The Director of Development and Alumni Relations of Osun State University, Prof. Siyan Oyeweso, recently delivered a Valedictory Lecture in honour of the Chief Justice of the Federation, Justice Maryam Aloma Mukhtar CJN, who will be retiring on November 20, 2014 having attained the 70 years statutory age of retirement. The lecture which was held at the National Judicial Institute, Abuja, was organized by the National Association of Women Judges of Nigeria (NAWJN) under the leadership of Hon. Justice Helen Morenikeji Ogunwumiju, JCA and the Presiding Judge of the Benin Division of the Federal Court of Appeal.

At the lecture, Prof. Siyan Oyeweso argued that Justice Aloma Maryama Mukhtar, in the course of her career, recorded many firsts and outdistanced men in a predominantly patriarchal society. She recorded several firsts and succeeded against all hurdles put on her way. For record purposes, Justice Aloma Mukhtar CJN GCON parades an enviable credential:

1. The first female lawyer from Northern Nigeria
4. The first female Judge of the High Court of Kano State Judiciary (1977)

The lecture titled Breaking the Yoke of Patriarchy: Nigerian Women in the Professions, Politics and Governance 1914-2014, attracted the crème de-la-crème of the legal profession including the First Female Senior Advocate of Nigeria, Chief Mrs. Folake Solanke (SAN), the Chief Justice of Nigeria, Hon. Justice Maryam Aloma Mukhtar, the President, Federal Court of Appeal, Hon. Justice Zainab Adamu Bulkachuwa, the Administrator, National Judicial Institute, Justice Patricia Bozimo, Justice Constance Momoh Rtd, Justice Funmilayo Adekeye, Rtd Judge of the Supreme Court, Hon. Justice Kudirat Kekere-Ekun of the Supreme Court, Hon. Justice Amina Augie, Presiding Judge of the Lagos Division of the Federal Court of Appeal, Justice Binta Nyako, Justice A.A. Aderemi of the Oyo State High Court and Hon. Justice Grace Adedotun Onibokun of the High Court of Justice, Osun State, among others.
(6) The first female President of the nation’s Court of Appeal from 1993 to 2005.
(7) The first female Justice of the Supreme Court of Nigeria (May 10, 2005)
(8) The first female Chief Justice of Nigeria (July 14, 2012-Nov. 20, 2014)

He further argues that as the first female Chief Justice of Nigeria, Justice Mukhtar ushered Nigeria into the comity of nations that have females as their Chief Justices such as Israel, Ghana, Sri Lanka, Quebec, Canada, Zambia, Jamaica, Serbia, Montenegro, Albania and Brazil, among others.

Prof. Oyeweso further contends that Mukhtar’s appointment as the 13th Chief Justice of Nigeria (CJN), was a watershed in Nigeria’s judicial history and the history of legal profession in Nigeria. “Her appointment was clear affirmation that a woman could reach and that Justice Aloma Mukhtar has, indeed, attained the zenith in her legal career. Apart from the fact that her appointment was richly deserved and well merited, Justice Aloma Mukhtar also makes history as the very first female to occupy that esteemed position since the nation had its first indigenous Chief Justice of Nigeria in 1958. In effect, Justice Mukhtar’s appointment marked the genesis of a new era in the judicial history of Nigeria”.

Another highlight of the lecture is that Justice Mukhtar demonstrated audacious courage and commitment to the rule of law. Alongside Justices George Oguntade and Walter Onnogben, Justice Mukhtar almost voided the outcome of the 2007 election that brought President Musa Yar’Adua and now President Jonathan to power. While the quartet of Justice Kutigi, Katsina Alu Niki Tobi and Dahiru Musdapher dismissed the appeal of the then Presidential Candidate of the All Nigerian People’s Party (ANPP), Justice Mukhtar, George Oguntade and Onnoghen held a dissenting view. They maintained that the allegation of substation non-compliance with the Electoral Act 2006 was proved by the petitioner. Indeed, a highly reputable and well respected British Magazine, in its April 8-15, 2013 edition assessed Justice Aloma’s tenure and described her as “one of the 125 Women of Impact on the world.

