



NSANGA GAZY:
the traditional medicine
"EKOBO"
combats benign prostatic
hypertrophy without surgery

Gilbert KABANDA
participates in the defense
of the doctoral
thesis of Dr Nicaise KIANA

Gilbert KABANDA
takes part in the workshop on the
settlement of disputes between
investors and States

Presentation of the
**OUTDOOR EXTENDER
NETWORK BOOSTER** network station

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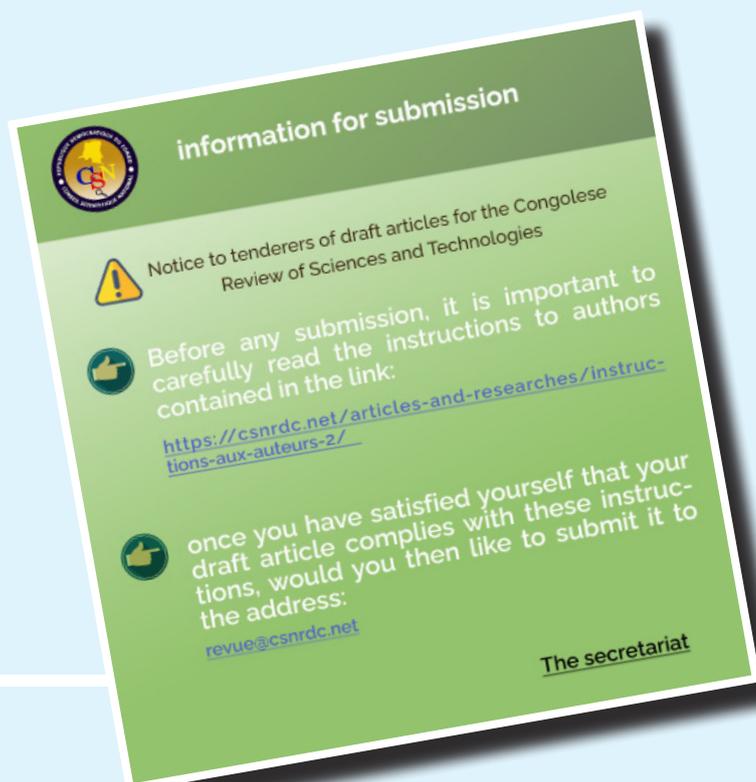
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Taming nuclear energy

Nuclear energy often arouses apprehension because it sometimes evokes dark pages in the history of mankind. Who can forget Hiroshima and Nagasaki, Three Mile Island, Chernobyl or Fukushima? These names still ring out ominously in many people's memories.

The Sciences Bulletin and Technologic Innovations takes comfort from the idea that even Henri Becquerel would be just as petrified by these disasters, which have wreaked havoc on local and regional ecosystems. Because these kinds of events frighten so many people, some don't hesitate to compare nuclear energy to a monster, an untamable dragon. Others, less skeptical, continue to see it as a stable source of energy that is good for the climate. Those who thought that nuclear energy would be the end of the road may be in for a rude awakening. The COP 28 conference in Dubai is making it its hobbyhorse, with the aim of solving the climate crisis by agreeing on ways to limit the temperature rise to 1.5° C and to achieve zero net emissions by 2050.

His Excellency the Minister for Scientific Research and Technologic Innovation, Dr Gilbert KABANDA,

this work has found a favorable echo through his commitment. This was evident when he laid the foundation stone for the construction of the «Multidisciplinary Diagnostic and Radiotherapy



*Prof. Pius MPIANA TSHIMANKINDA
President of the NSC*

Center, the Radio-Pharmacy Center and the Sciences Higher School and Nuclear Technics of Kinshasa».

The peaceful use of nuclear radiation, particularly in modern medicine, has always been encouraged. It touches on one of the most advanced segments of medicine. There is every reason to hope that radiopharmaceuticals, which currently cover a wider field than that of cancer diagnosis and treatment, will find a wider application, as in the treatment of heart, kidney, bone and brain disorders. A real taming of nuclear energy, if ever there was one. And that's not the only nugget of ministerial activities highlighted in this issue. By taking part in the workshop on handling disputes between investors and governments, the Minister is demonstrating the willingness of the government of the Democratic Republic of Congo to provide itself, in the near future, with a legal framework that will

allow to do things in compliance with international standards for resolving disputes.

The Sciences Bulletin and Technologic Innovations in this issue, as in its beginning, anything that can alleviate the ills of the population. That's why it talks about a locally produced painting to counteract the high cost to users of painting on the market. And why not give space to the inventor of a traditional medicine if it fights benign prostatic hypertrophy without the need for a local product?

benign prostatic hypertrophy without surgery, or grant a rewarding interview as part of the follow-up to the implementation of the recommendations of the Conclave of the Congolese Scientific Genius presented in the 10th edition? Such a space will continue to exist in the Sciences Bulletin and Technologic Innovations.

All in all, the activities presented in this edition demonstrate that when we tame nuclear energy for the good of all as much as it is to take care of everything that relieves the population, it's worth sharing.

*Prof. Pius MPIANA TSHIMANKINDA
President of the NSC*



SRTI Minister Gilbert KABANDA lays the foundation stone for the new building.

Activities of the Minister of SRTI

Gilbert KABANDA lays the foundation stone for the "construction of the Multidisciplinary Diagnostic and Radiotherapy Center, the Kinshasa Radio-Pharmacy Center and the Kinshasa Higher School of Nuclear Sciences and Technics"

The Minister of Scientific Research and Technologic Innovation, Gilbert KABANDA KURHENGA, on November 16th 2023, laid the foundation stone for the construction of the Multidisciplinary Diagnostic and Radiotherapy Center, the Kinshasa Radio-Pharmacy Center and the Higher School of Atomic Energy Sciences de, on behalf of the French Atomic Energy Commission.

The ceremony, held at UNIKIN, was attended by the presence of the Director General of the International Atomic Energy Agency (IAEA), Mr. Rafaël MARIANO GROSSI and the Director of the Africa Division of the Department of Technics of IAEA Cooperation, Mr. ABDULRASAK SHAUNA.

The Minister of Higher and University Education, MUHINDO NZANGI, the Members of the Management Committee of the French Atomic Energy Commission (CEA/ CREN-K) and other personalities interested in nuclear and radiotherapy issues were also present at this event.

The General Commissioner for Atomic Energy, Professor Steve MUANZA KAMUNGA, praised the dedication of President of the Republic TSHISEKEDI who has shown the will to improve the living conditions of the population particularly in the area of health. He also thanked the IAEA for this project.

For Minister Gilbert KABANDA, the said ceremony is among the accomplishments of the Head of State. "The im-

plantation of this center will meet the Government's objectives in terms of access to high-performance radiotherapy service" he said.

