



# DON BOSCO IFAK MAGAZINE



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**We are always dedicated to Excellence**

**ENJOY OUR MAGAZINE**



## About IFAK MAGAZINE

**IFAK MAGAZINE IS THE TRIMESTRIAL JOURNAL OF IFAK KIMIHURURA**

**IT COVERS DAILY LIFE OF THE SCHOOL, TRENDY NEWS ESPECIALLY ABOUT SCIENCE AND TECHNOLOGY, HUMAN AND CHRISTIAN INSPIRATIONS AND IT SERVES AS A BRIDGE BETWEEN THE SCHOOL AND ITS PARTNERS.**

**IT DOES THIS IN ORDER TO KEEP YOU IN TOUCH WITH YOUR LOVELY SCHOOL, AND TO ENHANCE ITS LEGACY. THIS MARCH2024 IFAK MAGAZINE IS RELEASING THE 8TH ISSUE.**

**ANY FEEDBACK FROM YOU IS WELCOME THROUGH EXISTING ADDRESSES OF THE SCHOOL.**

**ENJOY READING IT**

*Publisher: Institut de Formation Apostolique de Kimihurura (IFAK)*

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Dear Friends and Readers of IFAK Magazine,

On behalf of the entire team and staff, I feel honored and privileged, as Headmaster of IFAK (Institut de Formation Apostolique de Kimihurura) to welcome all of you to IFAK Magazine No. 8.

It is with great pleasure that we present the eighth edition, aiming to keep you updated on the developments of your beloved school and to share with you the day-to-day progress in our mission of educating and evangelizing young people.

This magazine will primarily focus on the achievements realized during the second term of the 2023/2024 school year. We celebrated the feast of Don Bosco, the founder of the Salesians, and were blessed to welcome our Rector Major, Cardinal Ángel Fernández Artime, to Rwanda. Some of our students had the opportunity of greeting him and It was a joyous occasion for us all.

Our school is renowned for its outstanding reputation in establishing high expectations and achieving excellent academic results through the holistic formation offered at IFAK. We aim to provide young people with ample opportunities to develop holistic

knowledge and skills, fostering a positive attitude and critical thinking that will enable them to compete on the labor market and contribute to the social, economic, and political life of our country.

IFAK will continue to strive for the formation of good Christians and honest citizens. We are committed to progressing in the development of necessary infrastructures to uphold the quality education that is strongly demanded by all stakeholders.

I would like to take this opportunity to express my gratitude to our educational partners, the editors of this magazine, and the friends of IFAK. I also wish you all a Happy Lenten period, leading us to a joyful Easter.

May the risen Lord guide you to success in all your endeavors.

Best wishes to all!

**Rev. Father Jean Bosco NTIRENGANYA**  
**Headmaster of IFAK**  
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## My school: Brilliant celebrating of the Feast of Saint JOHN BOSCO at IFAK Kimihurura



*The students who belong to the Company of the Immaculate Conception*

Every January 31 is a great day of celebration of Saint John Bosco. The day is very well honored in the Catholic Church in the world, especially in the works and institutions dedicated to him and to the Salesian community, IFAK Kimihurura included. It is the day on which Saint Don Bosco was born in heaven.

In preparation for this day, many activities are proposed namely a novena [nine days prayers], to ask for his intercession, meditation on his life and on the lasting fruits of his works, different youth based competitions in games and plays and in other forms of entertainment.

At Don Bosco IFAK, the Salesian Family and the students of IFAK gathered to celebrate the Feast of Saint Don Bosco. The celebration event was preceded by the finals of the Don Bosco Cup, where the senior

six students emerged victorious in basketball, the senior four claimed the golden medal in volleyball, and the senior six also triumphed in football. Additionally, the students engaged in various sports activities such as bottle filling, fostering a sense of camaraderie and healthy competition.

The Holy Mass was presided over by Rev. Father Jean Bosco Ntirenganya, Principal of IFAK at Mary Help of Christians Parish in Kimihurura. He delivered a poignant homily, reminding the students of the significance of Saint Don Bosco's feast and Heroes Day in Rwanda.



He urged them to aspire to greatness, encouraging them to strive for excellence and to leave a lasting legacy through their actions.

