



COMMONWEALTH
SCHOLARSHIPS

COMMONWEALTH KNOWLEDGE

ISSUE #4 JULY 2017

**IMPROVING LIVELIHOODS
IN RURAL INDIA**

Innovative and sustainable solutions for farming

CONTENTS

4 The first word

5 Transforming our world

How do Commonwealth Scholars contribute to the Sustainable Development Goals?



9 Improving livelihoods in rural India

Trupti Jain and Biplab Paul's invention is transforming farming communities

10 A tearless cry

Leonida Mosomi's journey from prison officer to child nutrition specialist



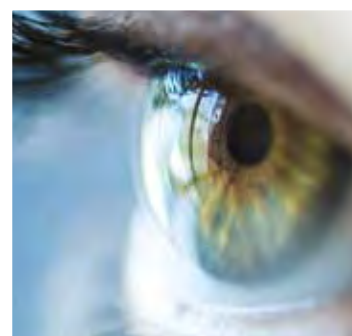
12 Feminism undaunted

Wazir Jahan Karim's pioneering career in gender research



15 The threat of silent extinction

Robert Aruho considers the outlook for giraffe conservation



16 Why take the bus?

Muhammad Naseem's assessment of the socioeconomic impact of public transport

25 A NEW HOPE

Md Jahangir Alam looks at the role of speech and language therapy in Bangladesh

18 Global fight, local action

Christopher Mumba's work to empower those affected by HIV and AIDS

21 Empowering women

How Kohinoor Yeasmin is supporting disadvantaged women in Bangladesh

22 A better tomorrow

The impact of Nkwanga Brian Senabulya's new skills in prosthetic design

26 Dignity in mental health

How Mohammed Mutalage has improved patient care at Uganda's largest psychiatric hospital

27 Alumni news

30 Events

34 The CSC in numbers

35 Get involved!



THE FIRST WORD

Commonwealth Scholarships support students and professionals by providing opportunities that would not otherwise be available to them. Most grasp the opportunity with both hands. Many alumni testify to the profound impact of their award on their lives.

Benefiting the recipient, though, is not our only aim – or even our main one. The CSC aims to support individuals who will be catalysts for much wider development, whether by teaching thousands of others, creating jobs, or raising standards across a whole range of policy areas. With no disrespect to our readers, we would be disappointed if the only beneficiaries of our awards were Commonwealth Scholars and Fellows themselves!

This issue of *Common Knowledge* provides vivid testimony of this wider impact. Through protecting farmers against droughts and flash floods, supporting victims of domestic violence, saving endangered giraffe species, HIV/AIDS advocacy – and much more – our Scholars and Fellows are changing the lives of others, and contributing to the development of their countries. From the evidence provided by alumni, the examples in this issue are the norm, rather than the exception.

Maintaining this evidence base, and learning from alumni experience, is critical. That's why we write to several thousand of you each year to ask you to take part in our evaluation programme, and why we are so grateful for your replies. Brief initial findings from the latest survey are available on our website at bit.ly/cscuk-evaluation. Please take a look, and let us know what you think.

If we write to you to invite you to take part in a survey this year, please respond – you'll be helping to ensure the future of the programme. If we don't, then let us know what you're doing anyway! Maybe your work will feature in the next edition of *Common Knowledge*?

Dr John Kirkland OBE
Executive Secretary
alumni@cscuk.org.uk

Common Knowledge

Editorial team:

Natasha Lokhun
James Phillips
Kirsty Scott
Vanessa Worthington

Design:

Pilot Design Consultancy Ltd

Print:

TFW Printers Ltd

Common Knowledge is published twice a year by the Commonwealth Scholarship Commission in the UK.

Commonwealth Scholarship Commission in the UK

Woburn House, 20-24 Tavistock Square, London WC1H 9HF, United Kingdom
info@cscuk.org.uk www.dfid.gov.uk/cscuk

Common Knowledge is published for information purposes only and no liability is accepted for its contents by the CSC or by any contributor. While all reasonable efforts have been made to ensure that the information contained in *Common Knowledge* was correct at the time of compilation, it should not be regarded as definitive and no responsibility is accepted for the inclusion or omission of any particular items or for the views expressed therein. Opinions expressed are those of the authors and do not necessarily represent the views or policies of the CSC.

TRANSFORMING OUR WORLD

How does the work of Commonwealth Scholars contribute to the Sustainable Development Goals? Four current Scholars summarise their research and explain how its results will benefit their home countries.

The Sustainable Development Goals (SDGs), otherwise known as the Global Goals, are a universal call to action to end poverty, protect the planet, and ensure that all people enjoy peace and prosperity.

The SDGs, which build on the work of the Millennium Development Goals (MDGs), were launched by the UN in September 2015. The 17 goals are underpinned by 169 targets and 230 indicators, to be achieved by 2030.

Commonwealth Scholarships and Fellowships support outstanding individuals to make a difference to their home countries. In this and future issues of *Common Knowledge*, each article will be tagged with the SDG(s) that the work or research covered relates to – providing a clear indication of how Commonwealth Scholars and Fellows are making a meaningful contribution to sustainable development. →

SUSTAINABLE DEVELOPMENT GOALS





Meenakshi Shukla

2016 Commonwealth Split-site Scholar from India, PhD Psychology, Banaras Hindu University and King's College London

My research explores the recently identified concept of emotional dampening – a reduced response to emotions linked to high blood pressure (hypertension). Studies have shown that people with elevated blood pressure have difficulty identifying emotions from facial expressions. My PhD aims to answer three questions. Firstly, does emotional dampening occur in both pre-hypertensives (people with higher than normal blood pressure who are at risk of developing hypertension) and people who already have high blood pressure? Secondly, does high blood pressure affect how someone processes emotional information that is presented auditorily (through sound), as well as visually? And thirdly, does high blood pressure impair the implicit (unconscious) processing of emotions?

So far, my research in India has shown that people who have high blood pressure and those who are at risk of developing the condition are less able to identify emotions that are presented visually, auditorily, and audio-visually, than people with normal blood pressure. Both their implicit and explicit (conscious) processing of emotions is affected.

During my time in the UK, I am trying to establish physiological indicators of emotional dampening in people with elevated blood pressure using a powerful experimental paradigm called the affect-startle paradigm. In a laboratory setting, participants are shown photographs arousing pleasant or unpleasant emotions; for some pictures, a 50-millisecond loud sound is also played through headphones, causing an involuntary startle response. This is measured through the eye-blink response, using two tiny electrodes placed below the eye.

My research relates to SDG 3: good health and wellbeing. High blood pressure is a leading cause of cardiovascular problems, including heart disease and stroke, and is a very high risk factor for mortality. The problem is more acute in India, a developing country with a very large population, and managing it is one of the country's top priorities for ensuring healthy lives. My research outputs will help in identifying central nervous system changes that precede and/or accompany the development of hypertension. This will support the development of a daily regimen for people with hypertension which progressively minimises their dependence on medication and promotes emotion management to keep their blood pressure in check.



Lin Cherurbai Sambili Gicheha

2016 Commonwealth Scholar from Kenya, PhD Social Sciences, Loughborough University



My research is on the current and potential role of sport in countering radicalisation in Kenya. Radicalisation is the process by which an individual or group comes to adopt increasingly extreme political, social, or religious ideals and aspirations that reject or undermine the government and fellow members of society. My focus is on how sport for development and peace programmes, run mainly by non-governmental organisations (NGOs) in Kenya, can be used to prevent 'at risk' young people from being radicalised and to counter the effects of extremism.

In Kenya, nearly 80% of the population is under the age of 35. Young people are considered particularly vulnerable to radicalisation and recruitment into extremist groups, such as the al-Shabaab. My research looks at factors that create a conducive environment for this influence, taking into account certain variables at play, such as ethnicity, poverty, unemployment, long-term marginalisation or perceived marginalisation, religious intolerance, and social exclusion.



Dushanth Seevaratnam

*2016 Commonwealth Scholar from Canada, PhD
Chemical Engineering, University of Cambridge*



While diseases are prevalent throughout the world, closer inspection reveals that many diseases, such as tuberculosis, are more common in resource-poor countries compared to developed nations. Why is that the case?

One primary factor is the large costs associated with current diagnostic tests. These tests are often produced in developed countries; therefore, what might be considered affordable in the UK, for example, would be unaffordable in developing countries. Furthermore, some of these tests require over a week, if not more, of wait time before the patients can receive their results. Such a long wait may not be a problem when trying to diagnose diabetes; however, it can be catastrophic when dealing with extremely contagious diseases such as Ebola. My research project aims to design a diagnostics system capable of detecting various diseases for under one pound sterling in value and in less than one hour.

To achieve this, my diagnostic system will amplify the genetic material (DNA) of the targeted disease in a single temperature environment. If the disease is present in the blood/urine/saliva sample, then the DNA of the disease will be continuously duplicated by the diagnostics system. This would cause the sample to be filled with the disease's DNA, which in turn would cause a dye in the solution to change colour. If the disease is not present, then there will be no DNA amplification and therefore no colour change. Using a colour-changing dye helps to save time and money, since no further equipment or tests are required. By having this amplification occur at one temperature, the only piece of equipment necessary is a single water bath.

from local or national politics. I will then examine how sport for development and peace intervention projects can undertake anti-radicalisation work with those perceived to be at risk by NGOs, governmental bodies, and sport governing bodies.

