

THE NASARA CHRONICLE

April 2025

...A Better Future

New Dawn For Kebbi

Where Renewed
Hope Takes Root

**Nasara
Foundation
Appoints Bilkisu
Nasir As CEO**

Community Driven Change

...Harnessing
Local Networks
To Empower
Women

Forging New Alliance ...Nasara Foundation

Seeks U.S. Embassy
Partnership to
Empower Kebbi State

Why Nasara Foundation

Needs Your
Donations
And Support

**Learning
Soap
Making**

Hajiya Zainab Nasir Idris: Touching Lives In Kebbi State

...A Beacon Of Hope For The Needy

*The Nasara Chronicle Is A General Interest In-house Magazine
Of Nasara Foundation, Kebbi State.*



Congratulations to **Nasara Foundation and The Nasara Chronicle**

The Kebbi State Government heartily congratulates the First Lady of Kebbi State, Her Excellency, Hajiya Zainab Nasare Nasir Idris, on the third anniversary of her Foundation, **Nasara Foundation** and the berth of the **Foundation's magazine, The Nasara Chronicle**.

In the last three years, **Nasara Foundation** has generously been touching and changing the lives of women and children in Kebbi State. We believe the arrival of **The Nasara Chronicle** will further enhance these, particularly in the areas of communication and publicity for the Foundation.

Congratulations to the Nasara Foundation. Congratulations to
The Nasara Chronicle.

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THE NASARA CHRONICLE

...A better Future

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Publishers Note

We are profoundly pleased to introduce the inaugural edition of The Nasara Chronicle, a dedicated platform to illuminate our ongoing commitment to uplifting the lives of women and girls in Kebbi State. This publication represents a significant step in our transparency efforts, allowing us to share our progress and invite meaningful participation in the critical journey toward women empowerment.

This first edition features concrete achievements in several key areas:

Education: We highlight the successful implementation of our initiative, which has resulted in increase in girls' enrollment in secondary schools across a number of Local Government Areas. This success is attributable to key factors, such as scholarships, community sensitization programs, provision of sanitary facilities, addressing cultural barriers etc. We remain focussed on empowering girls, women, and youth through education, skills, and economic opportunities to foster self-sufficiency.

Healthcare: Our focus on maternal and child health has yielded positive results, with a documented quantifiable reduction in maternal mortality rates in the state this improvement stems from increased access to antenatal care, skilled birth attendants, family planning services etc. We have empowered a number of women to establish their own businesses, leading to improved household incomes and economic independence. This success demonstrates the transformative power of financial inclusion and skills development.

Challenging Harmful Practices: We have made significant inroads in addressing specific harmful practices, e.g., child marriage, female genital mutilation etc, working with community leaders and organizations to raise awareness and promote positive social change. Our success in is a result of collaborative efforts, demonstrating the power of community engagement and culturally sensitive interventions.

The Nasara Chronicle will remain a transparent platform, candidly addressing the ongoing challenges and lessons learned. This honest self-assessment informs our evolving strategies and fuels the development of innovative solutions. We earnestly encourage feedback and participation from all stakeholders. The voices of the women and girls we serve will always be at the heart of this publication, shaping the narratives and inspiring further action. Together, we can forge a brighter, more equitable and empowered future for the youth, women and girls in Kebbi State. We eagerly anticipate sharing our continued progress and inspiring stories in future editions.

Thank you.

Nasara Nasir Idris



NASARA FOUNDATION



Our Vision:

Our vision is to have a world where every girl-child is educated, our women empowered, and a better future for our youths.

Values:

We equip individuals, especially children and youth, with the knowledge and skills they need to shape their own futures.

Integrity: We strive to act with honesty and transparency, maintaining trust with our partners and beneficiaries.

Compassion: We put empathy at the core of our work, ensuring we address the needs of vulnerable populations with kindness and understanding.

Innovation: We embrace creative and efficient solutions to overcome educational challenges and drive long-lasting change.

Sustainability: We build programs and initiatives that respect local environments, empower communities, and remain impactful well into the future.

Key Pillars

Empowerment:

Empowering girls, women, and youth through education, skills, and economic opportunities to foster self-sufficiency.

Partnerships:

To cultivate strong partnerships with like-minded organizations and individuals to expand our impact.

Access To Essentials:

To provide access to basic necessities such as healthcare, clean water, and nutrition for vulnerable communities.



Happy *Anniversary*

The Association of Kebbi Women Entrepreneurs congratulates NASARA Foundation on its 3rd anniversary. As a major sponsor and valued partner, your dedication to empowering women and fostering economic growth is truly commendable. We celebrate your impact and look forward to continued collaboration for greater achievements.

Congratulations

Hajiya Maryam Bello Bala
President





From The Editor-in-Chief's Desk

It fills me with immense pride and a profound sense of accomplishment to present to you the very first issue of the Nasara Chronicle. This is not just a magazine; it is a testament to the unwavering spirit and dedicated efforts of Nasara Foundation to empower the youths, women and girls in the heart of Kebbi State. Within these pages, you will embark on a journey of discovery, encountering compelling narratives that showcase the transformative impact of our foundation's work.

We have carefully curated a collection of stories – real stories, lived experiences – that vividly illustrate how Nasara Foundation is making a tangible difference in the lives of women and girls. These are not just statistics or numbers; they are the faces and voices of the change we are working towards. You will meet women who, through our programs, have found strength they never knew they possessed, girls who are now pursuing dreams once thought unattainable. Their stories are a powerful reminder of the incredible potential that lies dormant within each individual, waiting to be ignited. We will take you on a tour of our various programs, revealing the heart of our mission, our medical teams during our outreach programs,

witnessing firsthand the relief we bring to communities often underserved to see the smiles on the faces of children receiving crucial health services and the gratitude etched in the eyes of mothers who now have access to vital medical services.

You will read about the women participating in our empowerment initiatives, their journeys from vulnerability to self-sufficiency, their stories of triumph over adversity. These initiatives range from vocational training equipping women with marketable skills, to financial literacy programs giving them the knowledge to manage their resources effectively and achieve financial independence. We will share their successes, their challenges, and the lessons they have learned along the way, demonstrating the resilience and determination of the women of Kebbi State.

You will also learn about our educational initiatives, designed to break down barriers to education, particularly for girls who often face significant challenges accessing quality education. Their achievements are a testament to the transformative power of education, and a beacon of hope for a brighter future for all girls in Kebbi State. But The Nasara Chronicle is more than just a report on our activities; it is a celebration of the human spirit, a vibrant tapestry woven from stories of courage, resilience, and hope. We believe in the power of storytelling to connect us, to foster empathy, and to inspire action. Each story within these pages is a testament to the

potential for positive change, a reminder that even small acts of kindness and dedication can have a profound and lasting impact on the lives of others.

The youths, women and girls of Kebbi State are not just beneficiaries of our programs; they are partners in our journey. Their voices are central to our mission, their experiences shape our strategies, and their resilience fuels our determination. This magazine is a platform to amplify their voices, to share their stories, and to celebrate their remarkable achievements. We envision The Nasara Chronicle as a living document, evolving and growing with each passing issue. We are committed to providing you with insightful, engaging, and uplifting content, articles that will spark conversations, inspire reflection, and challenge perspectives. We want to tell not only stories of progress but also to acknowledge the challenges that remain, and to continue the vital dialogue necessary to bring about lasting change.

Therefore, we do not simply ask for your readership; we invite your participation. Nasara Foundation is driven by a collective vision, and that vision is only strengthened by the contributions and engagement of others who share our commitment. Join us as we chronicle this important work, a journey of progress, empowerment, and the unwavering belief in the strength and potential of every youth, woman and the girl-child.

Segun Adebawale

A portrait of Hajiya Zainab Nasir Idris, a woman wearing a light purple hijab with gold dots and a colorful patterned headband. She is smiling and sitting in a light-colored chair. In the top right corner, there is a circular inset image showing her in a blue hijab.

HAJIYA ZAINAB **NASIR IDRIS**

Touching Lives In Kebbi State

...A Beacon Of Hope For The Needy



By: Segun Adebowale

In the heartland of Kebbi State, Nigeria, where the echoes of tradition resonate through the ages, there resides a luminous beacon of grace and compassion: Her Excellency, Hajiya Zainab Nasare Nasir Idris. A name, synonymous with reverence and dedication, has etched an indelible mark upon the annals of Kebbi State's rich tapestry.

Hajiya Zainab Nasare Nasir Idris, as the esteemed wife of His Excellency Dr. Nasir Idris Kauran Gwandu, the Executive Governor of Kebbi State, is not merely a First Lady by title but an embodiment of grace,

wisdom, and philanthropy. Her benevolent spirit, akin to a gentle river that nourishes all it touches, has given birth to the Nasara Foundation, a resplendent institution dedicated to uplifting the lives of the less fortunate in Kebbi State.

From her earliest days, Hajiya Zainab was nurtured in the cradle of virtuous values, where the roots of empathy, community service, and an unwavering reverence for her native heritage were meticulously cultivated. It was in this fertile soil of principles that her life's odyssey took root, and it has since flourished into a splendid

testament of commitment to the upliftment of her community.

Under her sagacious leadership, the Nasara Foundation has become a shining beacon of hope, casting its benevolent light upon countless lives. Through her tireless efforts, she is pioneering initiatives that provide education, healthcare, and economic empowerment to the under-served, thus fostering a brighter future for Kebbi State and its people.

In her presence, one is immediately struck by her regal poise and the warmth of her smile, a reflection of the

profound love she holds for her people. Her commitment to preserving and celebrating the rich cultural heritage of Kebbi State serves as a testament to her unyielding devotion to the very essence of the land she calls home.

Hajiya Zainab stands as a guiding star that illuminates the path towards a more vibrant and prosperous Kebbi State. Her legacy is not only etched in the hearts of those who have had the privilege to know her but is also written in the annals of Kebbi State's history as a beacon of hope and positive change.

The Nasara Foundation is a testament to Hajiya Zainab's profound commitment to philanthropy and charity. Her driving force is the desire to uplift marginalized and less privileged individuals, particularly women and youth, in Kebbi State. Growing up in a modest and disciplined family, she witnessed firsthand the myriad challenges faced by vulnerable individuals, which ignited her passion to create lasting change. Hajiya Zainab's deep empathy and understanding of the struggles faced by



ordinary people motivated her to establish the Nasara Foundation, dedicated to improving their lives.

Leadership and Skills

Hajiya Zainab's journey to lead and manage the Nasara Foundation was shaped by her experiences and moral upbringing. As a native community member and a female Islamic scholar, she developed strong communication, organizational, and leadership skills while imparting knowledge to women. Her extensive background in Islamic studies provided her with a deep understanding of community dynamics and a sense of responsibility toward societal betterment. Continuous learning, diverse interactions, and philanthropic activities further honed her ability to lead and manage the Nasara Initiative effectively.

Partnerships and Collaborations

Building and sustaining a foundation demands a robust network of supporters and partners, and Hajiya Zainab has been adept at cultivating these relationships to further her mission. Collaborations with like-minded individuals and organizations,



including UFUK Dialogue, Near Foundation, and Nigeria Tulip International College (NTIC), have expanded the foundation's scope and influence, leading to greater positive change in Kebbi State.

Community Engagement

Community engagement is a cornerstone of the Nasara Initiative's approach. Hajiya Zainab actively involves the community and engages local stakeholders in projects and activities. This collaborative approach ensures that initiatives are developed in partnership with the community, taking into account their specific needs and

aspirations. It fosters a sense of ownership and responsibility among beneficiaries, strengthening project sustainability and promoting transparency and accountability.

A Beacon of Inspiration and Hope

Hajiya Zainab serves as a source of inspiration for those who aspire to make a positive impact on their communities. She encourages aspiring change makers to embrace philanthropy as a way of life, emphasizing the importance of empathy, dedication to one's mission, collaboration, and unwavering commitment to addressing

community needs.

Hajiya Zainab Nasare Nasir Idris continues to be a beacon of hope and progress in Kebbi State, tirelessly dedicating herself to creating lasting and meaningful change in the lives of those who need it most. Her exemplary leadership, unwavering commitment, and dedication to community betterment are a source of pride for Kebbi State and Nigeria as a whole.

Atampa Realm

Salutes

Nasara Foundation and The Nasara Chronicle

Atampa Realm Salutes the **First Lady of Kebbi State, Her Excellency, Hajiya Zainab Nasare Nasir Idris**, on the third anniversary of her Foundation, **Nasara Foundation** and the launch of the Foundation's magazine, **The Nasara Chronicle**.

Nasara Foundation has been a beacon of hope for the girl-child, women and youths in Kebbi State.

The stories have been positive in the last three years. The launch of **The Nasara Chronicle** will no doubt help to propel the Foundation to greater heights.

My best wishes to **Nasara Foundation and The Nasara Chronicle**.