“Strive to excel and leave a mark that will be remembered in



*Rev. Father Jean Bosco Ntirenganya urged students to aspire to greatness*

Rev. Father Ntirenganya, recalled that Don Bosco was a well-known example among educators so his values are the ones that the Salesians use to give students the education they needed. He insisted that IFAK is doing whatever possible to be on top of other institutions that have outstanding achievements in education.

Among the highlights of the celebration was the act of consecration to the Virgin Mary performed by a group of students from IFAK known as the Company of the Immaculate Conception, following in the footsteps of Saint Dominic Savio.

The festivities concluded with a vibrant talent show featuring performances by the students, including singing, dancing, modeling and various forms of artistic expression.

*By Cyprien NIYOMWUNGERI*

our country and in the Church. Your deeds today will shape your legacy.”

Rev. Father Ntirenganya highlighted the exemplary virtues of Saint Don Bosco, emphasizing his joyfulness, compassion, and unwavering faith despite his humble beginnings and early hardships.

*“Don Bosco was born into poverty and orphaned at a young age, yet he remained steadfast in his faith and trust in God’s love. I urge you to pour out your worries to God, trust in Him wholeheartedly, and you will find solace. Remember to always express gratitude for what you have, and your acts of kindness and compassion will ensure your remembrance.”*



## My school: FOSTERING SCIENTIFIC EXCELLENCE THROUGH THEORY AND PRACTICE



*Teaching science through both theory and practice helps students understand science more deeply*

Studying science with a balance of theory and practice nurtures well-rounded scientists who can not only understand the principles governing the universe but also apply them to solve complex problems and drive innovation forward.

The students of IFAK Don Bosco Kimihurura are privileged to have access to Science Laboratories, which assist them in enhancing their mastery of scientific subjects, developing scientific reasoning abilities, increasing their understanding of the complexity and ambiguity of empirical work, honing practical skills, and deepening their understanding of the nature of science.

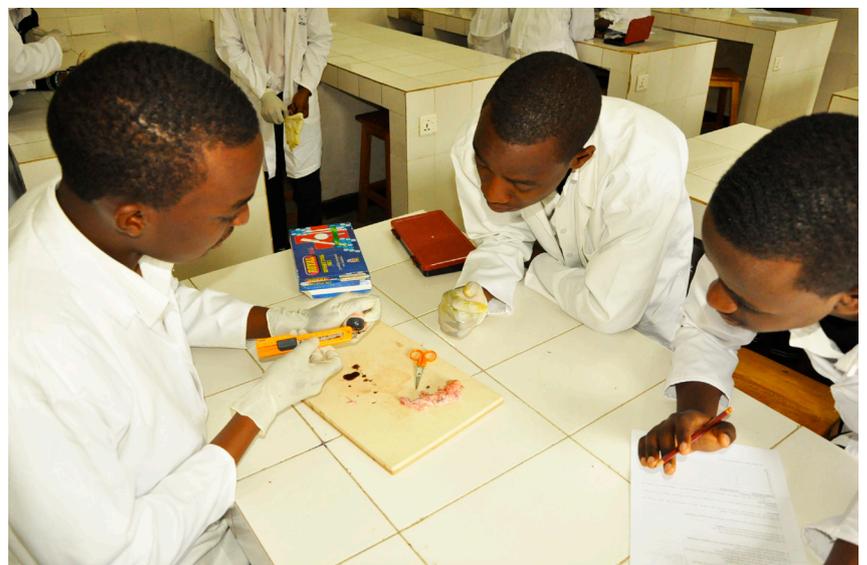
IFAK boasts laboratories for all sciences, including Physics, Chemistry and Biology. The students are enthusiastic about studying sciences both theoretically and practically, recognizing the benefits of creativity and competitiveness in the global market.

Recently, IFAK Magazine visited students of Senior 5 MCB (Mathematics, Chemistry, and Biology) who were engaged in Practical Biology, including dissection exercises of a toad, and Senior 6 MCB students who were dissecting mammal eyes, specifically those of cows.

teacher, commended IFAK's commitment to fostering science education, aligning with Don Bosco's mission of educating and evangelizing young people to become honest citizens and good Christians.