My research is primarily linked to SDG 16: peace, justice and strong institutions. The social role of sport has been highlighted in the 2030 Agenda for Sustainable Development as 'an important enabler of sustainable development', and its 'growing contribution... to the realization of development and peace in its promotion of tolerance and respect' has been recognised. Sport, through structured interventionist programmes, can be used to bring about lasting peace in communities and nation states. Without peace, stability, and good governance there can be no sustainable development. Sport, I believe, is the bridge to inclusive development, tolerance, and respect for diversity on a global and local scale.

My research could have a strong impact on SDG 3: good health and wellbeing. It is particularly relevant to target 3.3, which refers to ending the epidemics of tuberculosis and neglected tropical diseases. By providing developing nations with a rapid, inexpensive, and simple diagnostics system, large-scale detection of diseases would finally become feasible, making it possible to diagnose and eventually treat the majority, if not all, of the infected patients. →





Prince Kwame Senyo

*2016 Commonwealth Scholar from Ghana, PhD Information Systems,
University of Reading*

Digital innovation has radically changed how organisations collaborate with and compete against each other. Coupled with this change are new systems and models which have altered traditional collaborative networks. My research looks at digital business ecosystems (DBEs) – a new collaborative socioeconomic environment made up of individuals and organisations from different sectors and industries, who jointly create value through a digital technology platform. Well-known examples of DBEs include Alibaba.com, Amazon.com, and Apple's App Store.

My research aims to develop a methodology to systematically evaluate interactions and interdependencies between partners in DBEs, as well as support the development of technologies to improve value co-creation. The methodology will also support the growth and resilience of both partners and DBEs. It is deliberately tailored for small and medium-sized enterprises (SMEs) – especially

those in developing countries, where digital innovation is currently transforming business and driving growth.

My research seeks to address SDG 9: industry, innovation and infrastructure. The outputs will provide essential tools to build new collaborative environments that are underpinned by digital technology, as well as improving existing ones. SMEs in developing countries will be able to develop collaborative networks to support each other to grow and compete on a global level, instead of working in isolation. They will also be better placed to take advantage of opportunities in the digital environment. As such, my research will also have a positive impact on several other SDGs, from reducing poverty and hunger to building partnerships for sustainable development.

CK

IMPROVING LIVELIHOODS IN RURAL INDIA

How **Trupti Jain** and **Biplab Paul** are helping women in some of India's poorest communities.



▲ **Trupti Jain** and
▼ **Biplab Paul** are
2004 Commonwealth
Distance Learning
Scholars from India
– they both studied
MA Sustainable
Development at
Staffordshire
University.



In India, over 6.72 million hectares of land is affected by salinity (excess salt content in the soil) and seasonal waterlogging. Nearly 5 million smallholder farmers are affected. An innovative water management system – developed by two Commonwealth Distance Learning Scholars – is now providing a sustainable solution for farming previously uncultivable land.

Bhungroo, which means 'straw' or 'hollow pipe' in Gujarati, is an ingenious handmade pipe that enables excess rainwater to be filtered and stored underground to prevent flash flooding and waterlogging of crops. In drier periods, the collected water can be withdrawn and used to prevent crop failures caused by drought.

Bhungroo is the brainchild of Trupti Jain and Biplab Paul, co-founders and directors of Naireeta Services, a gender-centric social enterprise. Their work is driven by the Gandhian principle of *sarvodaya* – developing all living forms of society – through *antodaya* – uplifting the weakest members of society first. Women play an important role in agriculture in India, but their role and potential is often undervalued, if recognised at all. Analyses of agricultural operations throughout the state of Gujarat reveal that women carry out 50-65% of the work – yet in many cases they do not own land in their own name.

Trupti and Biplab saw the potential of their technology to support female smallholders by empowering them with land rights and sustainable incomes, as well as mitigating the effects of climate change through innovation. Each erected

Bhungroo is jointly owned by five ultra-poor or vulnerable women whose livelihoods depend on farming. Through this group ownership, nearly 3,000 women have been empowered with irrigation water rights, land ownership, and participation in local government. The technology also helps to add significant crop value to local economies which rely on steady crop yields, through reducing salt deposits and increasing soil productivity.

Initially, Bhungroo faced opposition from men who objected to the system supporting women smallholders. Trupti and Biplab also had to contend with challenges from businesses whose vested interests in land-capturing schemes were jeopardised by the technology – without irrigation, agricultural land is of no value. However, through local self-help groups and communal ownership, they were able to overcome these obstacles.

Bhungroo has the potential to ensure food security for millions of people across the world, and Trupti and Biplab are committed to sharing the technology through an open source model and encouraging co-creation models. Naireeta Services has partnered with governments and NGOs across south and southeast Asia – through these partnerships, their technology currently benefits farmers in Bangladesh, Burma/Myanmar, Cambodia, Laos, Pakistan, Sri Lanka, and Vietnam. Further afield, more than 100 ultra-poor women smallholders in Ghana are benefiting from Bhungroo technology, through replication by partner organisations including Feed the Future (the US Government's global hunger and food security initiative).

In 2007, Bhungroo was awarded the World Bank's India Development Marketplace Award for best innovative technology for social inclusion, and in 2014 it secured the UNFCCC's (United Nations Framework Convention on Climate Change) prestigious Momentum for Change Award. In 2017, Trupti received a Cartier Women's Initiative Award for her work.

Looking to the future, Trupti and Biplab hope that the example of Bhungroo will create a new development paradigm – one that is driven and owned by the community, and has women at its centre.

CK

Bhungroo has the potential to ensure food security for millions of people across the world.





A T E A R L E S S C R Y

Leonida Mosomi describes her journey from prison officer to child nutrition specialist.

Securing a job as a correctional officer in the Kenya Prisons Service (KPS) was a stepping stone in fulfilling my childhood dream of working in a hospital environment. I joined KPS in 2005, and was deployed to Embu Women Prison in the Eastern Province of the country. My roles included guarding and caring for inmates in custody, prison security, escorting prisoners, and engaging inmates in activities that promoted rehabilitation and social reintegration.

KPS has a unique role in serving extremely vulnerable members of the community, and is aware of the potential for violation of inmates' legal and basic human rights, including the right to food and proper nutrition. The service admits inmates of various categories, including 'special needs offenders', who are entitled to additional services and protection due to their vulnerability. Included in this category are children under the age of four who are accompanying their mothers; disabled inmates; elderly inmates; youth offenders; inmates who are pregnant or breastfeeding; and inmates with conditions such as diabetes, high blood pressure, cancer, or other terminal illnesses that require special nutrition interventions.

KPS recognises that providing good nutrition to prisoners is an important factor in the effectiveness of correctional services. The service endeavours to provide quality meals with the right quantity of carbohydrates, minerals, vitamins, fats/oils, proteins, and water. It is also mandated to improve prisoners' dietary habits to meet their nutritional needs and protect their health. To monitor nutrition among inmates, regular assessments are conducted. This posed a challenge initially, as the service did not have a trained nutritionist at the time.

After a year at Embu, I was transferred to the national Prisons Staff Training College (PSTC), as a drills instructor. It was here that my managers realised my academic potential and supported my ambition of advancing my career. Three years into my time at KPS – motivated by the lack of trained nutritionists not just within the service, but also at the Ministry of Health – I began studying for a BSc in Food, Nutrition and Dietetics at Kenyatta University.

Once I completed my degree, KPS employed me as a nutritionist at the PSTC Health Centre, where I established a nutrition department. As a trained correctional officer, my responsibilities shifted from overseeing inmates to serving the wider community. As well as treating inmates and KPS trainees and staff, the PSTC Health Centre provides services to neighbouring local communities and also acts as a referral site for nutrition cases further afield.



Conducting a nutrition assessment on an infant

My unquenchable desire to serve infants and young children was ignited while working at Embu, and I now work in the centre's Well-Baby Clinic, at the key screening point for malnourished children under the age of 5. My academically acquired skills, coupled with my current responsibilities, have helped me gain experience in applying the multidisciplinary approaches needed to deal with paediatric malnutrition. Through my Commonwealth Scholarship, I also gained the skills to effectively manage complex nutrition cases – and my expertise has led to more nutrition-related cases being diagnosed and treated.

As part of my role, I offer routine health talks to patients. Recently, a mother came along to one with her nine-month-old baby girl, Taraji. Taraji's weak and tearless cry caught my attention, and I further probed the mother about her attendance at the Well-Baby Clinic. She revealed that by the age of five months, Taraji had already missed many visits to the clinic. She was now severely malnourished and too weak to support herself; she would easily pass for three months old, or younger. With no knowledge of child nutrition, Taraji's mother thought that she had disabilities which were hindering her growth.

My expertise has led to more nutrition-related cases being diagnosed and treated.



Screening a baby for malnutrition, by taking her mid-upper arm circumference



Performing a physical examination on a severely undernourished infant

I conducted a nutrition assessment and physical examination which revealed that she was severely wasted, and had stunted growth and developmental delays (measured by milestones – skills that most children have by a certain age), which gave the appearance of disabilities. Taraji was actually suffering from severe acute malnutrition (SAM) with no clinical complications, and she qualified for a 12-week outpatient therapeutic feeding programme (OTP). As part of OTP, ready-to-use therapeutic foods are issued to patients and their progress is monitored on a weekly basis through nutrition assessments. Patients and primary carers are provided with counselling on nutrition, as well as general health education, and any patients from food insecure households are given dry food rations. I explained to Taraji's mother the importance of OTP and that she must complete the programme. It is vital to explain the full process to primary carers, as those who are not well informed may drop out of the programme. In some cases, this can happen because of social stigma surrounding sick-looking children and comments from other people.

