighting an uphill battle.

Fortunately, there is a way for you to know exactly what to do and say to make sure he does not doubt your relationship. You have the power to make him feel utterly devoted and committed to you. It just takes knowing the secret to



Men fall out of love for different nonsexual reasons

what a man's "commitment tempo" is and what it takes for him to want you, and only you, for life.

In the book *Catch Him, Keep Him*, author Christian Carter breaks down five reasons why men leave relationships.

The Pleasure Principle

Men and women want to feel good in their lives and in their relationships. If you're constantly freaking out on a man about something he's doing or saying, you're quickly turning into a person who isn't fun to be around. He just won't feel that good around you.

This has a huge impact on whether or

not he'll want to invest more time and energy into you and your relationship. Or if he'll decide to give up on trying to fix what's going on so you can both feel good together.

Emotional Experience and the Future

The way a woman acts in "little" situations become indicators to a man about how she'll respond when things REALLY get tough in the future. So if a woman is constantly emotional or negative, even when a man does what he can to "reassure" her... he isn't going to believe things will get better the longer he's with her. He's going to feel as if he has to "walk on eggshells" around you, and that doesn't make ANYONE feel good about staying in a relationship.



Women must learn to respond to the needs of men

Lost Feelings of Attraction

Sure, love is important to a man. But experiencing those addicting and exciting feelings of CONNECTION and ATTRACTION with the woman he loves are just as important.

Because when a man feels ATTRACTION and love, working out the little problems is a piece of cake.

When he stops feeling that connection, he'll forget why he's with you in the first place, and the relationship will start to feel like a whole bunch of "work" to him.

Creating that gut-level of attraction and sharing that attraction is one of the most powerful and important keys to giving a man his own reason for wanting to be with you, no matter what.

I'm not talking about physical attraction, either. I'm talking about the EMOTIONAL and

INTELLECTUAL attraction that comes from a deeper, more subconscious place.

Neediness

A man wants to be with a woman who brings something BETTER to his life, not take away his time, energy and emotional "stability." So when a woman doesn't have much going on for herself or her life BESIDES the relationship, it's a big red flag to the man.

It tells him she focuses too much on the relationship as the source of her happiness. She stops hanging out with her friends as much, she stops focusing on her own interests or hobbies and she feels "controlled" by the relationship in some way. This not only looks "needy" to a man, but he realizes she isn't bringing a lot into the relationship on her

own. How can you tell you're guilty of this? Have you ever said this to yourself after a break-up: "I can't believe how I lost touch with my friends while I was with that guy?" "I can't believe I let him control me like that." "Where did my life go?" "What happened to the REAL ME? I wasted so much time in that relationship, when I could have been doing things for myself or my future."

The reality is that no man and no relationship can or should be EVERYTHING to you. You shouldn't have to sacrifice all your time and energy on a man.

"She's Trying to Fix Me"

A man can and will change and compromise for a woman. It's a fact. I see it all the time when men let go of their "bachelor lifestyles" for one special woman. But a man has to have his OWN REASONS to change. A lot of women try to change a man by showing him how it will affect THEM as a couple, not him alone.

People are motivated by things THEY WANT, not by things others want. If you want a man to change, you have to try to show him how it will benefit him and him alone, not you or your relationship.

Just remember, if a man is deeply committed to you and your relationship and he isn't feeling or experiencing too many of the above "reasons" for leaving, then any issues you have will feel like small bumps in the road to him. He'll be confident, open, and secure about working things out with you.



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Uganda's new obsession of reducing belly fat with wood sculpting

By: FAHIM MUYINGO

Photography: INTERNET/UNKNOWN

A curious health trend is gaining momentum in Uganda. "Wooden massage rollers" which some call Wood Sculpting for belly fat reduction. Once reserved for physiotherapy or traditional healing, is now being touted as the magical fix to belly fat. Markets and social media platforms are flooded with before-and-after testimonials, videos of women getting "wood therapy" sessions, and adverts promising a "flat tummy in 7 days." But how effective or safe is this fast-growing vice? At the heart of this trend are wooden massage rollers, smooth-edged tools used to apply pressure to the abdomen and waistline in rhythmic motions. This practice relies purely on rolling and pressing techniques. It's being promoted as a "natural" and "non-invasive" alternative to surgery or waist trainers.

