



**AFRICA GRADUATE MENTORSHIP  
AND COACHING PROGRAMME  
(AGMCP) 2024 COHORT 5**



**MARY WAMBUI MUROKI**

**MEMORABILIA**

**MENTORED BY: PROF ADEBISI F. AGBOOLA**

## OUTLINE



- **Word from the mentee**
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- **Word from the mentor**
- **Introduction**
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- **Program contributiun to professional and personal growth**
- **Challenges and reccomendations to the AGMCP Team**
- **Acknowledgement**
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## WORD FROM THE MENTEE

I joined the AGMCP program at one of the lowest points in my life. However, it provided me with invaluable insights that catalyzed growth not only in my professional journey but also in my personal life.

I gave myself another chance and pushed forward with determination- networking, publishing another paper, starting my own honey business, successfully completing my master's studies, attending conferences, securing an internship, seeking counseling for my mental health, and enrolling in a purpose clarity masterclass.

I am profoundly grateful for the transformation this journey has brought. Thank you, Prof. Adebisi and Pilrani my teammate for your time, love, and support and pushing me to be the best version I could possibly be. These ladies believed in me. Thanks AGMCP!

## WORD FROM MY TEAMMATE

tThank you Mary for being a wonderful colleague, you made sure we worked together in all activities. Team work is what I have learnt from you, well coordinated.

Thank you Prof. for being a wonderful mentor, this journey was easy because of your guidance and support and your constant engagement. Wishing you all the best as well and of course we will keep in touch. Love you too Prof. God guide.

Thanks team. No one was left behind that's what makes this the best team I have ever engaged with. Cheers to more endeavours to come.

God bless.  
Pilirani.



## WORD FROM THE MENTOR

My esteemed Meticulous Mary and Pragmatic Pilirani, my dearest super Mentees. Kenya-Malawi-Nigeria connectivity: a bond of love for academic prowess, mutual relationship, and research collaboration.

I appreciate AGMCP for the opportunity to connect with these intelligent, conscientious, and hard working upcoming researchers with a great mind for excellence. It was a beautiful journey of research engagements.

I wish you the very best in your future endeavours.

Hope to see you soon. Please keep in touch. Love you!

Prof. Adebisi F. Agboola



# INTRODUCTION

- The Africa Graduate Mentorship and Coaching Programme (AGMCP), facilitated by the Interconnections for Making Africa Great, Empowered, and Sustainable (IMAGES) Initiative, fosters mentor-mentee relationships.
- The program is tailored to support graduate students (Master's and PhD) in Africa, aged 20 to 30, by offering guidance in research, professional growth, work-life balance, and career development.
- Successful completion depends on meeting the established deliverables, milestones, and requirements.
- This presentation highlights my experiences and accomplishments as a beneficiary of the program.



## KEY HIGHLIGHTS

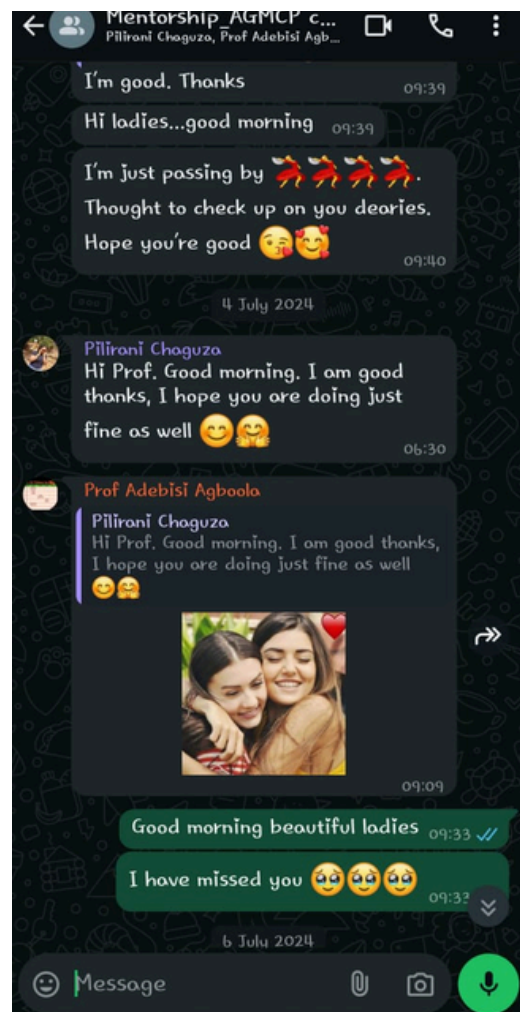
- Participation in the monthly webinar modules throughout the fellowship year proved to be highly beneficial.
- These webinars covered a wide range of topics, enriching my knowledge and skills.
- Through them, I enhanced my scientific research capabilities, honed my skills in writing publications, and significantly improved my communication and presentation proficiency.