Through OTP, Taraji was able to gain her target weight, which triggered her transition to the supplementary feeding programme (SFP). Ready-to-use supplementary foods and fortified or blended flours are used in this

programme for 12 weeks, or until the patient gains the desired weight. Additionally, a biweekly nutrition assessment is conducted to monitor progress. After SFP, Taraji was ready to attend occupation therapy clinics to enable her to catch up to developmental milestones.

Taraji and her mother's experience was a strong eye-opener for many mothers in the community, who had no idea that child malnutrition was possible not just among the arid and semi-arid areas of the country, but also in would-be affluent urban centres. It also prompted the health centre to conduct an active case-finding exercise in local communities. Teaming up with community health workers, we were able to screen children under the age of five for malnutrition, and admit a number who were in need of nutrition care and may not otherwise have received this vital treatment.

Seeing Taraji celebrate her first birthday, healthy and strong, was a wonderful experience. **CK**

Leonida Mosomi is a 2015 Commonwealth Scholar from Kenya – she studied MSc Human Nutrition at the University of Surrey.



Femini undaun

Wazir Jahan Karim on her 40 years of pioneering gender research.



While completing my doctoral studies, I learnt with great curiosity that women and gender studies, as an academic field, had made major gains in departments of humanities, sociology, and anthropology in Europe and Asia, spurred on by UN programmes. At the time, I was immersed in rainforest ecology and the anthropomorphisms of the Ma' Betise', an endangered indigenous minority in Malaysia. As the first anthropologist to live with them on Carey Island, off the west coast of Peninsular Malaysia, I had been transformed into an elusive 'forest spirit', and found my secure urban life a discomfort when faced with rampant poverty. I never for a moment thought that feminism would shape the rest of my academic life.

When I joined Universiti Sains Malaysia in 1978, I was asked to lead a UNICEF-funded research cluster on gender, carrying out applied anthropological fieldwork in remote Malay-majority areas in the north of the country. This project – KANITA (Women and Children in Development) – became the first contribution by female academics to applied

anthropology and development economics in Malaysia.

We developed participant observation techniques to engage Malay Muslim village women in our research – not as informants, but as active researchers and changemakers. This experience led these women to rethink

their roles in society. No longer just passive observers of technological developments or educational reforms, they began to see themselves as autonomous lesson planners and teachers of preschool children, users of portable water pumps, co-owners of combine harvesters, and managers of integrated land development schemes.

sm ted



Professor Dato' Wazir Jahan Karim is a 1974 Commonwealth Scholar from Malaysia – she studied for a PhD in Anthropology at the London School of Economics and Political Science.

- ▼ Wazir Jahan Karim (left) with a Ma' Betise' carver on Carey Island in 1973
- ◀ The KANITA research team in 1978

The village women who participated in the programme were able to use these narratives to support their own understanding of their role and potential in the transformation of rural Malaysia through large-scale farming and heavy machinery. The women learned to be reflexive – to reflect on their experiences in order to raise their self-awareness – and transformed their limitations into productive skills. They wrote letters to authorities urging them to complete the installation of water and electricity plants. They held meetings and discussions about priority village projects. They negotiated deals for land and resources for preschools. They secured better educational opportunities for their children when they left school. We, as researchers, did not usurp their narratives to be part of our scholarly postmodern interpretations of culture or discourses on the anthropology of change.

KANITA made a breakthrough in developing applied methodologies on rural poverty. It was probably the first Malaysian experience of gendered lifelong learning in a *kampung* – within a real community setting. My subsequent academic works further explored the intricate interrelationship between culture, Islam, and poverty. They offered a new understanding of the complexities of women's lives under Sharia law in Malaysia, through fresh insights into Muslim women's empowerment through democratic initiatives

on the one hand, and their powerlessness under the patriarchy of faith on the other. Empowered by the autonomy and freedom gained through field research, Malay women challenged Islamic notions of subservience and Arab traditions of male dominance.

I began to argue that, in settings such as southeast Asian rural and island Muslim communities, women could stand on their own as active, rather than passive, agents of change. These women took pride in their role as innovators and transmitters of inherited and modern knowledge. They took the lead as both ritual specialists and secular decision-makers in education, health, the environment, and economics. They also saw sources of new knowledge as complementary, not contradictory, to Islam. At the height of Islamic revivalism in Malaysia in the 1980s, they encouraged their

daughters to continue their education at colleges and universities. Opportunities for higher education and formal work led to significant increases in women's enrolment in tertiary education: in Malaysia, as in other advanced nations in Europe and Asia, more women than men go to university. At the same time, the spread of religious fundamentalism in Afghanistan, Pakistan, countries in north Africa, and the Aceh region of Indonesia challenged the democratisation and modernity of Islamic nations. →



For over 15 years, KANITA consolidated its applied anthropological research with educational policy, in response to further challenges from Islamic fundamentalism in academia and beyond. Our most significant contribution was to challenge the rule under Malaysia's Sharia law that women could not be *hakims* (judges) in Sharia courts. KANITA initiated the first debate on this issue in 1989, providing the go-ahead for other Muslim organisations to push for the appointment of female judges. This movement for legal reform saw two women appointed as judges in the Sharia courts, even as fundamentalist political parties continued their push for the implementation of strict *hudud* law throughout Malaysia.

Ministry of Education appointed Prof Dato' Asma Ismail as Universiti Sains Malaysia's first female vice-chancellor. She shares the same ideals, promoting an agenda of academic leadership based on meritocracy, rather than presumed patriarchy.

During my last few years at KANITA, my colleagues and I broke many rigid barriers to the acceptance of gender perspectives in the social sciences. We successfully pooled together students in anthropology, sociology, development studies, linguistics, mass communications, education, and the health sciences. We encouraged them to move beyond the boundaries of their disciplines, and to unite and stand firm under the banner of

who had poured into the lecture hall with conflicting emotions about the US invasion, I realised that the challenge to neo-imperialism and political globalisation transcended gender politics and Islamic patriarchy, which had been used as propaganda by the US media to legitimise invasions of this kind, increasing the alienation of Muslims in general – and Muslim women in particular. The feminist agenda had been hijacked; feminists needed to create their own nexus on ideological territoriality.

Upon my return, I was offered a fellowship at Clare Hall, University of Cambridge, for my work on gender and labour economics. I was the first Malaysian to win a fellowship at this graduate college, the results of which will be

New knowledge is power, but power is only powerful if it empowers others to seek new knowledge.

KANITA was instituted as the Women's Development Research Centre in 2001 – the first of its kind in Malaysia. As its first director, I was ultimately concerned with advancing discourses on gender justice – reducing the inequalities between women and men across society. Feminism offers new perspectives on how knowledge should be gained and shared, and challenges established notions of leadership and representation. Gender studies provided an alternative approach to the social sciences in a public university which designed academic programmes for career advancement, rather than raising cultural or gender awareness, or promoting personal development. But an academic institution that promotes gender mainstreaming in the pursuit of knowledge and ideas for society has to engage the whole academic community in its governance. Certain powerful sources of leadership at the university became concerned that female academics might become future leaders, and this trend of neo-conservatism in Malaysian academia posed a challenge to KANITA's aspirations. Today, our ambitions have been realised: in 2017, the

'gendering knowledge – the path to academic democratisation'. We maintained a steady stream of research projects for graduates to obtain training in research administration and to develop their research capacity. We initiated links with universities across Europe and Asia to develop regional and international collaborative gender programmes.

In 2003, a year before I retired, I was privileged to become the first woman to hold the Andrews Chair in Asian Studies at the University of Hawaii at Manoa, USA. I delivered several lectures on Islam, gender, and conflict during my time there. I gave the Andrews Public Lecture on 'Islam and America: a war time story' 15 minutes after US President George W Bush declared war on Iraq! My surreal entry into the debates surrounding the war – and defence of Islam as 'a discourse in progress' against American binary and divisive politics – made me believe that the feminist struggle in Muslim Asia and the Middle East would face insurmountable challenges of legitimacy and representation. While addressing American academics

published in a book on economic globalisation later this year. Cambridge was a haven for intellectual reflection and comradeship. My time studying in the UK has made a lasting impression on me, setting an example for universities in Malaysia – inspirational, challenging, friendly, and sympathetic to new ideas.

I had done all of this because it had to be done. I was the first anthropologist to live with the Orang Asli in the mangrove mudflats of Malaysia, the first academic to launch gender studies in the country, and at the forefront of feminism and gender reform in academia and beyond. I have come to believe that the differences between truth and falsehood are relative to time and place, and that obsolete systems will eventually decline in their own obsolescence. Leadership systems will be challenged by global competitiveness, and fresh criteria for evaluating leadership and excellence will prevail. In my opinion, a reverse trend is unlikely.

CK

THE THREAT OF SILENT EXTINCTION

Robert Aruho, Wildlife Veterinarian at the Uganda Wildlife Authority, on efforts to secure the future of the giraffe.

The giraffe is an iconic African wildlife species. This majestic animal is a wonder to behold, thanks to its conspicuous elegant coat pattern, height, and 'catwalk' stride. Giraffes – the tallest land mammals on Earth – live in fission-fusion groups in the wild, usually congregating loosely in large herds which can split up and reform over time.

Until recently, the giraffe was thought to be one species with nine sub-species, but genetic analysis has revealed that four distinct species of giraffe actually exist. However, with a population decline of up to 40% over the last three decades, the animal is now at risk of extinction. In December 2016, the International Union for Conservation of Nature (IUCN) moved giraffes from the 'least concern' to the 'vulnerable' category on its Red List of Threatened Species, to boost conservation efforts to reverse the decline in numbers. The Nubian giraffe, formerly also known as the Rothschild's giraffe, is one of two subspecies now listed as endangered, with fewer than 2,500 mature breeding individuals left in the wild.