The Director General of the IAEA, Rafael Mariano Grossi, for his part, called on the DRC to take up the torch as a pioneering State in the peaceful use of nuclear energy in Africa.

Let's note that after the University of Kinshasa, the IAEA delegation, accompanied by SRTI Minister Gilbert KABANDA, the Commissioner General of CEA/ CREN-K and the President of the CNPRI, was received by the President of the DRC at the Palais de la Nation.

Communication Unit of the Minister of SRTI and Mélanie MWAMINI/AEC



SRTI Minister Gilbert KABANDA, accompanied by IAEA Director General Rafaël Mariano and AEC Commissioner General Prof. Steve MUANZA KAMUNGA, at the laying of the foundation stone for the new building.



UNIKIN: Gilbert KABANDA takes part in the defense of Dr Nicaise KIANA's doctoral thesis

On 27 November 2023, the Minister for Scientific Research and Technologic Innovation (SRTI), Gilbert KABANDA, took part in the public defense of Dr Nicaise KIANA's doctoral thesis at the University of Kinshasa, entitled «Impact of Physical Inactivity on Morpho-Physiological Parameters, Body Composition and Quality of Life of Military of Garrison of Kinshasa».

According to Dr Nicaise Kiana, this study will provide solutions to the problems associated with military conditioning. He appealed to the Congolese army authorities to take on board the recommendations formulated in order to train the soldiers of the Congolese Armed Forces (CAF).

Minister Gilbert KABANDA, as for him, congratulated Dr Nicaise KIANA on his policy of defending the Congolese army. The ceremony was attended by several political and scientific figures.

Communication Unit of the Minister of SRTI and Christian MAZONO/NSC



Family photo: SRTI Minister Gilbert KABANDA with his partners.

Gilbert KABANDA takes part in the workshop on investor-state dispute settlement

"There will soon be new developments in the settlement of disputes between investors and governments in the Congo. Nothing will ever be the same again. For future settlement, the legal instruments must be reformed", said the Minister for Scientific Research and Technologic Innovation, Gilbert KABANDA, at a workshop held on 23 November 2023 in Kinshasa.

The National Pedagogic University (NPU) was chosen to host these activities. Representing his colleague from Higher and Universities Education prevented, SRTI Minister Gilbert KABANDA gave the go-ahead of the works of the workshop.

It is important to stress that the Government of the DRC is concerned to do things at international standards in this matter. This is why the Ministry of Higher and University Education is seeking the expertise of the United Nations for Inter-

national Commercial Law.

For Minister Gilbert KABANDA, this workshop provides a favorable framework for exchanges for reinforcement of the capacity of the participants.

Present at the opening ceremony, the

Secretary of the United Nations Commission for International Trade Law emphasized on the importance and interest of this workshop for the Congo.

In her view, pedagogy of these reforms

will have a positive impact on

The best understanding and ease of use the deployment of the African continental free trade area.

The Deputy Minister of Justice, Thaddée MAMBU, also took part in the opening ceremony, representing his prevented chief.

Communication Unit of the Minister of SRTI and Christian

MAZONO and BELESI Consort/NSC.

Innovator Charly MASAMBA MPEMPE presents "LANGI MAS" painting



After the publicity of his brand of painting "LANGI MAS" by a jury made of university professors at the Conclave of Congolese Scientific Genius, organized by the Ministry of Scientific Research and Technologic Innovation, artist Charly MASAMBA MPEMPE launched his innovative "LANGI MAS" painting on the market.

LANGI MAS[®] painting, with 56% locally-produced inputs, is a response to the concerns of Congolese consumers who love a good decorative trend, but access to paint is a real luxury because of the high price of this product on the market.

For some time now, the painting market has been a monopoly of foreign capital, in a context where the suppliers of raw materials are also painting manufacturers. This monopoly situation is partly responsible for the increase in the price of painting, but it is also a disadvantageous factor for all Congolese manufacturers, because the fixed selling price forces local manufacturers to produce at twice the unit cost of competitors who are also suppliers.

Faced with this impasse, the ingenuity that characterizes the managerial spirit of artist Charly MASAMBA led him to seek a lasting solution. It was then that he turned to a scientific approach, through several trainings that he attended both at home and abroad: in particular a specialization in tropical painting in China, not forgetting his collaboration with the Faculty of Science at the University of Kinshasa. All this has led to this innovation as the beginning of a solution.

Painting is most often used to protect materials. It protects metals from corrosion and wood from biological damage (rot). It forms a thin layer that we can withdraw.

a) Scientific contribution

LANGI MAS painting is a solution which reduces the dependence of Congolese

manufacturers on imported products on one hand, and to promote local products (made in Congo) on the other. Thanks to inputs obtained from his research, Mr. MASAMBA intends to increase his production capacity to better serve the paint market in the capital and the deep Congo.

b) Economic impact

LANGI MAS paint is a practical solution insofar as it is not very thick. This innovation allows competitors and users to save 27% considering that it is necessary to use 1 liter of painting to cover a surface area of 10m².

This type of innovation permits to estimate how to save energy.

c) Innovation

The added value or innovative nature of LANGI MAS painting is linked to its exceptional formula which reduces

80% of volatile organic compounds with the aim of reducing gas emissions of greenhouse effect in order to promote the circular economy and limit the product's ecological impact of the product, for the customers at a time when everyone to do their bit to save the planet.

LANGI MAS painting is a respectful solution of the environment and health of all. Its particularity is linked to its composition: it is made on the basis of on natural elements, whose environmental impact is considerably reduced. It does not contain heavy metals, no harmful conservatives, no plasticizers, Co-solvents and does not liberate volatile organic com-

pounds (VOCs).

The exceptional formula of LANGI MAS painting consists of producing a painting with 65% local inputs. The

LANGI MAS painting offers several advantages over conventional paintings, such as:

- it has fewer volatile organic compounds;
- it is more durable and resistant to weather, to shocks and scratches;
- it is easier to maintain and clean;
- it offers a better thermal and acoustic insulation;
- it creates a warm and authentic atmosphere thanks to its natural, textured aspect.

LANGI MAS Ecological Painting is an innovation recommended for everyone, because it puts ahead the health plan of its customers, but also participates in the fight to protect the planet.

d) Perspectives

Mr. Charly MASAMBA's vision is to get the duplication his product by the increase of his production, hoping for the support from the government of the Republic.

He hopes to find partners to support in popularizing of this innovation.