Diana Nakato, 29, a boutique owner in Kampala city, first encountered wood therapy through a friend's Instagram story. "She looked amazing — her waist was snatched, and she said it was just from these wooden rollers. I was desperate to lose weight after my second child and didn't have time for the gym," Nakato explains.



She paid UGX 100,000 for three sessions with a self-proclaimed therapist operating from a salon. The procedure involved being oiled up and vigorously rolled on the stomach and waistline with various wooden tools.

"At first, it felt like a deep massage — relaxing even. But later, I had soreness and light bruising," she says.

"After five sessions, I did see a change in my waistline, but I also started having irregular periods and stomach cramps. That's when I stopped."

Expert Opinion

Dr. Sarah Mirembe, a certified physiotherapist and wellness coach, says the practice is not entirely without merit, but it is grossly

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No Downtime

Dr. Sarah Mirembe, a certified physiotherapist and wellness coach, says the practice is not entirely without merit, but it is grossly misunderstood and misused.

“Wood therapy, in its original form, was developed as a lymphatic drainage massage. It can help stimulate circulation, reduce water retention, and temporarily reduce bloating,” she explains. “However, it does not burn fat or dissolve belly fat as many claim. That requires a calorie deficit through diet and exercise.”

Dr. Mirembe warns of possible side effects when the therapy is done aggressively or by untrained individuals.

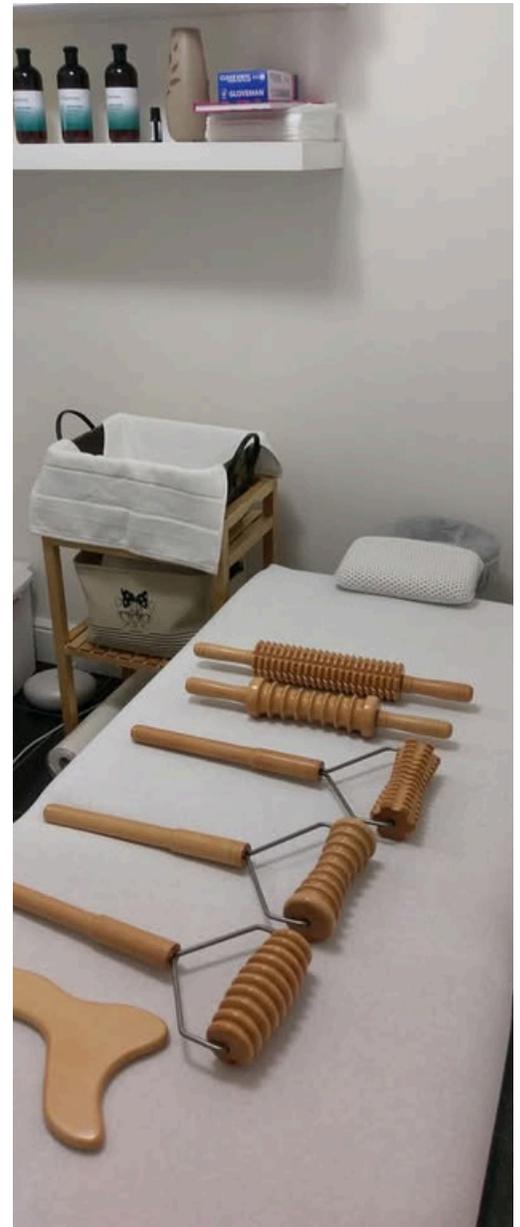
“Excessive pressure on the abdomen can damage tissues, disrupt your digestive system, and cause

hormonal imbalances if performed near sensitive organs. Bruising and inflammation are common if it's not done carefully. Women, especially postpartum mothers, should avoid it unless approved by a doctor.”

The Social Media Trap

The craze has been fueled by influencers and pseudo-experts posting heavily edited results online. Clinics with no medical accreditation now offer “belly sculpting packages,” often without explaining the risks or realistic expectations.