Wildlife conservation requires robust and well-informed strategies to ensure that populations remain stable and even increase in the face of threats. For the giraffe, more awareness is required, because it appears that this species has been much forgotten. Giraffe numbers have been declining – silently – faster than those of rhinos or elephants, yet until now not much attention has been paid to them.

The greatest threats to giraffes are human interference and climate change. The human population in Africa is growing rapidly; based on recent World Bank projections, it is estimated that close to 2.8 billion people will be living on the continent by 2060. The majority of people are based in the sub-Saharan region, and are primarily concentrated in rural areas – particularly near protected areas for wildlife conservation. Most of this population is poor, living on less than a dollar per day, and dependent on protected areas to support their livelihoods. Competition for limited resources, especially land for agriculture, exerts a lot of stress on wildlife ecosystems – this is a major

challenge for conservation management in African countries.

This unhealthy competition for resources not only escalates human-wildlife conflict, but also increases the risk of zoonotic disease transmission (from animals to humans) and spread. These factors make the harmonious coexistence of humans and wildlife hard to achieve if wildlife territories continue to shrink due to increased human activity and settlement. This mostly affects the dispersal of larger mammals, such as giraffes, which have a large home range (area that they live and move within regularly).

Learning from its previous experiences with rhinos, Uganda has taken proactive measures to conserve giraffe populations for future generations. Although there is no evidence of commercial poaching and human-wildlife conflict associated with giraffes in Uganda, there is increasing concern over their narrowing home range, which in turn stagnates population growth. Therefore, securing new suitable habitats is vital to expanding and preserving viable giraffe populations. The Uganda Wildlife Authority and conservation partners such as the Giraffe Conservation Foundation are working together to formulate a national giraffe strategy to navigate these conservation bottlenecks. The proposed national strategy is anticipated to provide clear policies and guidelines to further giraffe conservation efforts in Uganda.

New giraffe habitats have also been secured and new populations are being established through relocation. Murchison Falls National Park in Uganda remains the largest stronghold of Nubian giraffes, with more than 1,200 individuals existing in their traditional habitat.



Dr Robert Aruho is a 2014 Commonwealth Distance Learning Scholar from Uganda – he is studying MSc International Animal Health at the University of Edinburgh.



The geographical barrier provided by the River Nile has kept giraffes on the northern bank of the river within the park, but this has been a big hindrance to expanding their home range. In the last two years, two populations of 15 giraffes each were created on the southern bank of the River Nile in the park, and in Lake Mburo National Park. The populations easily adapted to their new homes, which is very reassuring for similar conservation efforts in the future.

The outlook for giraffe conservation looks promising, but it will require the concerted efforts of all stakeholders to keep this beautiful mammal gracefully roaming over the face of the Earth. There is always something you can do. Extinction is real – let us save the giraffes, before it is too late. We can save a species, one at a time.

CK

Giraffes on the move to their new habitat



WHY TAKE THE BUS?

Does public transport make people's lives better? **Muhammad Naseem** outlines his assessment of the socioeconomic impact of the Lahore Metrobus.



Muhammad Naseem is a 2015 Commonwealth Distance Learning Scholar from Pakistan – he is studying MSc Poverty Reduction: Policy and Practice at SOAS, University of London.

Public transport is a crucial part of the solution to Pakistan's economic, energy, and environmental challenges, helping to bring a better quality of life to its citizens. People are using public transport in increasing numbers and services are expanding. Every segment of Pakistani society – individuals, families, communities, and businesses – benefits from such services.

The city of Lahore, in the province of Punjab, is one of the largest cities in the world, with over 10 million inhabitants. Building the infrastructure to serve such a large population is not easy, especially on limited resources. In order to address issues with the condition of public transport and to meet demand, the provincial government launched the Lahore Metrobus in 2013.

The Metrobus is a bus rapid transit system, featuring dedicated bus lanes and giving priority to buses over other traffic. It also uses

electronic ticketing, to reduce delays caused by passengers purchasing fares. The service runs along a 27-kilometre-long corridor starting in Shahdara, a northern suburb of the city, to Gajjumata in the south.

The Metrobus is a high quality, efficient mass transit system, providing capacity and speed. But, as a relatively new innovation, there remains a need to promote the concept to several audiences – particularly urban transport decision-makers – and to better understand its socioeconomic cost, performance, and impacts.



The study

I was commissioned to carry out a socioeconomic impact study of the Lahore Metrobus in 2015, two years after the launch of the service. My brief was to assess the social and economic benefits of the project against its costs, and gauge its rate of success. A detailed survey was conducted; the sample included 3,900 commuters, 237 non-commuters, and 500 traditional transport owners (rickshaw drivers and public van owners).

We randomly selected 5% of Metrobus commuters to be surveyed. In order to secure representation from every station and zone along the route, multiple teams were used to collect data from several commuters in parallel. To evaluate the effect of the service on traditional transport owners and non-commuters, we held recorded video interviews and face-to-face consultations.

The multidimensional nature of the project was kept in mind while designing the survey questionnaires. For commuters, this covered satisfaction level, economic gains, health benefits, pollution, happiness, and affordability. A separate questionnaire was developed for non-commuters.

The findings

The survey revealed that the Metrobus has had a very positive social impact on the lives of both commuters and non-commuters, and that the overall perception of the service is positive. The service has facilitated citizens' access to basic needs and services, such as hospitals and food stores. It has also increased access to educational institutions, with the potential to boost attendance rates at schools and colleges.

The Metrobus has reduced commuters' stress of finding suitable public transport. They report not only a high level of happiness with the service, but also the view that provision of the service is an indicator of good governance

The economic benefits were also observed to be significantly positive. Although traditional transport owners were negatively affected by the introduction of the Metrobus and lost business, their unbiased opinions about the service are positive. The majority of commuters are from lower socioeconomic classes, and they have benefited financially. Those who owned a personal vehicle have either fully substituted its use with the Metrobus or significantly reduced their fuel costs. They also reported an increase in their working hours (and therefore pay), and being able to work at better paid jobs. The Metrobus has provided them with an easy and cheap means of commuting to their workplace daily and on time. In addition, non-commuters living alongside the route reported an increase in their property value after the implementation of the service.

Commuters ranked the benefits of the Metrobus as outweighing its costs. Overall, a high level of satisfaction was reported, and people indicated a high level of willingness to replace other means of transport with use of the service.

Recommendations

The main aim of the Metrobus is to provide every citizen with a good mode of transport. Of course, there are some issues when catering for such a huge population with a single mass transit system.

Parking plazas should be established at the most crowded stations on the route, as car owners are reluctant to use the Metrobus. A paid shuttle service should be provided for disabled and elderly citizens. The timing and frequency of the buses should improve as the number of commuters is increasing. Steps should be taken to ensure on-board security for female commuters. Additional staff should be made available to provide guidance on the electronic ticketing machines. Maintenance of facilities on the buses (air conditioning) and at stations (washrooms, general cleanliness) should be regular.

One key recommendation was to integrate the Metrobus with feeder bus routes – bus services that would pick up and deliver passengers to the Metrobus stations. Through this, destinations farther away from the current Metrobus route would be connected to the service, enabling more commuters to use it. This recommendation was well received by the Government of Punjab, which launched a free shuttle service in March 2017 – helping the Metrobus to achieve its maximum potential through reaching as many people as possible.

CK



GLOBAL FIGHT

Christopher Mumba shares his work to empower people and communities affected by HIV and AIDS.

Since the start of the AIDS epidemic in 1981, nearly 80 million people have been infected with HIV (human immunodeficiency virus). The virus attacks the immune system, weakening a person's ability to fight infections and disease. 35 million people have died as a result of AIDS (acquired immunodeficiency syndrome), the final stage of HIV infection if left untreated. There is no cure for HIV.

Indigenous peoples – ethnic groups who are descended from and identify with the original inhabitants of a given region – experience higher rates of HIV and AIDS than other groups, due to a range of social, historical, and economic factors. Yet, despite their higher risk of being affected, indigenous peoples have had limited opportunity to come together on an international scale to discuss and develop strategies to decrease HIV and AIDS levels, eliminate stigma and discrimination, and improve the experience of those living with the virus.

My journey

I was diagnosed with HIV at the Kara Counselling and Training Trust (KCCT), based in Lusaka, Zambia, in 1994. After this, I stepped down from my job as sports editor at the Zambia News Agency to join the KCCT community outreach education team as an AIDS activist. My aim was to use my personal testimony and experience as a journalist to fight HIV and AIDS stigma through increased media coverage. I worked as a freelance journalist for the *Sunday Times of Zambia* and

the *Zambia Daily Mail*, writing in-depth feature articles on HIV and AIDS for a slot that was specifically developed for the topic.

I became the first journalist and professional – not just in Zambia, but in the whole of southern Africa – to go public about my HIV status in 1995, after I was interviewed on the Catholic Church-run Yatsani radio station. My son, Gary Semba Mumba, was born in the same year. He passed away from AIDS-related illnesses on 25 May 2000.

There were no antiretroviral treatments or prevention of parent-to-child transmission programmes at that time, and there was a lot of stigma from family, friends, the clergy, workmates and employers, and the wider community. Discrimination was a major barrier to employment, and a common phenomenon in both the private and public sectors. Support to attend conferences and meet others living with HIV and AIDS, or to pursue studies or work overseas, was not provided.



