

DR. MARY GICHURE



AGMCP Mentee Cohort 2023

Post-Doc Category

Memorabilia

Contents

- 1) Introduction
- 2) Monthly Webinar Series on various topics: farming systems Africa, Data Visualization, Cloud Seeding, Home Gardening; Grant writing
- 3) Participation in short courses: Writing for the media, Resilience Index Measurement and Analysis (RIMA)
- 4) Conference participation: Circularity Africa Conference
- 5) Establishment of close Mentor-Mentee relationship
- 6) Manuscript writing and publishing
- 7) Elections of AGMCP Alumni Association executive board
- 8) Significant contributions of the fellowship to my professional career
- 9) Suggestions for the AGMCP management team
- 10) Acknowledgements
- 11) Contact details
- 12) The next AGMCP Cohort - 2024

1: Introduction

The Africa Graduate Mentorship and Coaching Programme (AGMCP) is a mentor-mentee network facilitated by the Interconnections for Making Africa Great Empowered and Sustainable (IMAGES) Initiative.

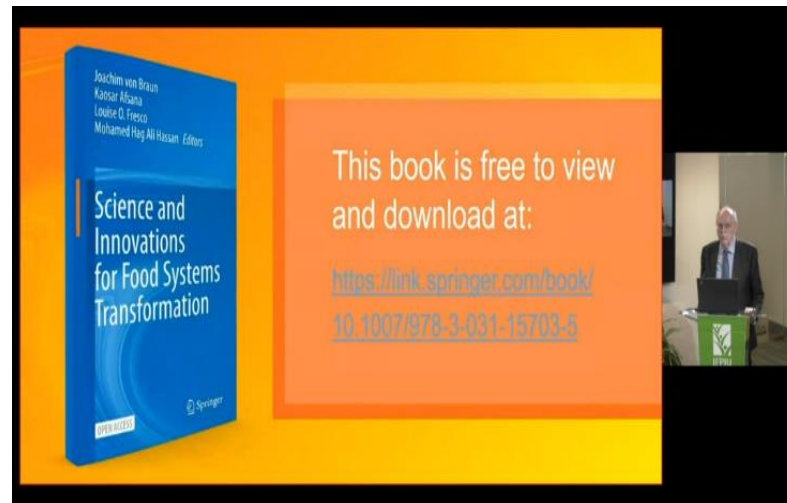
It is designed for mentoring and coaching graduate students at Masters, PhD and Post-Doc levels between 20 30 and 40 years of age, respectively , in Africa in the areas of research and professional development.

The programme runs from January to December each year with the theme of “Developing Capacity for Assessing Sustainable African food Systems”

This presentation summarizes my experiences with AGMCP Programme 2023

2.1: Monthly Webinar Series: Food Systems

- Learning outcome: discussion on farming systems and the effect climate change
- The book “ Science and innovations for food systems Transformation” was launched.