Dr. Mirembe urges Ugandans to be cautious. “The danger is in making it a shortcut solution. These rollers can’t replace proper nutrition or exercise. People must stop treating their bodies like clay to be molded at will.”



While wooden massage rollers may offer temporary relief from bloating and contribute to body relaxation, their rising use as a fat-loss tool borders on a dangerous misconception. For women like Diana Nakato, the experience serves as a lesson: if it sounds too good to be true, it probably is.

As Uganda embraces modern wellness trends, experts urge that education and professional guidance must lead the way — not social media hype.

Watch out for these diseases that come with the rainy season

Uganda is experiencing its first rainy season of the year. The rains have come on the back of a long haul of a dry season. This switch in temperatures requires our bodies to adapt and regulate the change. This comes with health risks. But beyond how our immunity adapts, the environment in which we live also changes—from the dust to mud. The hygiene of the environment in which we live is also challenged. This means that the rains can come with certain diseases and health risks, as exemplified below.

Common cold

Acute rhinopharyngitis, or better known as the common cold, is one of the most common types of respiratory infection. Several strains of viruses can contribute to the common cold, especially during the rainy season when seasons change. Anyone can become infected. Young children can become infected several times during this period. Adults will get fewer infections because they will have developed immunity. By sneezing or coughing, an infected person can spread droplets or aerosols to another person who is in proximity or touched contaminated surfaces and then rubbed their eyes or nose.

The infection can spread from an asymptomatic person up to within 1–2 days after symptoms appear. Symptoms of the common cold include stuffy nose, clear runny nose, coughing, sneezing, sore throat, hoarseness, low-grade fever, and slight headache. Avoid coming into close contact with an infected person. Reduce contact by not sharing personal items. If unavoidable, wash hands thoroughly after contact and do not rub eyes and nose.

Pneumonia

Pneumonia is a respiratory condition caused by lung infection from either a virus or bacteria that will cause inflammation and swelling due to fluids or abscesses in the alveoli. The lungs will not be able to exchange oxygen efficiently. Pneumonia is common during the rainy season and winter and can affect anyone. Unfortunately, children younger than 4 years old and elderly patients over the age of 65 years old tend to have more severe symptoms. Coughing, wheezing, and shortness of breath can lead to death if severe. Antibiotics may be considered to get rid of the infection concomitant with oxygen and medication to relieve symptoms. Mucus, saliva, and sputum are the



main mode of transmission. By sneezing or coughing, an infected person can spread droplets or aerosols to another person who is in close proximity. An outbreak can occur in crowded areas, especially schools, nurseries, camps, and prisons. Symptoms of pneumonia include fever, cough, sputum, rapid breathing, shortness of breath, wheezing, and painful breathing. Wash your hands frequently, especially before handling young children; avoid crowded places; ensure a nutritional diet and exclusive breastfeeding for infants; and vaccinate the child against measles and whooping cough to reduce the possibility of the occurrence of pneumonia as a complication.

Malaria

Malaria is a life-threatening disease caused by plasmodium parasites, which are transmitted to humans through the bites of infected female anopheles mosquitoes. Malaria is particularly prevalent in tropical and subtropical regions, and the risk increases during the rainy season when mosquito breeding conditions improve. The disease can cause severe health complications and is a major cause of morbidity and mortality in many parts of the world. The symptoms may include high fever, chills and sweating, headache, nausea and vomiting, muscle pain and fatigue, anemia, and yellowing of the skin and eyes. Severe cases may require hospitalization and intravenous drug administration.

Leptospirosis

Diseases in the rainy season generally spread due to increased exposure to contaminated water. Leptospirosis is a bacterial infection spread by contact with water contaminated with the urine of infected animals. It can cause high fever, headache, chills, muscle aches, vomiting, jaundice, and red eyes. The bacteria are found in the urine of infected animals, particularly rodents, and can survive in water and soil for weeks to months. Humans can contract the disease through direct contact with contaminated water, soil, or animal tissues.