## EXPERIENCES

- Participation in 5th annual circularity conference and other special training enabled me to gain deeper insights into sustainable African food systems, aligning with the theme *“Developing Capacity for Assessing Sustainable African Food Systems.”*
- Online short course on Resilience Index Measurement and Analysis.
- Productive engagement with my mentor and team-mate Pilirani.  
I always felt I was home with the two ladies by my side.
- Successfully completed my Master’s studies while still taking the program.





# **MOST SIGNIFICANT CONTRIBUTIONS OF THE FELLOWSHIP TO MY PROFESSIONAL CAREER**

## **Enhanced specialized knowledge and research competency**

- Acquired valuable knowledge applicable to my research thesis in Food Science and Technology.
- Built competence in abstract writing, scientific publication, and grant proposal writing.

## **Strengthened networking and collaboration skills**

- Established meaningful professional relationships with mentors, mentees, and scholars.
- Learned the value of partnerships and collaborations in advancing research goals.

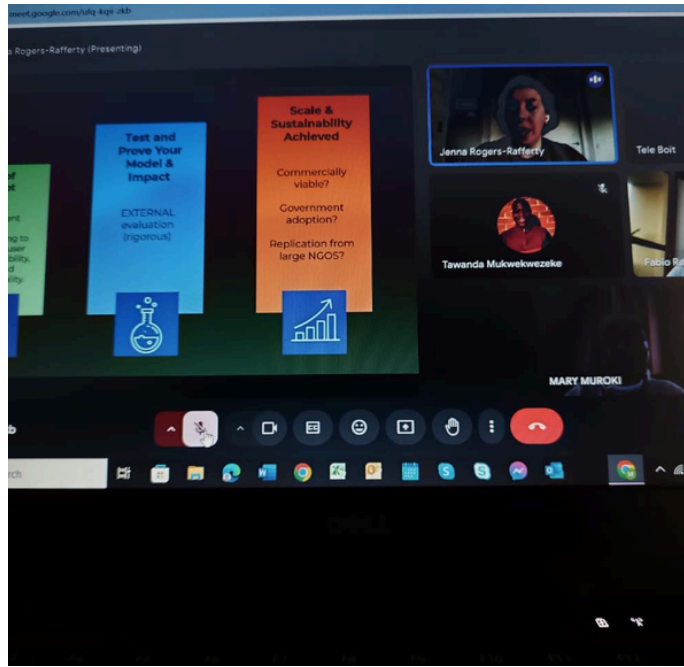


Working at Kawanda Research Centre for my MSc. project

# MOST SIGNIFICANT CONTRIBUTIONS OF THE FELLOWSHIP TO MY PROFESSIONAL CAREER

## Capacity building in key research areas

- Improved skills in:
  - Data analytics and visualization, using tools like ODK and mapping toolkits.
  - Resilience Index Measurement and Analysis.
  - Science-policy communication through online short courses.
- Enhanced ability to apply for opportunities such as grants, symposiums, and conferences.