Epimaque Uwishema, the Biology

Uwishema emphasized that teaching science through both



theory and practice helps students understand science more deeply, preventing it from being perceived as merely abstract knowledge to memorize.

“If you teach science solely through theory, students may perceive it as abstract. Our approach ensures students master and retain what they learn. Hands-on experiences leave a lasting impression,” remarked Uwishema.

Recognizing the pivotal role of science in daily life, IFAK follows the Government of Rwanda’s Competence-Based Curriculum, encouraging active student participation in education. Practical experiences in science equip students with the competitiveness needed in the labor market.

“At IFAK, we are nurturing youth who will contribute positively to Rwanda and the world at large, equipped with the skills and knowledge to do so. We also instill creativity in them,” added Uwishema.

Many Biology students aspire to pursue health-related courses, and IFAK supports them in



realizing their dreams.

As an educational institution, IFAK aims to provide young people with a broad range of opportunities to develop holistic knowledge and skills, cultivate a positive attitude, and foster critical thinking, ultimately enabling them to compete in the labor market and contribute to the social and political life of the country.

*By Cyprien NIYOMWUNGERI*

## **My school: Don Bosco Nursery and Primary School Celebrates Feast Day with Sacraments and New Building Blessing**



On February 10, 2024, Don Bosco Nursery and Primary School in Kimihurura, Kigali City, held a joyous celebration to commemorate the Feast of Don Bosco. The event was made even more special as it included the Sacrament of Baptism and the first communion sacrament for the children studying at the school. Additionally, the event marked the blessing of the school buildings.

The day began with a holy Mass celebration led by



Father Provincial Pierre Celestin Ngoboka, who was recognized for his significant contributions to the school. Parents, youth, local government representatives, and teachers of Don Bosco Nursery and Primary School were present to partake in the festivities.

The Mass commenced at 9 o’clock in the morning, followed by the administration of the sacraments at



*Father Ngoboka acknowledged that Don Bosco Nursery and Primary School has flourished under divine providence*

11 o'clock. At around 11:30, a blessing ceremony for the school buildings took place.

Despite the rain, a party organized by the children was held in the well-built school veranda, providing warmth and shelter for the young performers entertaining their parents under the tent. During the event, heartfelt messages were shared, expressing gratitude for everyone's role in improving children's education while instilling Christian values.

#### **Celebrating Milestones and Call for Continued Cooperation**

In his remarks Father Ntirenganya Jean Bosco, the Director of the Don Bosco IFAK Community, expressed gratitude towards Father Provincial for his instrumental role in the establishment and development of Don Bosco Nursery and Primary School.

He extended his appreciation for the support provided in constructing the school buildings and securing funding.

Father Ntirenganya emphasized the importance of following in Don Bosco's footsteps, aiming to nurture individuals who are intellectually and emotionally well-rounded.

Reflecting on the progress made over the past three years, Father Ntirenganya acknowledged the significant strides taken by the school.

However, he also highlighted that

there is still much work to be done in various areas, such as education and infrastructure. He stressed the importance of collaborative efforts, stating that collective cooperation will enable the school to achieve further success.

In his turn Father Provincial Pierre Celesin Ngoboka delved into the history of the school in his speech, recounting how it all began. Following a visit



*Father Ntirenganya acknowledged the significant strides taken by the school*



to EPAK Primary School after the COVID-19 pandemic, Father Provincial was astonished to find a Nursery classroom on the ground floor.

Motivated by his belief in separating primary education from Nursery school, he sought assistance from a friend who generously supported the construction of the school and in the beginning he gave him about Euros 80,000 to kick start construction works.

Expressing his gratitude for this blessing, Father Provincial acknowledged that Don Bosco Nursery and Primary School has flourished under divine providence.

He expressed his wish for the school to continue thriving even he will be completing his term as Provincial of the Africa of the Great Lakes Province which covers Burundi, Rwanda and Uganda, urging parents to maintain their cooperation.