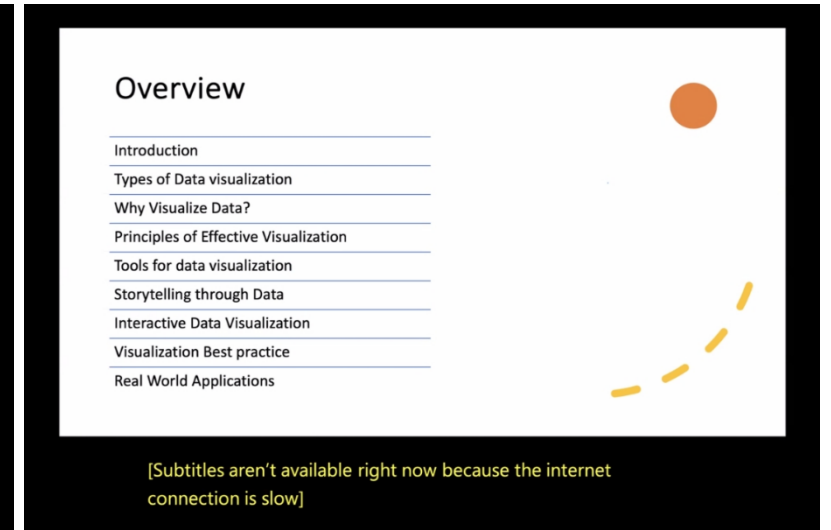


The image is a screenshot of the IFPRI website. At the top, there is a navigation bar with links for LIBRARY, NEWSLETTERS, MEDIA, VIDEOS, PODCASTS, and STAFF. Below this is a yellow header with the IFPRI logo and 'WORK WITH US' text, along with a search bar and a menu icon. The main content area is titled 'POLICY SEMINAR' and features the following text: 'Science and Innovation for Food Systems Transformation – follow up to the 2021 UN Food Systems Summit'. It also states 'In cooperation with the former Scientific Group of the 2021 UN Food Systems Summit' and provides the date and time: 'APR 11, 2023 - 9:30 TO 11:00AM EDT'. A 'PODCAST' button is visible. Below the text is a video player showing a promotional graphic for the seminar with logos for the United Nations Food Systems Summit 2021 and IFPRI. The video player shows a play button and a progress bar at 1:30:26. At the bottom of the page, there is a paragraph of text: 'The [UN Food Systems Summit](#) held in September 2021 was first of its kind in several respects: it was the first UN summit to focus on *food systems*, the first food-related summit involving heads of state in the UN General Assembly, and the first such summit that was informed by an **independent Scientific Group**. Food systems require ongoing attention, as evidenced by the widespread repercussions of the Ukraine crisis and the

The image is a screenshot of a Zoom meeting participants list. The title bar shows the time as 16:21 and the battery level as 14%. The meeting title is 'Participants (24)'. There is a search bar at the top. The list of participants includes: Mary Gichure (me), Anu Anibaba (Host), Chukwuebuka Christopher Okolo, Dennis Yegon, Douglas Otoo, Enock Asante Osei (He/Him), Femi Hounnou, Jennifer Kago, Joel Bidounga, karoney, Kevin Finagnon FASSINO, Margaret James, and Moses Mukui. Each participant has a small profile picture and icons for mute, video, and chat. At the bottom, there is an 'Invite' button.

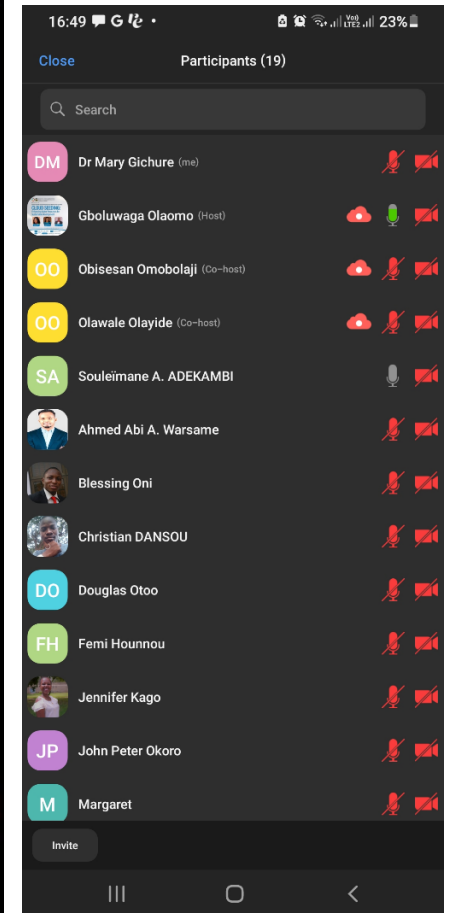
2.2: Monthly Webinar Series: Data visualization

- Webinar series on Data visualization
- Learning outcome: Data visualization is a powerful story telling tool