Na'jaatu Nasir
Managing Director





FORGING NEW ALLIANCES

Nasara Foundation Seeks U.S. Embassy Partnership To Empower Kebbi State

By: Manny Ita

The Nasara Women Development Foundation, also known as the Nasara Foundation, has embarked on a mission to forge a powerful new partnership with the U.S. Embassy, aiming to directly empower women and girls in Kebbi State. A determined team, led by the First Lady of Kebbi State, Hajiya Zainab Nasare Nasir Idris, visited the Embassy with a clear vision of building a collaborative bridge that transforms lives. Nasara Foundation seeks to

work hand-in-hand with the U.S. Embassy to make a tangible difference, especially for the young women of Kebbi. Discussions centered on teaming up to boost educational opportunities, cultivate sporting talent, provide valuable skill acquisition, and strengthen communities from the ground up. Explaining the initiative, Hajiya Bilkisu Muhammad Nasir, the Foundation's CEO, said it was all about "establishing mutually beneficial relationships with embassies of different

nations." She highlighted the Foundation's impactful work, including the successful medical outreach with the Tulsi Foundation, where "500 individuals benefited from eye surgeries and 1,000 received free drugs and medicated glasses." This achievement alone demonstrates a commitment to improving the well-being of the community.





NASARA

FOUNDATION APPOINTS

BILKISU NASIR

As Chief Executive Officer



By: Manny Ita

The Nasara Women Development Foundation also known as Nasara Foundation has appointed Hajiya Bilkisu Muhammad Nasir as its new Chief Executive Officer. The appointment is aimed at leading the organization through its next phase of development and growth. Founded three years ago by Hajiya Zainab Nasare Nasir Idris, the First Lady of Kebbi State, the Nasara Foundation focuses on women's empowerment, education, and

youth development.

According to the Chairman of the Board of Trustees of the Foundation, Alhaji Usman Abubakar, "The Board of Trustees is pleased to announce the appointment of Hajiya Bilkisu Muhammad Nasir as CEO of Nasara Foundation. Her exemplary record in strategic leadership, coupled with a profound commitment to community development, position her well to advance the Foundation's mission. We are

confident that her expertise will drive Nasara Foundation to new levels of organizational excellence. With Hajiya Bilkisu taking the helm, our Foundation is poised for continued success and impact."

The new Chief Executive Officer brings a wealth of expertise in governance, peace building, and strategic studies to her role, underpinned by an impressive academic background. She earned a Bachelor of Science in Political Science and



International Relations from Nile University of Nigeria, Abuja, where she developed a deep understanding of the intricate dynamics of power and governance. Driven by a passion for knowledge and impactful leadership, she furthered her studies with a Master's degree in Peace, Conflict, and Strategic Studies from the same institution.

Currently pursuing her PhD in Peace, Conflict, and Strategic Studies at Nile University, Hajiya Bilkisu is committed to advancing Nasara Foundation's

mission to empower communities and foster sustainable development. Her leadership marks an exciting new chapter for the Foundation as it continues to work towards positive change.

Speaking on her appointment, Hajiya Bilkisu said that, "I am honored and excited to lead Nasara Foundation into its next chapter. My vision is to infuse innovation into our programming to meet the evolving needs of the communities we serve. Together with our dedicated

team, we will strive for sustainable development that not only empowers youths, women and girls, but also builds resilient communities capable of driving their own progress. This journey is about creating lasting impact, and I am committed to ensuring Nasara Foundation remains a catalyst for positive change."

Given her leadership style of vision and strategy, Hajiya Bilkisu is expected to lead the organization's strategic direction, ensuring alignment with its mission and goals. Her

responsibilities include overseeing program development, strengthening partnerships, driving fundraising initiatives, and building a high-performing team. With a focus on innovation and impact, she will guide Nasara Foundation's growth and enhance its role as a force for positive change.

Beyond her professional life, Hajiya Bilkisu is a passionate individual with diverse interests. She finds joy in cooking, experimenting with flavors, and creating culinary masterpieces. Her love for history fuels her intellectual curiosity, and she actively participates in community initiatives aimed at improving lives.

With an impressive academic background, unwavering dedication to social justice, and a diverse skill set, Hajiya Bilkisu Muhammad Nasir is poised to make a substantial impact on Nigeria's socio-economic landscape. Nasara Foundation is excited to embark on this journey with her, as she leads the organization towards a future of meaningful change.





NASARA FOUNDATION Empowers 1,247 Trainees In Kebbi State

By: Manny Ita

A leading Non-Governmental Organization (NGO), Nasara Women Development Foundation also known as Nasara Foundation and founded by The First Lady of Kebbi State, Hajiya Zainab Nasir Idris, has provided skills training and materials to 1,247 individuals in Kebbi State.

The foundation conducted three-month training programs for 362 females and 46 males in tailoring, 103 females and 83 males in computer skills, 31 females and

25 males in shoe making, 41 females in make-up, and 41 females in catering. Graduating trainees received skills acquisition materials during a ceremony marking the Governor Nasir Idris's 100 day in office. The ceremony was held recently in conjunction with the state's Ministry of Women Affairs and Social Development took place at the premises of the Ministry.

Speaking at the event, a member of the Board of Trustees of the foundation, Abdurashheed Bala

described the day as one of the happiest in his life, adding that he was glad to witness the graduation ceremony of the trainees.

"We thank Almighty Allah for sparing our lives to witness this memorable event and we urge the beneficiaries to make use of the items given to them in promoting their standard of living."

Alhaji Bala added that, "The Foundation wishes to extend its arms of friendliness of love and



compassion to individuals, group, government and non-governmental organizations who may wish to work with us to project the objectives and goals of the foundation."

In her own contributions, the Commissioner for Women Affairs and Social Development, Hajiya Halima Hassan Kamba said the government was committed to reducing the poverty level in the state, describing the efforts of the Foundation as one of the ways to achieving this objective in the state.

According to the Founder of the Foundation, Hajiya Zainab Nasir Idris, "At Nasara Foundation, we have conceived different projects to make lives better for the people and get women and men engaged in income generating activities so that they do not become vulnerable but possess necessary skills to access the markets, especially the women.





"We are excited to have a Governor who is passionate about the people and our Foundation is consciously and constantly engaging the people, developing programs and ideas to build their skills and capacities, as well as investing to make their dreams a reality.

"This event will be the first of many as we also continue to make smart and effective investments in women and young people's education which is critical for developing human capital. We will constantly strive to unlock opportunities as well as create a better future for women and youth in Kebbi state and beyond."

The event which was well attended had personalities like, the Commissioner of Women Affairs, Kebbi state Halima Hassan, Wife of Deputy Governor, Mariam Tafida, wife of Minister of state for Education, Maryam Yusuf Tanko Sununu, Permanent Secretary, Ministry of Women Affairs, Hajiya Aisha Mohammed Maikurata as well as the Chairmen of the Local governments in the state, Commissioner, Ministry of Youth and Sports, Hon. Nura Fingilla, Commissioner of Humanitarian and Empowerment , Hon. Muhammad Hamidu Jankuka, Permanent Secretary , Ministry of Information and Culture as well as Chairmen of some local governments in the state.

They were serenaded by some of the finest musical acts in Kebbi and environs including, Habiba Zuru, Umar Makosa as well as the Kebbi



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Felicitates **Nasara Foundation and The Nasara Chronicle**

Ummie Collection greets the **First Lady of Kebbi State, Her Excellency, Hajiya Zainab Nasare Nasir Idris**, on the third anniversary of her Foundation, **Nasara Foundation** and the presentation of the **Foundation's magazine, The Nasara Chronicle**.

Nasara Foundation has been a big blessing to women and children in Kebbi State.

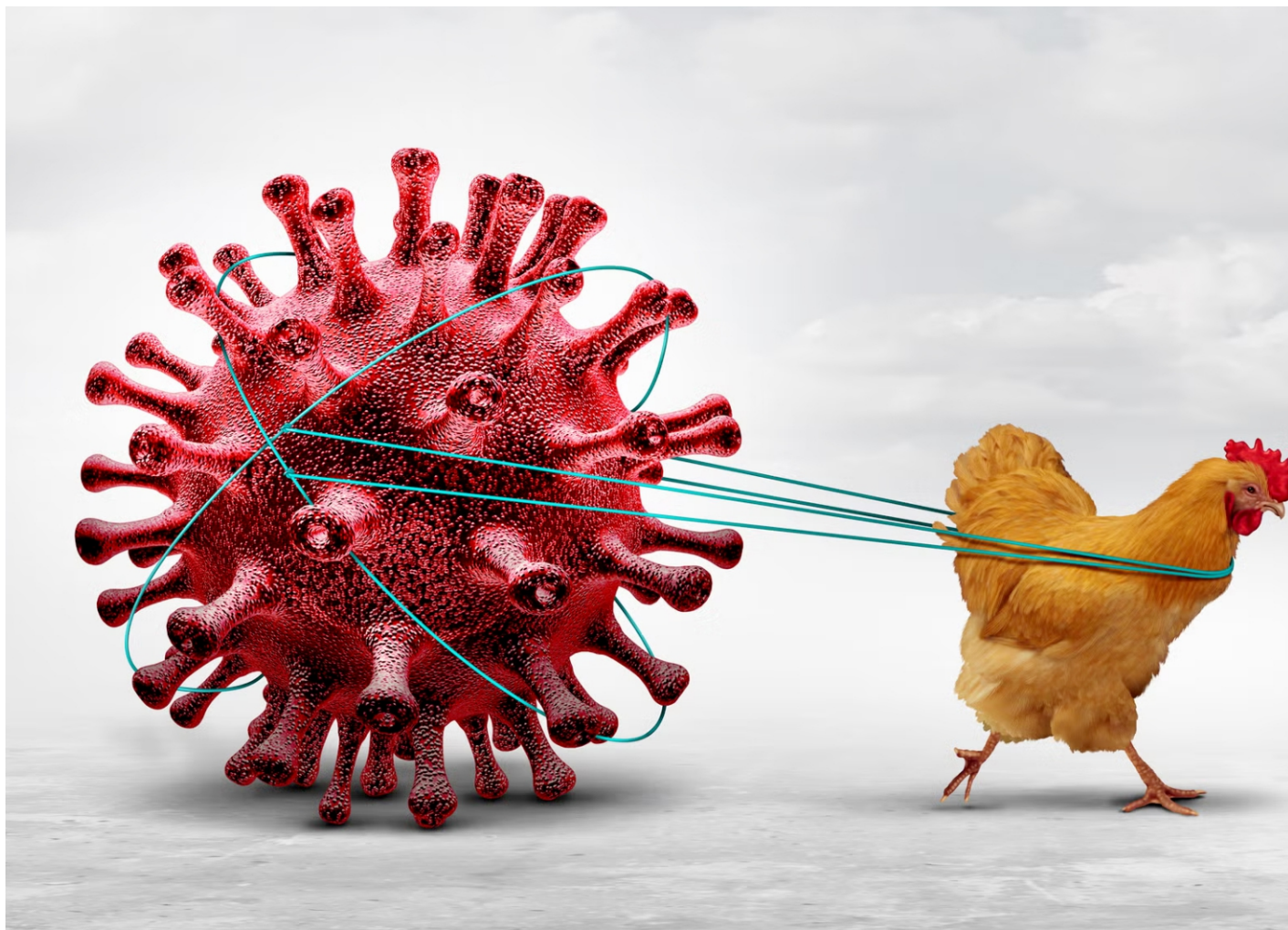
The impact has been massive in the last three years. The presentation of **The Nasara Chronicle** is a big addition to the drive to improve the welfare of women and children in **Kebbi state** by Her Excellency.

My regards to **Nasara Foundation and The Nasara Chronicle**. Kebbi State has never had it so good.

A big THANK YOU to Her Excellency.

Zainab Nasir
Managing Director





FAO Warns Of 'Unprecedented' Avian Flu Spread

By: Nura Imam

The United Nations Food and Agriculture Organisation (FAO) has called for urgent action to strengthen biosecurity, surveillance and rapid-response mechanisms to curb the avian flu spread.

The Organisation says the rapid spread of the highly infectious avian flu virus H5N1 has reached an “unprecedented” scale, wiping out hundreds of millions of birds worldwide and

increasingly spilling over into mammals.

FAO's Deputy Director-General Godfrey Magwenzi said this while briefing member states in Rome. The official called for urgent action to strengthen biosecurity, surveillance and rapid-response mechanisms to curb the outbreak.

Mr. Magwenzi stressed that the crisis threatened to have “serious impacts on food security and food supply in

countries, including loss of valuable nutrition, rural jobs and income, shocks to local economies, and of course, increasing costs to consumers.”

With millions relying on poultry for meat and eggs, the challenge is to contain the virus and protect food production systems. The economic impact is also being felt worldwide. For example, egg prices reached a record high in the United States during February, according to the U.S. Consumer Price Index,

with farmers forced to slaughter more than 166 million birds as the avian flu spread – mostly egg-laying chickens.

So far this year, more than 30 million birds in the U.S. have been killed, according to news reports. FAO Deputy Director-General Beth Bechdol underlined the need for a global, coordinated response, calling H5N1 a “transboundary” threat that no country could tackle alone.

FAO and the World Organisation for Animal Health (WOAH) launched a ten-year Global Strategy for the Prevention and Control of High Pathogenicity Avian Influenza to address the

crisis.

“A chain is only as strong as its weakest link. By working together, we can reduce the impact of avian influenza and protect both animal and human health – locally and globally,” Mr Bechdol said.