Training on grant writing enabled me to secure an internship with TenX Nutrition



At DairyTech Africa Conference



At AFMAS 2024 Expo & Conference



Partnered with Luton Hospital, Kenya on Community Nutrition

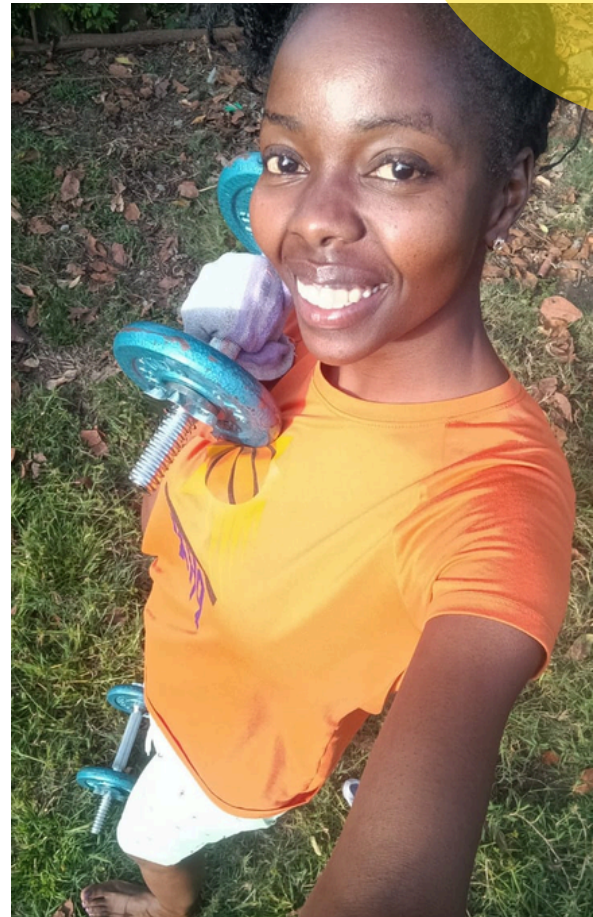
# MOST SIGNIFICANT CONTRIBUTIONS OF THE FELLOWSHIP TO MY PERSONAL LIFE

## Holistic personal and professional growth

- Learned strategies for balancing work-life commitments, leadership, and maintaining healthy lifestyles.
- Improved personal branding and skill marketing on platforms such as LinkedIn, ResearchGate, and ORCID.

## Long-term professional benefits

- The mentorship and coaching program equipped me with tools and insights to excel as an early-career researcher.
- The fellowship experience provided a solid foundation for engaging in impactful, collaborative research that contributes to the transformation of African food systems.