2.3: Monthly webinar Series: Cloud seeding

- This was a global Webinar series on water and sustainable development
- Discussions revolved around green growth and green economy



2.4: Monthly Webinar Series: Home gardening

- Imperatives of home gardens in household food security and nutrition
- The speaker took us through a virtual tour of her exciting home garden.
- Key Take-Home – it is possible to farm organically for subsistence and commercial
- She made use of every available space

INTERCONNECTIONS FOR MAKING AFRICA GREAT EMPOWERED AND SUSTAINABLE (IMAGES) INITIATIVE.
HOUSEHOLD EMPOWERMENT AND LIVELIHOOD PRODUCTIVITY SYSTEMS (HELPS)
PRESENTS A WEBINAR

TOPIC

Imperatives of Home Gardens in Household Food Security and Nutrition

OPEYEMI ODUNOLA
MODERATOR

MRS WURAOLA ABIOYE
GUEST SPEAKER

DR. OLAWALE OLAYIDE
HOST

<https://imagesinitiatives.org/>

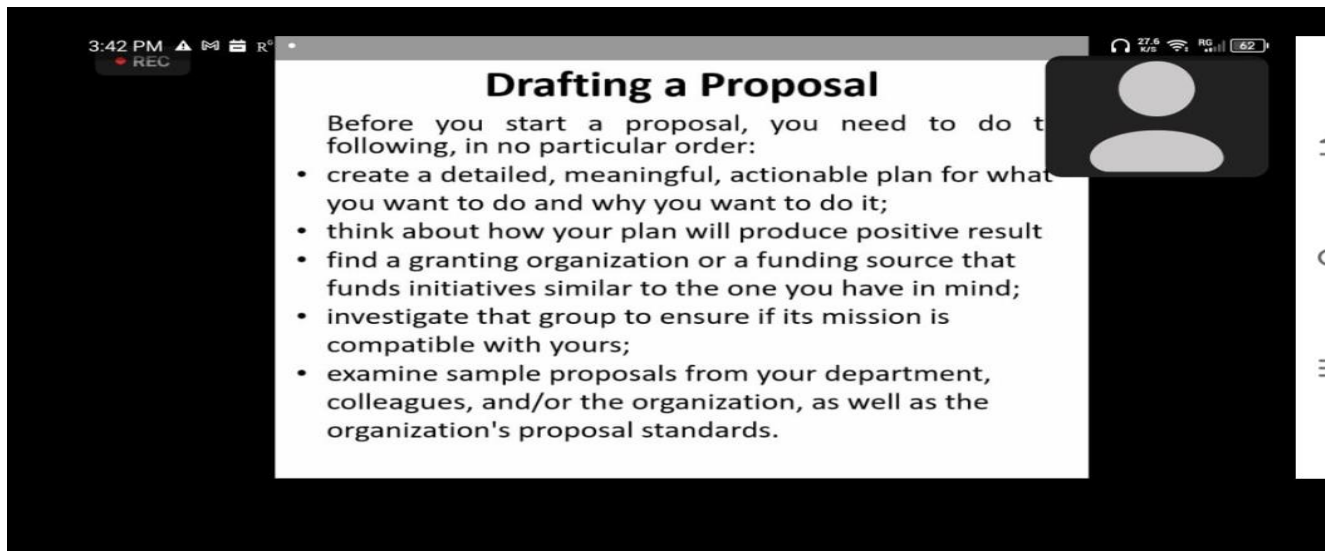
Date: Tuesday; 17th October, 2023
Time: 12:00 noon (WAT)
Contact: +234 802 387 2494

Participation is FREE

Zoom Meeting ID: 885 2255 8281
Passcode: 464764

2.5: Monthly Webinar Series- Grant writing

- Knowledge on grant writing
- Plan and outline of the grant proposal
- I got to learn about the Diversity, Equity, Inclusion and Belonging (DIEB)