Symptoms include high fever, severe headache, muscle pain, particularly in the calves and lower back, chills, red eyes, yellowing of the skin and eyes, abdominal pain, nausea and vomiting, diarrhea, and rash.

Cholera



Cholera

Cholera is an acute diarrheal illness caused by infection with the bacterium vibrio cholerae. It is typically spread through contaminated water and food, and outbreaks are common during the rainy season due to flooding, which can contaminate water supplies. Cholera can lead to severe dehydration and death if not treated promptly. It remains a significant public health issue in many developing countries. Symptoms include watery diarrhea, often described as “rice-water stools,” vomiting, rapid heart rate, loss of skin elasticity, dry mucous membranes, low blood pressure, thirst, and muscle cramps. Causes include ingestion of water or food contaminated with vibrio cholera, poor sanitation and inadequate access to clean drinking water, and consumption of raw or undercooked seafood from contaminated waters.

Typhoid fever

Typhoid fever is a serious bacterial infection caused by Salmonella Typhi. It spreads through contaminated food and water and is more common in areas with poor sanitation. The rainy season often exacerbates the risk of flooding and water contamination. Typhoid fever can lead to severe complications if not treated promptly. Symptoms include high fever, weakness and fatigue, stomach pain, headache, loss of appetite, diarrhea or constipation, rash, and enlarged liver and spleen.

Stomach infections

During heavy rains, you can, on average, expect to experience a few issues with your gut or digestive health. This is because the humid weather and an influx of bacterial and viral activity in your surroundings might mess up your stomach, make your digestion sluggish, and sometimes even lead to infection. You might experience conditions that may become more pronounced during this time, such as gastroesophageal reflux disease, acidity, indigestion, and ulcers.

Diarrhea

Diarrhea is the frequent passage of loose or watery stools. It may be accompanied by vomiting and pain in the abdomen. Diarrhea is usually caused by infectious agents that gain entry through water and food that are contaminated with faeces or vomitus of a patient. The disease occurs after 3-8 days of ingestion of contaminated water or food. In most instances it is a self-limiting disease, but prolonged and severe diarrhea can cause dehydration. The risk of dehydration is significantly higher in children.

Golfer supporting survivors of rape



Hellen Waiswa T. Lunkuse is the Vice President of the Uganda Ladies Golf Union

Rape and domestic violence are the leading impediments to the development and empowerment of women. In this interview, the Vice President of the Uganda Ladies Golf Union, Hellen Waiswa T. Lunkuse, tells us how she is using the sport of golf to foster social inclusion, enhance health awareness, and develop leadership skills among women.

Who is Hellen Waiswa T. Lunkuse?

Hellen Waiswa T. Lunkuse is a committed advocate for women's rights, a prominent community leader, and an enthusiastic golfer

who currently holds the position of Vice President of the Uganda Ladies Golf Union and serves as the Lady Captain at Jinja Golf Club. She is the Founder and Executive Director of the Rape Hurts Foundation, an organization focused on providing support to survivors of gender-based violence while promoting empowerment through extensive community initiatives. These initiatives encompass the establishment of vocational and skills training centers, the provision of medical aid and emergency support, the offering of educational opportunities to at-risk children,

legal assistance, comprehensive documentation, leadership training, and the execution of climate change mitigation projects, including solar-powered community infrastructures such as bakeries, streetlights, refrigerators, and water pumping systems.

Hellen is distinguished as the first female graduate in her village and takes pride in her role as a mentor to young women and girls, encouraging them to overcome cultural barriers. Her significant contributions have garnered international recognition, including prestigious awards such as the Community Impact Award from

Her significant contributions have garnered international recognition, including prestigious awards such as the Community Impact Award from Thomson Reuters, acknowledgment from the Vital Voices Global Leadership Awards, and nominations by the Global Thinkers Forum and Athena40.

Can you share your journey into the sport of golf? What initially drew you to the sport, and how has it shaped who you are today?

I initially engaged in the sport of golf, driven by curiosity and the encouragement of close friends who are enthusiasts of the game. The strategic complexities and the personal discipline required captivated my interest profoundly. Golf has played a pivotal role in shaping my character, instilling in me the virtues of resilience, patience, and integrity, which have become essential in my professional and personal endeavours.