Started my own honey business

## **CHALLENGES**

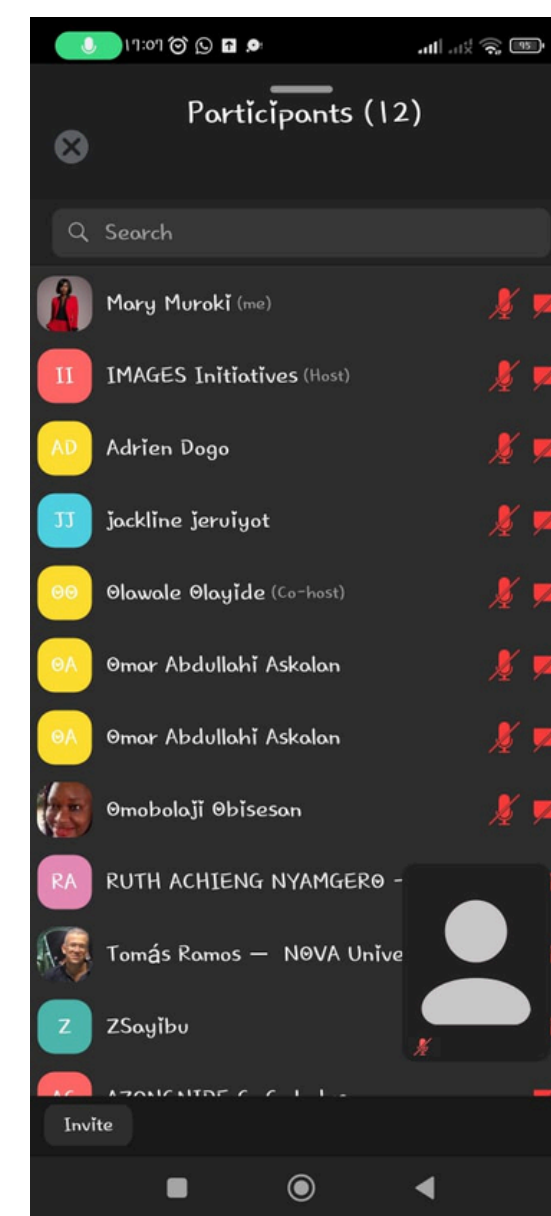
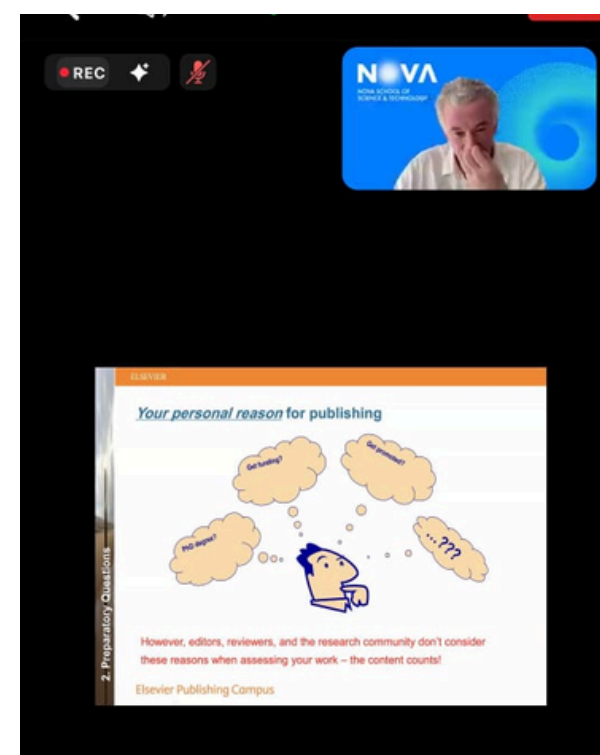
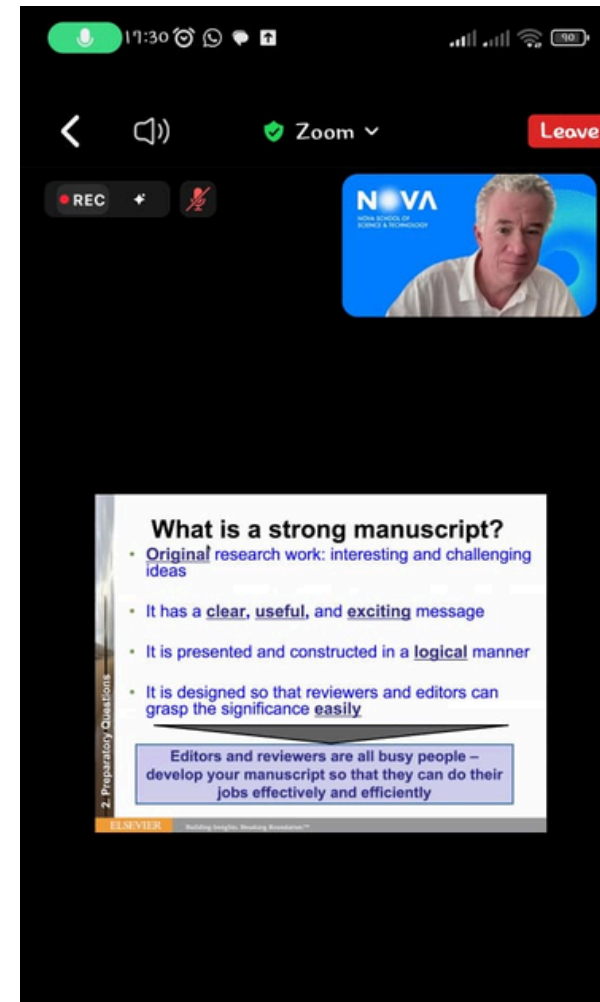