Over the past four years, H5N1 has expanded to new regions, causing massive losses in domestic birds, disrupting food supplies and increasing poultry prices. At least 300 new wild bird species have been affected since 2021, posing a serious threat to biodiversity.

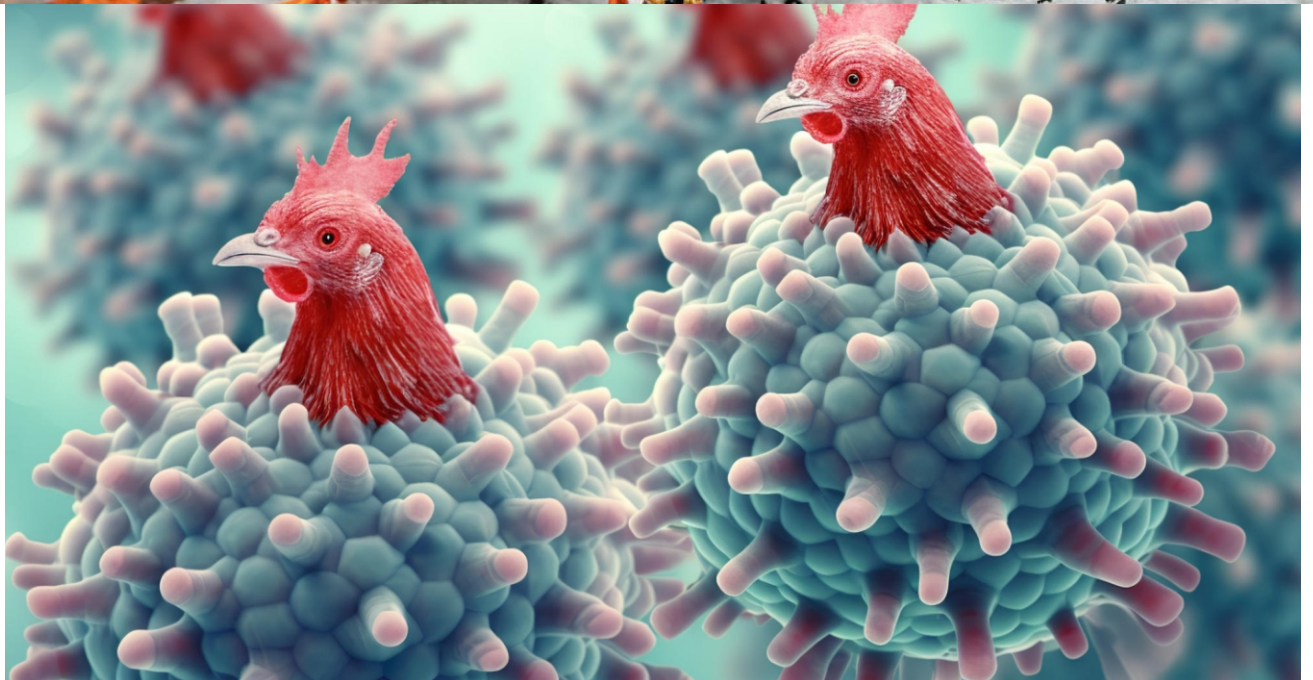
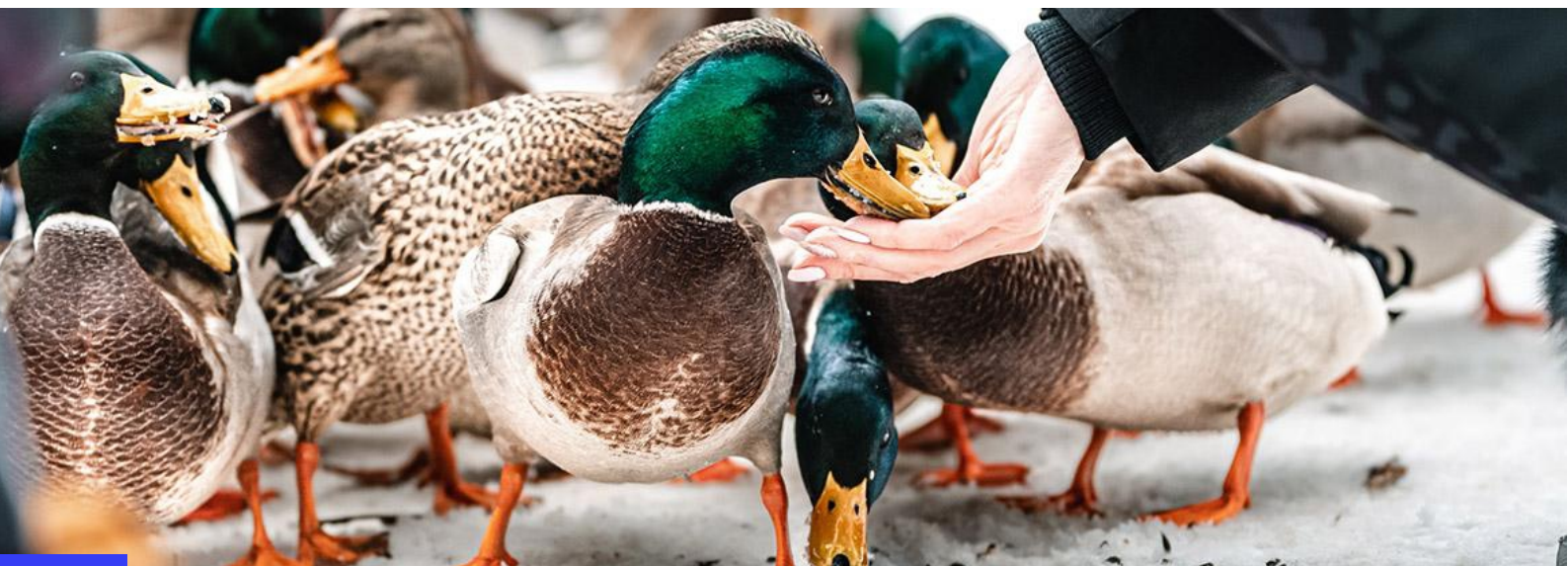
FAO reaffirmed its commitment to global monitoring, data

sharing and technical guidance to help countries contain the virus.

Mr Bechdol also stressed the importance of private sector engagement, particularly in developing vaccines, diagnostics and high-quality animal health services.

The briefing also included a third call for funding proposals under the Pandemic Fund hosted by the World Bank.

Over the past two years, FAO has co-led dozens of Pandemic Fund projects to strengthen disease surveillance, early warning systems and health infrastructure to prevent future outbreaks.





Happy Anniversary

FIYAS MUNCHIES rejoices with the Founder, Board of Trustees, Management and Staff of Nasara Foundation on the celebration of your third anniversary.

We are elated that your Foundation has also berthed a magazine, **The Nasara Chronicle**.

We celebrate the Founder of the Foundation, Her Excellency, Hajiya Zainab Nasare Nasir Idris and believe that **The Nasara Chronicle** will open a more exciting chapter in the history of the Foundation.

Congratulations Nasara Foundation.
Congratulations The Nasara Chronicle.





NASARA FOUNDATION, NEAR FOUNDATION, AND UFUK DIALOGUE Conduct Medical Outreach And Borehole Commissioning In Tarasa Community

By: Nura Imam

The Nasara Women Development Foundation also known as Nasara Foundation, in partnership with the Near Foundation and Ufuk Dialogue recently organized a medical outreach and commissioned a borehole in Tarasa community, Birnin Kebbi Local Government Area, Kebbi State. Residents of the community welcomed Hajiya Nasare Nasir Idris, Founder of Nasara Foundation and wife of the Kebbi State Governor.

Hajiya Zainab Nasare Nasir Idris stated that her foundation is



dedicated to supporting the government of Comrade (Dr). Nasir Idris and ensuring that the

benefits of governance reach all parts of the state. She said: "I can assure you that the government is

committed to making lives better for every indigene of the state and already, we have started touching lives in the state in different areas.

"It is not a surprise therefore that we have willing collaborators like Near Foundation and Ufuk Dialogue who have chosen to be partners in progress. While we appreciate them profusely, we encourage other collaborators to join hands with the government in Kebbi state and support our forward-looking Governor, His Excellency, Dr. Nasir Idris who is committed to making lives better for everyone in Kebbi state."

The events were attended by Mamman Abdulmalik Bulakos, representative of Near Foundation; Emrah Ilgen, representative of Ufuk Dialogue; and Hajiya Halima Hassan Kamba, Commissioner of Women Affairs and Social Development. The medical outreach provided free health screenings, consultations, and medications to community members. The newly commissioned borehole aimed to address the community's need for access to clean water.

The collaboration between Nasara Foundation and its partners focused on addressing both immediate and long-term needs within the Tarasa community.

The medical outreach addressed health concerns, while the borehole commissioning focused on sustainable access to a vital resource.

Representatives from the partnering organizations were present, underscoring the collaborative effort in community development. The initiatives were designed to have a lasting positive impact on the residents of Tarasa community.







New Dawn For Kebbi: Where ‘Renewed Hope’ Takes Root

By: Segun Adebowale

The wind whispered a promise of change through the bustling markets of Kebbi. A new Governor, Comrade (Dr.) Nasir Idris had taken the helm, his eyes set on a future brimming with possibility.

His voice, firm yet laced with an unwavering commitment, echoed through the inauguration

ceremony: “We shall work for the people, without discrimination.”

Governor Nasir Idris is not one for idle pronouncements. He hits the ground running, his administration a whirlwind of action.

Roads, the lifelines of commerce and connection, were to be

meticulously constructed, weaving a web that would unite urban centers with rural havens.

Education, the seedbed of progress, began revitalisation, with a renewed focus on empowering teachers, the architects of young minds.

But Kebbi’s ambitions soared beyond its borders. Governor

Nasir Idris, a man with a keen eye for opportunity, embarked on a mission to transform Kebbi into a magnet for investment. Infrastructure projects, the backbone of a thriving economy, are meticulously planned, each one a brick laid on the path to a brighter tomorrow. His resolve is unwavering: “We shall open up the state for investments... to impact lives.” This is not just about cold, hard numbers. It is about creating a fertile ground where dreams can take root. The Governor, a champion of accountability, has ensured that transparency is in every contract. No longer would progress be held hostage by inefficiency or self-interest. “Timely execution of government contracts must not be compromised,” he declared, his words a clarion call for a new era of integrity.

But Kebbi’s heart belongs to its land, a vast expanse teeming with agricultural potential. He envisions a future where Kebbi’s farmers would not just till the soil, they would become cultivators of prosperity.

A groundbreaking initiative has seen farmers receive free petroleum products, the fuel for their endeavors. Farm implements, the tools that transform sweat into bounty, readily available. This is not charity, it is an investment in the future, a future where Kebbi’s fields would overflow not just with crops, but with hope.

Governor Nasir Idris’ vision extends far beyond the material. He understands that a community thrives when all its members flourish.

His wife, Hajiya Zainab Nasare Nasir Idris, has emerged as a pillar of strength, her Nasara



Foundation a beacon of hope for women, girls and the people of Kebbi.

Skill development programmes have bloomed, empowering women to not just survive, but to thrive. Medical outreaches have brought healing to the most vulnerable, while educational support programmes ignite a thirst for knowledge.

Hajiya Zainab’s dedication is not confined to the walls of the foundation. Her unwavering commitment to inclusivity resonates throughout Kebbi. She

champions the cause of the marginalized, ensuring that every voice is heard, every dream nurtured.

Her tireless efforts earned her the prestigious title of Gwaggon Mungadi, a testament to the impact she has woven into the very fabric of Kebbi.

The foundation has given succor to many homes and families and does not look like it is waning anytime soon.

In Aliero, Koko/Besse and Kalgo Local Government Areas, Hajiya



Zainab has distributed food items and clothes to 300 orphans together with Cash Empowerment to 200 widows of those local governments, as recently as during the Ramadan season.

She took it further to Takalau Area of Birnin Kebbi Local Government where cash and food stuffs were distributed to 500 elderly women.

One with inclusivity as a watchword, Hajiya Zainab's

humanitarian strides would also extend to 2,000 women of Fakai, Sakaba, Danko Wasagu and Zuru Local Government Areas who got food items and cash donations of 50 thousand naira each.

It came as no surprise then that Kebbi State was chosen to host a programme that mirrors the very essence of its transformation – the Northwest Geopolitical Zone of the Renewed Hope Initiative Women Agricultural Support Programme Programme

by the First Lady of the federation, Senator Oluremi Tinubu, with a goal of bringing individuals out of poverty, educating them and guiding them towards a better life for their families by encouraging women in the state to be fully engaged in rural agriculture.

Twenty beneficiaries from each state were penned to receive a cash support of 10 million naira per state by Mrs. Tinubu with each benefiting female farmer to receive Five Hundred Thousand



Naira as a deliberate effort to stimulate women's participation in agriculture and food security, besides poultry and fish farming, while Hajiya Zainab donated solar-powered water pumps to each of the benefiting women farmers from the zone to boost their yields in support of Senator Oluremi Tinubu.

Focusing on women in agriculture, this programme is not just about filling bellies, but about empowering women to become architects of their own destinies. During the

inauguration of the initiative, 20 women farmers from each northwestern state were equipped with solar pumping machines and a renewed sense of purpose. This is a potent symbol of the change sweeping through Kebbi.