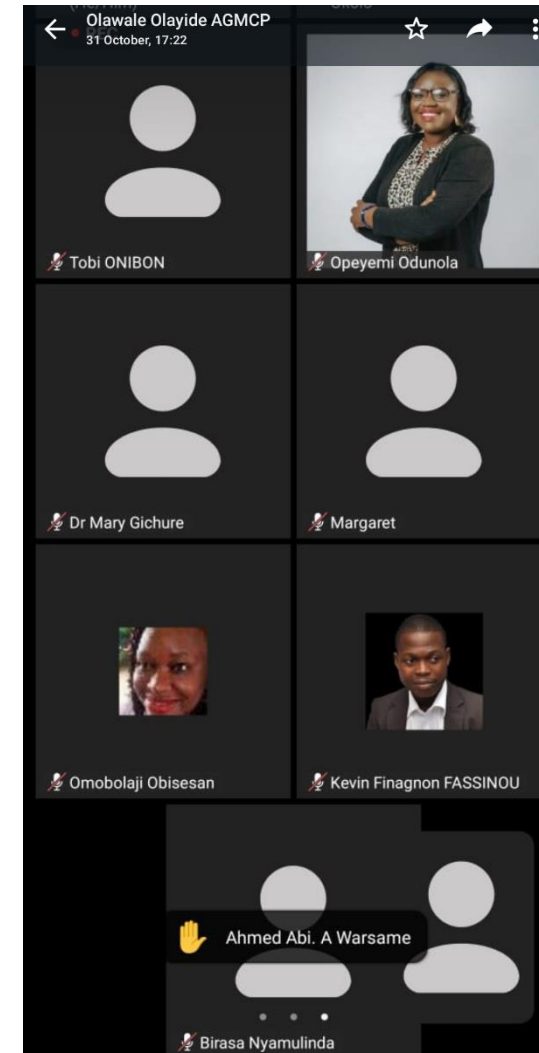


3:42 PM REC

Drafting a Proposal

Before you start a proposal, you need to do the following, in no particular order:

- create a detailed, meaningful, actionable plan for what you want to do and why you want to do it;
- think about how your plan will produce positive result
- find a granting organization or a funding source that funds initiatives similar to the one you have in mind;
- investigate that group to ensure if its mission is compatible with yours;
- examine sample proposals from your department, colleagues, and/or the organization, as well as the organization's proposal standards.



Olawale Olayide AGMCP
31 October, 17:22

Tobi ONIBON

Opeyemi Odunola

Dr Mary Gichure

Margaret

Omobolaji Obisesan

Kevin Finagnon FASSINOU

Ahmed Abi. A Warsame

Birasa Nyamulinda

2.6: Monthly Webinar Series - Work Life Balance

- Experience in moderating sessions
- The great need to balance between work and family
- Dangers of unbalance Work – Life balance
- Tips on how you can balance your presence in life and family while still progressing your career



The poster features a central graphic with a globe icon at the top, followed by the text: "INTERCONNECTIONS FOR MAKING AFRICA GREAT EMPOWERED AND SUSTAINABLE (IMAGES) INITIATIVE. AFRICA GRADUATE MENTORSHIP AND COACHING PROGRAMME (AGMCP) MONTHLY WEBINAR SERIES". Below this, a purple box contains the word "TOPIC", and a large red box contains the title "WORK-LIFE BALANCE". Underneath, a red box lists the sub-topics: "MARITAL RELATIONSHIP & PROFESSIONAL LEADERSHIP". Three portrait photos are shown in a row, each with a name and role below it: Prof. Oyeronke A. Odunola (Guest Speaker), Dr Mary Gichure (Moderator), and Dr Olawale E. Olayide (Host). At the bottom, there is a purple box with the URL "https://imagesinitiatives.org/", a date and time box, a purple box stating "Participation is FREE", and a Zoom meeting information box.