Charly MASAMBA

Interview

NSANGA GAZY: the traditional medicine "EKOB" fights benign hypertrophy of prostate without surgery

A travers une interview réalisée à Kinshasa, "le Bulletin Sciences et Innovations Technologies" s'est entretenu avec l'inventeur du médicament traditionnel « EKOB », Monsieur NSANGA GAZY. Au cours de cet entretien, il a affirmé et soutenu que le Médicament traditionnel « EKOB » combat l'hypertrophie bénigne de la prostate sans chirurgie.



Researcher NSANGA GAZY

Through an interview conducted in Kinshasa, «Sciences Bulletin and Technology Innovations» spoke to the inventor of the traditional medicine "EKOB", Mr. NSANGA GAZY. During the interview, he affirmed and asserted that the traditional medicine "EKOB" combats benign hypertrophy of prostate without surgery.

Christian MAZONO: Could you introduce yourself to our readers?

NSANGA GAZY: I am NSANGA GAZY, was born in Ipamu on August 09th 1982 in a Catholic mission, Kapia sector, Idiofa territory in the province of Kwilu. Originally from the village of Bwen in a family of 7 children including 3 boys and 4 girls of father Nsanga EKOB Jean and mother Mala Monique, all from Bwen. As the eldest child in the family, my traditional knowledge and skills have been handed down from father to son.

This knowledge makes me the inventor of the EKOB traditional medicine.

CH. MAZ: What is this traditional medicine EKOB?

NS.G: EKOB is a traditional medicine of pure strain. EKOB combats benign hypertrophy of the prostate without surgery. This medicine based on an exclusive plant from the Congolese flora, grows especially in the Kwilu province, more specifically in the Idiofa in the Kapia sector, village Bwen village. This traditional knowledge and know-how is taught from father to son. This medicinal property certainly belongs to the descendants of Mr. NSANGA EKOB and these unique initiatives.

M: What does EKOB look like and what are its therapeutic effects?

NS.G: (ONZO) extract is an aqueous solution to be taken in small doses of 25cl/day.

The 210mg is its equivalent in dry powder which comes in capsules for better preservation and takes up minimal space for transport and handling.

It has triple virtues: mild diuretic with a specific effect on the prostate, anti-inflammatory and specific receptor combining with inflammatory materials.

The combination of these three effects rapidly reduces the volume of the prostate within 15 to 45 days. EKOB is indicated for men. It is prohibited within the reach of children.

CH. MAZ: Which studies did you do?

NS.G: I did my secondary education and high school at the Collège Saint Pierre NTO-BI in Ipamu in the Province of KWILU.

CH. MAZ: What were your reasons that motivated you to use the traditional medicine EKOB?

NS.G: My grandfather, who practiced this traditional medicine had hard time and she spent three months in the forest during the colonial era for fear of being killed by the whites, who forbade blacks from practicing it.

After resisting the whites, he decided to allocate and teach his traditional knowledge and skills to his descendants. He also advised us to practice this noble profession bequeathed to us by God and to work for the welfare of the population.

CH. MAZ: What are your achievements in traditional medicine?

NS.G: Our achievements in traditional medicine include:

- Initiation and creation of the Congolese Research Center in Traditional Medicine (CRCTM) in 2009;
- Certificate of registration from the Ministry of Scientific Research and Technologic Innovation on 03/06/2010;
- Obtained a recommendation from the Minister for Scientific Research and Technologic Innovation to his colleague of Public Health for General Hospital in Kinshasa ex: Mama Yemo in 2012;
- A partnership with the Research Center and Nuclear Studies of Kinshasa (RCNS-K) and the identification of the plant by INERA in 2013;
- A partnership with the Ministry of the Environment and Sustainable Development in 2014;

- A recommendation from the Ministry of Sub-Regional Integration to the Ministry of Industry to obtain patent for the EKOB product in 2014;

- Initiation and creation of the National Council of traditional practitioners of DR. Congo in 2015;

- Initiation and creation of the association of independent Researchers of DR Congo in 2016;

- Initiation of the project for a platform of traditional practitioners members of the space AFC (African Forest Commission) in 2018;

- Participation in training on awareness-raising and capacity reinforcement of traditional practitioners who are members of the COMIFAC space on the fundamental aspects of the Nagoya Protocol on ABS in 2018;

- Participation in the Master class competition of Congolese Inventors and Innovators and was awarded a participation certificate signed jointly by the Minister of Industry and the Minister for Scientific Research and Technologic Innovation in 2019 ;

- Speaker at the sub-regional conference on the theme: Contribution of genetic resources to the social economic development of COMIFAC member states in 2020;

- Participation in training organized by the Ministry of Industry on the development business plans for industrial projects in 2022;

- Participation in the Congolese Conclave of Scientific Genius held at the Chapiteau in the Palais du Peuple from 10/07 to 29/08/2023 and we are among the 56 selected and among the 8 winners who received the of the encouragement prize, taking fifth place.

CH.MAZ: What are your final words?

NS.G: I would like to thank the Congolese government for organizing this Conclave. The latter has helped Congolese innovators and geniuses to make know their talents and know-how. The Congolese authorities are called upon to support us in all the plans to ensure the success of this project.

Interview conducted by MAZONO Christian/NSC

Researcher MAKOLO KAMBA Olivier: "Elaborating a business plan consists of designing or imagining or even projecting profitable businesses with positive effects for project holders"

Through an interview conducted in Kinshasa, the "Sciences Bulletin and Technologic Innovations" spoke to the Vice-President of the Business Plan sub-committee of the Commission responsible for monitoring implementation of the recommendations of the Congolese Conclave of Scientific Genius, researcher MAKOLO KAMBA Olivier about this draft. During this interview, he demonstrated that a business plan consists of designing, imagining or projecting profitable businesses with positive effects for project providers.

Christian MAZONO: Could you introduce yourself to our readers?

MAKOLO KAMBA Olivier: MAKOLO KAMBA Olivier is a researcher in the dynamics of socio-economic systems at the Research Institute and Social and Economic Researches (RISER), Faculty of Economics and Management at the University of Kinshasa (UNIKIN). He is also a doctoral student in Public Economics and Sustainable Development at UNIKIN and Vice-President of the Business Plan Sub-Committee of the commission responsible for monitoring implementation of the recommendations of the Congolese Conclave of Scientific Genius.

CH.MAZ: What is a business plan?

OLIV.MAK: A business plan is a plan of businesses, a type business model or a projection of profitable business. It consists of forecasting or planning the behavior of the product or service created or existing on the market. In the case of inventions or innovations, the business plan is a well-developed document that includes the identity of the innovator or inventor, their training, experience, the product or service created, the market and the financial, economic, social, environmental and political repercussions, so as to project into the future.

CH.MAZ: What are the different steps to elaborate a business plan?