Father Provincial called for the creation of an educational community where everyone works together towards a common goal. Reflecting Don Bosco's Legacy

The celebration also served as an opportunity to reflect on Don Bosco's continuous legacy in helping parents raise their children to become upright citizens who love God and

their country. Following the speeches and messages, a sharing of food and drinks took place to further commemorate the occasion. The festive atmosphere allowed parents, teachers, and students to come together and celebrate the achievements of Don Bosco Nursery and Primary School.

The event not only marked an important religious celebration but also highlighted the growth and development of the school.



With the opening of the new buildings, Don Bosco Nursery and Primary School can continue to provide a nurturing environment for children to learn and grow academically, spiritually, and morally.

*By Cyprien NIYOMWUNGERI*

## IFAK INSPIRED ME



### IFAK My Second Home

Hello, my name is Aziz Abednego Cherith, and I am 14 years old. I was born in Hyderabad, India, and now live in Kigali. I moved to Rwanda in 2011 and continued my studies here, joining Blooming Buds Nursery & Primary School.

Upon completing primary school, I found it challenging to find a flexible international School. I searched online and explored the website of IFAK. I chose IFAK because it is a Catholic-based school, and I was impressed by their hospitality and the way they treat international students.

In comparison to schools in India, IFAK has a large, clean compound. I was particularly surprised by the extensive laboratories, including Computer Labs, Chemistry Labs, Biology Labs, and Physics Labs. Also, the opportunity to join clubs every Wednesday made me keen on attending IFAK.

Personally, I was concerned about my hair, fearing that shaving it completely might make me susceptible to the sun's rays. I am grateful for the flexibility regarding grooming at IFAK.

Before joining IFAK, I worried that everyone would speak only the native language, Kinyarwanda. However, I was pleasantly surprised to discover that both English and French are commonly spoken at IFAK, which is rare in the country.

IFAK is undoubtedly a prime example of a vibrant, dynamic school.

The IFAK system of education is based on charity

and pedagogy of the heart, I like the friendliness between the educators and students which inspires cooperation and confidence on the part of the one being educated.



### THE JOURNEY OF MY DREAM

Hello, my name is Blessing Elijah. I am 13 years old and I study at IFAK Kimihurura in Senior One. I have a great interest in using musical instruments, as the school fosters all students' exceptional talents.

I have been playing bass guitar for a year now, drawing inspiration from both my father, who encourages me, and my brother, who is a music producer. It's been a blessing to join a music band at my school, and I'm grateful for such a platform. Additionally, I've begun learning other instruments like acoustic guitar, piano, and drums.

I always admire our band's performances during talent shows, as we shine in front of the crowd. I hope that pursuing my musical interests won't disrupt my studies, as I make sure to manage my time well and maintain a balanced schedule.

I am deeply grateful to IFAK for being such a wonderful and flexible school, accommodating young talented students not only in music but also in other areas like karate, dancing, art, and sports.

May God bless you.

## IFAK Inter-classes Debate Competition



In the world of Rwandan Debaters, IFAK Don Bosco has earned a distinguished reputation owing to the countless trophies and medals its students have garnered from numerous high school competitions organized by iDebate Rwanda.

Our very own Intwari Pierrvi Banna was awarded a gold medal and recognized as the first-best speaker in the Kigali league iDebate competition. It wasn't just Pierrvi who excelled, but also his colleagues Rangira Happy Emmanuel and Kamanzi Marvel Frank, who strove to shine through their eloquence.

Now, in this latest iteration, it's the same wins, the same sounds, the same speeches, the same trophies, and the same diligent work, but with pride in reaching the semi-finals of the Kigali debate league competition organized by iDebate Rwanda.

In order to maintain this momentum, the IFAK Debate Club launched its highly anticipated interclasses debate competition. Aimed at honing the public speaking skills of students and fostering a culture of eloquence, the event promised to be a platform where brilliant

thoughts collide to ignite meaningful discourse.

Intwari Pierrvi Banna, one of the organizers, told this Magazine that the students were encouraged to articulate their perspectives with clarity and conviction, thus equipping them with invaluable communication skills essential for their personal and professional growth.

“We are looking forward to raising more debating teams through inter-classes, so that team rotation year-by-year will never discourage the rest of the debaters, as some of us will be finishing high school. Of course, if we can have our own competition, it will be more productive and secure more IFAK representatives in debates,” Pierrvi Banna spoke to IFAK magazine.