In conclusion, Prof. Oyeweso raised the poser: How would Justice Maryama Mukhtar Aloma wants to be remembered? While Informed Judicial observers and critical stakeholders of the legal professions have passed their own judgments, he posits that the retiring Chief Justice shares a pride of place with Lord Alfred Thompson Denning, Master of the Rolls for 20years, “Remembrance of me in good works, that is how I should like to be remembered”. It is therefore not a surprise that the Lord Chief Justice, Lord Bingham of Cornhill, UK described Lord Denning as “the best known and best lived judge in our history”.

Prof. Oyeweso concludes that Justice Aloma is an upright judge who has succeeded significantly against all odds in sanitizing Nigeria Judicial System and who has restored public confidence in our Legal System.
All stakeholders in the Health system of the State of Osun have observed a general shortage of consultants in the State's Secondary health facilities. This shortage, according to the stakeholders has hampered health care delivery in various ways in the State.

This was the general consensus of all stakeholders in the Health Sector of the State at a meeting called at the instance of the Special Adviser to Governor of the State of Osun on Health Dr Isamotu Rafiu which was held at the conference room of the State Hospital Management Board (HMB).

Those in attendance at the meeting included the staff of the Hospital Management Board (HMB) led by the Special Adviser to the Governor of the State of Osun on Health Dr Isamotu Rafiu, the UNIOSUN team was led by the Acting Dean Faculty of Basic Medical Sciences, Dr Adebimpe W.O, representative of the State Ministry of Health (SMOH) and Heads of the three (3) senatorial general hospitals namely State Specialist Hospital Asubiaro Osogbo, General Hospital Ilesha and General Hospital Iwo.

The Stakeholders at the meeting agreed to an urgent need to bridge all the gaps caused by this shortage in order to improve the State health systems and enhance health care resources development in the State. On their own part, Consultants/clinical lecturers from the Medical School of Osun State University agreed and are all ready to give full compliment clinical support to HMB to improve existing health workforce and systems.

The clinical support according to a statement issued from the Medical School shall cover the three (3) senatorial general hospitals in such a way that they shall serve as referral centers to other general hospitals and health facilities nearby. The statement added that the Clinical lecturers and consultants would not be involved in administrative activities in these hospitals. Their involvement would be purely on provision of clinical services stressing that Consultants should not forget that their primary assignment is that of teaching in the University’s medical school.

The Hospital Management Board (HMB) promised to put basic minimum infrastructural facilities in place in these hospitals to facilitate easy and stress free clinical consultations. A seven man committee was subsequently set up to quickly work on fine-tuning the already discussed modalities for coverage at these hospitals.

In his welcome address at the meeting the Special Adviser to the Governor on Health Dr Isamotu said this collaboration would bridge the gaps caused by shortage of consultants in the State. This meeting, indeed, solidifies previous efforts by stakeholders on the subject matter. He thanked the Vice Chancellor of UNIOSUN and all clinical lecturers for supporting and coming to the aid of the State government. He said the State is in the process of embarking on another round of upgrading of the various secondary health facilities in the state as well as put in more efforts in human resource development in the health sector. He expressed his happiness that UNIOSUN parades senior consultants in specialties that are highly relevant to clinical practice. This according to him would be the beginning of a more robust collaboration between UNIOSUN and the HMB.

The Vice Chancellor of Osun State University, Professor Adekunle Bashiru Okesina, in a goodwill message delivered by the Acting Dean of Faculty of Basic Medical Sciences, Dr. Lekan Adebimpe said the initial design of UNIOSUN medical school was that of our clinical lecturers/consultants providing...
clinical support to some selected Government Hospitals and large comprehensive health centers in the State. He said that UNIOSUN did not only have one of the best in terms of facilities for teaching medicine, but the University also parades consultants in most of the clinical specialties including Surgery, Gynaecology/Obstetrics, Community Health, ENT, Ophthalmology and Internal Medicine.

“Our Ophthalmologists are already running eye clinics in State Hospital Asubiaro, and other clinicians have gone to assist units in some of these General Hospitals that are related to their specialties. UNIOSUN is ever ready to support the Government of the State of Osun towards improving the health care delivering system” Prof. Okesina said.