OLIV.MAK: There are several aspects to elaborate a business plan:

- identification of the project holder (inventor or innovator) and his key partners;
- the training of the project leader and his key associates;
- the professional experience of the

project holder and their key associates;

- brief description of the project (product, service or activity);
- the operational section. The latter includes the added value of the project (service or activity), the SOWT analysis (strengths, weaknesses, assets and obstacles) of the competitors' product, the SOWT analysis of your own service, product or activity, market research, feasibility study, staff support.
- the financial aspect. This involves the following points:
 - The statement of requirements for launching the product, service or activity on the market;
 - the provisional opening balance sheet for the activity;
 - the provisional profit and loss account;
 - the forecast income statement
 - the revised cash flow statement;
 - the various ratios (commercial, economic and financial profitability);
 - break-even point, dead point, pay-back period ;
 - capital employed;
 - cash flow and cumulative cash flow;
 - Economic, social and environmental benefits;

They involve analyzing the social, economic and environmental impact of the product, service or activity in a competitive market.

- the legal aspect. This involves ensuring compliance with legal texts, standards, etc.
- ANNEXES. These are the documents used to elaborate the Business Plan.

CH.MAZ: What are the difficulties to elaborate a business plan?



researcher MAKOLO KAMBA Olivier

OLIV.MAK : Generally speaking, there are many difficulties to elaborate a business plan. These include a lack of data on the part of the project holder, or even on the part of the market.

CH.MAZ: What advice would you give to Innovators or Inventors?

OLIV.MAK : I would encourage innovators to set up an exchange network. Congolese researchers and/or innovators also need to get together to combine their efforts. Bringing scientists and innovators together will help to solve society's problems.

I would also urge innovators to have enough reliable information about their product, service or activity to make it easier for the experts to elaborate a business plan.

CH.MAZ: Your final word?

OLIV. MAK: I would like to thank the Congolese government for organizing the Conclave. The latter has allowed Congolese innovators and geniuses to make known their talents and know-how. I would also like to congratulate the Minister for Scientific Research and Technologic Innovation for taking the initiative of organizing this Conclave.

I also congratulate the Office of the Minister for SRIT and all the parties involved for the work undertaken. I sincerely hope that all these activities will continue over the long term. I hope that we can build the country's strength and prosperity on the basis of Congolese inventions and innovations.

Interview conducted by MAZONO Christian/NSC



Above all, don't kill the spiders in your home: they're useful for your welfare

They are often considered harmful and many people try to drive them out of their homes. However, they play an important role in our environment and can even be beneficial to us.

Why do they come into our homes?

Spiders find refuge in our homes because they offer an environment that is conducive to their survival. In fact, our homes are generally warm and have many hiding places where they can conceal themselves. Arachnids can enter through open windows, cracks in walls or poorly closed doors. Once inside, they may decide to stay if they find favorable conditions.

A team of entomologists from North Carolina State University conducted a survey of fifty homes in the southern US state to identify spiders that enter human homes. They found that every home was home to spiders, most often the house beetles and stick insects.

Most arachnids are harmless to humans.

One of the main reasons why spiders are beneficial in our homes is that they are excellent pest hunters. They feed on insects such as flies, mosquitoes and cockroaches, which can carry diseases and cause damage to our homes.

So, they play an important role in the ecosystem, regulating the insect population and helping to maintain the ecological balance. What's more, most spider species found in our homes avoid humans and only bite if they feel threatened. What's more, their venom is generally too weak to cause health problems.

dailygeekshow.com



Abelmoschus esculentus (okra), a miracle vegetable that's good for your body and mind

Do you know what okra is? It's a long, pointed green vegetable that comes from Africa, but is cooked all over the world. It has a unique taste and texture because it releases a gel when cut or cooked. This gel is actually a treasure trove of benefits for your health, skin and hair. Okra is rich in vitamins, minerals, fiber, antioxidants and protein.

Okra is a vegetable that originated in Africa, but is also eaten in other parts of the world, including southern Europe.

India, the Middle East, the West Indies and South America. It has a distinctive flavor and texture, giving off a slimy substance when cut or cooked. But don't let this put you off, as okra is packed with nutrients that are good for your health, skin and hair. Here are 10 reasons to include okra in your diet.

It helps control diabetes

Okra is an ideal ally for diabetics, as it contains soluble fiber that slows the absorption of carbohydrates and reduces blood sugar levels. Studies have also shown that okra acts like insulin, helping cells to take up glucose.

To take advantage of this effect, we recommend drinking okra water, which is obtained by soaking cut okra pods in water for a few hours. This water should then be drunk early in the morning.

It reduces bad cholesterol levels

The soluble fibers in okra also play a role in regulating cholesterol, by capturing LDL lipoproteins (or bad cholesterol) and facilitating their elimination in the stool. In this way, okra helps to prevent cardiovascular disease linked to excess cholesterol. To regulate your bad cholesterol effectively, drink glucose water.

It improves digestion

Okra is rich in insoluble fiber, which increases stool volume and facilitates transit through the colon. As a result, okra prevents constipation and haemorrhoids, and promotes good intestinal health.

What's more, okra contains mucilage, a viscous substance that lubricates the digestive tract and protects the gastric mucosa from irritation and ulcers.

To improve digestion, eat steamed okra in soup or salad.

It boosts the immune system

Okra is an excellent source of vitamin C, an antioxidant that stimulates the production of white blood cells and strengthens the body's defenses against infection.

Okra also contains vitamin A, which helps maintain healthy eyes, skin and

mucous membranes, as well as iron, zinc and copper, which are essential for a healthy immune system.

To boost your immunity, add okra to simmered dishes, curries or stews.

It hydrates the skin

Okra is an excellent source of vitamin C, an antioxidant that stimulates the production of white blood cells and strengthens the body's defenses against infection.

Okra also contains vitamin A, which helps maintain healthy eyes, skin and mucous membranes, as well as iron, zinc and copper, which are essential for a healthy immune system.

To boost your immunity, add okra to simmered dishes, curries or stews.

It nourishes the hair

Okra is a natural ingredient that can beautify your hair. It contains proteins, which strengthen hair structure and prevent breakage. It also contains B vitamins, which promote hair growth and add shine.

Okra also has a detangling and moisturizing effect, thanks to its mucilage, which forms a protective film around the hair, making it softer and more manageable.

To nourish your hair, you can use okra water as a conditioner or hair mask. You can also eat okra regularly to take advantage of its internal benefits.

It prevents anemia

Okra is a good source of iron, a mineral involved in the formation of red blood cells and the transport of oxygen in the blood. Iron deficiency can lead to anemia, which manifests itself as fatigue, dizziness, palpitations and paleness.

Okra also contains vitamin C, which facilitates the absorption of iron from plant sources. To prevent anemia, eat okra with foods rich in vitamin C, such as lemons, oranges or kiwi fruit.