Intwari also highlighted their appreciation for IFAK administration, especially the headmaster, who encourages the club through tangible and intangible support, which serves as motivation for the club members.

“We are looking forward to welcoming more students with a keen interest in debates and public speaking,” he said.

Central to the success of the event were the esteemed judges from iDebate Rwanda, whose expertise and guidance lent a sense of gravitas to the proceedings. These judges not only evaluated the performances but also provided invaluable

insights and strategies to the young debaters, empowering them to navigate the complexities of argumentation with finesse.

The competition served as a testament to IFAK's commitment to holistic education, where academic excellence is complemented by the development of essential life skills. By providing a platform for students to engage in rigorous intellectual discourse, the Debate Club seeks to cultivate critical thinking, empathy, and open-mindedness among participants.

Moreover, the interclasses format of the competition fostered healthy competition and camaraderie among students, encouraging them to learn from each other's strengths and weaknesses.

As students grappled with complex issues and engaged in spirited exchanges, they not only enhanced their

public speaking abilities but also gained a deeper understanding of the world around them.

The IFAK Debate Club extends its heartfelt appreciation to iDebate Rwanda for their invaluable support and guidance in making the competition a resounding success.

As the curtains draw on the inaugural interclasses debate competition, IFAK stands poised to embark on a journey of intellectual exploration and discovery. With the seeds of eloquence sown in the hearts and minds of its students, the Debate Club remains steadfast in its mission to cultivate a generation of visionary leaders who will shape the future with their words and deeds.

*By Dominique Savio...*

## HAPPENED:

### RECTOR MAJOR AND HIS GENERAL COUNCIL IN RWANDA



The 15 Superiors of the Salesian Provinces and Vice-Provinces of the Salesian Africa-Madagascar Region, with their respective Councillors, met together in Kigali from Friday 16 February 2024 for the traditional meeting known as the “Team Visit” – an animation tool used by the Rector Major and the General Council to verify the ongoing journey in the different Salesian circumscriptions and ensure their convergence and unity.

The meeting began with a day of pilgrimage, Monday, 19 February in Kibeho, in southern Rwanda, a significant place where several Marian apparitions took place between 1981 and 1989. It was a good opportunity for all those present to entrust the Salesian

African Provinces and Vice-Provinces, with all their young people, to the Virgin Mary.

On Tuesday 20th, the 10th Successor of Don Bosco at the head of the Congregation was welcomed at the Salesian house in Gatenga by a group of students from the Salesian school and by the members of the 15 Provincial Councils of Africa who are in Kigali for the Team Visit.

The Rector Major was welcomed to the rhythm of the tam-tam and Burundian and Rwandan music, accompanied by joyful, dynamic and energetic traditional dances, with numerous acrobatics and applause from the spectators.

“It was a way to express to our guests our joy at seeing them in this city of a thousand hills, asking them to accept us as we are, with our customs and our cultures” commented a Salesian of the Host Vice-Province of Africa Great Lakes (AGL) who was at the ceremony.

He also added, “Rwanda is a disciplined and clean country, which shows signs of development and growth. It is also a land rich in the youth of its population, with its joys and its hopes, its struggles and its resistance, its perseverance and its faith.”



On the occasion, the young people gathered there greeted the Rector Major with a welcome speech, and expressed their gratitude for the education and training received in Salesian schools and educational centres.

At the operational level, the Team Visit had already begun in the morning, with two sessions of discussion between the members of the General Council and the Provincial Councils on the matter of Juridical Elements of Provincial Administration and on synergies of higher educational institutions in Salesian Africa with the Pontifical Salesian University (UPS) in Rome; however, it was at 5:00 pm local time (UTC+2) that the assembly met around the Rector Major for the official opening of the visit.

The ceremony began with a song of invocation to the Holy Spirit, who enlivens, purifies and sanctifies all things. Then Fr Pierre Célestin Ngoboka, Superior of the AGL Vice-Province, officially welcomed the Rector Major and his General Councillors and the various Superiors and their respective Provincial Councillors. He also greeted the heads of Don Bosco TECH Africa, the network that coordinates Salesian vocational formation in the Africa-Madagascar Region, and SAFCAM, the Salesian Formation Centre for Africa-

Madagascar.