INTERCONNECTIONS FOR MAKING AFRICA GREAT EMPOWERED AND SUSTAINABLE (IMAGES) INITIATIVE.
AFRICA GRADUATE MENTORSHIP AND COACHING PROGRAMME (AGMCP) MONTHLY WEBINAR SERIES

TOPIC

WORK-LIFE BALANCE

MARITAL RELATIONSHIP & PROFESSIONAL LEADERSHIP

Prof. Oyeronke A. Odunola
Guest Speaker

Dr Mary Gichure
Moderator

Dr Olawale E. Olayide
Host

<https://imagesinitiatives.org/>

Date: Tuesday; 28th November, 2023
Time: 2:00pm (WAT/Lagos time)

Participation is FREE

Zoom Meeting ID: 85 8729 6045
Passcode: 406243

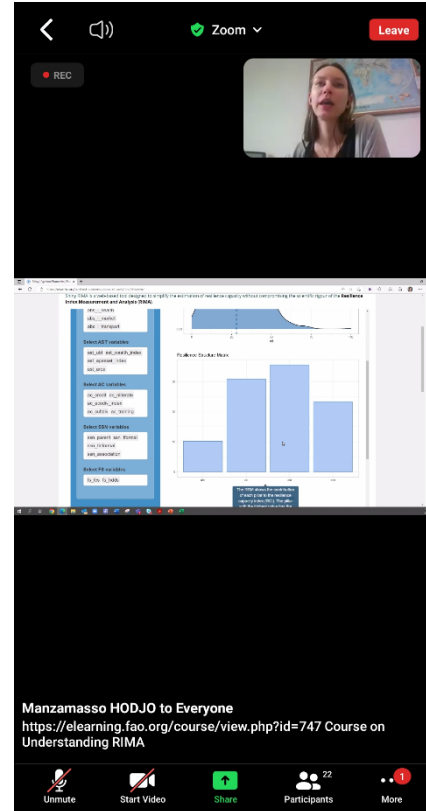
3.1: Participation in short courses – Writing for the media

- Writing for the media - Conversation Africa
- Key Output— knowledge on how to communicate scientific information to the public



3.2: Participation in short courses – shinny RIMA course:

- Participation in the Resilience Index Measurement and Analysis (shinny RIMA) short course by FAO
- Outcomes – Awarded a Badge



Recipient details

Name Mary Gichure

Issuer details

Issuer name Food and Agriculture Organization of the United Nations - Collaborative Learning

Contact elearning-enquiries@fao.org

Badge details

Name Shiny RIMA

Description Calculate the Resilience Capacity Index using Shiny RIMA

Course Shiny RIMA

Criteria Users are awarded this badge when they complete the following requirement:

- The following activity has to be completed:
 - "Quiz - Test - (pass grade 13/15)"