It relieves joint pains

Okra has anti-inflammatory and analgesic properties that help reduce joint pain caused by arthritis, gout or

rheumatism. Okra also contains beta-carotene, a precursor of vitamin A, which protects cartilage and prevents its breakdown.

To relieve joint pain, you can drink fresh okra juice or boil okra pods in water and use the water as a footbath.

It improves memory

Okra is rich in antioxidants such as vitamin C, beta-carotene and flavonoids, which protect nerve cells from oxidative stress and prevent age-related cognitive disorders such as Alzheimer's disease or dementia.

Okra also contains omega-3 fatty acids, which improve the transmission of nerve signals and promote learning and memory.

To improve your memory, eat raw or cooked okra at least twice a week.

It regulates weight

Okra is a low-caloric vegetable that is also very filling, as it contains a lot of fiber and water. It helps to control appetite and prevent snacking between meals.

Thanks to its vitamin C and magnesium content, okra also stimulates the metabolism and helps burn fat.

To regulate your weight, add okra to your daily menu, taking care not to fry it or cook it with too much fat.

Okra also contains calcium, magnesium and zinc, which are necessary for nail growth and repair.

To beautify your nails, you can eat okra regularly or apply okra juice to your nails with a cotton bud.

That's it for my blog post on the benefits of okra. I hope you enjoyed it and that it convinced you to try this vegetable with its many virtues. If you have any questions or comments, please let me know.

www.queenmafa.net

The shortcomings of the scientific publication system

Publishing articles in scientific journals is an essential means of communication that permits researchers to disseminate the results of their research work. Once published, these results contribute to scientific progress and serve to build new hypotheses for future research. It is therefore expected that the editorial process will be organized in such a way as to ensure the quality and reliability of what is published in these scientific journals.

Editorial process and peer review

When a manuscript is submitted to a scientific journal, it is generally evaluated in two steps. The first is a selection step: the publisher assesses whether the research work falls within the journal's field of expertise. The second step is an evaluation step: the manuscript is sent to peers (reviewers) who assess the quality of the research work and the way in which the results are interpreted. Following this evaluation, the peers send a report that permits the publisher to take a position: 1. unconditional acceptance, 2. resubmission after minor revisions, 3. resubmission after major revisions and 4. unconditional rejection.

The idea that peer review is an essential step in guaranteeing the quality and integrity of articles thanks to the expertise of independent reviewers is widely held in the scientific community. However, the peer review process has been relatively little studied, and evidence of its effectiveness remains modest. On the contrary, criticism of the limitations and shortcomings of peer review is mounting, and the scientific community is beginning to organize itself to improve its performance.

Conflicts of interest between publishers, reviewers and authors

One of the criticisms levelled at peer review is the existence of conflicts of interest between publishers and authors or reviewers and authors. In this context, it is not a question of financial conflicts, but rather of conflicts linked to personal or professional relationships, or to academic competition likely to influence the judgement as to the interest of the manuscript.

However, editors and reviewers are normally expected to be objective and to assess the quality of the work without being influenced by the team from which it originates. But the editorial process and peer review lack transparency, making it difficult to ensure that there are no conflicts of interest.

A recent study sought to assess whether the existence of links between reviewers and authors could bias the evaluation of a manuscript. Using 7981 neuroscience manuscripts submitted to the journal PLoS ONE, they found that reviewers favored the work of other researchers belonging to their professional networks. Recently, we also described a subset of biomedical journals in which a few authors are responsible for a disproportionate number of publications, bearing in mind that in 60% of cases, these prolific authors are also members of the editorial board.

The existence of links between authors and editors, the disproportionate number of publications and the fact that the articles of these prolific authors are published in a short space of time strongly suggest the presence of favoritism in the editorial process.

Favoritism in the editorial process appears unethical, all the more so in a system where researchers are evaluated on the basis of productivity measures. Specifically, these nepotistic journals can be used to effortlessly increase a researcher's output, with a favorable effect on decisions regarding promotions, appointments and/or funding. In addition, by using their position on an editorial board, some authors can take advantage of it to publish articles that do not meet the quality required

for publication.

The "hydroxychloroquine saga", one of the most striking controversies of the Covid-19 pandemic, illustrates this situation. The controversy was triggered by a series of poor-quality articles published in journals in which one or more members of the editorial board were also authors. One of these journals was NMNI, *New Microbes and New Infections*, an Elsevier journal. Between 2015 and 2019, NMNI's most prolific author published 235 articles there, or 35% of all articles published in this journal during this period.

Over the same period, almost half of the publications were written by the same network of authors, all members of the editorial board except for one author who is none other than their line manager.

Generally speaking, the peer review process needs to be rethought to increase transparency and minimize favoritism.

Recommendations issued by the Committee on Publication Ethics (COPE) already exist. In particular, they recommend that: i. editors should, on an exceptional basis, publish original work within their own journal; ii. they should under no circumstances be involved in the peer-review process or the editorial decision; iii. they should provide a transparent description of how the editorial process was carried out in order to limit the risk of editorial bias.

Accessibility of articles

The process of accessing articles, imposed by publishing houses, is also strongly criti-

cized. In the traditional "reader-pays" model of scientific publishing, it is necessary to pay for access to articles in a scientific journal. In this model, the dissemination of new knowledge is therefore hindered by paying for access to scientific journals. The open access movement was therefore born in reaction to the scientific publishing market, which has constantly increased the price of subscriptions at a time when the costs of dissemination and distribution have only decreased.

The publishing houses have taken advantage of the oligopoly in this market to increase subscription prices every year without any negotiation being possible, since researchers are so dependent on the publishing houses to publish their research work. However, the spread of Internet access has made it possible to rethink this relationship of dependence between researchers and publishers, and has provided solutions to ensure open access for all to the results of scientific research. The Internet has made it possible to abandon printed journals in favor of online knowledge.

The open access movement began to really take shape in the 2000s, particularly following the Budapest Open Access Initiative, which helped to define open access and describe its main concepts. The founding text of the Budapest manifesto states: "By 'open access' to this literature, we mean making it freely available on the public Internet, enabling anyone to read.

Some are attracted by the possibility of charging publication fees. To supply these predatory journals, unscrupulous "publishers" insistently solicit researchers by sending them repeated e-mails, praising the quality of their research work and offering them substantial reductions in publication fees. Some authors are then tricked into submitting an article that will not be assessed according to the quality standards expected by scientific publishers. Other authors also take advantage of these predatory journals to quickly and easily publish articles that do not have the quality required to be accepted in legitimate journals. But whether the research work has been submitted naively or with full knowledge of the facts, publication in predatory journals is considered to be scientific misconduct.