Kebbi's story is not just about roads built or crops cultivated. It is a testament to the transformative power of leadership fueled by vision and unwavering commitment. It's a story where hope takes root, where dreams blossom, and

where a community, hand in hand, strides confidently towards a brighter future. It is a story that echoes not just within the borders of Kebbi, but across the nation, a beacon of inspiration for all who dare to dream.

The Kebbi narrative is far from over. With each passing day, a new chapter unfolds, brimming with possibilities. Governor Nasir Idris, the Kauran Gwandu, a man forever chasing the horizon, is not content with resting on his laurels. His sights

are set on attracting foreign investment, transforming Kebbi into a hub for not just agriculture, but for industry and innovation as well.

The collaboration with the Qatar Foundation and the African Development Bank is a mere glimpse into this ambitious vision. These partnerships hold the promise of cutting-edge healthcare facilities, robust social infrastructure, and rural development initiatives that will empower even the most remote corners of Kebbi. But the Governor understands that progress is not measured solely in concrete and steel. He envisions a Kebbi where culture thrives, where the rich tapestry of traditions is celebrated and preserved. Efforts to revitalize local festivals and art forms are

underway, ensuring that the soul of Kebbi continues to sing.

The journey ahead is not without its challenges. There will be bumps on the road, moments of doubt, and hurdles to overcome. But Kebbi's spirit, ignited by the unwavering leadership of Governor Nasir Idris and the tireless efforts of countless others, is resolute.

The seeds of hope have been sown, and they have taken root in fertile ground. The people of Kebbi, united in their aspirations, are no longer just passengers on this journey. They are the architects, the builders, the dreamers who will shape the destiny of their beloved state.

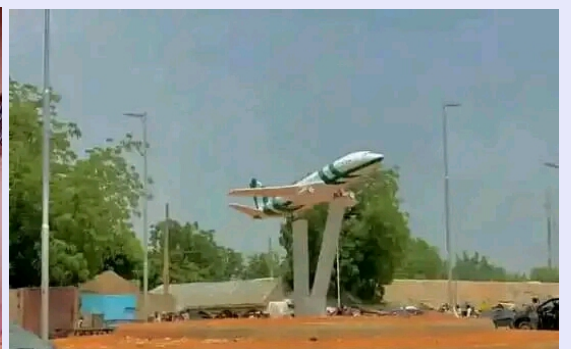
Kebbi's story is a testament to a universal truth: that even in the

face of adversity, progress is possible. It's a beacon of inspiration for anyone who dares to dream of a better tomorrow. It's a story that continues to be written, with every sunrise marking a new chapter, a new opportunity to cultivate a future brimming with hope, prosperity, and a shared sense of community.

As Governor Nasir Idris himself declared, "I want to assure the people of Kebbi State that my administration shall rule by fear of God, govern by the interest of the public..."

And under his leadership, under the unwavering spirit of its people, Kebbi is doing just that – not just governing, but thriving.







NASARA FOUNDATION

Distributes Sanitary Pads, Educational Materials to 1,000 Kebbi Schoolgirls

By: Nura Imam

The Nasara Women Development Foundation also known as Nasara Foundation has distributed sanitary pads, exercise books, and cash gifts to 1,000 schoolgirls in Birnin Kebbi, Kebbi State, Nigeria. The initiative, titled "Pad Up 1000 Girls in Kebbi," was organized to mark the International Day of the Girl-Child. The beneficiaries which included 500 students from Salamatu Hussaini

Government Girls Secondary School (SHGGSS) and 500 students from Government Girls (Unity) College, Birnin Kebbi was a reaffirmation of its commitment to supporting women and girls and building a brighter future for youth.

In her address titled, 'Empowering the Girl-Child: A Pathway to a Brighter Future', Nasara Foundation Chief Executive Officer, Hajiya

Bilkisu Muhammad Nasir emphasized the Foundation's dedication to improving school enrollment, reducing learning poverty, and fostering women's empowerment.

"By addressing the challenges girls face during menstruation, we can help ensure they are empowered to pursue their education fully, free from interruptions, and are better prepared for a successful future.



We believe this initiative will contribute significantly to the long-term goal of fostering gender equality in education and improving health and empowerment outcomes for young girls in Kebbi State.”

Some of the guests at the event are the Permanent Secretary, Ministry of Education, Abubakar Magaji, Personal Assistant to the Founder of Nasara Foundation, Hajiya Hadiza Abubakar, Chairman, Board of Trustees of the Foundation, Alhaji Usman Abubakar as well as members of the Board of Trustees, including Bashir Umar Atta and Abdulrasheed Bala.









Kebbi Girls to Receive Entrepreneurial Training Through Nasara Foundation/ AKWE Collaboration

By: Nura Imam

The Nasara Women Development Foundation also known as Nasara Foundation in collaboration with the Association of Kebbi Women Entrepreneurs (AKWE), has initiated a Student Entrepreneurship Empowerment program in Kebbi State targeted at the girl-child, women, and youth, focusing on entrepreneurial development.

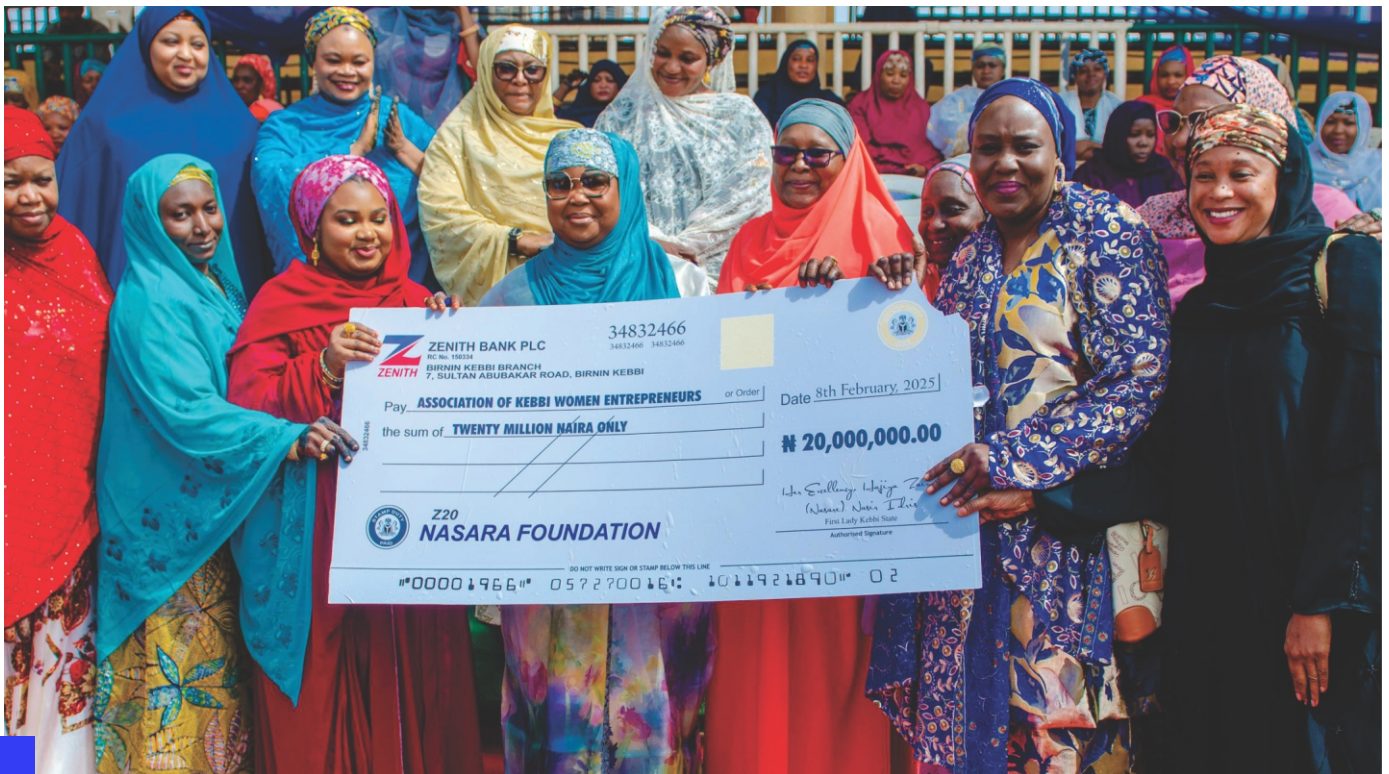
The launch of the empowerment program, tagged 'Nasara-AKWE Student Entrepreneurship Empowerment Programme (NASEEP)', took place recently at the Haliru Abdu Stadium in Birnin Kebbi, Kebbi state where AKWE organized this year's edition of the National Women Entrepreneurship Festival. Speaking at the event, the Chief Executive Officer of Nasara Foundation, Hajiya Bilkisu Muhammad Nasir, emphasized that the program was designed to equip secondary school girls across Kebbi State with entrepreneurial skills, financial literacy, and business development knowledge.

According to Hajiya Bilkisu, "At Nasara Foundation, we are committed to developing the girl-child. Through our partnership with AKWE, we will provide training, mentorship, and support to young girls, enabling them to build sustainable business ventures."

She added that, 'We believe that NASEEP will empower them to become self-reliant, innovative, and job creators, rather than job seekers.'

The President of AKWE, Maryam Bello Bala, commended the Founder of Nasara Foundation, Her Excellency, Hajiya Zainab Nasare Nasir Idris, for her unwavering support. While describing Hajiya Zainab as a strong pillar of their association, Bala added that, "We are confident that this strategic partnership is a significant step forward. Together, we are laying a solid foundation for the future of the girl-child in Kebbi State." "With NASEEP, Nasara Foundation and AKWE are strengthening efforts to foster economic empowerment and entrepreneurship among young girls, ensuring they have the skills and opportunities to thrive."

She concluded, "We appreciate the donation of Twenty Million Naira to our association by Nasara Foundation and we intend to distribute it among the over 250 membership of the association. We assure the Founder of Nasara Foundation that the funds would be used as seeds to improving the businesses of our members and we will bring back positive results next year, like three of our members who were specially rewarded by the foundation for utilizing the seeds given to us last year."







Congratulates **Nasara Foundation**

FZVeils Congratulates **Nasara Foundation** and its Founder, Her Excellency, Hajiya Zainab Nasare Nasir Idris on the celebration of the third anniversary of the Foundation and the berth of the Foundation's magazine, **The Nasara Chronicle**.

Since its establishment three years ago, **Nasara Foundation** has been improving the living standards of the girl-child, women and youths through education, youth capacity development skill acquisition and women empowerment.

The Nasara Chronicle will be a veritable tool to promote the ideals of the Foundation and makes it to stand out within and outside Kebbi state.

I am proud of the sterling achievements of the Founder of the Foundation and we rejoice with the people of Kebbi.

Cheers to many more years of making a difference in the lives of Kebbi people.

Fatimah Nasir
Managing Director

Company Address: Sani Abacha Bypass, Amina Rabo Plaza
Shop 16 Opposite Kara market, Birnin Kebbi
Email: fzveils@gmail.com





Nourishing Your Mind And Body

In our fast-paced world, where instant gratification and convenience often take precedence, it's crucial not to overlook the importance of nourishing both our bodies and minds. Just as our physical health depends on the quality of the food we consume, our mental well-being is also deeply influenced by the ideas, information, and perspectives we feed our minds. This article explores the concept of "food for

thought" and delves into the significance of making mindful choices when it comes to the content we consume.

1. The Mind - Body Connection:

The mind-body connection has long been recognized as an integral aspect of our overall well-being. What we put into our bodies directly impacts our physical health, but it also affects our mental and emotional

states. Similarly, the thoughts and ideas we consume have a profound impact on our mental and emotional well-being, influencing our perspectives, beliefs, and behaviors.

2. Quality Over Quantity:

In an age of information overload, it's easy to get caught up in a never-ending stream of content without considering its quality or relevance. Just as a healthy diet focuses on nutrient-

rich foods, it's essential to prioritize the quality of the information we consume. Engaging with thought-provoking ideas, insightful literature, and diverse perspectives can broaden our horizons, challenge our preconceived notions, and stimulate intellectual growth.

3. The power of perspective

Food for thought is not limited to intellectual or philosophical discourse. It encompasses a wide range of content, including books, articles, documentaries, podcasts, and meaningful conversations. Exposing ourselves to various viewpoints and experiences allows us to develop empathy, understanding, and a broader perspective on the world. This, in turn, enriches our lives, promotes personal growth, and enhances our ability to engage with others constructively.

4. Critical Thinking and Intellectual Stimulation:

Feeding our minds with nutritious "food for thought" involves more than passively consuming information. It requires active engagement, critical thinking, and

intellectual stimulation. Just as our bodies benefit from exercise to stay fit, our minds thrive on mental exercises such as analyzing complex ideas, participating in meaningful discussions, and seeking out new knowledge. This process enhances our cognitive abilities, boosts creativity, and encourages lifelong learning.