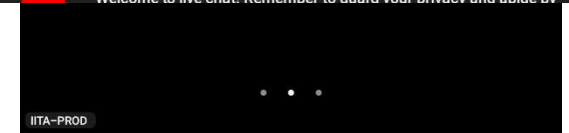
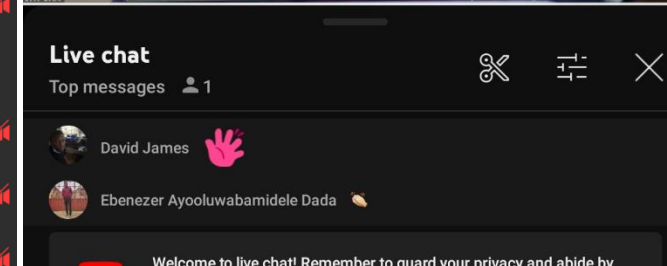
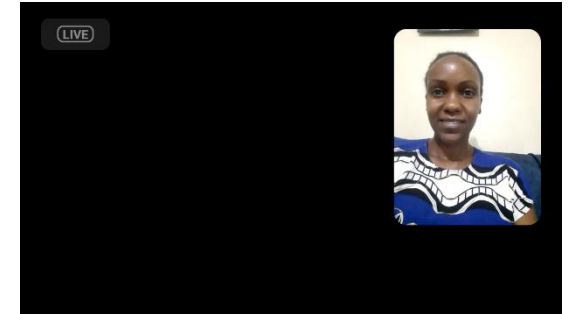
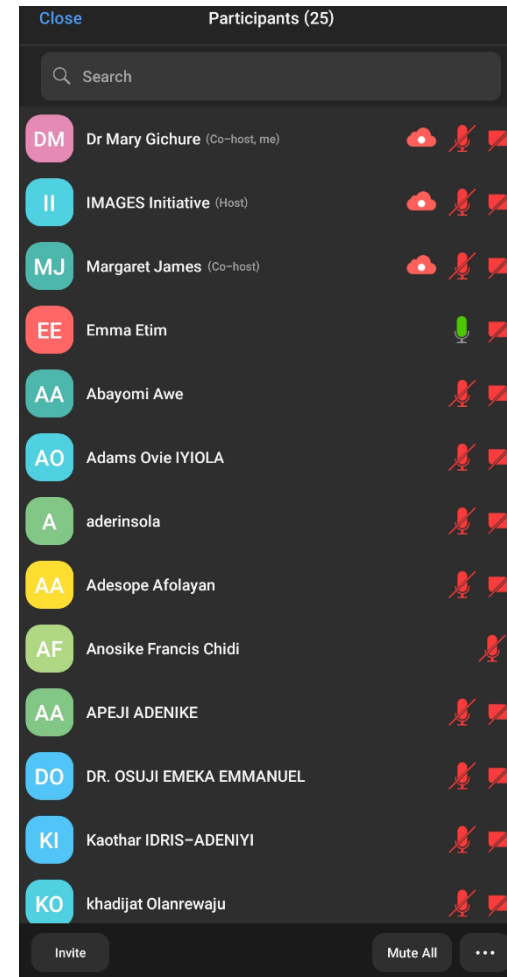
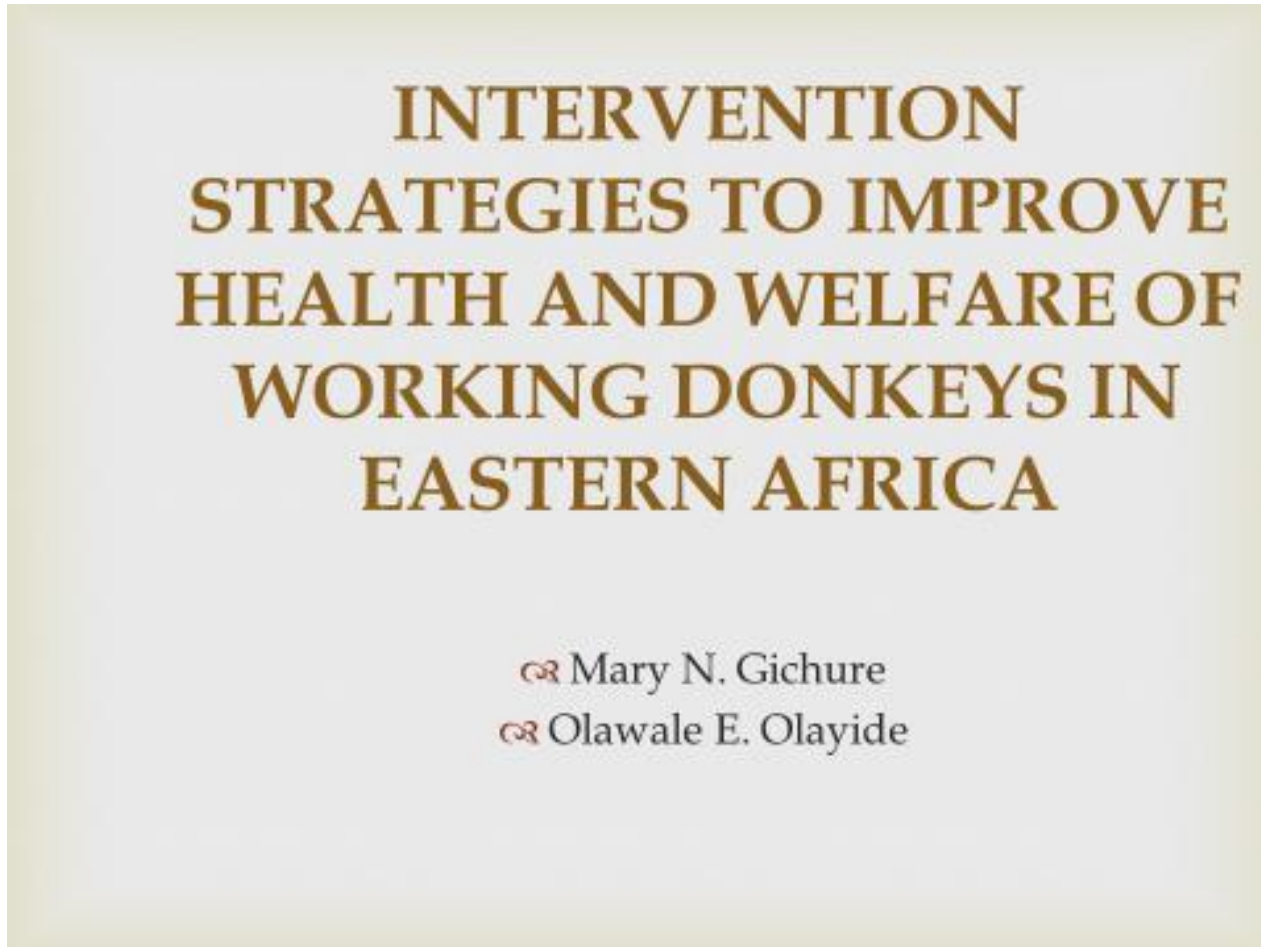
Badge expiry