Evaluation of scientific production

As mentioned above, researchers are mainly assessed on the basis of productivity measures. The quantitative elements that are taken into account at the time of an evaluation are:

i. the number of articles published; ii. the author's rank within the article; iii. the H-index, an indirect measure of a researcher's scientific impact; iv. the impact factors of the journals in which they publish, an indirect measure of the "reputation" of scientific journals.

But as well as providing a highly imperfect assessment of a researcher's scientific impact, these bibliometric indices have a perverse effect on scientific production. Indeed, the pressure to publish and the abusive use of these bibliometric indices encourage researchers to adopt behaviors that are detrimental to the quality of scientific articles. For example, researchers may seek to increase their number of publications:

1. by separating the results of a study into several articles (salami slicing);
2. by publishing the same results several times (duplication);
3. accumulating articles that require little investment in terms of time or funding;
4. accepting/claiming authorship of an article for which their contribution is insufficient (honorary authors);
5. by publishing in predatory journals.

Similarly, some authors may take advantage of their relations with the members of an editorial committee to bypass peer review and pass on articles of insufficient quality. In order to artificially inflate their H-index, authors may "self-cite" their previous work in an abusive manner. The H-index is a bibliometric index that takes into account both the number of publications and the number of citations received by these publications. This bibliometric index is simple to calculate and corresponds to the number "h" of articles that have received at least "h" citations. For example, a researcher with an H index of 10 has published at least 10 articles, all of which have been cited at least 10 times. Since self-citations are not excluded from this calculation, it is easy to understand why a researcher can artificially inflate his or her "scientific impact" by citing his or her own work. For their part, publishers can seek to manipulate their journal's impact factor by favoring articles not on the basis of their scientific interest but on their potential to be cited many times.

Towards a reduction in these shortcomings?

In 2012, a working group met in San Francisco to draw up new recommendations for the evaluation of research. The recommendations in the San Francisco Declaration, which

are aimed at all those involved in research (funding agencies, research establishments, publishers, researchers, etc.), are designed to limit all the above-mentioned shortcomings. In particular, it is proposed that research should be evaluated on its intrinsic value, that the use of indicators such as the impact factor should be discontinued, that initiatives should be put in place to limit the presence of honorary authors, that preference should be given to citing the primary literature (the source of the results cited) and that awareness should be raised and training provided in these good practices.

The effects of this Declaration on correcting the above-mentioned shortcomings and, more generally, on improving the quality of research will certainly take time, but, at the very least, this movement has been launched. To date, 21623 researchers and/or research establishments have signed the San Francisco Declaration, and its main principles are beginning to be incorporated into research evaluation practices.

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*Clara Locher University Hospital Practitioner
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Rennes 1 and CHU of Rennes*

Prof. KABWITA KABOLO talks about the geopolitical aspects of political governance

The General Director of the Institute for Research in Geopolitics and Strategic Studies (IRGSS), Professor KABWITA KABOLO IKO, tackled in Kinshasa entitled "the geopolitical view of political and economic governance in an Africa seeking to emerge".

According to Professor KABWITA KABOLO, today's political and economic demands require States to be truly managed, and for there to be visionary leadership capable of grasping and understanding the geopolitical scope of governance issues in the 21st century.

The African states were born in an equally particular context, and what remains somewhat curious is the habit that these states have developed of accommodating themselves with exceptional situations, which subordinate them rather than giving them the possibility of existing on their own and complying with the requirements of the current international system.

Africa has always witnessed an all too worrying destruction of the legitimacy and credibility of state powers and institutions as a whole. This has made effective and rational governance impossible in almost every state on the continent. The despair engendered by this erratic and delirious governance is driving people condemned to poverty and homelessness to take up arms and rebel against rulers judged incapable of leading their people to real well-being.

Many of these states have lost the foundations on which a responsible state can be built: infrastructure, administration, police, a motivated army, health services, credible educational bodies, a reliable information system and a collective imagination irrigated by the same dream of real unity and sustainable development.

This highly critical view of these states does not lock us into an Afro-pessimism, still less a fatalistic vision of the destiny of African states. On the contrary, it is a question of seeing where we are starting from in order to better see where we need to go: from the African State as it really is today to the possible African State.

The possible State is above all one that must break with the pathologies due

to the very roots of Africa's calamities, in particular : the inexperience of independence and the lack of a competent elite around the 1960s to lead the newly independent states towards a new destiny, the integration of new nations into a neo-colonial space experienced as a market dominated by the great powers, the eruption of ferocious and ubiquitous dictatorships to manage political life in the new States, with the basic reality of providential men, enlightened guides who overwhelm the rest of their fellow citizens with their dazzling light and leave them in the confusion of darkness when they disappear.

In their very origins, such states were bound to run straight into the wall and suffer from the ills from which they suffer today: delusional governance, incompetent public administration, a justice system in ruins, endemic corruption, the glory of informality, corruption, heavy dependence on donors and government programs that are copied and pasted, unrealistic in terms of the expectations of Africans.

Improving political governance in Africa means building states that can break away from the realities of the real state. Hence the importance of developing intelligence in the governance of these states. Hence, also, the importance of values as pillars and levers of political organization and state institutions.

Hence, finally, the need for in-depth educational work to change the African imagination and produce new dreams, new myths and new forces for social transformation, in the most practical sense of the term.

In this way, we understand the importance of Africans becoming aware of certain changes that need to be made to their vision of themselves and engaging in the battles for the emergence of new States. Breaking with delusional governance also means enabling African states to win the battles that are essential for states today. And there are five of

these battles: the battle of the imagination, the battle of organization, the battle of innovation, the battle of new social dreams and the battle of leadership.

This requires African states to pay increasing attention to the following dynamics and areas in the rebuilding of states or in the foundation of new societies of which the state is the mirror: the emergence of an African bourgeoisie capable of embodying the new ideas around which its States would be built; breaking the image of innocence and recognizing the weaknesses of governance that haunt any development initiative in our States; building civil societies worthy of the name and at the same time contributing to the construction of States capable of facing up to the dynamics of globalization and moving from warrior societies to competitive societies.

If these major areas of responsible governance are included in the political programs of African states, it is certain that these states will be able to change their image and become inventive and creative in their ideas for development. In this way, Africa will be able to invent new and useful paths of hope. There is an urgent need for a new African imagination so that the governance of our States can change. This change requires the myth of nations driven by a strong desire for their new independence.

Without this imagination, it will be very difficult for Africa to really understand what is happening to it. It will not then be able to divorce itself from the image of a continent sick of its elites and a region of the world accustomed to calamities and suffering of all kinds. Changing the governance of our States also means getting rid of all inferiority complexes and all attitudes of alienation from the Western world.