5. Balancing Mindful Consumption

While it's important to engage with thought-provoking content, it's equally vital to strike a balance. Constantly bombarding ourselves with heavy or challenging topics can lead to mental exhaustion and burnout. It's essential to prioritize self-care and indulge in lighter, entertaining content that provides moments of relaxation and joy. Achieving a balance between meaningful and lighthearted consumption is key to maintaining mental well-being.

In a world overflowing with information, the concept of "food for thought" takes on significant importance. Just as we carefully choose the food we eat to nourish our bodies, we must make conscious choices about the content we consume to nourish our minds. By prioritizing quality over quantity, embracing diverse perspectives, and engaging in critical thinking, we can foster personal growth, enhance our understanding of the world, and maintain a healthy mind-body connection. So, let us be mindful of the intellectual nourishment we seek and savor the transformative power of "food for thought."





HEALTH **and** LONGEVITY

Stress and Depression increase the risk of cardiovascular disease on Young and Middle-aged Women. A recent study from the American College of Cardiology found that stress and depression in young and middle-aged women significantly increase the risk of cardiovascular disease compared to men.

Researchers are unsure why there's a direct correlation between mental health and

cardiovascular disease in women. However, what is evident is that women with chronic anxiety, depression, heart palpitations, indigestion or an array of these symptoms are often diagnosed with cardiovascular disease or heart failure.

Depression and anxiety accelerate heart risks

These issues aren't only found in older women but also in younger and middle-aged women.

Researchers followed more than 70,000 people for a decade and found that those with a history of depression and anxiety before the study were about 55% more likely to develop high blood pressure, high cholesterol and diabetes. Additionally, women under 50 with mental issues were nearly twice as likely to develop these cardiovascular risk factors.

Bottling up emotions can be deadly for women

According to the research,



bottling up your feelings is one of the worst things people can do, especially for women. In a study of more than 3,600 men and women from a Massachusetts town over 10 years, those who “self-silenced” or “kept their feelings bottled up” during marital issues were four times more likely to die during the study than those who said “how they felt.” Importantly, this effect didn't apply to men. Regardless of a woman's marital happiness, what mattered was whether she expressed her feelings.

Additionally, women are also prone to a condition known as “broken heart syndrome.” According to the Mayo Clinic, broken heart syndrome is a heart condition that's often brought on by stressful situations and extreme emotions.

Intelligent non-human life may be hiding on earth: Harvard researchers.

Researchers suggest preventative medicine

To maintain heart health, it's recommended that women stop ignoring warning signs and listen to their bodies. Seeking therapy, joining support groups, practicing meditation, yoga and breathing exercises can also contribute to overall heart health. Researchers also suggest preventative medicine, recommending that physicians start testing female patients with anxiety and depression for heart disease risk factors.



Why Nasara Foundation Needs Your Donations and Support

Donate Today And Be The Change You Wish To See In Your Community

By Femi Olaleye

In a world where challenges such as poverty, inequality, and lack of access to basic amenities and resources persist, the role of non-profit organizations like the Nasara Foundation becomes increasingly vital. As a non-governmental organization (NGO) dedicated to improving the lives of individuals and communities, the Nasara Foundation has consistently worked to address critical issues

through its programs and initiatives. However, the success of these efforts largely depends on the support of generous donations from donors who believe in the power of collective action. By making a donation to the Nasara Foundation, donors are not just giving money; donors are contributing to the betterment of the community and creating a ripple effect of positive change. Here are compelling reasons why

you, as an individual also should consider being a donor and why your donation matters:

1. Empowering Vulnerable Communities

The Nasara Foundation focuses on empowering vulnerable groups, including women, children, and the elderly, who often face systemic barriers to accessing education, healthcare, and economic opportunities. Your



donation helps fund programs that provide scholarships, vocational training, and healthcare services to those in need. By supporting these initiatives, you are directly contributing to breaking the cycle of poverty and enabling individuals to lead dignified, self-sufficient lives.

2. Promoting Education and Literacy.

Education is a powerful tool for transformation. The Nasara Foundation is committed to promoting education and literacy in underserved communities. Through your donations, the Foundation can build schools, provide learning materials, and train teachers, ensuring that children have access to quality education. An educated community is better equipped to

tackle challenges, innovate, and contribute to societal development. Your contribution helps create a brighter future for the next generation.

3. Improving Healthcare Access.

Access to healthcare is a fundamental human right, yet many communities lack basic medical facilities and resources. The Nasara Foundation works to bridge this gap by organizing medical camps, providing essential medicines, and raising awareness about preventive healthcare. Your donation can help save lives by ensuring that individuals receive timely medical attention and have access to life-saving treatments.

4. Supporting Sustainable Development.

The Nasara Foundation is

dedicated to sustainable development, which means addressing today's needs without compromising the ability of future generations to meet theirs. Through initiatives such as clean water projects, renewable energy programs, and environmental conservation efforts, the Foundation is working to create a sustainable future. Your donation supports these projects, ensuring that communities have access to clean water, clean energy, and a healthy environment.

5. Fostering Community Development.

A strong community is built on collaboration, mutual support, and shared resources. The Nasara Foundation fosters community development by organizing workshops, training sessions, and community-building activities.



These initiatives help individuals develop skills, build networks, and work together to address common challenges. Your donation helps create a sense of unity and purpose within communities, enabling them to thrive.

6. Advocating for Social Justice.

The Nasara Foundation is a voice for the voiceless, advocating for social justice and equality. Through awareness campaigns, policy advocacy, and legal support, the Foundation works to address issues such as gender inequality, discrimination, and human rights violations. Your donation supports these efforts, helping to create a more just and equitable society.

7. Encouraging Volunteerism and Civic Engagement:

The Nasara Foundation encourages individuals to take an active role in their communities through volunteerism and civic

engagement. By donating, you are not only providing financial support but also inspiring others to get involved. Your contribution demonstrates the power of collective action and encourages a culture of giving and service.

8. Creating Long-Term Impact:

The Nasara Foundation is committed to creating long-term impact by addressing the root causes of societal challenges. Rather than providing temporary solutions, the Foundation focuses on sustainable programs that empower individuals and communities to become self-reliant. Your donation is an investment in the future, ensuring that the positive changes brought about by the Foundation's work endure for years to come.

9. Transparency and Accountability:

One of the hallmarks of the Nasara Foundation is its commitment to transparency and accountability. Donors can be

confident that their contributions are being used effectively and efficiently to support the Foundation's programs. Regular updates, reports, and impact assessments ensure that donors are informed about how their donations are making a difference.

10. Building a Legacy of Giving:

When you donate to the Nasara Foundation, you are building a legacy of giving that inspires others to do the same. Your contribution sets an example for others in your community, encouraging them to support causes that matter. Together, we can create a culture of generosity and compassion that uplifts everyone.

11. Tax Benefits:

In many countries, including Nigeria, donations to registered non-profit organizations like the Nasara Foundation are tax-deductible. This means that your

contribution not only supports a worthy cause but also provides you with financial benefits. Be sure to check with your local tax authorities to understand how your donation can reduce your taxable income.

12. Personal Fulfillment:

There is immense personal satisfaction in knowing that you have made a difference in someone's life. Your donation to the Nasara Foundation allows you to be part of something bigger than yourself, contributing to the well-being of your community and the world at large. The joy of giving is unparalleled, and your support brings hope and happiness to those in need.

13. Addressing Immediate Needs:

In times of crisis, such as natural disasters or pandemics, the Nasara Foundation is often on the front lines, providing emergency relief and support. Your donation ensures that the Foundation can respond quickly and effectively to urgent needs, providing food, shelter, and medical care to those affected.

14. Supporting Innovation and Creativity:

The Nasara Foundation is constantly exploring innovative solutions to address complex societal challenges. Your donation supports research, pilot projects, and creative initiatives that have the potential to transform lives and communities. By funding innovation, you are helping to pave the way for groundbreaking advancements in education, healthcare, and sustainability.

15. Strengthening Local Economies:

Many of the Nasara Foundation's programs are

designed to strengthen local economies by supporting small businesses, creating jobs, and promoting entrepreneurship. Your donation helps individuals gain the skills and resources they need to start and grow their businesses, contributing to economic development and reducing poverty.

Conclusion:

The Nasara Foundation is more than just an organization; it is a movement dedicated to creating positive change in the world. By making a donation, you are joining this movement and playing a crucial role in transforming lives and communities. Your contribution, no matter how small, has the power to make a significant impact. Together, we

support and look forward to continuing its mission with your help. Thank you for being a part of this journey and for making a difference in the world.

Donate today and be the change you wish to see in your community!

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can build a better future for everyone.

As you consider your donation, remember that you are not just giving money; you are giving hope, opportunity, and a chance for a better life. The Nasara Foundation is grateful for your

Femi Olaleye, Bsc., MBA, FCIT, FCA , Managing Partner/Lead Consultant, contributed this article from Lagos, Nigeria.



Community Driven Change: Harnessing Local Networks To Empower Women

By: Ikwo Oka

1. Introduction

Community-driven change refers to the social process whereby communities actively participate in, often lead, and own the identification, design, and execution of solutions for the challenges they face. There is growing global recognition that community-driven change is more sustainable and inclusive, and an increasing number of nonprofits, social enterprises and donors are embracing an approach that brings greater balance to the power and perspectives of communities in development processes. The continuum is built on the principle that recognises

- That communities all have a

success story, thus can build solutions from the point of success

- Communities have people with local knowledge, and have a right to choose how and who to engage with to support them in their journey of finding lasting, and sustainable solutions to identified challenges

- Communities have the energy - people, to drive their development.

Available literatures tend to interchange community driven change, community driven development and community driven impact depending on focus of study, and as such for the purpose of this paper, community driven impact, and

community driven development means community driven change.

1.1 Why Community Driven Change?

Community is about people and people live in a place, But as long as the objective being pursued is about improving their lives, that is achieved by focusing on what improves their lives which results from how people apply their energies.

1.2 The Path to Community Driven Change

There are quite a number of models or what can be termed pathways to community driven change - they include:



- Asset-based community led development
- Participatory community led development
- Collaborative Community led development
- Transformative Community led development
- Innovative Community led development
- SEED SCALE model of community led development

1.3 About SEED SCALE

SEED SCALE advocates community change that emanates and builds on existing community potential- COMMUNITY ENERGY, which is an existing and available resource, using a reiterative process based on the following principles:

Principle 1: Build from success: Focus on what is already working and study others success

Principle 2: Create partnerships: Involve communities, government, and other change

agents- while creating and recreating local coordinating committees to manage such collaborations

Principle 3: Make decisions based on evidence: Use facts instead of opinions- Evidence based decision making accentuates successful actions

Principle 4: Seek behaviour change: Focus on changing behaviours as the main outcome

2.0 The role of local networks in driving community change and empowering women

Empowerment is a “social action process that promotes participation of people, organisations, and communities in gaining control over their lives in their community and larger society. Empowerment is about positive change and redistributing the balance of power in a given society, power being defined as control over resources and ideology. The resources may be categorised into physical, human, intellectual, financial, and self, including self-esteem,

confidence, and creativity. Ideology refers to beliefs, values, attitudes, and ways of thinking and perceiving situations (S. Batliwala, 1993). Consequently, empowerment is a process of awareness and capacity building leading to greater participation, to greater decision-making power and control, and to transformative action.

Women empowerment according to studies are within three dimensions:

- Personal: Developing a sense of self and individual confidence and capacity, and undoing the defects of internalised oppression.
- Rational: Developing the ability to negotiate and influence the nature of a relationship and decisions made within it.
- Collective: This includes involvement in political structures, but might also cover collective action based on cooperation rather than competition.

Forms of empowerment include economic, political and social. And for a woman to be empowered she must be seen to check the following indicators developed by Syed Hashemi (1996):

- 1) Mobility
- 2) Economic security
- 3) Ability to make small purchases
- 4) Ability to make larger purchases
- 5) Involvement in major decisions
- 6) Relative freedom from domination by the family
- 7) Political and legal awareness
- 8) Participation in public protests/dialogue and political campaigning.

These concepts and definitions point to the fact that you cannot really say you empower someone else or make someone empowered. You can however support the empowerment process which is seen to increase the degree of autonomy and self determination which enables people in this case women to represent their interest in a self determined way. This is what local women networks do, in supporting the process of empowerment including:

- Increasing influence by giving people and organisations a voice in decision-making. They can also help ensure that marginalised groups are represented and included.
- Helping people and organisations share resources including information, skills, and spaces towards promoting innovation and engendering stronger relationships
- Building partnerships and promoting mutual growth
- Exploring different viewpoints, innovating, and discovering new goals, careers, or projects.
- Mental health benefits through reducing

isolation by connecting with others who share similar interests and concerns.

- Increasing collective knowledge by bringing people and organisations together to work on problems and answer questions.

In economic development, networks are shown to boost women entrepreneurs' market access, business growth opportunities and participation in policy making. Networks are among the most pivotal resources an enterprise can leverage for the start-up and growth of a business. Some studies further demonstrate that participation in a network increases the social capital available to an entrepreneur, which can contribute to successful business growth (Dorcas Oke, 2013).

3.0 Conclusion

Empowerment and social change are interconnected concepts of continuous and iterative process towards fostering variables that bring about desired impact or change. Investing in women produces a multiplier effect, delivering not only increased revenue to local economies, but also better educated children, healthier families and more stable, secure and prosperous communities. The need to invest in women and harness the power and reach of women's networks is evident. Numerous studies show that women's empowerment and increased economic engagement are some of the smartest investments in long-term growth and development.