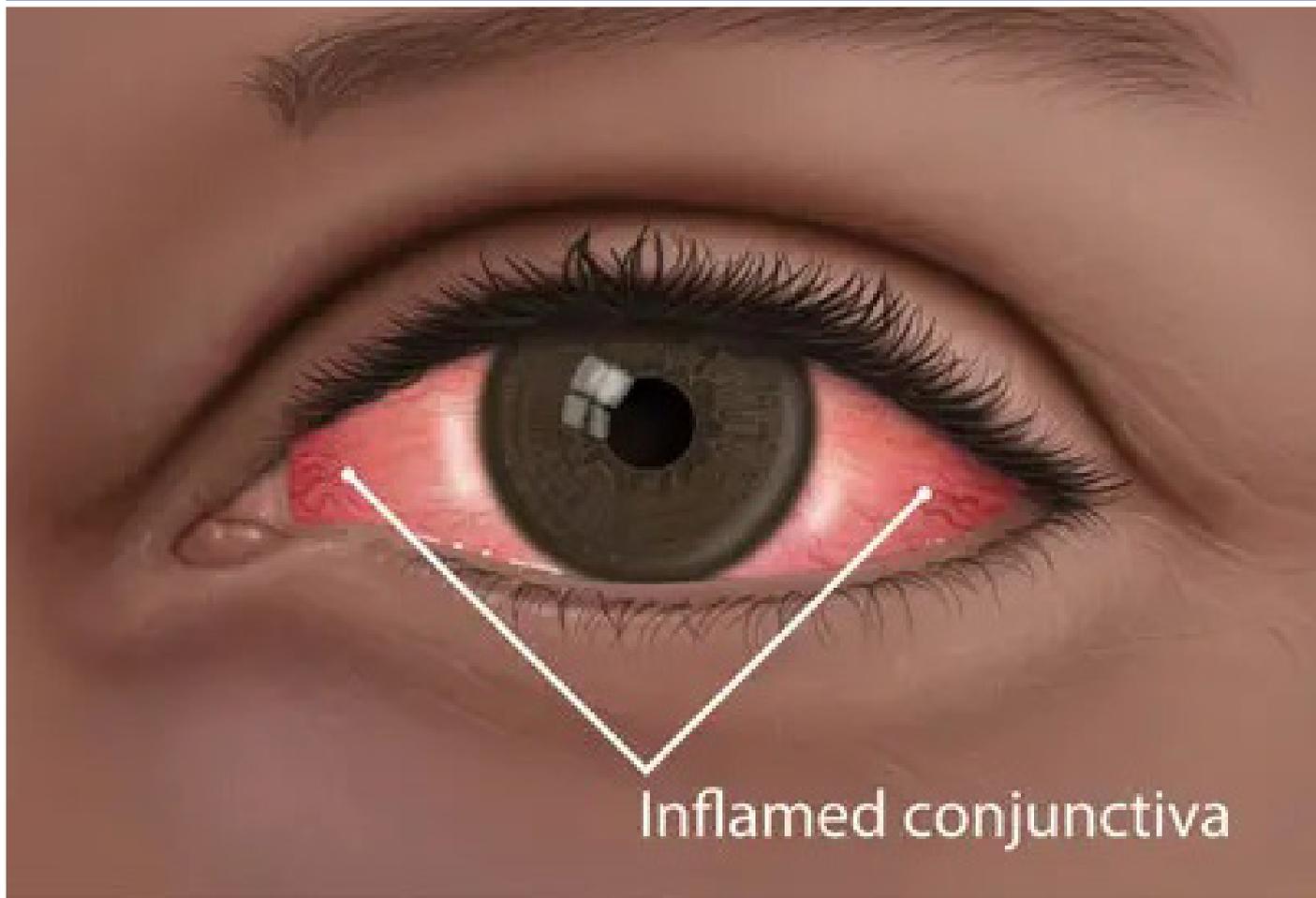
The Rector Major then greeted the assembly. He expressed his joy at being in Kigali together with his Council, among the confreres of this Region, and his satisfaction in seeing the charismatic and vocational growth of the Region. Therefore, he concluded by thanking the Lord for having given Don Bosco to the world and for the charismatic fruitfulness he generated.