Prof. KABWITA KABOLO, CEO/IRGSS

RCALC/Kisangani

Researcher Léonard BAMOENELA publishes a book on the origins of the BASOKO family

Léonard BAMOENELA, a researcher at the Research Center into African Languages and Cultures/Kisangani, published a book on the origins of Basoko on 11 November 2023.

In this book, the author reveals that the Basoko came from Chad, Sudan and the Central African Republic to settle in present-day Basoko in the Province of Tshopo in the Democratic Republic of Congo. This move was made possible by the Itimbiri and Lohahe rivers.

According to the researcher, the Basoko are scattered across several territories in the DRC. They live in Yahuma, Banalia, Lisala and Aketi, and speak Hesoo. Their common ancestor is Pikolo Emongo, who gave birth to four sons: Molielie, Penza, Basoko and Mungelema.

The Basoko are subdivided into two main groups: the Riverains and the Terciers.

They are a vigilant, hospitable, warlike people, united and indivisible.

The exhibition of the book was hosted by Professor Patrick Matata Makalamba, Dean of the Faculty of Economics and Management at the University of Kisangani, in the presence of several notables from Basoko, the former Minister of Health, Mrs MOLEKO, writers and researchers.

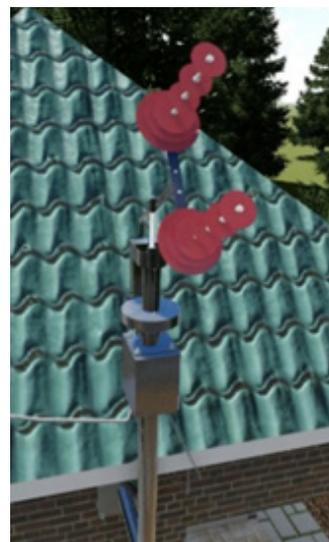
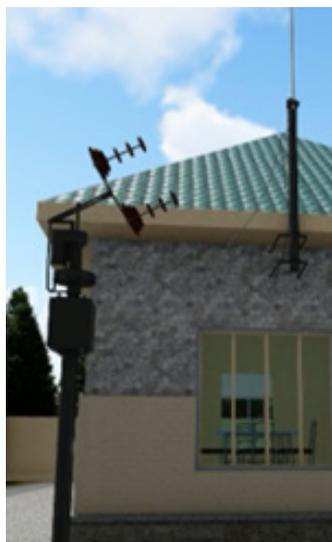
The Director General of CRLCA/Kisangani warmly congratulated the author and invited the audience to use the book to find out what is in it.

Judith BASUBI RCALC/Kisangani



Léonard BAMOENELA RCLC/Kisangani

Presentation of the OUTDOOR EXTENDER NETWORK BOOSTER Network Station



The OUTDOOR EXTENDER NETWORK BOOSTER is a motorized network station with automatic pointing. It is specially designed and built for environments with poor or no network coverage.

The OUTDOOR EXTENDER NETWORK BOOSTER has three functions:

- Firing the network signal in areas without network coverage;
- Improve network quality in areas with poor network coverage.
- Then propagate the captured network signal to a coverage radius of a few kilometers,

The network station can handle more

people.

It has software for managing the people connected to it, and this software can also be used to locate the direction offering the best quality signal. It has a built-in battery with long autonomy. A solar panel can be added if there is no electricity to recharge the battery.

Lastly, it allows you to benefit from the

advantages offered by 2G, 3G, 4G and future technologies, because of its pointing accuracy and its better quality network sharing. It makes up for the lack of network coverage in areas where telecoms operators have not installed the network or where they have installed it but not perfectly.

TSHIYAM KAPEND Franck/ATSRC

PUBLIC-SECTOR RESEARCH CENTERS AND INSTITUTES IN THE D.R. CONGO

RIHS (Research Institute in Health Science)

Objective: To improve the state of health of the population through research in the following fields: pharmaceutical, medical, anthropological, psychological or socio-cultural.

Address: 9, Av. Lukusa C/Gombe; E-mail: dnyembo@gmail.com; Tel: 0824580211

ATSRC (Applied and Technologic Sciences Research Center)

Objectif: Mettre au point des matériaux, des appareils, des méthodes ou procédés Objective: To develop materials, equipment, methods or processes with a view to finding solutions to the population's urgent problems in various fields: housing, rural development and the modernization of the society.

Address: 106, Blvd du 30 Juin, C/Gombe; E-mail: Jeannoel.mputu@gmail.com; Tel: 0821138261

RGHS (Research Center in Human Sciences)

Objective: To ensure the human development of the Congolese people through the study of its social, economic and political dimensions with a view to identifying the factors that have a positive or negative influence on its development.

Address: 33, Av. comité urbain C/ Gombe; E-mail: mingashang@yahoo.fr; Tel: 0819377821

RCMT (Research Center in Mathematics Teaching)

Objective: To carry out research in the field of mathematics teaching with a view to improving quality.

Address: 84, Av. des Ambassadeurs C/ Gombe; E-mail: mabelamatendorostin@gmail.com; Tel: 0815031877

GRC (Geophysical Research Center)

Objective: To provide the country with a national geophysical observation network, for the global study of the internal behavior of the earth in the DRC.

Address: 44, Av. de la démocratie, C/ Gombe (within GMRC); E-mail: tondozi@gmail.com; Tel: 0854426228

AIPS (African Institute of Prospective Studies)

Objective: To carry out forward-looking studies in order to propose solutions to crises and problems linked to the evolution of African societies.

Address: Av. Cardinal Malula, C/ Lemba; E-mail: mgrtaricibangu@yahoo.fr; Tel: 0996658741

MDRC (Multidisciplinary Development Research Center/Matadi)

Objective: To carry out operational research in central Congo in the field of applied linguistics of African cultures and applied sciences

Address: Hôtel de la porte Matadi; E-mail: Mwanzanicolas5@gmail.com; Tel: 0815037949

NCPLR (National Committee for the Protection of ionizing Radiation)

Objective: - Regulatory authority for protection against the dangers of ionizing radiation in the DRC management of radioactive sources of radioactive materials such as uranium.

Address: 4675, Av. Colonel Ebeya, Immeuble Quitus 2ème niveau; Email: Flory1963@gmail.com; Tel: 0816684665

AEC (French Atomic Energy Commission)

Objective: To carry out, promote and coordinate scientific and technical research in various fields of science and industry, concerning the use of atomic energy and space research.

Address: UNIKIN building; E-mail: Steve.muanza.kamunga@gmail.com; Tel: 0808643248

CGI (Congo Geographic Institute)

Objective: Production of the base map of the DRC at a scale of 1/50,000 and its derivatives.