Ikwo Oka (MA, MHPM, DHSS), Social Entrepreneur, Community Development, Expert Non profit Management Consultant, contributed this article from Lagos, Nigeria.



The True Essence of Motherhood

Alexandra Bassingham

Karni Arieli has collated images sharing an authentic representation of motherhood from women around the world

The founder of an international photography project set up during the pandemic for women to share their "authentic representation" of motherhood is fundraising to protect the collection as part of history. Karni Arieli, 50, from Bristol,

came up with the idea of the Eye Mama Project in 2020, to counter the unrealistic images she was seeing of motherhood on social media while juggling parenting and working during Covid. Now with about 70,000 images taken and sent to her by women from more than 60 countries, Ms Arieli, said the collection helps represent the "true essence of motherhood, which has remained hidden for too long".

She hopes to raise £35,000 to sustain and archive the project.

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Karni Arieli, 50, from Bristol, came up with the idea of the Eye Mama Project in 2020, to counter the unrealistic images she was seeing of motherhood on social media while juggling parenting and working during Covid. Now with about 70,000 images taken and sent to her by women from more than 60 countries, Ms Arieli, said the collection helps represent the "true essence of motherhood, which has remained hidden for too long".

She hopes to raise £35,000 to sustain and archive the project. Ms Arieli said she wanted to capture the rawness of motherhood in all its guises Ms Arieli, who was a 2024 BAFTA nominee with her husband Saul Freed for their film *Wild Summon*, said the project sits on the exact junction she was at in her own life in 2020, as a mother, a photographer and filmmaker.

"I never see my reality and the juggle and duality and imperfections and that's what led

me to begin this. It's a passion project that ballooned," she said. Through the Eye Mama project different journeys are represented through pictures of IVF, miscarriages, birth, fostering and adoption.

Ms Arieli wants to archive the images to safeguard them from the censorship present on social media

Motherhood is both joyous and exhausting and it is important to share all the parts of it without judgement, Ms Arieli said "Motherhood is a multifaceted experience. It is both a joyous and exhausting journey, one that carries with it moments of profound love, overwhelming frustration, and deep vulnerability," she added. "The days after birth can be so intense and crazy and it's not really spoken about. It can be one of the most dangerous moments and it really bonds us as women.

"And motherhood is for everyone, not just for mothers, because we're all children," and the stories told through the pictures are widely relatable, she said. The Eye Mama collection shows different journeys women go through to become mothers, including pregnancy, birth, IVF, fostering, adoption and carers

There more than 70,000 images taken and sent to Ms Arieli for the portfolio, by women from more than 60 countries Ms Arieli said motherhood can often be unsupported and [can lead] to isolation and feelings of inadequacy and failure, despite its universal significance. And has long been underrepresented in ways that capture its complexity. "So the Eye Mama Project aims to change that by offering a platform where motherhood is shown in all its forms; as self-portraits of

mothers navigating their own realities, embracing moments of strength and fragility."

The images help "illuminate the work of care and shine a light on the women who perform it through photography, helping to validate their experiences, because feeling seen makes us feel less alone," she added. "We need a village, and dads and grandparents are part of this story too, every carer needs support."

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If archived, the collection could help future generations understand motherhood at this time in history, Ms Arieli said Over the last five years, Ms Arieli has managed the work herself and hopes the funding



will help continue the project in a more sustainable way in the long term.

"Then people can look back at this time and say 'this is what motherhood looks like', which we can't do in other time on history because it doesn't exist." The photographers have taken the image they feel represents their truth in motherhood Saving and preserving the "unique portfolio of care", ensures the voices continue to be seen, heard, acknowledged and celebrated for years to come, Ms Arieli said.

"To create a first ever motherhood image archive, for the future of us, and care, is

empowering the invisible," she said.

"Because if you see yourself in these images then I think you feel less alone."





NASARA FOUNDATION

Conducts Eye Care Outreach, Restores Sight to 1,500 Residents

By: Manny Ita

The Nasara Women Development Foundation, also known as Nasara Foundation, under the leadership of Kebbi State First Lady Hajiya Zainab Nasare Nasir Idris, has completed a medical outreach restoring sight to 1,500

visually impaired residents of Kebbi State. The outreach, conducted in partnership with the Tulsi Chanrai Foundation, took place at the Kebbi Medical Center in Kalgo.

One of the most significant

impact of the outreach was the number of beneficiaries who received life-changing surgeries. Over 500 people underwent free cataract surgeries, regaining their sight and the ability to participate fully in daily life. These surgeries not only restored vision but also

opened up new opportunities for these individuals, allowing them to pursue education, employment, and social activities that had previously been out of reach.

In addition to cataract surgeries, the Foundation also provided free prescription glasses to 1,000 people. This simple yet essential intervention had a profound impact on the quality of life of many individuals, particularly those who struggled with nearsightedness, farsightedness, or astigmatism. By providing glasses, the foundation helped people to see the world more clearly and to participate more fully in their communities.

The Foundation's medical outreach in Kebbi State was more than just a one-time event. It was a beacon of hope that illuminated the lives of countless individuals. The foundation's commitment to providing free eye care services to those in need was a testament to their dedication to improving the well-being of their community.

The outreach also had a broader impact on the community. By providing free medical care, the Nasara Foundation helped to alleviate the financial burden on families who were struggling to afford necessary treatments. This not only improved the health of individuals but also strengthened the overall well-being of the community.

Furthermore, the outreach served as a catalyst for greater awareness of eye health issues in Kebbi State. By providing education and information about eye care, the Nasara Foundation helped to empower individuals to take better care of their eyes and to seek treatment when necessary.

The beneficiaries whose joy was almost palpable came from different local government areas and states such as Birnin Kebbi, Argungu, Jega, Koko Besse, Augie, Bunza, Dandi, Bagudo Local Government Areas, as well as Zamfara and Katsina states, and even from neighboring country, Niger



Republic. Most of them could not contain their joy and appreciation to Nasara Foundation.

Narrating her story, one of the beneficiaries, Amina Abubakar who hails from Kusada Local Government Area in Katsina state, said for many years, she had struggled to see clearly. The blurry world around her had limited her opportunities and confined her to her home. But when she heard about the Nasara Foundation's outreach, she decided to take a chance.

The journey to the medical center was long, but the promise of better vision fueled her hope.

Upon arrival, Amina was greeted with warmth and compassion. The Nasara Foundation team ensured that every beneficiary was well-cared for. After a thorough examination, Amina was diagnosed with cataracts and was scheduled for surgery. The surgery was a success. As the bandages were removed, Amina's world burst into vivid colours.

Tears of joy streamed down her face as she saw her children's smiling faces for the first time in years. Amina's story is just one of many..

Expressing her gratitude, Amina averred, "I am so grateful to the Nasara Foundation. They have given me back my sight and my life."

For Shuaib Ibrahim who came all the way from Zamfara, "I was worried about how I would afford the surgery, but the Nasara Foundation took care of everything. I am eternally thankful." Fatimah Muhammad from Koko/Besse Local Government Area enthused, "Nasara Foundation has not only restored my vision but also given me hope for the future."

Musa Ibrahim from Jega Local Government had never been able to see his grandchildren clearly. "I can now see my grandchildren's faces clearly. It is a blessing," he said emotionally.

A student from Argungu Local Government, Hafsa Abubakar, whose education was truncated for her inability to read, was excited at the prospect of returning to school. "I am so grateful for the free glasses. I can now read and write again."

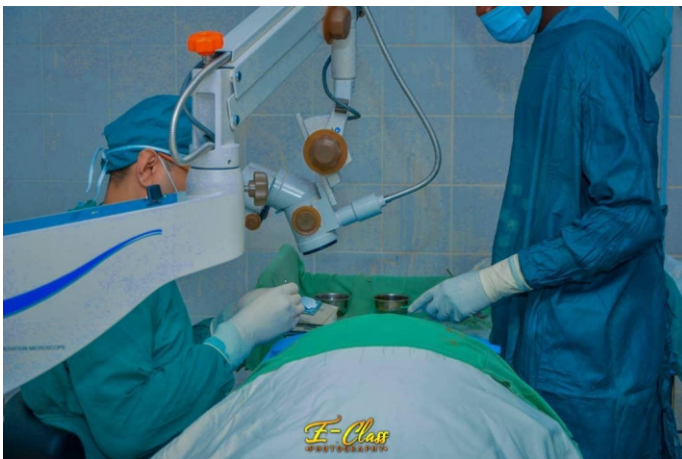
According to Aliyu Bala who came all the way from Niger Republic, "Nasara Foundation has changed my life. I will now be able to work and provide for my family. I am so thankful for the Nasara Foundation's kindness. They have given me a new lease on life."

The Nasara Foundation's medical outreach which spanned for four weeks was indeed a resounding success. Beneficiaries of the exercise were also fed during the outreach and also provided with transport fare back to their respective locations. By providing free cataract surgeries, prescription glasses, and other essential eye care services, the foundation has not only



improved the lives of thousands of people but has also set a shining example and testament to the power of compassion, generosity, and community service.

By providing life-changing medical care to thousands of people, the foundation has not only improved the health and well-being of its community but has also left a lasting legacy that will continue to benefit generations to come.





Mayorkings Charity Foundation Celebrates Ten Years of Giving

...Awards Founder Nasara Foundation, Iconic First Lady Award of Year 2025

By: Nura Imam

First Lady of Kebbi State and founder of the Nasara Women Development Foundation also known as Nasara Foundation, Hajiya Zainab Nasare Nasir Idris, has been awarded the 2025 "Iconic First Lady of the Year in Humanitarian Societal Services and Philanthropy." Hajiya Zainab bagged the award at the 100 Iconic Personalities of the Year 2025 which took place recently at the Oriental Hotel, Victoria Island, Lagos. The

award was received on behalf of the founder of the Foundation by a delegation which included two members of the Board of the Trustees of the Foundation, Hajiya Aisha Muhammed Maikurata and Alhaji Bashar Attah as well as Lead Consultant to the Foundation, Segun Adebawale and another award recipient, Alhaji Yahaya Buhari Ali.

Speaking at the awards presentation, the President and

founder of the Mayorkings Charity Foundation which organized the awards as part of its ten years of philanthropy, Amb. (Dr.) Louis Temisan said Hajiya Zainab was awarded due to her humanitarian and philanthropic efforts and activities in Kebbi state which have touched the lives of many people in the state, including the girl-child, women and youths. According to him, "Her Excellency, Hajiya Zainab Nasare Nasir Idris was



nominated for the award because of her antecedents. She has performed creditably well in the aspect of humanitarian, philanthropic and benevolent deeds."

He added that, "She is passionate towards the development and advancement of her immediate society and by extension, the globe. She is compassionate, empathetic and very enterprising." While accepting the awards, Hajiya Aisha said that, "We bring you good tidings from Kebbi state, the Land of Equity and particularly from our First Lady and Founder of Nasara Foundation, Her Excellency, Hajiya Zainab Nasare Nasir Idris, whom you are awarding tonight, the Iconic First Lady of the Year in Humanitarian Societal Services and Philanthropy."





"We thank you for this award and we assure you on behalf of Her Excellency, Hajiya Zainab Nasare Nasir Idris that she is inspired by this award and will continue to make impact in Kebbi state through her humanitarian and Philanthropic projects as well as activities affecting the girl-child, women, men and youths of Kebbi state."

Commenting on another award recipient, Alhaji Yahaya Buhari Ali, the awards organizer described the award recipient as a visionary leader that is particular about the societal and economic advancement.

He added, "His expertise and knowledge in business development is second to none. He spends his resources in coaching and mentoring young potential entrepreneurs with little or

no cost involved. He loves to see people grow and become self-sufficient. He has always advocated for acquisition of knowledge and application to better the society and by extension, the globe."

Speaking on being awarded Iconic Life and Business Purpose Coach of the Year, Ali said that, "It always feels great to be recognized for the things you do. This award recognition is a great motivation to not just me but also my team towards the work we do."

The serial entrepreneur and vision strategist added that, "We firmly believe that helping other people build their businesses and making remarkable impacts to humanity is one of the most rewarding work today. We will continue to do that relentlessly."





Sports



Kebbi Football Tournament Garnerers Praise for Inspire Academy, Mobil's Support

Football enthusiasts in Kebbi State are still applauding the U-16 Scouting Tournament which took place few months ago at four locations: the FIFA Goal Project football field in Birni Kebbi, the New Stadium in Argungu, and the School of Health Technology in Jega.

The scouting event which held between February 15th to 22nd, 2025 was a collaborative effort between Inspire Sport Academy, Lagos, and Mobil. According to Ogette Francis, Director of

Inspire Sport Academy, and Akinkunmi Akinpelu, Chief Scouting Officer for the Kebbi State zone, the tournament aims to identify and nurture young football talent in the region.

Speaking during the opening ceremony of the scouting event, the Secretary of Youth Sports Federation of Nigeria (YSFON), Kebbi State chapter, Babangida Seriki, who also monitored the scouting program, described it as one of the best in terms of fairness and volume of talents that participated.