The day continued with a presentation of the current situation of the Salesian presence in the Region, by the Councillor for the Africa-Madagascar Region, Fr Alphonse Owoudou, who is coordinating the visit. Finally, Fr Alfred Maravilla, General Councillor for the Missions, addressed the assembly with the aim of strengthening the missionary spirit in the region.

The day ended with the community recitation of Vespers and the Salesian Goodnight offered by the Rector Major. Participants now have another three days full of work, prayer, discernment and discussion to discuss various emerging issues in the Region with the Rector Major and his Council. These discussions will help to revive the Salesian spirit in the Region and prepare for the 29th General Chapter of the Congregation.

By Cyprien NIYOMWUNGERI





### Conjunctivitis: What Is Pink Eye?

Conjunctivitis often called “pink eye” is inflammation of the conjunctiva from infection or allergies. Your eyes are red and swollen (inflamed), and sometimes they have a sticky discharge. You can have conjunctivitis in one or both eyes. Some types of pink eye are very contagious (easily spread from person to person), but many others are not.

Conjunctivitis can be caused by a virus, bacteria or by allergies. Bacterial and viral conjunctivitis are easily spread from person to person. Allergic conjunctivitis is not contagious.

Bacterial and viral conjunctivitis can be quite contagious. The most common ways to get the contagious form of pink eye include:

- Direct contact with an infected person’s bodily fluids, usually through hand-to-eye contact.

- Spread of the infection from bacteria living in the person’s own nose and sinuses.
- Not cleaning contact lenses properly. Using poorly fitting contact lenses or decorative contacts are risks as well.

Children are the people most likely to get pink eye from bacteria or viruses. This is because they are in close contact with so many others in school or day care centers. Also, they don’t practice good hygiene.

Your pink eye symptoms may include:

- the feeling that something is in your eye, or a gritty sensation in your eye
- red eyes
- burning eyes
- itchy eyes
- painful eyes (this is usually with the bacterial form)
- watery eyes
- puffy eyelids
- blurry or hazy vision
- being extra sensitive to light
- lots of mucus, pus, or thick yellow discharge from

your eye. There can be so much that your eyelashes stick together.

### ***What Is the Best Treatment for Conjunctivitis?***

Treating your pink eye usually depends on the type of conjunctivitis you have.

- There is no specific treatment for conjunctivitis caused by most viruses. Your body fights the virus on its own. Placing a cool, wet washcloth on your eyes can help make them feel more comfortable.
- If your pink eye is caused by a bacterial infection, your ophthalmologist may prescribe antibiotic eye drops, depending on how severe your symptoms are. Antibiotics do not treat an infection caused by a virus or by allergy.
- If your conjunctivitis is due to allergies, you might be told to use certain eye drops to help with the itchiness and puffiness.
- Sometimes conjunctivitis can be caused by a chemical or other substance in your eye. In this case, rinse the eye free of the substance. You might be told to use certain eye drops or ointment for the eyes.

Conjunctivitis usually goes away on its own within 1–2 weeks. If your symptoms last longer than that, you should see your ophthalmologist. He or she can make sure you don't have a more serious eye problem.

### ***How Do You Stop Conjunctivitis from Spreading?***

Viral and bacterial conjunctivitis can spread from person to person. Follow these tips so you will not infect other people or re-infect yourself.

- Use a clean towel or tissue each time you wipe your face and eyes.
- Wash your hands very often. Always wash them before and after you eat, when you go to the bathroom, or after you sneeze or cough.
- Try not to touch your eyes. If you do, wash your hands right away.
- Bacteria can live in makeup, and this can cause pink eye and even a dangerous infection of the cornea. Do not use eye makeup while your eyes are infected. Replace your makeup if you have an eye infection. And never share eye makeup with others.
- Make sure to clean or replace your contact lenses exactly as your ophthalmologist recommends. You should not wear contact lenses until the conjunctivitis goes away.