Address: 106, Blvd du 30 Juin, C/Gombe; E-mail: Fidele.balibuno@unikin.ac.cd; Tel: 0974449240

GMRC (Geologic and Mining Research Center)

Objective: To carry out studies and analyses to improve knowledge of the soil and sub-soil of the national territory.

Address: 44, Av. de la démocratie, C/ Gombe; E-mail: rolandkakule@gmail.com; Tel: 0851506161

NIASR (National Institute for Agronomic Study and Research)

Objective: To promote the development of agriculture in the Congo. To maintain varieties, multi-local trials, and its farmers, management and conservation of germplasm. Set up a program to monitor and evaluate research activities.

To disseminate new varieties. Give the emerging technical department its reason for being, with a view to producing basic and pre-basic seed. Resume publication of the agricultural magazine to disseminate research results.

Address: 13, Av. des Cliniques, BP :2037 KINSHASA, C/Gombe; E-mail: domikankonde@yahoo.fr; Tel: 0818248620

RCALC (Research Center into African Language and Culture)

Objective: To coordinate and carry out all research projects concerning African languages and cultures.

Address: 53 C, Av. Makiso, blvd du 30 juin, Kisangani/ Tshopo. Tel: 0851934320

AFRC (Agro-Food Research Centre/Lubumbashi)

Objective: To identify processes for processing and preserving basic local agricultural products. To improve the quality of imported or locally produced foodstuffs by applying approved standards and quality control.

Help the technological development of the existing agro-industry by providing them with technical assistance wherever possible.

Address: 1, Av. Président ILEO, Q/CRAA, C/Lubumbashi; E-mail: Julesnkulu@gmail.com; Tel: 0997131002

SSRC (Social Science Research Center / Bandunduville)

Objective: to carry out practical scientific research into major socio-economic and cultural issues.

To promote sustainable aquatic development.

Address: 29, Av. de la mission, Q/Salongo, C/Basoko. BANDUNDUVILLE, BP. 223; E-mail: akuzituka@gmail.com; Tel: 0815898971

FERC (Forest Ecology Research Center /Mabali)

Objective: Scientific research on plants, aquatic species and animal species.

Address: D.S/MBANDAKA D.S/MBANDAKA/PROVINCE OF ECUADOR; E-mail: bosomboependi2@gmail.com; Tel: 0825241704

NDRC (Nutritional Diseases Research Center/Gemena)

Objective: Research into diseases linked to malnutrition, such as related diseases by isolating certain molecules, such as SYZYSIUM GUINESIE to combat amoebic yeasts and diarrhea in South Ubangi.

Address: Mobutu n° 220/A. GEMENA/ SOUTH UBANGI PROVINCE; E-mail: cherusangi@yahoo.fr; 0992416091

NSRC (Natural Sciences Research Center /Lwiro)

Objective: To carry out, promote and coordinate research in the fields of science, technology and industry throughout the DRC.

Address: LWIRO LWIRO, TERRITORY OF KABARE/SUD KIVU; E-mail: robert.kasisi@umontreal.com; Tel: 0996806699.

MDRC (Multidisciplinary Development Research Center /Bunia)

Objective: To carry out operational research in the north-east of the DRC in the fields of applied linguistics, African cultures and applied sciences. Study of nature, fauna, flora and protection of endangered species.

Address: BUNIA/ITURI; E-mail: Kermwathomas@gmail.com; Tel: 0997717070

HRC (Hydrobiology Research Center in Uvira)

Objective: To program, coordinate and monitor research activities in hydrobiology, limnology and hydrology.

hydrobiology, limnology and fisheries in all ecosystems.

Address: 115, AV. du Congo, Q/Kimanga, C/Kalundu, UVIRA / SUD KIVU; E-mail: bida-kamuhoz@gmail.com; Tel: 0997716307.

CoE/CBRNEC (Chemical, Biological, Radiological and Nuclear Excellence Center)

Objective: To contribute to the mitigation of chemical, biological, radiological and nuclear risks.

Address: 106, Blvd du 30 Juin, C/Gombe; E-mail: Odette.kabena@gmail.com; Tel: 0816904370.

GVO (Goma Volcanological Observatory)

Objective: Prevention of volcanic risks by monitoring volcanoes and Lake Kivu. Kivu; Management of natural risks; scientific research.

Address: 142, Avenue Du Rond Point ; Quartier Les Volcans ; Commune de Goma ; Ville Goma; North-Kivu; E-mail: mavotulu@gmail.com; Tel: 0998584734

WERC (Water and Environment Research Center)

Objective: To serve as a training and research center focusing on water and environmental management.

To propose solutions to problems that could arise around water. Create a national network of Congolese scientists and researchers to analyze and disseminate information on the impact of climate change in the DRC. Promote education and the right to the environment.

Address: 44, Comité Urbain C/ GOMBE; E-mail: ngelipatience@gmail.com; Tel: 0818105625.

RCSARP (Research Center for the Selection and Adaptation of Ruminants and Pigs)

Objective: To carry out studies and research in the field of ruminant and pig breeding

Address: 45, Av. Lumumba, Q/de la gare, LUPUTA/ KASAI-ORIENTAL; E-mail: tshamalagabriel@gmail.com; Tel: 0851817370

NCRS (National Center for Remote Sensing)

Objective: Research in remote sensing.

Address: PLACE ROYAL IMMEUBLE PLACE ROYAL IMMEUBLE KASAI; E-mail: davidngindub@gmail.com; Tel: 0815103502.

NCROS (National Center for Research in Oral Science)

Objective: To carry out studies and research in the field of oral health.

Address: 13, 10ème Rue, Industriel Quarter, C/Limete; E-mail: Cnrsbd.rdc@gmail.com; Tel: 0822244152; 0811835159; 0840922982

CAS (Congolese Academy of Sciences)

Objective: Promotion and dissemination of science, technology, arts and letters. Support for inventive initiatives.

Address: Sciences Faculty/ UNIKIN local 28; E-mail: jimuyembet@gmail.com; Tel: 0813330242

MIPRC (Matadi Interdisciplinary Pedagogical Research Center)

Objective: -Information science.

Address: The buildings of the Matadi Higher Pedagogical Institute; Tel: 0896501462

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1. to deliberate on the guidelines and priorities of the scientific and technological research plans and programs to be carried out in the country ;
2. to deliberate on the allocation of resources from the State budget to scientific and technological activities;
3. supervising the financial management of research centers and institutes
4. approving the budgets of the Research Institutes and Centers and submitting them to the Minister for Scientific Research for approval
5. approving the organic regulations of the Research Institutes and Centers;
6. proposing to the Minister for Scientific Research the appointment and promotion of scientific and administrative personnel.

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