Seriki thanked the sponsor and organizer for beaming their searchlight to Kebbi State, saying the state has lots of football talents, but they often don't get such opportunities to express their skills. "This kind of program, if often organized, will take the young ones out of the streets and positively in Lagos and Mobil for coming here," he noted.

Kebbi To Develop 6,000 Capacity Indoor Stadium

Kebbi state government will consolidate effort on sports development aimed at raising the mental and physical wellbeing of youths in the state. Consequently, it plans to this year to boost sporting activities among young men and women. The Commissioner for Youths and Sports Development, Nura Bala Fingila, affirmed this at the opening of the maiden edition of Dr. Nafisa Nasir Idris Gimbiyar Basaura Unity Challenge Cup Competition Sunday evening in Birnin Kebbi.

Fingila said Governor Nasir Idris has demonstrated penchant for sports development, and made it a policy thrust of his administration to use sporting activities not only to strengthen unity among the people and for economic growth, but also to develop the mental and physical capacity of youths.

“His Excellency has captured various sports programmes in the 2025 budget including the development of a 6,000 capacity indoor sports hall for this purpose”, “The tournament which started today is tailored towards that objective, the essence is to unite the youths, football today has become a big time economic venture, social cohesion and unity”, “Kebbi is proud to have a

professional International Soccer Player in the name of Zeidu Sanusi Jega, we want more of our indigenes to lace boots at national and international levels”,

“The Gimbiyar Basaura Unity Challenge Cup Competition in honour of the Wife of the Governor, Hajiya, Dr. Nafisa, draws participants from the 21 Local Government Areas of the state”, “The Cup being competed for in the competition is organised and sponsored by a philanthropist, KHAIRULLAHI Jega, founder of Alkhairiyya Foundation”, “The target objective is to groom our young talents for future prospects as well as strengthen unity and understanding amongst them”, Fingila remarked. Sponsor of the tournament, Alhaji Khairullahi Jega,



was among hundreds of spectators who watched the opening match between his team, 'Sarkin Yamman Jega Football Club' and 'Dutsinmari Football Club'.

The Sarkin Yamman Jega who spoke through the State PRO of the APC, Isa Assalafi, indicated commitment to continue to provide necessary material and financial support to youths and sports development in consonance with the vision of Governor Nasir Idris.

Kebbi United Appoints Bashiru as Head Coach Ahead of the 2024/25 Season

Kebbi United has appointed Muhammad Bashiru as their new head coach for the 2024/25 Nigeria National League season. Equipped with a UEFA Tactical and Strategic Management certificate, Bashiru is expected to bring an innovative, modern approach to the team. His appointment marks a new chapter as the club seeks to build on past successes and aim for greater

achievements. Bashiru's tactical expertise, forward thinking strategies, and passion for the game are anticipated to influence not just Kebbi United but also the wider Nigerian football scene. Fans and stakeholders eagerly await the positive impact of his leadership, hoping for a transformative era at the club.

Muhammad Bashiru's appointment as head coach signals a strategic shift for Kebbi United, and it couldn't come at a better time. With his UEFA certified background in tactical and strategic management, Bashiru's role offers the promise of modernising the club's playing style and enhancing its competitive edge. His arrival is not just about filling a managerial role it's about redefining the team's footballing philosophy.



Redefining Nigerian Travel: 10 Trends for a Changing Landscape

Nigeria's travel and tourism sector is undergoing a significant transformation, influenced by global uncertainties and unique local challenges. This dynamic environment is pushing businesses and travelers to adapt to new realities.

Policy changes, shifting customer preferences, and technological advancements are reshaping how the industry operates. These factors impact everything from trip planning and destination choices to the way visitors experience Nigerian culture.

From a growing interest in wellness retreats to the rise of digital nomadism, the sector is demonstrating remarkable resilience in the face of economic and social unpredictability. This analysis explores ten pivotal trends redefining Nigeria's travel and tourism, highlighting both the hurdles and the exciting opportunities for innovation and connection. These insights empower industry leaders to plan ahead wisely.

1) Health and Wellness Tourism

Travelers now seek trips that focus on well-being, including spa retreats, yoga sessions, and healthy dining experiences. This trend pushes hotels and resorts to add wellness facilities and programs that appeal to health-conscious visitors.

2) Eco and Sustainable Travel
Many visitors are choosing destinations that promote conservation and environmental care. Eco-friendly tours, nature reserves, and sustainable accommodations are on the rise as travelers look to minimise their impact.

3) Business and Leisure Integration
The blending of work and leisure is becoming common. Travelers extend business trips for leisure activities, prompting hotels to offer flexible spaces that cater to both professional needs and relaxation.

4) Technology-Driven Services
Advances in digital tools are making travel easier and more personalised. Online booking, virtual tours, and automated customer service are now part of the travel experience, reducing hassles and increasing satisfaction.

5) Adventure Tourism
There is growing interest in active, outdoor experiences

such as hiking, water sports, and wildlife safaris. This trend encourages operators to develop adventure packages that highlight Nigeria's natural attractions.

6) Cultural and Heritage Tourism
Tourists are keen to explore local traditions, festivals, and historical sites. Experiences that showcase Nigeria's rich cultural heritage, including museum tours and community events, are attracting curious travelers

7) Luxury Travel Experiences
High-end travelers are looking for exclusive and tailored experiences. Private tours, bespoke itineraries, and upscale accommodations are redefining luxury in Nigeria's tourism sector.

8) Community-Based Tourism
Engaging directly with local communities offers authentic experiences. Visitors increasingly choose tours that include local interactions, helping to boost local

economies and share cultural stories.

9) Digital Nomadism
With remote work on the rise, Nigeria is attracting professionals seeking both work and leisure. Improved internet services and coworking spaces are making travel more viable for digital nomads.

10) Simplified Visa and Travel Processes
Efforts to streamline visa applications and entry procedures have improved travel convenience. Faster, more efficient processes help attract tourists and encourage repeat visits, fostering a more welcoming travel environment.

These trends reflect a dynamic shift in Nigeria's tourism sector, emphasising sustainability, technological advancement, and enriched traveler experiences. Stakeholders adapting to these changes are poised to thrive in this evolving landscape.

Rebuilding Nigeria's Rails: A Boost for Trade and Travel

Nigeria's bold plan to revitalize its railway system, particularly the crucial Port Harcourt-Maiduguri corridor, holds immense potential for trade and travel. The comprehensive upgrade aims to modernize outdated tracks and equipment, effectively linking disparate economic zones and stimulating both local and global commerce.

The Eastern Railway Corridor,

stretching a formidable 1,443 kilometers from Port Harcourt in the south to Maiduguri in the northeast, traverses key states rich in agricultural and industrial resources. Despite some challenges in construction and funding, sections of this corridor, like the Port Harcourt to Aba stretch, have seen successful rehabilitation and are already facilitating smoother and more efficient travel for goods and passengers.

The strategic importance of this railway cannot be overstated. By connecting major seaports in Port Harcourt to far-flung markets in the northeast, the railway is set to become a critical artery for the movement of agricultural products, manufactured goods, and other commodities. This enhanced connectivity is expected to reduce transportation costs significantly, making it a boon for businesses involved in

regional trade.

Moreover, the railway project is anticipated to spur economic diversification in Nigeria, a country traditionally reliant on oil revenues. The influx of jobs and the boost in various sectors such as manufacturing and services are likely to follow the railway's path through the country. For travel industry stakeholders, this represents a plethora of new business opportunities—from increased passenger traffic to the potential for new tourism ventures along the rail line.

The impact of Nigeria's railway developments also resonates beyond its borders, aligning with broader African initiatives to improve regional connectivity. Similar projects across the continent, such as the South Africa-Botswana Rail Corridor and the Tanzania Standard Gauge Railway, underscore a continental shift towards enhancing infrastructural

networks to support economic growth and integration.

For African travel agents and industry professionals, the unfolding scenario presents multiple avenues for growth. The ability to offer integrated travel packages that include rail journeys, coupled with local tourism experiences, could attract a wider international audience. Additionally, the logistics sector stands to benefit from more streamlined operations, enabling quicker and more reliable service offerings.

As Nigeria continues to push forward with its railway projects, the ripple effects are likely to be felt across the travel and trade landscapes. The promise of reduced travel times, lower costs, and improved service quality is a compelling narrative for anyone involved in the African travel industry. This ongoing transformation not only enhances the appeal of the region as a prime destination for

both business and leisure travelers but also sets the stage for a more interconnected and prosperous Africa.

Travel professionals are encouraged to keep a close watch on these developments. The evolving railway network is not just a conduit for goods and people but a catalyst for broader economic and cultural exchanges across the continent. By tapping into this dynamic sector, travel agents can enhance their offerings, providing more value to their clients and contributing to the continent's growth narrative.

In conclusion, Nigeria's railway rehabilitation is more than just an infrastructure upgrade—it's a strategic pivot towards a more connected and economically diverse future. For the travel industry, this is the time to align strategies and explore new possibilities that these rail advancements herald.

Kebbi Secures N330 Billion in Foreign Investment for Tourism, Heritage Development

Governor Nasir Idris of Kebbi State has announced the attraction of over N330 billion in foreign investment, earmarked for the development of tourism and the preservation of cultural heritage within the state. This achievement underscores the administration's commitment to boosting Kebbi's profile as a premier tourist destination.

Idris made this statement on Saturday at the 2025 Rigata Annual Cultural Festival in Yauri

Local Government Area of the state. He emphasized the administration's commitment to preserving cultural heritage, describing the Rigata festival as more than just a celebration but a testament to Kebbi's rich history, vibrant culture, and the unity of its people.

“This festival showcases the beauty of our traditions, the strength of our community, and the spirit of our resilience. It is an opportunity for us to come together, celebrate our

achievements, and reflect on our shared values,” he said.

Tourism and economic development in Kebbi

According to him, the festival plays a crucial role in promoting tourism and economic development in Kebbi, attracting visitors from near and far. “We have created opportunities for local businesses, artisans, and entrepreneurs.

“Our recent visit to China, aimed at attracting foreign investors,



resulted in the signing of an agreement with reputable investors worth \$200 million, equivalent to N330 billion,” he said.

On security, Idris stated that there had been a significant improvement in the security situation in Yauri due to the concerted efforts of the state government, allowing farmers to return to their farms.

“Within 15 months of this administration, we have reconstructed and rehabilitated Yauri township roads, built a mega school, renovated the Yauri Emirate's palace, installed solar-powered streetlights, rehabilitated several mosques, and provided free agricultural inputs, among other initiatives,” he said.

Federal support for cultural preservation

Earlier, the Chairman of the Occasion, Dr. Yusuf Sununu, who is also the Minister of State for Humanitarian Affairs and Poverty Reduction, stated that leveraging cultural diversity to

boost the economy aligns with President Bola Tinubu's policy thrust.

“Rigata is a Yauri cultural heritage aimed at leaving a lasting legacy for future generations.

“The festival has earned international recognition, and the presence of tourists signifies that peace has returned to Kebbi,” he said.

History and evolution of the Rigata Festival

Providing a brief history of the festival, Sununu explained that it involves riverine maneuvers, including water sports and entertainment, and dates back 200 years.

“It was a display of the naval strength of the Gungu people, where Gungu warriors attacked the most dangerous hippopotamus on the River Niger. “Warriors would board canoes of different sizes, armed with various weapons, to hunt the wild marine mammal.

“The water manoeuvres also served as a training exercise for upcoming Gungu warriors,” he said.

Sununu recalled that the arrival of Europeans led the colonial government to ban hippopotamus hunting to preserve the species.

“Afterwards, Rigata became a prestigious display of wealth, power, and influence during wedding ceremonies of highly placed households. “The trend prevailed until the visit of the late Premier of Northern Nigeria, Sir Ahmadu Bello, Sark of Sokoto, to Yelwan-Yauri, during which Rigata, alongside an agricultural show, was organized to honor the premier,” the minister narrated.

Earlier, the Chairman of the National Organising Committee, Alhaji Yakubu Bala-Tafida, described the festival as a significant milestone in celebrating and showcasing cultural heritage.



The Law and The Modern Woman: A Gender Perspective

By: J.D. Adeyemi Esq.

The role women play in society cannot be over-emphasized, as it is argued that in the absence of women there can be no society. This is typified in the African adage: educate a man and your educate an individual; educate a woman and you educate a nation. Little wonder why Nations are referred to as she.

For a gender with such an enormous function, it is only logical that a woman is not made out to be the subservient gender. Though it is true that there are areas of vulnerability in every female, however, these vulnerabilities (whatever it may

simply because we all are humans with strengths and weaknesses irrespective of gender. Therefore, mutual respect is however desirable; that a person is not discriminated against simply on the basis of gender as qualification should be the hall mark and not a person's sex.

It is true that women have suffered certain setbacks in time past such as unequal pay for equal work as opposed to their male counterparts, however in current times the rights of women has been greatly strengthened by innovations in

be) do not translate to in capabilities.

It is very saddening that the vulnerability of a woman is termed or seen as weakness whereas it is true that every human being has a level of vulnerability too in one aspect of their lives or another and this is

current laws as against their male counterparts, however there is still remains a lot of work to be done.