The Joint Admissions and Matriculation Board (JAMB) has announced Osun State University as one of its 16 accredited JAMB/CBT Registration Centres/Cafe(s) in the State. The Registration Centres is located in the Main Campus of the University at Oke Baale Osogbo and College of Humanities and Culture, Ikire Campus. It has Dr. Moruf O. Olayiwola, 08028063936, as the contact person.

OSUN STATE UNIVERSITY ACCREDITED AS 2015 JAMB REGISTRATION CENTRE

The Board advised candidates to ensure compliance with JAMB’s earlier warning to register only with accredited JAMB CBT centres.
In view of the shortfall in the prices of oil which is the main source of revenue for Nigeria, there is need for diversification of economy to enable the country practice true federalism.

This was the focus of a lecture entitled “Federalism, democracy & future of Nigeria” delivered by Osun state governor, Mr. Rauf Aregbesola at the Trenchard Hall, University of Ibadan, southwest Nigeria on Tuesday, November 11, 2014.

Ogbeni Rauf Aregbesola explained that the over concentration on oil economy was the bane of the nation’s under development, adding that states in Nigeria were too many for its level of revenue, thereby draining the central government purse. He, however, urged the federal government to develop the capacity of various regions of the country to enable the country moved from consuming nation to producers.

Vice Chancellor, University of Ibadan, Professor Isaac Adewole, stressed the need for Nigeria leaders to align with the vision of the nation’ forefathers, to attain a virile nation.

The lecture had in attendance Deputy Governor of Oyo state, Chief Moses Adeyemo, Vice-Chancellor, Osun State University, Prof. A.B. Okesina, Vice-Chancellor, LAUTECH, Professor S. Gbadegesin, Prof. Siyan Oyeweso, Prof. Mojeed Alabi, Prof. O.O. Ladipo, Prof. John Ayoade, the Secretary to the State Government, Alhaji Moshood Adeoti, the Special Adviser to the Governor on Education, Alhaja Mulikat Ayoni Bello, the Special Adviser on Water Resources, Mrs. Tawa Williams, the Special Adviser on Commerce and Cooperatives, Dr. Yinusa Olalekan. The dignitaries also include the Hon. Commissioner for Environment, Prof. Bukola Oyawoye, Hon. Commissioner for Information and Strategy, Mr. Sunday Akere, the Hon. Commissioner for Home Affairs and Culture, Mr. Sikiru Ayedun Adetona and Deputy Chief of Staff to the Governor, Mr. Gbenga Adebusuyi, among others.

The Nigerian Universities Commission (NUC) has urged relevant stakeholders in the education sector to take advantage of the potentials which electronic media present as means of creating accessible and cost effective materials for distance learning in the country.

The Executive Secretary of the commission, Prof. Julius Okojie, stated this at the launch of General Studies (GST) e- Modules for Distance Learners, in Abuja, recently. Okojie, who noted that the e-modules would solve the issue of accessibility and flexibility of learning materials in the country, added that it would further bridge the gap and disparity between students of open universities and their counterparts in the conventional universities.

He said, “The Open and Distance Learning (ODL) mode which has been shown to be a very effective and efficient means of enhancing access to education without compromising quality, is predicted on the principles of flexibility and learner-centeredness where
high quality teaching and learning interactions take place without the constraints of time and space.”

Speaking at the forum, Director, Open and Distance Learning, Dr. Suleiman Ramon-Yusuf, maintained that the GST courses which include Use of English, Philosophy and Logic, Nigerian Peoples and Culture, History and Philosophy of Science and Entrepreneurship Studies were developed in line with standards of global best practices prescribed by the Benchmark Minimum Academic Standards (BMAS) for particular courses and programmes.

“Young people in the Nigerian universities are learning and those in the conventional schools,” he added.

“Today’s advocacy forum and launch of ODL mode of delivery aims to create and increase awareness about its great potential to contribute significantly to the amelioration of the challenge of inadequate access, in addition to other seemingly intractable problems plaguing the Nigerian Universities System,” he said.

The Vice-Chancellor, National Open University of Nigeria, Prof. Vincent Tenebe, urged Nigerians to dismiss all “gossips” about academic developments in the country, adding that students from the university could compete favourably with their counterparts from other universities.

His words: “The materials launched today are of standard and they would help to solve the problem of all unnecessary discrepancies between the universities operating the open and conventional system of education in the country.

