



As a Senior Military Officer in the Kenya Defence Forces, the International Women's Day is a time to celebrate the resilience and strides that women have made in various fields, and especially the male dominated fields. It is a time to recognize the role of women in national security, appreciating the challenges these women face and also the role they play in contributing to global peace.

It was a privilege being nominated to attend the National Defence College, a premier strategic institution in Kenya. As I continue to develop my strategic skills and perspectives at the College, the IWD is a reminder of the progress made by the KDF towards gender equality. It underscores the importance of continued advocacy for women empowerment and inclusivity in strategic roles towards national defence efforts. As part of the global network of women in defence and security, it is important to highlight the power of solidarity and commitment to women inclusion in all sectors.



Essentially, International Women's Day is more than just a celebration; it serves as a call to action for women to overcome barriers in all areas, especially within the Armed Forces to create a lasting impact on their communities and nations.

COL CATHERINE JEPCHIRCHIR KIPNGOK
KENYA DEFENCE FORCES



Currently a participant at the National Defence College
Course No. 27 of 2024/2025