Date issued Monday, 1 May 2023, 2:32 PM

Evidence This badge was issued for completing:

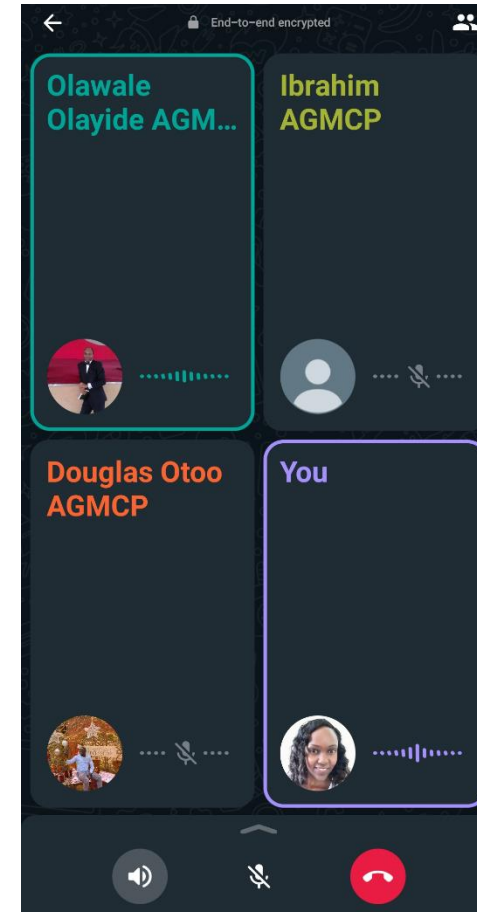
- The following activity has to be completed:
 - "Quiz - Test - (pass grade 13/15)"