You must commend NUC because the NUC is playing as a monitoring agency and accredit agencies and as a quality assurance agent. With these modules being launched today, there would be uniformity with what students in the open universities are learning and those in the conventional schools,” he added.

The former Pro-Chancellor and Chairman, Governing Council, University of Ibadan, Mr. Wole Olanipekun SAN, has awarded scholarships to 137 students in secondary and tertiary institutions including those who are pursuing law degrees across Nigeria. They included 50 secondary school students of Ikere origin; 38 undergraduates, also of Ikere origin; 41 undergraduates from the other 15 local government students in the Nigerian Law School, who received various sums amounting to over N5.8million which the legal luminary would pay per session until they graduate.

Olanipekun, who was represented on the occasion by a member of the Board of Trustees of the scholarship scheme, Chief Ayodele Omotayo, said he was of the “firm belief that one could assist in several other ways and the little assistance you render these young ones today can make a meaningful impact on their lives tomorrow.”

He congratulated the beneficiaries and charged them to strive to be successful and able to lift other earlier, the Chairman, board of trustees of the scheme, Mr. S.S. Omoyeni, said the scheme which started in the 1997/1998 session to assist the indigenes of Ikere, “has now spread its tentacles to all local government areas in Ekiti State and even beyond.” Omoyeni advised the beneficiaries to “reciprocate this gesture by being of good behaviour, hardworking and to develop similar interest for Ikere affairs,” adding that Olanipekun’s gesture would be meaningful “if the award recipients passed out “in very good grades and obtain good jobs.” The chairman said that while the undergraduates receive N40, 000 per year, the law school students get amounts from N150, 000 to N250, 000 per session.
The Chairman of the occasion, Prof. Akin Ogunlade, who was Chief Olanipekun’s Science Tutor in 1969, noted that he had monitored Olanipekun’s “progress, assiduity, integrity, honesty and love for mankind and humanity” and prayed God to reward him.

I PURSUED EXCELLENCE TO BEAT POVERTY – BELLESTECH BEST GRADUATING STUDENT

His father, Pa James Afolayan, was 86 years old when he was born. As the last born of the large polygamous family, Oluwaseun Afolayan naturally should be pampered by everyone with love and every other thing of life a young child would need to grow to adulthood. But that was not the case with him as he was only seven years old when his father died leaving his responsibility to his mother, who already had five other children. But somehow, fate still smiled on Oluwaseun as a maternal relation of stepped forward to shoulder responsibility over him. “That was how I began to live with Mr. and Mrs. Lawrence Oresanya,” Oluwaseun declared.

Oluwaseun, now 27, started primary school, graduated and proceeded immediately after to Jefab International School, a private school based in Suleja, Niger State. Because of his love for education and his seriousness with his studies, his guardians according to him, are always ready to sponsor him to any length and also giving him all the necessary support that could help him achieve his dream. “But I had wanted to study Medicine and become a surgeon in future but I couldn’t meet up with the cut off marks in my Unified Tertiary Matriculation Examination (UTME),” he said proudly.

Oluwaseun ambition to come out of the university as the best in his set came up right from the day he secured admission into the institution. Although, he was granted scholarship by the university based on his outstanding performance in his first year in the school, he didn’t allow that to affect his reasoning. “I just believe that nothing is better than the best. I hate poverty with passion. I don’t want to be poor not only in riches but in every other thing. I know I have to put in the best in whatever I am doing to secure my future. I worked with this philosophy and I thank Almighty God for crowning my effort with good success,” he said proudly.

Oluwaseun obtained Cumulative Gradient Average Point (CGAP) of 4.90 out of the possible 5.0, the second highest ever in the history of the institution to beat other 325 students. With him, 17 others graduated with First Class honours in various disciplines. Oluwaseun, who studied Physics/ Electronic Engineering, stood tall at the convocation ceremony as he was invited now and then to the podium to receive his numerous awards. Apart from being the overall best, he was also the best in his college, Natural and Applied Science, the best in his department and also in character, among other award categories.

He was not but thankful also to the school management for imparting the right knowledge and skills that would help him and his mates in achieving their aspirations. Oluwaseun specially expressed his heartfelt gratitude to his guardians cum parents who have been there for him come rain, come sun for the past 20 years.