## **TUNYWE LESS: My Golden Choice**



Sometimes, we as teenagers or young adults tend to 'follow a trend' without ever taking time to think if it is beneficial to our lives.

Like when we see adults sprinkling some fun time with a glass or two of alcohol and we also want to get that

feeling or want to take a sip because it will make us look cool to our friends, peers or will make us feel grown.

In the young adult population, we find it to be cool to get blackout drunk as the movie or TV we watch portray it as the 'young and alive' experience.

When we go out for a drink every weekend, we don't think about its consequences to our health both physical and mental.

Drinking excessively, especially at a young age, can have serious health implications, both physical and mental. From liver damage and addiction to impaired judgment and increased risk of accidents or violence, the consequences of alcohol misuse can be severe and long-lasting.

The Rwanda Biomedical Centre's (RBC) 2022

population-based national survey on the prevalence of NCDs risk factors in Rwanda released new findings showing that alcohol consumption in the country has increased from 41 per cent in 2013 to 48 per cent in 2022.

In light of this, the Rwandan Government with multiple youth centered organizations started the campaign called “Tunyweless” with the catchphrase “Nyamara Gusinda si Wane!”

“Alcohol ruins your life and leads to various diseases such as cancer, diabetes and heart disease,” Health Minister Dr Sabin Nsanzimana is heard warning young drinkers in a bar in a sketch circulated on social media. “Do you think you can drink all those bottles and your health will not be affected?” he

asked, before suggesting they stop drinking or at least drink less.

He warned that excessive alcohol consumption is linked to NCDs, including certain types of cancer.

Since its launch we have seen a drop in the amount of youth seen in bars or blackout drunk. Even with the curfews initiated by the government there has been a change in crimes committed under the influence.

As youth, we have also learned that partying doesn’t have to necessarily include alcohol as showcased by PLP events such as Kickin’ It, Sober or ‘Sober night’. These events showcased that socializing and having fun don’t have to revolve around alcohol.

*By Rusaro Uwase Rita*

## **SPORT: IFAK TEAMS PERFORMED WELL IN VARIOUS DISCIPLINE**



IFAK is thrilled to celebrate the victories against all opponents faced in Amashuri Kagame Cup in various discipline namely; Football, Volleyball, Basketball, Handball, Swimming and individual games.

In this article we will explore the performance of IFAK teams in different games played.

### ***Football***

IFAK won all seven games played in football and became unbeaten by all schools; GS Rugando, Glory Academy, GS Kacyiru, Forever TSS, Riviera High school and Excella School. IFAK looking for beating APAER on the final and lift the trophy. The target now is to represent Gasabo District in AMASHURI KAGAME CUP.

### ***Volleyball***

IFAK Volleyball team played many games either in competition or friendly. IFAK won Gatenga in friendly game 3 sets to 2. In inter schools competition; IFAK won PSSV-Ndera and other schools.

### ***Basketball***

In Basketball, IFAK teams won many games including the game they played on 18 February 2024, where they beat PSSV, 71-51. IFAK also played against St Ignace and lost. The score was 52-49

### ***Handball***

IFAK handball teams are in the final stage, where after raising the final cup, will represent Gasabo District, as

well as they did last year. They are striving to keep the trophy.

### *Swimming*

IFAK swimming team is gradually preparing for the competition especially on weekend and holidays where the players take time to visit distinguished swimming pools.

“I am exploring different pools like La Palice Nyamata, Cercle Sportif, Tennis club so that I can experience every circumstance I can face.” Nkusi Loic said.

### *Individual Games*

Moreover, by the time most of the students cooperate to make teams so than they can win together, on the other hand, some join solo games, like marathon, badminton, tennis, Ping Pong among others.

*By Dominique Savio Benimana*





*Dear Students!*

*IFAK Magazine wishes you happy Easter Holidays!*

*In these holidays, wish each and every one of you a truly wonderful break filled with joy, laughter, and rejuvenation.*

*This holiday season is not just about chocolate eggs and bunnies, but it's a time to reflect on the beauty of new beginnings and the gift of renewal. Remember to take care of yourselves, cherish the moments of relaxation, and come back refreshed and ready to tackle the rest of the trimester with renewed energy.*

*Wishing you all a blessed Easter holiday!*