1981

1983

1989

1991

1992

1994

2005

The official start of the AIDS epidemic

People living with HIV in Denver, USA, first voice the idea that personal experiences should shape the AIDS response

Indigenous peoples come together and form their first working group at the V International AIDS Conference in Montreal, Canada

The first International Indigenous AIDS Conference is hosted by the Te Roopu Tautoko Trust in Auckland, New Zealand

Indigenous peoples begin holding informal, ad hoc meetings alongside every biennial International AIDS Conference

The Greater Involvement of People Living with HIV and AIDS (GIPA) principle is formalised at the 1994 Paris AIDS Summit in France

The International Indigenous Peoples Satellite Planning Committee is formed, ahead of the XVI International AIDS Conference in Toronto, Canada

LOCAL ACTION

78 million

people infected with HIV worldwide since 1981

35 million

deaths from AIDS

36.7 million

people living with HIV

17 million

people are receiving antiretroviral treatment

40%
DON'T KNOW
THAT THEY
HAVE THE
VIRUS

Following the conference, the group, now known as the International Indigenous HIV/AIDS Secretariat (IIHAS), takes forward collective action on the 'Toronto Charter' (Indigenous Peoples' Action Plan on HIV/AIDS)

IIHAS holds a Pre-conference of Indigenous and Afro-descendant People at the XVII International AIDS Conference in Mexico City, Mexico

The International Indigenous Working Group on HIV and AIDS (IIWGHA) is formed

IIWGHA launches the International Indigenous Strategic Plan on HIV and AIDS for Indigenous Peoples and Communities 2011-2017, outlining its vision, mission, and guiding principles

2006

2008

2010

2011

GLOBAL FIGHT, LOCAL ACTION



Christopher Mumba is a 2011 Commonwealth Professional Fellow from Zambia – he was hosted by the UK Consortium on AIDS and International Development.

All we waited for was to succumb to a chain of opportunistic infections and fatal illnesses, such as tuberculosis, cryptococcal meningitis, Kaposi's sarcoma, diarrhoea, and pneumocystis pneumonia. More than 600 of my friends were diagnosed with HIV at the same time as me. Only three of us are still alive.

Building networks

In June 1994, I was part of a delegation of only six Africans living with HIV and open about their status that was invited by UNDP (the United Nations Development Programme) to establish the African Network on HIV and AIDS. Two years later, 26 of us set up the Network of Zambian People Living with HIV and AIDS (NZP+), and I was elected as its first board secretary. In 1998, I became a National United Nations Volunteer – a pilot project to support people living with HIV and AIDS in Malawi, South Africa, and Zambia – and was appointed as NZP+ vice-coordinator.

In 2015, I became the first Leader for Africa of the International Indigenous Working Group on HIV and AIDS (IIWGHA), which aims to provide a unified voice for indigenous peoples in collective action against the virus. I bring strategic, diplomatic, and communication skills to the role, as well as experience and understanding of the work of various support groups for people living with HIV and AIDS.

My focus has been on helping to create support groups for key populations – communities of people who are most vulnerable to HIV infection. These include sex workers, men who have sex with men, intravenous drug users, transgender people, and prisoners. A number of groups have been set up and developed under my guidance so far, including the One Africa-One World Foundation; the Willa Mung'omba Foundation; the Zambia Sex Workers Alliance; A Cry of The Disabled; Youth and Parents' Mouthpiece; the Engendered Rights Centre

for Justice; and the Prisoners Reintegration and Empowerment Organisation.

These groups have all joined the Civil Society Self-Coordinating Mechanism (CSSCM), a coalition of organisations working with key populations established under the National HIV/AIDS/TB/STI Council, with support from the Ministry of Health and 11 UN agencies based in Zambia. I have been a founding member of the CSSCM, which was set up by the Zambian government, since its inception in May 2015. It has since received a USD 2 million grant from the Global Fund to Fight AIDS, Tuberculosis and Malaria, to support grassroots activities nationwide.

In the 52 years since independence, the CSSCM marks the first time that the Zambian government has ensured that the rights of key populations are upheld. Sex work and same-sex sexual activity are illegal. The latter carries a penalty of up to 14 years in prison. Nobody has ever been convicted of the 'offence', despite a few arrests and arbitrary detentions in various parts of the country.

My work is shaped by IIWGHA's guiding principles, which support the Greater Involvement of People Living with HIV – a principle that aims to realise the rights and responsibilities of people living with HIV and AIDS, including their right to self-determination and participation in decision-making processes that affect their lives. The principles also affirm that the HIV and AIDS epidemic continues to have a devastating effect on our communities and that indigenous people and key populations have inherent rights to good health and wellbeing. As the changing patterns of the epidemic place indigenous peoples at increased risk of HIV infection, these marginalised and vulnerable groups have the right to determine their own health priorities and to control all aspects of their lives, including their health.

Supporting communities

As part of the wider scope of my work, I was the focal point of contact in Zambia for Just Detention International, a South African non-profit health and human rights organisation that seeks to end sexual abuse in all forms of detention. The organisation advocates for laws and policies that protect the safety of prisoners, hold government officials accountable for prisoner rape, promote public attitudes that value the dignity and safety of people in detention, and ensure that survivors of this violence get the help they need.

I am currently the country coordinator at One Africa-One World Foundation, which works with key populations, including prisoners, and people living with disabilities to mitigate the impact of HIV, AIDS, and TB on their human rights. We provide relevant information on critical human rights issues that key populations face on a daily basis – such as access to HIV and TB prevention methods, care, and support – while strengthening advocacy for the rights of key populations in Zambia.

One Africa-One World Foundation is the first organisation in the country to work with key populations in the rural districts of Nakonde, Mbala, and Mpulungu, reaching out to them through radio discussions and live phone-in debates. We are working with a number of civic leaders and service providers, including the Mayor and the District Commissioner of Mpulungu, and the AIDS and Rights Alliance for Southern Africa. We are pleased that our work has received support from Chief Chitimba, Chieftainess Chomba Wakasaba, and Sub-Chief Chungu – the three traditional leaders located in these districts.

I hope that our work will continue to receive support from local communities, leaders, and governments, and that people and communities affected by HIV and AIDS across Zambia will be empowered by this support.

CK

EMPOWERING WOMEN

A look at **Kohinoor Yeasmin**'s work supporting disadvantaged women in Bangladesh.



Kohinoor Yeasmin is a 2009 Commonwealth Professional Fellow from Bangladesh – she was hosted by Rights of Women.



Kohinoor Yeasmin has always been keenly aware of the plight of underprivileged women in Bangladesh. It was her passion for making a difference to their lives that motivated her to join Tarango, a non-governmental organisation (NGO) helping marginalised women, in 1994. In 2000, she took charge as chief executive officer. Now, almost two decades later, the NGO has trained over 18,000 women in nine districts across Bangladesh, with 200 women currently working at its premises in Mirpur producing traditional handicrafts that are exported all over the world.



Kohinoor became interested in a Commonwealth Professional Fellowship after becoming CEO. 'I faced challenges related to leadership in a male-dominated society,' she recalls. Through her fellowship, she learnt to channel her confidence and leadership qualities to transcend the stereotypes which so often impede the progress of women in developing countries. 'My fellowship gave me the confidence to say "no",' she said. 'It developed my capability to take decisive action, and to be diplomatic. I took the tips that I learnt from the UK and contextualised them for the Bangladeshi perspective. Time and again, these have stood out as some of the most useful learnings during engagements with partners, employees, and internal and external stakeholders.'

After returning to Bangladesh in 2009, Kohinoor brought about a number of bold changes in her organisation, including placing more female colleagues in leadership roles and personally mentoring them on behavioural and communication skills. Tarango works at grassroots level in the remotest parts of Bangladesh, with some of the most disadvantaged

women in society. Kohinoor has encouraged these women to come forward as leaders and engage in conflict management roles.

Tarango is now a leading women's empowerment NGO in Bangladesh, and its products are displayed in places as far away as Harrods (a luxury department store) and the Victoria and Albert Museum in London. The product range includes bags, baskets, wallets, tablemats, and ornaments – all made entirely out of natural raw materials, such as water hyacinth, a plant that is widely found in rural Bangladesh. Even things as mundane as cement bags are innovatively transformed into laptop bags, folders, and other items.

All Tarango's handicrafts are produced for export, and their goods travel to countries across the world, including Australia, Canada,

Japan, the USA, and several EU nations. But the primary aim of the NGO remains to empower women, and its work extends beyond product development and manufacturing. Kohinoor provides underprivileged women with the opportunity to develop their skills through training and education on entrepreneurship, microfinance, income generation, and gender and human rights awareness at community level.

One remarkable element is that every woman associated with Tarango is a victim of some form of gender-based violence. The NGO runs a safe house where women are given shelter to cope with their trauma and recuperate. Through counselling, skills training, and legal and social support, the women are supported to lead healthy, independent lives. The NGO also provides a day care centre for children, offering dance, drama, and other extracurricular activities. Kohinoor is even planning to launch self-defence classes for girls. 'I want our girls to be strong from a young age and not afraid to stand up for their rights,' she said.

Kohinoor's story is one of determination, and she has become a beacon of strength for the thousands of women supported by Tarango so far. Yet she believes that much work remains to be done. She is particularly keen to expand her programmes to include girls. She also wants to work towards the elimination of the dowry system, and for changes in Bangladeshi law that will benefit women. Her advice to other Commonwealth Scholars and Fellows? 'Be bold for change', and you will surely find success.

CK

Commonwealth alumni in Bangladesh recently held a community engagement workshop at Tarango. The workshop, held on International Women's Day, aimed to give alumni an insight into the struggles faced by underprivileged women affected by gender-based violence, and to generate ideas on how to support them in coping with these challenges. Dr Farah Deebe (2016 Professional Fellow, East London NHS Foundation Trust) and Sirazoom Munira (2015 Shared Scholar, MSc Risk, Durham University) also conducted training sessions on mental health and leadership.