“I gave them the kudos. I might not be where I am today if not for them. I refer to them as my parents because my relationship with them has gotten to the level where I concluded that my parents wouldn’t have done better for me. There was never a time they gave...
up on me. As a matter of fact, I enjoy the same privilege they give to their biological children. There is no discrimination. We all live like siblings. It is only God that can reward them,” he said in a voice laden with emotion. And for his guardians, Mr. and Mrs. Lawrence Oresanya, the young chap has made them proud. Mr. Oresanya, a lawyer confirmed to National Mirror that indeed, his family never regretted allowing Oluwaseun to be under their care.

“The young boy has proved to be a wonderful ‘son’ all through the time he has been living with us and I thank God for his life. However, what we are all witnessing here today is an act of God. He is the one that gives wisdom, knowledge and understanding to whosoever He chooses to give. Oluwaseun is one of them. So, I can boldly say that the achievement was by the grace of God.”

Earlier in his convocation address, the Vice-Chancellor of the university, Prof. Isaac Adeyemi congratulated the best graduand and his mates, saying they have really done well by graduating from the university in a record time. He however encouraged them to be focused and committed to whatever acceptable activities they would be engaging in as they move on in life.

“Note that this university has laid a solid foundation for you towards your future engagements. So what is now required of you is to remain as good ambassadors of this our great university, which is now your alma mater, your families and our dear great country, Nigeria. It is now expected of you to start contributing meaningfully to the course of humanity. So, go all out and impact the society. The sky is the beginning for you and I pray that God will help you to accomplish your dreams,” he further counseled.

The vice-chancellor, who noted that all the courses being run by the university, had been fully accredited by the National Universities Commission (NUC), promised that the institution would continue to produce well-rounded graduates like Oluwaseun. The former President Olusegun Obasanjo, who is also the Visitor to the university, was among the dignitaries who graced the occasion.

**EDUCATIONISTS GATHER AS AUN HOLDS FOUNDER’S DAY**

Renowned academics are converging on The American University of Nigeria, Yola, Adamawa State as the institution holds its ninth founder’s day on November 15. A statement from the AUN Director, Communications and Public Affairs, Mr. Daniel Okereke, said a renowned Public Health Teacher and chair of the Tulane University’s Payson Center for International Development and Technology Transfer, Prof. William Bertrand, will deliver the keynote speech at the occasion. A leading authority in public health issues and senior consultant on HIV/AIDS to the World Health Organisation, Bertrand has directed numerous AIDS-related projects in Uganda, Rwanda, Côte d’Ivoire, Congo Democratic Republic, and Vietnam.

According to Okereke, the Founder’s Day is a time to celebrate and reflect on the institution’s vision. The founder of the university is the former Vice President Atiku Abubakar.
A university teacher, Dr. Mobolaji Omemu, has identified cultural norms, family demands, and gender inequality as some of the challenges hindering African female researchers from making career progression. Omemu, who is the acting Head, Department of Hospitality and Tourism, College of Food Science and Human Ecology, Federal University of Agriculture, Abeokuta, Ogun State, listed others as lack of role models, organisational support, age barrier as well as lack of leadership skills.

The don spoke while delivering a lecture entitled, “Blocking the leaky pipeline: Career advancement strategies for young women in science” during an African Women in Agricultural Research and Development event at the university. Noting that there was increase in the number of women that enrolled for agriculture and other related courses, Omemu regretted that researchers among them did not attain the height of their careers.

The don, who called for greater commitment from female researchers, urged them to choose always mentees they would encourage to move up the career ladder without difficulty. The Chairperson, Admissions Committee of the university, Prof. Yemisi Eromosele, who also spoke on the occasion, challenged younger female researchers to always plan. According to her, because of their domestic responsibilities, they should endeavour to be ahead of their counterparts. The FUNNAB Vice-Chancellor, Prof. Olusola Oyewole, said women who had reached the peak of their careers deserved to be celebrated. The VC added that he looked forward to seeing women occupy 40 per cent of leadership positions in the university system. He encouraged them to work towards creating a greater future for themselves, irrespective of the career hurdles on their way.