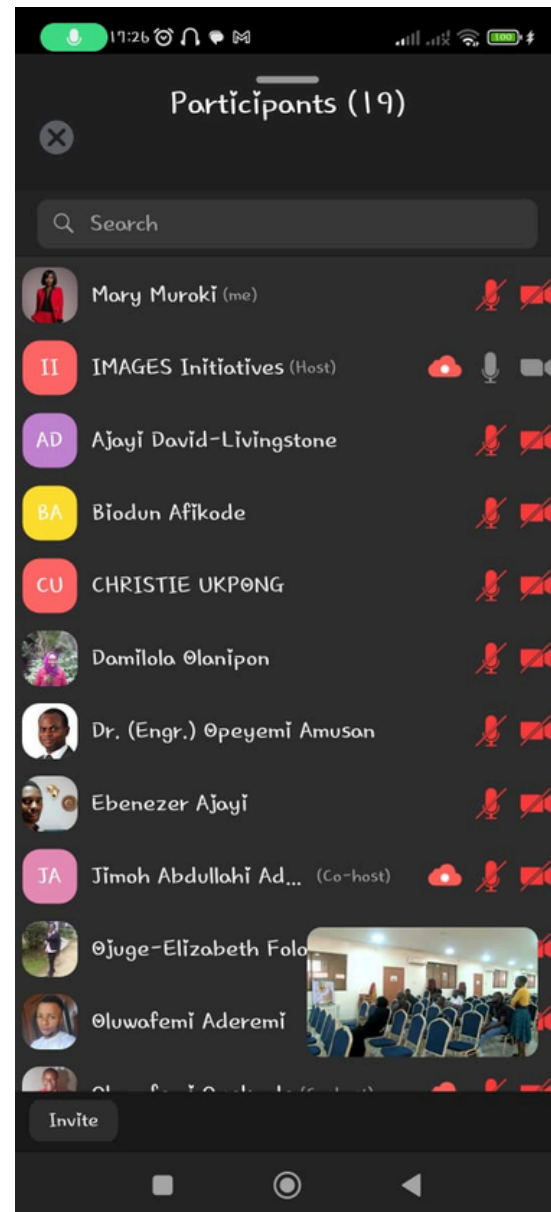
- Clashing of coaching sessions with school work.
- Technological challenges
- My mentor and I live in two different countries hence we were unable to meet physically.