A BETTER TOMORROW

*A horrific act of violence motivated **Nkwanga Brian Senabulya** to learn new skills in order to improve the lives of others.*

ON 11 MARCH 2016, NINSIIMA KABONESSA FAITH WAS ADMITTED TO MULAGO NATIONAL REFERRAL HOSPITAL IN UGANDA AFTER BEING ATTACKED. HER HUSBAND HAD CUT OFF BOTH HER HANDS BECAUSE THEY HAD FAILED TO AGREE ON THE BEST WAY TO SHARE THE PROFITS FROM THAT SEASON'S MAIZE HARVEST.



Nkwanga Brian Senabulya
is a 2016 Commonwealth
Professional Fellow from
Uganda – he was hosted by
Knowledge for Change.

THIS DREADFUL ACT OF DOMESTIC VIOLENCE HAPPENED WHEN NINSIIMA WAS SEVEN MONTHS PREGNANT WITH HER FOURTH CHILD. SHE USED TO EARN A LIVING – TO SUPPORT HER CHILDREN AND HER PARENTS – THROUGH FARMING. AFTER SHE GAVE BIRTH, HER BABY WAS TAKEN AWAY TO A HOME BECAUSE SHE COULD NOT CARE FOR HIM.



Ninsiima Kabonessa Faith, a victim of domestic violence

How the design developed

During my fellowship, I worked at the Department of Prosthetics and Orthotics at Salford, where I learnt about the different kinds of prosthetics that are made for upper limb amputees in the UK.

Based on my research in Uganda, I thought that I would design a myoelectric prosthesis, which uses electrical signals generated by the muscles in the person's residual limb to control its functions. However, having assessed the options with a team of experts at Salford, this turned out not to be. Given that there is limited power supply and only a few specialised physiotherapists in Uganda, we agreed to design a body-powered prosthesis, which uses cables and harnesses strapped to the person to mechanically manoeuvre the artificial limb through muscle, shoulder, and arm movement.

Why I got involved

I found out about Ninsiima's situation through a local TV news report. I was so touched by the condition she was left in that I started to think of a way I could help her. With my background in orthopaedic medicine and biomedical engineering, I knew that prosthetic (artificial) hands would be of great help to Ninsiima. This gave me the desire to find out more.

During my research, I met with several experts in the field of prosthetics. However, I found a challenge: most of the prosthetics knowledge in Uganda today is focused on the lower limbs (legs, feet). Ninsiima required upper limb prosthetics – knowledge of which I was lacking.

As head of the biomedical engineering workshop at Makerere University and a tutor at the Uganda Institute of Allied Health and Management Sciences – and with both institutions working in partnership with Knowledge for Change (K4C), a UK-based organisation – I used my position to find possible ways of having all the stakeholders involved in this cause.

K4C, which is hosted by the University of Salford, nominated me for a Commonwealth Professional Fellowship in 2016 so I could engage experts in the fields of robotics, prosthetics, and orthotics, and gain the knowledge and experience I needed to proceed.

I was taken through the process of designing a body-powered below-elbow prosthesis. The socket (the shell that encases the residual limb) could not be created in the UK, because it requires the measurements of the patient. I was given some terminal devices (the prosthesis components that replace a person's hand) such as cosmetic prosthetic hands and hooks, as well as other parts including wrist joints and elbow joints, to help design the artificial limb when I returned home. These components cannot be found in Uganda and



Nkwanga Brian Senabulya learning how to make a prosthesis socket using lamination

A BETTER TOMORROW



The casting process for the prosthetic sockets that will fit Ninsiima



Components donated for Ninsiima's prosthetic hands

are expensive to buy, which alerted me to the need to find cheaper designs using readily available materials. The good news was that the socket could be made in Uganda since the materials needed are available. Having the other components was a great step towards the end result, and great appreciation goes to the University of Salford for the support rendered.

I am now back in Uganda and the casting of the socket is complete. We await a few materials to join the components, and then Ninsiima will have her prosthetic hands. She will be able to do some basic activities such as bathing and cooking.

been used for a long time to create the prosthetics using the materials given to me, sharing the learning more widely. We hope to obtain other tools that might be required through a crowdfunding campaign set up with K4C, enhancing our knowledge about how best to implement the technology. More students learning about how to make prosthetics will open the door for many other people who could have the same issue as Ninsiima.

A link has been created between the institute and Salford which could help increase the expertise and experience of staff and students through exchange programmes.



The fitting of Ninsiima's first prosthetic hand

Wider impact

My fellowship helped me to achieve the goal of creating prosthetics for Ninsiima, but I also realised that a lot more will be gained. The Uganda Institute of Allied Health and Management Sciences is the country's only orthopaedic technology institution, so students have had a unique opportunity to learn new skills in prosthetic design. We retrieved machinery that has not

The fellowship also helped broaden my vision of how prosthetic hands could be designed. I have involved fellow biomedical engineering staff and students at Makerere in further research on designing terminal devices that can be used by clients in different living conditions. The materials used will be locally available resources such as wood and plastic.

As well as having the opportunity to introduce new techniques in upper limb prosthetics to my institutions and my country at large, I have also grown as a professional biomedical engineer, giving me a chance to lead the transformation of this field.

CK



Students learning new and different casting methods

A NEW HOPE

Md Jahangir Alam on the role and potential of speech and language therapy in Bangladesh.

Around 5 million people in Bangladesh – approximately 3% of the population – have some kind of communication disorder, which means that they find it difficult to understand what others are saying to them and to express their own thoughts and feelings through speech. Despite this, the number of speech and language therapists in the country remains low.

The first undergraduate degree course in speech and language therapy in Bangladesh was launched in 2004, by the Bangladesh Health Professions Institute – the academic institute of the Centre for the Rehabilitation of the Paralysed (CRP). CRP has been working since 1979 to ensure the inclusion of girls and boys, women and men with disabilities into mainstream society. The new degree programme, affiliated with the Faculty of Medicine at the University of Dhaka, was the first university-approved professional training in this field in the country, and I was very fortunate to be among this first cohort and to benefit from global (in particular Australian, British, and Canadian) speech and language therapists who provided their expertise in developing and strengthening the course.

After completing my degree, I started working for CRP. My responsibilities included lecturing and supervising students, conducting research, maintaining links with overseas experts, and developing organisational capacity and strategy. Although this period enriched my theoretical, practical, and managerial skills, I still felt that I needed further knowledge to enhance my competence as a speech and language therapist. Following my Commonwealth Scholarship, I returned to Bangladesh and shared my learning with students and staff at CRP.

I then joined the Department of Communication

Disorders at the University of Dhaka in 2015, as a lecturer. The department offers both undergraduate and postgraduate programmes, with over 200 students currently studying various courses in speech and language therapy and communication disorders. The department also provides treatment to patients, and offers training to parents of children with communication disabilities. We run clinic days, when children who have difficulty communicating or swallowing are screened and their parents and carers provided with basic strategies to manage their condition.

My particular research interest area is children's language development and motor speech disorders. I have recently investigated the prevalence of swallowing disorders among patients with spinal cord injuries, and explored the quality of life of patients being treated for head and neck cancers. In my current research project, I am examining the speech difficulties of Bangla-speaking children after cleft palate repair surgery. I also intend to assess the vocabulary skills of Bangla-speaking children and how this relates to the development of reading and writing skills.

The department plays a key role in raising awareness about communication disorders across Bangladesh. We recently observed both World Autism Awareness Day and World Down Syndrome Day by facilitating health camps in

remote areas of the country to identify children with different communication disabilities. The department is also working collaboratively with the Bangladesh government to improve the overall quality of life of people with communication disorders, and to create jobs for speech and language therapists throughout the health sector.

The department continues to grow despite various challenges, but we are in particular need of skilled faculty and up-to-date learning resources and assessment tools. If any speech therapists reading this would like to volunteer or are willing to help the department in any way, please do get in contact.

Looking forward, my hope is that speech and language therapy will play an enhanced role in Bangladesh and that we will be able to further improve the lives of those affected by speech, language, and swallowing difficulties. **CK**



Md Jahangir Alam is a 2013 Commonwealth Shared Scholar from Bangladesh – he studied MSc Speech Difficulties at the University of Sheffield. He can be contacted at jahangiralam@du.ac.bd



DIGNITY IN MENTAL HEALTH

Mohammed Mutalage explains how he has improved patient care as a mental health nurse at Uganda's largest psychiatric hospital.

During my fellowship, I was trained by experts and had the chance to witness techniques in practice.

Mental illness is a health condition that affects a person's thinking, emotions, or behaviour, which can cause distress and an impaired ability to function in everyday life. It is a major concern to the person with the mental health condition, his or her family, and the community at large. Someone with a mental illness may not be able to carry on with his or her daily activities, which means that their dependants, if they have any, are not well supported. In addition, family members may also be affected psychologically.

The causes of mental health problems can be divided into three categories. In the first instance, people can be predisposed to mental illness because of their genes, other biological or physiological factors, or their early social and emotional experiences. Secondly, there are precipitating factors that can trigger mental illness in those who are predisposed, such as drug abuse, stressful life situations, and poor health. Thirdly, there are perpetuating factors, such as failing to take prescribed medication.

At Butabika Hospital – the only mental health referral hospital in Uganda – we use the media, in particular television and radio, to raise public awareness of mental health problems and ways to manage them. Families and people at the community level are in a position to spot the first signs of mental illness, and we undertake community outreach to educate people on how to identify, handle, and report cases. We also tell employers that maintaining the mental wellbeing of their staff is fundamental and that they should give staff sufficient time away from work to help them handle stress.