The Vice-Chancellor, University of Lagos, Prof. Rahamon Bello, on Monday, November 11, 2014 has urged the Federal Government to consider a re-evaluation of the funding pattern of public universities across the country. Bello made the plea while delivering the 2nd annual memorial lecture of his predecessor, Prof. Adetokunbo Sofoluwe. The theme of the lecture is, “Funding of University Education in Nigeria: Trends, Challenges and New Directions”.

The lecture was put together by the Lagos branch of the University of Lagos Alumni Association. The News Agency of Nigeria (NAN) reports that Sofoluwe died in active service on May 11, 2012. According to the vice-chancellor, the current system of funding the nation’s ivory towers does not promote efficiency, pro-activeness, scholarship and best practices. He suggested that government should consider payment of tuition fees for university students rather than subvention. Bello said, “if this is done, it will change
the situation and make the universities live up to their mandates with less disruption to academic calendars.”

“The amount of money that the Nigerian government devotes to education, which is lower than 26 per cent of its expenditure as recommended by UNESCO, explains in part, the little progress that has been made in this sector since 1990. “Lack of adequate financing has been identified as the greatest problem facing education development in Nigeria. “This problem is further compounded by the growing number of students that enroll annually in our universities.” “This challenge has led to many recurring problems in the system over the years. “Institutional deterioration and salary erosion during the past decade have prompted substantial brain drain of academic staff and impeded new staff recruitment,” he added. Bello said the 2012 NEEDS assessment report of the Federal Government had shown that majority of the universities were grossly understaffed and relied heavily on part-time and visiting lecturers.

He said that a lot of under-qualified academics were currently in the system. Bello also said that staff development programmes outside the Tertiary Education Trust Fund Intervention as well as the Presidential First Class Scholarship programme were inadequate. According to the university administrator, reports have also shown that only about 43 per cent of teaching staff in the public universities have doctoral degrees. Only seven of the 100 Nigerian public universities had up to 60 per cent of their teaching staff having PhDs, he noted. “As we speak, it is good to note that the ratio of teaching staff to students in many universities is 1:100.

“For instance, it is 1:363 at the National Open University of Nigeria, 1:122 at the University of Abuja and 1: 144 at the Lagos State University,” he said. Bello said that if funds were released per students and not used to pay for personnel and services directly, the financial and administrative autonomy would be guaranteed.

Under that regime, he hoped that each institution would be guided to chart a course and manage its resources to service its core business similar to how the private universities operate.

This will change the psychology and behaviour of students toward their academic pursuits and also improve the learning environment, he stressed. The vice-chancellor said that stability in the academic calendar would also be attained with less disruption.

Bello, however, called for a restructuring of all tiers of education in the country, adding that with the increasing population of the country, adequate infrastructure should be provided. “The human resource element of any nation will largely determine the direction it will go.”

Earlier in his goodwill message, the Chairman of the alumni association, Dr Ayodele Ogunleye, said the annual memorial lecture series were aimed at celebrating and advancing Sofoluwe’s intellectual and administrative legacies. Ogunleye said the lecture series would also promote the values that Sofoluwe struggled to advance throughout his life time. He listed such values as human rights, social justice and freedom of expression for all.

Accessing your uniosun.edu.ng Email server has been successfully migrated to the Google platform. The new platform is faster and easier to access with larger storage. Please contact the IMTC for details of how to migrate individual accounts.
Dietary factors contribute greatly to the development of type 2 diabetes, it is a factor that needs essential attention, and dietary planning should be part of our lives as we advance from one stage of development to another.

Diet is the sum of food consumed by a person while dietary habit involves or are habitual decision an individual makes when choosing what to eat. Food is everywhere you turn to, the temptation is constantly present, planning your meal is just an easier way to be in control of your calorie intake, it allows you to plan healthy meal that includes all of the healthy nutrient that you need for the day.

There are 4 categories of food eaters:

The Emotional Eater: This is at the heart of many food problems and weight gain; they eat because they are happy, sad, lonely or mad. They eat for any reason that involves their emotions. Food is not just all about nutrient but a source of comfort.

The Mindless Eater: This is an everyday occurrence for most of us, we live in a world where food is everywhere in our everyday path. We mindlessly eat it whether we are hungry or not. Diets do not address how to navigate a world full of food, they just tell us what to eat.