As the Vice President of the Uganda Ladies Golf Union, what are some key initiatives or changes you hope to implement during your term?

My objective is to cultivate inclusive opportunities for women and young girls in the sport of golf through the establishment of accessible training programs, the advocacy for sponsorships, and the enhancement of competition standards. We seek to augment community engagement and promote a supportive environment that empowers more women to participate actively and confidently in golf.



Golf has traditionally been male-dominated. How do you think we can encourage more women and young girls to take up the sport?

Encouraging women and girls to engage in golf necessitates making the sport accessible, affordable, and inviting. It entails implementing mentorship programs, youth-oriented training, and enhancing the visibility of accomplished female golfers to inspire newcomers. Establishing environments where women feel esteemed and supported will considerably enhance their sports participation and retention.

How do you see the role of the Uganda Ladies Golf Union in the broader community? What impact do you hope to achieve through your leadership?

The Uganda Ladies Golf Union is crucial in advancing community development by advocating for women's and junior empowerment through sports. I aim to utilize golf to foster social inclusion, enhance health awareness, and develop leadership skills among women, ultimately positively contributing to community growth and promoting gender equality.

What are some of the biggest challenges you've faced in your golfing career, and how have you overcome them?

A notable challenge that has arisen pertains to the restricted access to resources and sponsorships, which are crucial for the progression within the sport of golf. In response to this issue, I have proactively established networks and partnerships to foster support for women's golf, thereby enhancing visibility and ensuring essential resources for tournaments and training.

Can you talk about the importance of mentorship in golf? Have you had any mentors, and how do you hope to pay it forward?

Mentorship holds significant value in the realm of golf, offering guidance, encouragement, and practical insights. I have been privileged to receive mentorship from individuals who have profoundly inspired me. I aim to reciprocate this mentorship by proactively guiding young women and juniors and developing structured mentorship programs to nurture new talent and instill confidence within the sport.

Where do you see the future of golf in Uganda, especially for women? Are there any specific goals or dreams you have for the sport in the coming years?

I foresee a future where women golfers in Uganda attain recognition on national and international platforms. My specific objectives encompass establishing junior golf programs, securing consistent funding for women's tournaments, and enhancing infrastructure to accommodate the increasing participation of females in the sport.

As the Lady Captain of Jinja Golf Club and Vice President of the Uganda Ladies Golf Union, how do you balance these responsibilities while still finding time for your own golf game?

Managing these responsibilities necessitates meticulous planning, prudent delegation, and effective time management.



Hellen Lunkuse is the founder of Rape Hurts foundation

I prioritize tasks in an efficient manner, delegate responsibilities to competent team members, and uphold clear boundaries to ensure that I allocate time for playing golf, which continues to be crucial for my well-being and personal development.

How has playing golf influenced your personal development and life skills, both on and off the course?

Golf has significantly impacted my personal development by fostering patience, enhancing strategic thinking, and cultivating emotional intelligence. Both on and off the course, these skills facets of life.

have augmented my leadership capabilities, improved my interpersonal relationships, and fortified my capacity to manage life's challenges with grace. What advice would you give to young women who are just starting their golfing journey? It is my recommendation that one maintains persistence, passion, and patience. The sport of golf imparts valuable life lessons that extend beyond the course. It is essential to embrace continuous learning, seek mentorship, practice consistently, and believe in one's potential to excel not only in the realm of golf but also in all other facets of life.



Makerere University set to build AFCON 2027 stadium



Makerere University recently signed an MOU with government sports agencies to fasttrack the project.

Makerere University will construct a state-of-the-art sports stadium at the University's Main Sports Grounds. The stadium will be used as a training ground when Uganda hosts the prestigious Africa Cup of Nations (AFCON) in 2027. A Memorandum of Understanding between the university and National Council of Sports (NCS) was signed on March 26, 2025.