Occasionally, we have to treat extremely violent patients. In 2011, a group of doctors from the UK came to Butabika to train staff on how to manage patient aggression. After the training, we still lacked the confidence to apply the skills that we had learnt, and the guards at the hospital continued to use batons. However, we knew that using batons was a violation of patients' rights, and so we continued to ask how we could best manage aggressive patients without hurting them, and without nurses getting hurt. I became interested in non-aggressive techniques and, when the opportunity came up, the hospital put me forward for a Commonwealth Professional Fellowship.

During my fellowship, I was trained by experts at the East London NHS Foundation Trust, and had the chance to witness the patient aggression management techniques that I was learning in practice. I was particularly interested in understanding the hospital setting in the UK, the doctor-patient ratio, how to restrain patients without harming them or staff becoming injured, how to disengage an aggressive patient, and how to deescalate a violent situation.

There is a big difference between mental health services in the two countries. The UK system is decentralised and every region has its own psychiatric hospital, unlike in Uganda, where we have just one referral hospital for the whole country. The UK also has community mental health teams that support patients directly in the community. There are many ideas that we can borrow from the UK system. I would like to see more psychiatrists trained in Uganda, as well as the decentralisation of mental health services to curb overcrowding at Butabika Hospital. The country would also benefit from community teams of nurses and social workers to follow up on patients after they have been discharged. Most of the people we treat do not have homes to go back to, which makes it difficult for them to adhere to their treatment. In many cases, they end up on the streets, are arrested, and are then brought back to us.

As soon as I returned to Butabika after my fellowship, I started training my colleagues, showing them how to restrain, disengage, and deescalate violent behaviour. I have trained over 200 medical staff so far, including nurses, clinical officers, caretakers, guards, and mental health attendants. I also conduct continuing medical education to offer ongoing guidance to staff. Guards at Butabika no longer hold batons, but instead communicate and engage with patients to reach a non-violent agreement that benefits all.

CK

Mohammed Mutalage is a 2013 Commonwealth Professional Fellow – he was hosted by the East London NHS Foundation Trust.

ALUMNI NEWS

The updates below (listed by year of award) summarise just some of the achievements of our global alumni. To let us know about your successes, email alumni@cscuk.org.uk

1966

Lino GRIMA has received the Raymond J Sherman International Award from the Sierra Club, USA, for extraordinary volunteer service towards international conservation. Lino is the founding Canadian Co-Chair of the Sierra Club Bi-National Great Lakes Committee, whose work was cited as an outstanding example of how citizen organisations can work across borders to protect shared ecosystems. (Canadian Commonwealth Scholar from Malta, MSc Environmental Management, University of Toronto)

1968

George Norman HILLMER has been awarded the Order of Canada for his contributions to the study of Canada's foreign policy and international relations in the 20th century. (Scholar from Canada, PhD History, University of Cambridge)



▲ George Norman Hillmer

1969

Peter Gordon MARTIN has been awarded the Order of Canada for his innovative research on interstellar matter and for establishing two world-renowned institutes of astronomy and astrophysics. (Scholar from Canada, PhD Astrophysics, University of Cambridge)

1983

Richard BURGE has been appointed Chief Executive of the Commonwealth Enterprise and Investment Council. Richard is a Commonwealth Scholarship Commissioner, and was formerly Chief Executive of Wilton Park, an executive agency of the UK Foreign and Commonwealth Office. His previous roles include Chief Executive of the Countryside Alliance, and Director General of the Zoological Society of London. (Sri Lankan Commonwealth Scholar from the UK, Zoology Research, University of Peradeniya)

Stephen TOOPE has been awarded an honorary Doctor of Laws degree by McGill University, Canada, for his accomplishments in leading curriculum renewal in legal education and advanced post-secondary research and innovation in Canada. (Scholar from Canada, PhD Law, University of Cambridge)

1996

Nalin SHINGHAL has received the Udyog Ratna Award from the Institute of Economic Studies, India, for his outstanding contribution to economic development in India. (Scholar from India, PhD Transport Studies, University of Leeds)

2001

Neelu ROHMETRA has been appointed Director of the Indian Institute of Management (IIM) Sirmaur, India, for a period of five years. She will be the first woman to hold this position. (Academic Fellow from India, Human Resource Development, Lancaster University)

2004

Kwasi Anokye GYIMAH received a Professional Achievement Award at the British Council Alumni Awards 2017. Kwasi is a Judge of the High Court of Ghana. (Shared Scholar from Ghana, LLM International Criminal Justice and Armed Conflict, University of Nottingham)

Trupti JAIN has received a 2017 Cartier Women's Initiative Award, in recognition of her work on water management solutions for farmers affected by drought and flash floods. Trupti is Co-Founder and Director of Naireeta Services, a social enterprise that produces an innovative rainwater storage and irrigation system. Find out more about Trupti's work on page 9. (Distance Learning Scholar from India, MA Sustainable Development, Staffordshire University)



▲ Trupti Jain (middle) receiving the 2017 Cartier Women's Initiative Award from Cyril Vigneron, CEO of Cartier, and Ilian Mihov, Dean of INSEAD

© Cartier

Louisa Shobhini PONNAMPALAM was a Professional Achievement Award finalist at the British Council Alumni Awards 2017, for her work pioneering conservation-based research projects on dolphins and dugongs. (Scholar from Malaysia, PhD Habitat Use and Conservation of Small Dolphins, University Marine Biological Station, Millport)



▲ Louisa Ponnampalam

2007

George KHISA has been appointed Young African Leaders Initiative (YALI) Regional Coordinator by USAID. He will coordinate the YALI program in 14 countries in east and central Africa. (Distance Learning Scholar from Kenya, MA International Education and Development, UCL Institute of Education)

Pawindara LAL has received the 2016 Dr B C Roy Award for his work encouraging the development of medical specialities. (Scholar from India, Medic Training, Southend University Hospital)

2008

Mary KACHALE has been voted Malawi's second most influential person in 2016 by the Institute of Chartered Accountants in Malawi. (Scholar from Malawi, LLM Law, University College London; 2010 Scholar, MPhil Law (Sub-Saharan African and Nuclear Energy), University College London)

2009

Samuel Elvin Nii BLANKSON-DARKU was on one of three winning teams of the inaugural Sandoz HACK (Healthcare Access Challenge). The competition aims to support innovative ideas for the use of mobile technologies to address local healthcare needs. Samuel and his two colleagues created GoPharma, a mobile application that enables urban pharmacists to supervise rural facilities and clinics. (Shared Scholar from Ghana, MPH Public Health, University of Nottingham)

2010

Aizan Sofia AMIN was a Social Impact Award finalist at the British Council Alumni Awards 2017, for her tenacious approach to raising awareness of and advocating for the rights of people with disabilities in Malaysia. (Scholar from Malaysia, PhD Disability Studies, University of Glasgow)

Rahul KALA was a Professional Achievement Award finalist at the British Council Alumni Awards 2017. (Scholar from India, PhD Robotics and Cybernetics, University of Reading)

2011

Panduka G S de Silva GUNAWARDENA has discovered a new virus in Indian fruit bats. Gannoruwa bat lyssavirus has the potential to cause rabies-like disease in both humans and animals. Panduka, who made the discovery in collaboration with scientists from the UK Animal and Plant Health Agency and the University of Liverpool, UK, published his findings in *Emerging Infectious Diseases* in 2016. (Academic Fellow from Sri Lanka, Veterinary Medicine, University of Cambridge)

2012

Etheldreder KOPPA has been selected for a 2017 Mandela Washington Fellowship for Young African Leaders. She will attend the Rutgers Sustainable Business Leadership Institute at Rutgers University, USA, focusing on the challenges of environmentally sustainable supply chains in developing countries. (Scholar from Tanzania, MSc Construction Project Management, Heriot-Watt University)

2013

Shambhobi GHOSH has been awarded the Sera Bangali Kalker Sera Ajke Award for Literature by ABP Ananda. The award recognises Bengali rising stars whose work promotes and celebrates the culture and history of the Bengal region. (Scholar from India, MA English: 1850-Present, King's College London)

2014

Muhammad Kamran SIDDIQUI was a Social Impact Award finalist at the British Council Alumni Awards 2017, for his work empowering community growth through clean and cheap energy solutions. (Shared Scholar from Pakistan, MSc Sustainable Energy Systems, Queen Mary, University of London)

2015

Cinderella ANENA has been awarded a Global Health Corps Fellowship to work as a Research and Development Officer at Reach Out Mbuya, an HIV/AIDS outreach organisation. Cinderella was one of 5,000 applicants, and as part of the fellowship she will receive leadership training at Yale University, USA.