The Stress Eater: The world around us is getting faster and we are trying to keep up but the stress is overwhelming. Stress trigger hormones in our bodies that causes us to be hungrier and we eat more and gain weight. We eat because of stress. Diets do not explain the science of why some of us are actually hungrier than others.

The Unhealthy Eater: Many of us have a repertoire of unhealthy dietary habit that influences what and how we eat. It could be improper portion control, dashboard dining, fast food dining or night time nibbling habit that makes it difficult to remain at a healthy weight.

The following dietary habit will help a lot in stopping the development of diabetes mellitus and other disease associated with fault dietary habit:

1. Schedule 3 meals a day into your routine, it is important to be nourished adequately throughout the day to prevent fatigue/weakness and to perform at optimal level

2. Eat a healthy breakfast, which should include grains and fruit. Obtain protein from a less complicated sources and choose low fat dairy product.

3. Do not let yourself become so hungry as to overeat at mealtime.

4. Avoid processed food as much as possible as it contain ingredients that have been changed from their natural state.

5. Choose sea salt as it is equivalent in nature to the salt within your body. It is very glaring that excess consumption of refined salt causes fluid retention and increase your blood pressure.

6. Gradually wean from large portion food sizes to achieve a healthy weight, this could be done by practicing moderation in your dietary habit which you can sustain for a long period of time.

7. Eat less in the evening if you are no longer exercising throughout the remainder of the day.

8. Keep a positive attitude focusing on long term results.
9. Eat less red meat because red meat are high in saturated fat and should be avoided by people with high cholesterol, chicken and fish are the best meats to consume although fish is better than chicken because it has antioxidants. Antioxidants are organic substance that include vitamins C, E, A and carotenoids that help to prevent cancer, heart disease and stroke.

10. Healthy living begins with a breakfast

11. Take time to shop each week/month, if the food is not in the house, how you can eat well, schedule in time to shop

12. Eat less and go for plain water instead of juice and soft drinks, if you are sitting for a longer period all day, you need fewer calories, and water would do the job.

**This Week’s Birthdays**

The management and entire staff of Osun State University rejoice with the staff members whose birthdays fall on the dates noted below as they add another year to their lives.

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Date</th>
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<tbody>
<tr>
<td>OKANLAWON, Ayoade Ejiwale</td>
<td>Maths &amp; Tech Education</td>
<td>17th Nov</td>
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<tr>
<td>FOLORUNSO, Abayomi I. Kizito</td>
<td>Lang. &amp; Linguistics</td>
<td>17th Nov</td>
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<tr>
<td>AJIBOLA, Sunday Ariyo</td>
<td>ICT</td>
<td>18th Nov</td>
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<td>TERIGBADE, Fatimoh Bukola</td>
<td>Library</td>
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<td>ASAOLU, Taiwo Olufemi</td>
<td>Economic and Mgt. Sc.</td>
<td>19th Nov</td>
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<tr>
<td>BABALOLA, Olubunmi Olusegun</td>
<td>Chemical Sciences</td>
<td>19th Nov</td>
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<td>ADEOYE, Oyelola Eyinade</td>
<td>Health Centre</td>
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<td>OYELADE, Anthonia Ayobami</td>
<td>Arts &amp; Social Sciences</td>
<td>20th Nov</td>
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<td>AKINDURO, Victor Olabisi</td>
<td>Animal Sc. &amp; Fisheries</td>
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<td>RAHEEM, Usman</td>
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<td>MAKANJUOLA, Mary O.</td>
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**QOUTABLE QOUTES**

One of the great lessons I’ve learned in athletics is that you’ve got to discipline your life. No matter how good you may be, you’ve got to be willing to cut out of your life those things that keep you from going to the top. ~ Bob Richards

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow. ~ Melody Beattie

What this power is I cannot say; all I know is that it exists and it becomes available only when a man is in that state of mind in which he knows exactly what he wants and is fully determined not to quit until he finds it. ~ Alexander Graham Bell

To speak ill of others is a dishonest way of praising ourselves ... let us be above such transparent egotism. ~ Will Durant

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them. ~ Dennis Waitley

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Please send items for inclusion to: gso.uniosun@gmail.com Tel. No: +234(0)8067319899]