While this paper reviews some of the current law impacting positively on the rights of women, the scope of this paper shall be aimed at reviewing the deficiencies in current laws and the way forward.

RIGHTS, PROTECTION, DISCRIMINATION AND THE WAY FORWARD

Men and women are entitled to the same level of protection of their rights because they all are human beings. In the past, human rights had been conceptualized in a way that did not take account of women's lives and the fact that women routinely faced violence, discrimination and oppression. Consequently, women's experiences were until relatively recently not adequately addressed by the human rights framework. The work of activists in human rights mechanisms and States has been critical in ensuring that the human rights framework has

grown and adjusted to encapsulate the gender-specific dimensions of human rights violations in order to better protect women. Effectively ensuring women's human rights requires a comprehensive understanding of the underlying societal structures and power relations that define and influence women's ability to enjoy their human rights. These power structures have an impact on all aspects of life, from law and politics, to economic and social policy, family and community life. There has been commendable legislations that have helped to shape and improve women rights particularly in Nigeria. The major lapse of these legislations however is their failure to consider the domestic need and peculiarity of the Nigerian state.

on human rights that touch on women's rights, the need for equality and freedom from discrimination. It also takes into consideration the peculiar circumstances of women in Africa and their vital role in development. As good as this protocol seems there still remains the problem of ratification, domestication and enforcement in the Nigerian state.

In Africa the treaty that cursorily provides for the protection of reproductive and sexual rights is the African Charter on Human and people's rights and the protocol to the African Charter which situates sexual health and rights within the recognition of women's reproductive rights as human rights.

The ACHPR since its

rights are important, as well as fundamental rights contained in chapter IV of the extant constitution of Nigeria which are justiciable.

The extant Constitution of Nigeria as the ground norm particular prohibits discrimination on the basis of sex and against that backdrop there has been other enactments geared towards eliminating discrimination on the basis of sex.

It was previously the position of the law that married women could not own properties but this position has however changed under the Matrimonial Causes Act as women married under law (the Act), where she is able to produce documents showing she made a contribution to the property, is entitled to the part of

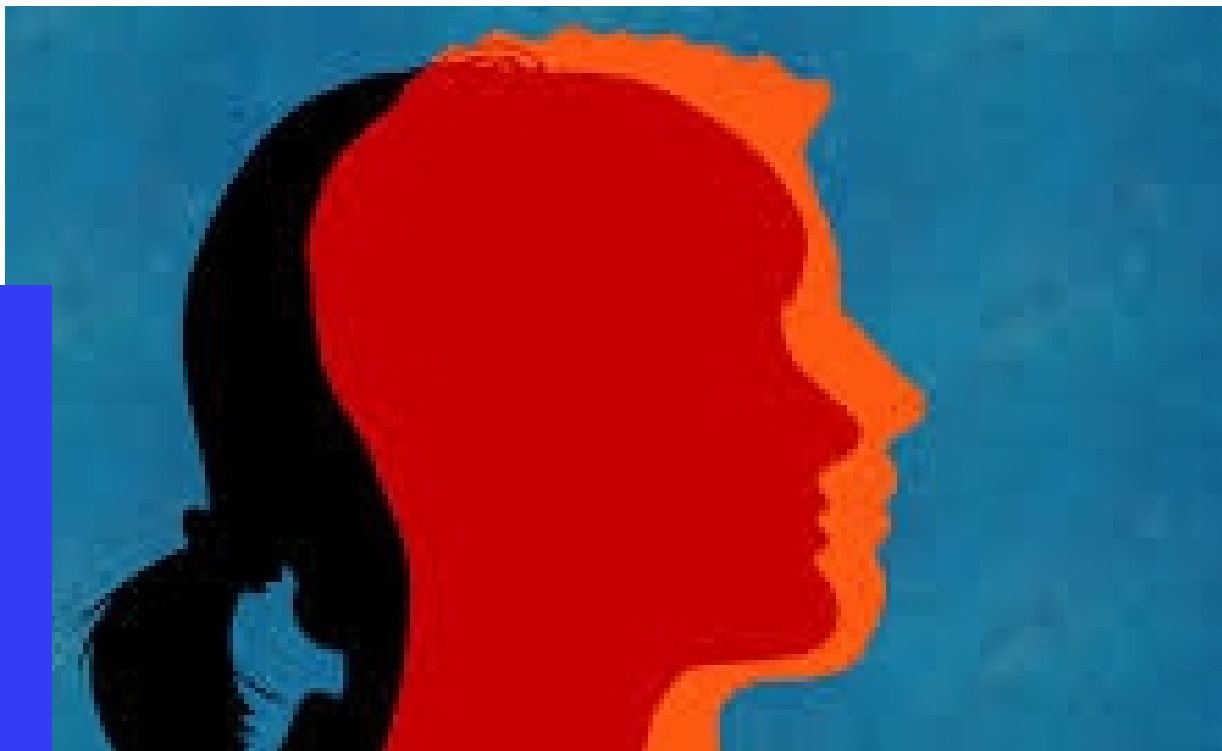
the property commensurate to her contribution and where the property is bought in her name she gets to keep it.

The relevant laws as good as they seem have a major flaw which is their copy cat nature-their failure to take the domestic peculiarity of the

Nigerian state into consideration. For instance, the patriarchal nature of the Nigerian state makes it easy for barbaric discriminating cultures to thrive such as the culture in some part which sees women as chattels capable of being owned and inherited by the next male

The foremost of these legislations is the Protocol to the Africa Charter on Human and Peoples' Rights on the Rights of Women in Africa which is a unique piece of legislation because it takes into consideration the provisions of other international instruments

ratification by the national assembly in 1983 has been given binding effect by the constitution and has been recognized, however some of its provision are contained in the fundamental objectives and directive principles of state policy, regarded as chapter II, though non justiciable these



relative in the event of the death of the husband. A woman married under customary law is entitled to be provided with a home by her husband as long as the marriage lasts. She is also entitled to use her husband's property, but cannot dispose of it as her own even where it is jointly owned. The right to be provided with a house by her husband terminates upon divorce. Upon divorce, a woman married under customary law has no claim over a house jointly owned by her husband. Her position is not helped by the provisions of the Matrimonial Causes Act in respect of maintenance and settlement of property, which expressly excludes the application of its provisions to marriages under customary and Islamic law.

The Constitution and certain laws in Nigeria still contain discriminatory aspects. For instance, Section 26(2) of the Constitution does not allow a Nigerian woman to transmit her nationality to her husband if he is a foreigner however a Nigerian man married to a foreigner can do so. Section 55 of the Penal Code applicable in northern Nigeria permits wife battery as chastisement, as long as grievous harm is not afflicted. Section 55 of the Labour Act prohibits women from working in the night despite the fact that we now have more women as bread winners of their homes.

In most parts of Nigeria, female children are still discriminated against on issues of inheritance. With the decision in *Mojekwu v Mojekwu*, in which the Court of Appeal declared the 'oli-ekpe' custom of Nnewi – which permits the son or the brother of a deceased person to inherit his



property to the exclusion of his female children – discriminatory, it was expected that discrimination against women and the girl child on the issue of inheritance would end. This is definitely not the reality, probably because the decision has not gained nationwide popularity and poverty prevents women from going to court to assert their rights. Under Islamic law a girl child is not entitled to equal share of her father's estates with her brothers.

Conclusions and Recommendations

Despite the availability of current laws on this issue there remains some challenges hindering the actualization of gender equity, mutual respect and the elimination of discrimination. This paper herein proffers solutions in hopes that the issue of discrimination in the Nigerian state on the basis on gender would soon be a thing of the past.

In light of the current realities, it is pertinent that the government show its commitment by:

- Domesticating the protocol;*
- Passing the bill on violence against women;*
- Reviewing laws on women's property rights and all other laws discriminating against women;*
- Adequate budgetary allocations to issues that promote women's rights and bridge gender gaps;*
- Integrating women's right issues and gender education into the school curriculum.*
- Providing mechanism for enforcement of the current laws.*
- Sponsoring programmes geared at public education and enlightenment on the need to eradicate discrimination*

J.D. Adeyemi Esq., is a Legal Practitioner, Researcher and Human Rights Advocate in Kebbi State.



Learning Soap Making

Let's dive into the wonderfully creative world of toilet soap making! This guide will empower you to craft luxurious, personalized soaps, perfect for your bathroom. We'll focus on the cold process method, known for its gentle nature and ability to incorporate a wide range of natural ingredients.

I. Safety First! The Lye Lesson:

Before we even think about suds, let's talk about lye (sodium hydroxide). Lye is a powerful alkali that, when combined with

oils and fats, undergoes saponification – the magical process that transforms them into soap. However, lye is also caustic, meaning it can cause serious burns. Always prioritize safety!

Essential Gear: Safety glasses (the kind that fully seal around your eyes), rubber gloves (heavy-duty, not the flimsy kind), and long sleeves are non-negotiable.

Ventilation: Work in a well-ventilated area, preferably outdoors or near an open window. Fumes from the lye solution can

irritate your lungs and eyes.

Careful Mixing: Always add lye to water, never water to lye. The reaction generates significant heat. Do this slowly and carefully in a heat-resistant container, stirring gently.

Neutralization: Keep a bottle of vinegar or baking soda handy to neutralize any lye spills immediately. Rinse thoroughly with water.

Storage: Store lye in a tightly sealed container, out of reach of children and pets.



II. The Recipe: Crafting Your Dream Soap. Here's a basic recipe to get you started. Feel free to experiment with different oils and additives once you're comfortable with the process!

Recipe (approx. 1 lb of soap):

Oils: 20% Olive Oil (for moisturizing): 7.5 oz (213g) – Provides a creamy lather and conditioning properties.

30% Coconut Oil (for cleansing): 11 oz (312g) – Creates a rich, hard bar with excellent cleansing power.

50% Palm Oil (for hardness & lather): 18.75 oz (532g) – Consider sustainable alternatives like shea butter or mango butter for a more ethical choice. They'll alter the final hardness and lather slightly, but still produce

wonderful soap.

Lye (Sodium Hydroxide): Use a lye calculator (easily found online) to determine the precise amount of lye needed based on your chosen oils and superfat. Accuracy is paramount here! A typical superfat is 5%, meaning 5% of the total oil weight will remain unsaponified (for a gentler soap).

III. The Soap-Making Symphony

Prepare the Lye Solution: Carefully and slowly add the calculated amount of lye to the water (again, lye to water). Stir gently until completely dissolved. The mixture will heat up significantly. Let it cool to around 100-110°F (38-43°C).

Measure and Melt: Measure out your oils. If using solid oils (like shea butter or coconut oil), gently melt them in a double boiler or microwave until completely liquid. Let them cool to the same temperature as your lye solution (100-110°F/38-43°C).

The Grand Blend: Slowly pour the cooled lye solution into the cooled oils, while stirring gently with a spatula.

Immersion Blender Magic: Once combined, use an immersion blender to thoroughly mix the lye and oil mixture until it reaches a "trace." This means the mixture will thicken slightly and leave a trail on the surface when you drizzle some from the spatula.

Creative Additions (Optional): Now's your chance to personalize! Add:

Essential Oils: A few teaspoons of your favorite scent. Lavender for relaxation, tea tree for its antiseptic properties, or citrus for an invigorating burst.

Natural Colorants: Micas (mineral-based pigments) create beautiful, vibrant colors. Clays (bentonite, kaolin) add interesting colors and properties. Herbs add visual appeal and potential benefits.

Molding Your Masterpiece: Carefully pour the soap mixture into your chosen mold (silicone molds are easy to use). Tap the mold gently to release air bubbles.

Insulation & Patience: Cover the mold with a towel or blanket to insulate it and maintain heat for saponification.

Let it sit undisturbed for 24-48 hours.

Un-molding: Once the soap is firm (it should not jiggle), carefully remove it from the mold.

Curing: The most crucial step! Cut the soap into bars and place them on a well-ventilated rack. Let them cure for 4-6 weeks. This allows excess water to evaporate, making the soap harder, longer-lasting, and milder on the skin.

IV. The Grand Reveal: Your Homemade Toilet Soap

After curing, your handmade toilet soaps are ready to use! Enjoy the luxurious lather and the satisfaction of creating something beautiful and functional with your own hands.

V. Beyond the Basics:

Experiment with different oils: Explore the vast world of oils and fats to discover new textures and lathers.

Incorporate exfoliants: Add finely ground oatmeal, coffee grounds, or sugar for a gentle scrub.

Create layered soaps: Experiment with pouring different colored or scented batters on top of each other.

Remember, this is a creative process! Have fun experimenting and making your own unique soap creations. Always remember safety first and enjoy the journey of soapmaking!





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THE NASARA CHRONICLE

April 2025

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Hope Takes Root

**Nasara
Foundation
Appoints Bilkisu
Nasir As CEO**

Community Driven Change

...Harnessing
Local Networks
To Empower
Women

Forging New Alliance ...Nasara Foundation

Seeks U.S. Embassy
Partnership to
Empower Kebbi State

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Needs Your
Donations
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**Learning
Soap
Making**

Hajiya Zainab Nasir Idris: Touching Lives In Kebbi State

...A Beacon Of Hope For The Needy

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