OBITUARIES

1960

Naunit Ram CHITKARA was one of the first ever Commonwealth Scholars. After completing his PhD in 1963, he returned to India and became Professor of Mechanical Engineering at the Birla Institute of Technology. He came back to the UK in 1970, to continue his research and teaching in applied mechanics at the University of Manchester. He was passionate about education, publishing over 80 academic papers, receiving numerous awards for excellence in teaching, and being voted 'Best Lecturer' several times by his undergraduate students. Naunit passed away in 2016. He was immensely grateful for his Commonwealth Scholarship, and his family have made a donation to the CSFP endowment fund, which supports Commonwealth Scholarships hosted by low and middle income countries. (Scholar from India, PhD Production Engineering, University of Manchester)

1968

Nigar AHMAD was a leading Pakistani activist and feminist pioneer. She was a founding member of the Women's Action Forum, created to counter anti-women government policies. In 1986, she established the Aurat Foundation, a leading national NGO committed to strengthening civil society groups and promoting gender equality. She was awarded the Mohtarma Fatima Jinnah Life Time Achievement Award in 2010 for her work on women's empowerment. Nigar passed away on 24 February 2017 at the age of 72. (Scholar from Pakistan, BA Economics, University of Cambridge)

1972

Abraham Babalola BORISHADE was a Nigerian academic and politician who served as a government minister on four occasions. As Minister of Aviation from 2005-2006, he passed the Civil Aviation Bill, reinstating direct flights between Nigeria and the USA. He also served as Minister of Education (2001-2003), Minister of State, Power and Steel (2004-2005), and Minister of Culture and Tourism (2006-2007). Abraham passed away on 26 April 2017 at the age of 71. (Scholar from Nigeria, PhD Electrical Engineering, University of Manchester)

1979

Peter Christopher EMBERLEY was a Canadian academic and tenured professor at Carleton University's Department of Political Science. He published a number of books in the field of political philosophy, and as a public intellectual participated in television, radio, and print interviews on topics related to faith, globalisation, and modernity. He was a defender of liberal education and often debated current modern educational systems. Peter passed away on 30 November 2016 at the age of 60. (Scholar from Canada, PhD Government, London School of Economics and Political Science)

EVENTS



CSC FELLOWS CONNECT

An event for 2016 Commonwealth Academic, Medical and Professional Fellows, held in London in October 2016



WELCOME EVENT

The annual Welcome Event for Commonwealth Scholars, held at the University of Nottingham in November 2016



V&A TOUR

Commonwealth alumnus Susan North (Curator of Fashion 1550-1800) hosted a talk and private tour of the Victoria and Albert Museum in London for Commonwealth Scholars in December 2016



GLOBAL LEADERS

Commonwealth, Chevening, and Marshall Scholars came together for the first time at a Global Leaders event hosted by Durham University in January 2017



RESEARCH IMPACT AND THE SDGS

A workshop held at Cumberland Lodge, Windsor Great Park, in February 2017



HUMAN RIGHTS AND CRIMINAL JUSTICE

A seminar for Commonwealth Scholars, led by Commonwealth alumni Dr Sarah Lamble and Dr Natasa Mavronicola (left), held in London in April 2017



CONNECT AND COMMUNICATE

Master's Scholars at a workshop on effective engagement for global development, held at Cumberland Lodge, Windsor Great Park, in March 2017

EVENTS



BANGLADESH

Alumni at an event on network building for sustainable development, held in Dhaka in November 2016



INDIA

Three alumni events took place in March 2017: a round table in New Delhi to discuss current issues in the Indian education system (left), a panel discussion in Kolkata on 'Science in society' (below), and a networking reception in Chennai



KENYA

Alumni at a debate on 'The problem with this country is the middle class', held in Nairobi in December 2016



NIGERIA

Alumni at a reintegration workshop and welcome home reception, held in Lagos in January 2017



MALAWI

Alumni with HRH The Countess of Wessex at a Commonwealth Day reception, held in Lilongwe in March 2017

MALAYSIA

The first-ever alumni networking and welcome home event was held in Kuala Lumpur in November 2016

PAKISTAN

The Pakistan Alumni Association of Commonwealth Scholars (PAACS) was launched at an event held in Islamabad in March 2017



UGANDA

Alumni marked Commonwealth Day in March 2017 by giving career talks to students at schools in and around Kampala

THE CSC IN NUMBERS

THE CSC SURVEYS CURRENT COMMONWEALTH SCHOLARS AND FELLOWS EVERY YEAR, ASKING ABOUT THEIR TIME IN THE UK AND THEIR SCHOLARSHIP EXPERIENCE.

PRESTIGE

93%

think that Commonwealth Scholarships and Fellowships are prestigious

RELEVANCE

93%

think that Commonwealth Scholarships and Fellowships are relevant to the needs of their home country

COMMONWEALTH SCHOLARSHIPS

94%

would recommend applying for a Commonwealth Scholarship or Fellowship to others

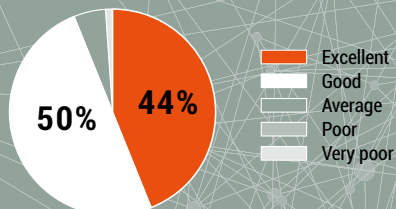
STUDYING IN THE UK

98%

would recommend studying in the UK to others

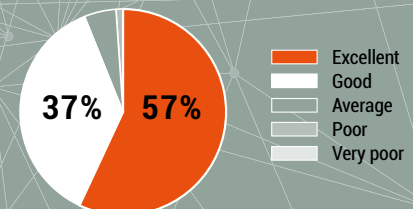
OVERALL EXPERIENCE

of living and studying in the UK



ACADEMIC EXPERIENCE

in the UK



BEST ASPECTS OF LIVING AND STUDYING IN THE UK

Academic environment



Friendliness of people



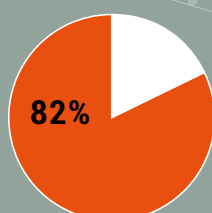
Diverse, multicultural environment



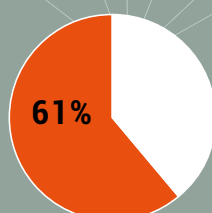
Infrastructure and facilities



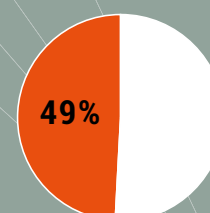
IF THEY HAD NOT BEEN AWARDED A COMMONWEALTH SCHOLARSHIP/FELLOWSHIP



unlikely to have studied the same programme in the UK



unlikely to have studied the same programme in their home country



unlikely to have studied the same programme in another country

Data: 2016 anonymous surveys of PhD Scholars, Master's Scholars, Shared Scholars, Academic Fellows, and Medical Fellows

GET INVOLVED!

You can stay part of the CSC community through events across the Commonwealth, promoting our scholarships and fellowships to potential applicants, and joining our alumni associations and other networks.

REGIONAL NETWORKS

Connect with Commonwealth Scholars and Fellows in the same university or region in the UK

Scotland

North West

North East

Wales and Northern Ireland

Midlands and Oxford

South West

South East

For full details, visit

bit.ly/cscuk-regional-networks

ALUMNI ASSOCIATIONS

Meet and network with former and future Commonwealth Scholars and Fellows

Bangladesh

Kenya

Barbados

Malaysia

Cameroon

Mauritius

Canada

Nigeria

Ghana

Pakistan

Gibraltar

St Lucia

Grenada

Sierra Leone

Guyana

Tanzania

India

Uganda

Jamaica

Zambia

For full details, visit

bit.ly/cscuk-associations-alumni

CALENDAR

2017

August

Pre-departure briefings

Bangladesh, India, Kenya, Pakistan, Sri Lanka, Tanzania, Uganda, Zambia

India Association of Commonwealth Scholars and Fellows Annual General Meeting

New Delhi, India

September

Launch of Pakistan Alumni Association of Commonwealth Scholars website

October

CSC Welcome Event for Fellows

London, UK

Bangladesh Association of Commonwealth Scholars and Fellows community workshop

Dhaka, Bangladesh

India Association of Commonwealth Scholars and Fellows panel discussion

Kolkata, India

November

Pakistan Alumni Association of Commonwealth Scholars welcome home event

Islamabad, Pakistan

India Association of Commonwealth Scholars and Fellows professional development workshops

New Delhi and Chennai, India

17 November

CSC Welcome Event for Scholars

London, UK

December

Bangladesh Association of Commonwealth Scholars and Fellows welcome home event

Dhaka, Bangladesh

Sri Lanka Association of Commonwealth Scholars and Fellows welcome home event

Colombo, Sri Lanka

ROYAL SOCIETY GRANTS

The Royal Society is the independent scientific academy of the UK and the Commonwealth, dedicated to promoting excellence in science. It offers grants for outstanding researchers in the UK and internationally, including the International Exchanges scheme and Newton International Fellowships. To find out more, visit royalsociety.org/grants-schemes-awards/grants



The Commonwealth

The Commonwealth Secretariat is calling for experts to join their Commonwealth Fund for Technical Co-operation (CFTC) Talent Bank. The CFTC provides technical expertise to the public sector by employing professionals on specialist assignments in Commonwealth member countries. More than 350 experts are deployed each year on assignments that range from a few days to two or three years in length.

Assignments typically involve a mix of policy advice and guidance, strategy development and implementation, institutional capacity development, and mentoring and skills training for senior level officials.

For more information on how to register with the CFTC Talent Bank and other jobs offered by the Commonwealth Secretariat, visit thecommonwealth.org/jobs

Key programmatic areas of focus for the Commonwealth are currently:

- Democracy
- Public institutions
- Special development
- Youth
- Economic growth and sustainable development
- Small states and vulnerable states

For further details about these activities and more, visit www.dfid.gov.uk/cscuk

COMMON KNOWLEDGE

ISSUE #4 JULY 2017



▲ Commonwealth Scholars join hands for peace on Commonwealth Day 2017 – the theme this year was 'A peace-building Commonwealth'



Commonwealth Scholarship
Commission in the UK

Woburn House, 20-24 Tavistock Square
London WC1H 9HF
United Kingdom
info@cscuk.org.uk
www.dfid.gov.uk/cscuk



[linkd.in/commonwealthscholarships](https://www.linkedin.com/company/commonwealthscholarships)



twitter.com/commschols



[fb.me/commonwealthscholarships](https://www.facebook.com/commonwealthscholarships)



[flickr.com/cscuk](https://www.flickr.com/photos/cscuk/)