## **REMARKS TO AGMCP TEAM**

- Physical meeting for all mentors and mentees at least once during the fellowship year.
- Organise for country specific mentor-mentee sessions.
- Provide a platform for fundraising for physical attendance of conferences.



# OUTPUT PICTORIALS



## POLICY REVIEW OF E-WASTE AS A RENEWABLE RESOURCE FOR ENVIRONMENTAL STABILITY: INSIGHTS FROM AFRICA

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### ABSTRACT

The management of electronic waste (e-waste) is a pressing global issue with significant implications for environmental sustainability. A comprehensive policy review that explores the potential of e-waste as a renewable resource for promoting environmental stability, with a specific focus on insights from Africa is presented. In 2019, an estimated 54 million metric tons of e-waste were produced globally while Africa generated an estimated 5.8 to 3.4 million metric tons of e-waste, highlighting the region's growing challenge in managing electronic waste. Despite this, African nations are making strides in addressing e-waste issues through initiatives such as Ghana's e-waste eco-levy and South Africa's Producer Responsibility Organization (PRO) model. However, as of 2019, only 13 African countries had national legislation governing e-waste disposal, indicating the need for stronger regulatory frameworks and enforcement mechanisms. Challenges such as lack of uniform regulations for standardization, ineffective policies, poor adherence to laws and weak enforcement contribute to high levels of toxicants in some African regions. To address these deficits, the "Best of Two Worlds (Bo2W)" philosophy is proposed as a solution approach for managing e-waste in African countries. By integrating sustainable practices, circular economy principles, and innovative strategies like consumer motivation and involvement, and extended producer responsibility (EPR) schemes, Africa can harness the potential of e-waste as a valuable resource while minimizing its environmental impact. This policy review underscores the importance of collaboration among stakeholders, transparent governance structures, and capacity building to achieve long-term environmental stability and resource efficiency in the management of e-waste in Africa.

**Key words:** Electronic waste, Disposal, Regulations, Sustainable practices, Review

### INTRODUCTION

The rapid advancement of technology and increased use of electronic devices have led to a critical global concern: electronic waste (e-waste). The e-waste includes discarded electrical and electronic equipment (EEE) and its components, contributing to environmental and health risks (Oteng-Ababio et al., 2020). In Africa, urbanization, and economic growth fuel the demand for electronic devices, exacerbating e-waste generation, often from imported devices losing value quickly (Maes, and Preston-Whyte, 2022). While

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ORIGINAL ARTICLE | Open Access

## Sensory properties of selected biofortified common bean (*Phaseolus vulgaris*) varieties grown in Burundi

Mary W. Muroki, Lydia M. Waswa, Robert Fungo, Andrew Kabwama, Nduwarugira Eric, Ntukamazina Nepomuscene, Blaise Ndashinze, Symon M. Mahungu

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About | Sections

### Abstract

The dry common bean is an important grain legume used for human consumption worldwide. In Eastern Africa, Burundi has a significantly high per capita consumption of the crop. There has been significant research on the underlying agronomic traits of dry biofortified common beans, such as disease resistance. However, there is

# ACKNOWLEDGEMENT



**Prof. Adebisi F.  
Agboola**  
Mentor



**AGMCP Team**



**Pilirani Chaguza**  
Teammate



**Dr Olawale  
Emmanuel Olayide**  
President/ Founder

I thank God for the strength to strive upto the very end. My mentor for her guidance and love throughout the fellowship period, my teammate Pilirani for keeping me accountable and last but not the least our president Dr. Olawale for the opportunity to be part of this awesome community. God bless you all.

## ABOUT ME



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**<https://loop.frontiersin.org/people/1999808/overview>**

- Scholarship awardee by World Bank Funded Centre of Excellence
- I am a licensed clinical nutritionist with the Kenya Nutritionists and Dietetics Institute (KNDI) and an enthusiast of wellness and self-development.
- I hold a master ' s degree in Food Science and Technology at Egerton University, Njoro Campus. Open to PhD opportunities in Food and Nutrition, Food Science
- Currently, I serve at TenX Nutrition as a fundraising intern, offer nutrition consultation services and pursuing my purpose clarity
- With a vibrant and compassionate spirit, I am passionate about, science, color, arts, and above all, about God, life, and serving others. I love spreading positivity and hope wherever I go.
- In my free time, you 'll find me playing lawn tennis, strumming my acoustic guitar, or writing. My journey has been shaped by challenging childhood and adulthood experiences, which have fueled my commitment to personal growth and helping others.
- A hot cup of tea, a nap, or a nature walk are my favorite ways to recharge. I love to see people thrive and live out their purpose, believing deeply that God never wastes experiences and that each day is a blessing-a chance to grow, make a difference, and live a healthier life than yesterday.



**THANK YOU**