Makerere University's Vice Chancellor, Prof. Barnabas Nawangwe and Ambrose Tashobya, the Chairman of NCS, signed on behalf of their respective organizations. The MoU was witnessed by Peter Ogwang, Minister of State for Sports, witnessed the signing.

The stadium construction, set to break ground in the 2025/2026 financial

year, will be financed by the Government of Uganda through the Ministry of Education and Sports. The facility will feature a full-size football pitch, an 8-lane running track, and a modern pavilion—capable of hosting high-profile sporting events.

The minister said the stadium project is a vital step in the Uganda's preparations to the AFCON Cup in 2027. He revealed that the ministry has allocated Shs21 billion to jump-start the Makerere project as part of an overall investment of Shs1.5 trillion to upgrade multiple stadiums nationwide. These include Namboole, Akibua, and Hoima. The Ministry emphasized that the stadium's construction would adhere to Makerere University's

innovative structural designs. Vice Chancellor Prof. Nawangwe stated that this was 'a dream come true for Makerere University.' "We have long sought funding for a modern stadium, and I am delighted that the Ministry has chosen us as the site for this transformative development." He underscored the facility's potential to uplift student talent, foster community engagement, and serve as a hub for national sports development. The project will be co-supervised by the Ministry of Works and Transport, NCS, and Makerere University, ensuring rigorous standards and timely completion. Notably, the UPDF Engineering Brigade has been appointed as the contractor, guaranteeing a robust and secure build.

Marathon lives to legendary billing again

The second edition of The Legends Marathon took place on Sunday, April 13, 2025, at Legends Rugby Grounds, in Kampala. An estimated 500 runners braved the early drizzle to run for their legends. The success of the marathon has caught the eyes of the Uganda Athletics Federation (UAF), who now believe sports legends deserve better recognition. The attention from UAF and the National Council of Sports (NCS) means the purpose for which the marathon was started is being achieved. In an interview ahead of the event, The Legends Marathon vision bearer, Andrew Mwanguhya, said the event is more than just a race. "It's a movement. Our vision is to build a legacy where every athlete, whether retired, active, or aspiring, finds opportunities beyond their sporting career."



Uganda Cranes holds onto World Cup dream



An unwanted 3-1 loss in Egypt against Mozambique and a 1-0 win at Mandela National Stadium Namboole was all the Uganda Cranes could manage in its latest FIFA World Cup qualifier matches played last month.

Uganda Cranes will return in action for World Cup qualification against Mozambique and Somalia in September 2025, both games will be played at Mandela National Stadium. These two home matches provide a golden opportunity for the Cranes to collect six points and reach a total of 15 points, which would give them a strong chance of progressing.

In October 2025, Uganda will travel away to face Botswana, followed by an away trip to Algeria. While these are challenging fixtures, Uganda can still hope to collect points from these encounters, with the possibility of securing at least five points from these two away games.

So far, the Cranes have won three and lost three of their six matches, with no draws. Their consistency at home and potential to perform well away means the dream of qualification is still alive, and fans across the nation will be hoping to see their team make history and secure a place in the 2026 World Cup.

As the qualifiers enter their final stages, the Uganda Cranes must continue their strong push and make every game count. Fans can look forward to an exciting final stretch of games, and for now, there is still hope,

as the Cranes continue their journey to the World Cup in the USA, Canada, and Mexico.

A happy Paul Put

Uganda Cranes coach, Paul Put, was quoted by the media saying he was happy with how the boys responded to the loss against Mozambique and secured a win courtesy of an Allan Okello lone goal from a stunning free kick in the first half against Guinea at Namboole in a crucial Group G clash.

“We deserved to win; we played well from the first minute and had many chances to score more goals in the first half. I am a proud of the team,” Put said, adding, “We didn’t perform bad in Mozambique but the situations like the simple goals we conceded and and red card cost us generally we didn’t have a bad game especially when we were reduced to ten men. The boys knew what this match meant and I am happy they put up a fight and got the positive results.”

Put went into the Guinea game with optimism saying, “Guinea has quality players competing at a high level in Europe, but we also have a strong team capable of competing in our own way. I believe in my players and the support behind us.”



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