4: Conference presentation– Circularity Africa Conference



5: Establishment of Close mentor – Mentee relationship: Regular monthly review meetings

- We had close mentor-mentee regular monthly meetings. During these meetings our mentor Dr Olawale Olayide was able to review our individual progress against the scheduled timelines.
- We also had time to network as individual members of the close group
- We also co-authored fellow mentees publications as ‘Iron Sharpens Iron’



6: Manuscript preparation and publishing (Reviewed abstract resubmitted)

Selected intervention strategies to improve health and welfare of working donkeys in Kenya. A Review

Mary N. Gichure^{1*} Olawale Olayide², Douglas Otoo³, & Ibrahim Tuzee A. Raheem⁴

¹Chuka University, Kenya, ²University of Ibadan, Nigeria, ³Gulu University, Uganda, ⁴ Kwame Nkrumah University of Science and Technology, Kumasi, Ghana

*Corresponding author mgichure@chuka.ac.ke Chuka University, P.O BOX 109-60400 Chuka

Abstract

Animal health and welfare has become an issue of increasing concern worldwide. Working donkeys have been used for income generation for many households in the rural, peri-urban and pastoral areas of Kenya. They continue to be exposed to many health and welfare challenges which reduce their productivity and hence the amount of household income earned through them. Various interventions have been made by stakeholders to address these challenges but they have persisted. A comprehensive review of the intervention strategies previously applied was conducted to systematically analyze the reasons that could contribute to persistence of health and welfare.

7: Elections of AGMCP Alumni Association executive board

- Elected as president of the AGMCPAA 2024

- I look forward to serving in the above capacity



AGMCPAA Executive Election 2023 Result

Name	Gender	Fellowship type	Position being sought/vote score	Remarks
Dr Mary Gichure	Female	Post-doctoral	President (92.3%)	Elected
Mr Ibrahim Tuzee Abdul-Raheem	Male	Master	President (7.7%)	
Mr Peter Kipkorir	Male	Doctoral	Vice President (100%)	Elected
Mr Finagnon Toyi Kevin Fassinou	Male	Doctoral	Secretary (100%)	Elected
Miss Jennifer Nyambura Kago	Female	Master	Treasurer/Financial Secretary (100%)	Elected
Mr Ahmed Abi Abdi Warsame	Male	Master	Director for communications (100%)	Elected

8: Significant contributions of the fellowship to my professional career

1. Capacity building in terms of; communicating scientific topics to the public, RIMA, grant writing, Data visualization
2. Networking especially through the monthly mentor-mentee meetings; and in the online Circularity Africa Conference where I was the co-host. I also formed networks with my fellow mentees Douglas (Uganda) and Ibrahim (Ghana) under the mentorship of Dr Olawale
3. Improvement of my confidence to conduct webinar series
4. Time management in order to balance taking part in the program while in resident countries with normal duties.

9: Suggestions for the AGMCP Management Team

- Facilitation of mentees to attend the Circularity Africa Conference
- Payment of publication fees for mentees who publish

10: Acknowledgements



- Grateful for the IMAGES for providing this opportunity
- Many thanks for my Mentor **Dr Olawale Emmanuel Olayide**, for making this experience worthwhile and inclusive.

11: Contact details

- Name: Dr. Mary Gichure
- Email: mgichure@chukka.ac.ke; marygichure@gmail.com
- Telephone: + 254721299947
- Orchid: <https://orcid.org/0000-0002-8390-8094>
- LinkedIn <https://www.linkedin.com/in/dr-mary-gichure-phd-a515b142/>
- Research gate: <https://www.researchgate.net/profile/Mary-Gichure>
- Google Scholar: <https://scholar.google.com/citations?user=39kLC1gAAAAJ&hl=en>

12: The next AGMCP Cohort - 2024



CALL FOR APPLICATIONS

Africa Graduate Mentorship
and Coaching Programme
2024 (5th cohort)

