



FUOYE NEWS

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Good Feeding and Regular Exercise Enhance Health

- Prof. Oboh

Smokers have been advised to quit smoking as a precautionary measure against hypertension. This admonition was given by a professor of Biochemistry at Federal University of Technology Akure, Professor Ganiyu Oboh.

Professor Oboh who was on sabbatical at Federal University Oye-Ekiti until recently, was a guest lecturer at the FUOYE Public University-wide Monthly Lecture for March. Speaking on the topic, Dietary Polyphenols and Health Matters the eminent don took the enthusiastic audience on certain contemporary health matters.

He specifically spoke on Type 2 diabetes, cancer, hypertension and other related illnesses. On diabetes, the university teacher informed his audience that a person with type 2 diabetes either does not produce enough insulin or suffers from insulin resistance. He mentioned family history, obesity, physical inactivity or lack of physical exercise, racial/ethnic descent as some of the risk factors of the disease and made his audience to understand that, among other things, diabetes causes erectile malfunction and Alzheimer (loss of memory). He therefore advocated healthy eating habit and regular exercise as measures to prevent the risk of diabetes. According to him, insulin therapy and blood sugar monitoring/control are measures against the disease.

Speaking on cancer, the professor told his audience that cancer on the other hand, is a disease caused by an uncontrolled division of abnormal cell in a part of the body. He disclosed that this abnormal division can start almost anywhere in the human body, and went further to say that smoking, certain infections of the stomach, previous or family history, age and genetics are some of the risk factors of cancer.

Defining hypertension as a situation of abnormal high blood pressure or a state of great psychological stress, Professor Oboh unveiled the risk factors of hypertension as, among other things, age, race, family history, tobacco consumption and too much salt intake. He recommended quitting smoking, food therapy and complete change in lifestyle as some of the

EDSSA INAUGURATES EXCO

A new leadership of Economics and Development Studies Students' Association recently took oath of allegiance for 2014/2015 academic session. In a brief but colourful ceremony held at the University Auditorium, the new officials collectively resolved to build on the achievements of the preceding leadership with a view to taking the association to greater heights.

The newly sworn-in officers are: Oluwole Babafemi, Omojie Josephine and Apata Michael as President, Vice President and General Secretary, respectively. Others include Saka Hakeem. Lawal Ayomide Okpokor, Christopher as well as Oladejo Korede as Assistant Secretary general, Financial Secretary, Treasurer and Sports Director, (in that order). Also inaugurated were Amponsa Victor, Bello Busola and Falodun Olaoluwa as Public Relations Officer, Social Director and Librarian, respectively.

In a bid to ensure checks and balances on the operations of the Executive, the student body also inaugurated the Students' Representative Council, SRC. This comprises Olawole Olajide, as speaker to be supported by Olaniyi Ezekiel, Olabode Stephen, Tajudeen Ismail and Ogundipe Christianah. Other members of the SRC are Adesuyi Tolulope, Adekoya Abiodun, Onimu Samuel, Esther Osatuyi, and Deborah Mactopsy.

Speaking on behalf of the new executive, Oluwole Babafemi said the desire of his leadership was to ensure a harmonious relationship between staff and members of the association to make sure that the latter operate within the rules and regulations guiding their stay in the University. He said tutorials, seminars and excursions would be undertaken for the continuous enrichment of members of the association

EDSSA, FUOYE Chapter has Mr. Desmond Agwu as its staff adviser.

NAPS SWEARS IN NEW EXECUTIVE

National Association of Psychology Students (NAPS) FUOYE Chapter had a swearing-in ceremony for new executive members of the association on Wednesday February 25, 2015. The ceremony which was the 3rd since inception of the University had in attendance the Head of Department of Psychology, Dr. Alexander Eze, Professor Benjamin Omolayo, Dr. Abiodun Lawal, Mrs. Oladunjoye and other academic staff in the department.

Speaking at the ceremony, Prof Omolayo charged the students to focus on their primary assignment in the university which is their studies. He advised them to pay less attention to those things he described as secondary assignments like participation in unionism, club membership and other such indulgences that would not impact positively on their academic quest and excellence in the long run.

Dr Lawal who is a staff adviser admonished the students to live up to expectations. He

said “we lead and others follow”, hence, this should reflect in every thing they do to become true and good leaders. Also, Mrs. Oladunjoye in her short speech welcomed the 100 level students into the association and counseled them to take their study very seriously as it would help them become leaders the University intends to groom them to be. She implored them to maximize their potentials and make the best use of their stay on campus.

In a chat after the ceremony, the new president, Omoboyeje Ibunkun, said the intention of the new executive for the association in the next one year is to ensure more closeness among members of the association “as this will foster the habit of studying together (tutorials)”. He also promised to “Connect with the national body of the association to get the chapter registered, invite them for seminars and create a blog for the association where psychological papers and discussions can be accessed”.

ANUPA TO HOLD ANNUAL LECTURE

The Lagos State University chapter of the Association of Nigerian University Professional Administrators (ANUPA) holds its 3rd Annual lecture and Award presentation on Thursday, March 12 2015. The theme for this year's lecture is “The Role of Administrators in Service Delivery; a Key Factor i Organizational Goals”. Venue will be MBA Auditorium of the Lagos State University. A memo signed by Head, Personnel Affairs Unit of FUOYE, S. AAkinkunmi, requests all interested Administrative Officers in the university who may wish to attend the annual lecture to seek the Vice Chancellor's approval in writing through their respective Heads of Department.

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FUOYE TO COMMENCE PAINT PRODUCTION SOON

As part of measures to boost its much-needed Internally Generated Revenue, (IGR) base, the Professor Isaac Asuzu led administration has concluded plans for the production of paint in its different varieties for commercial consumption by the university and the outside public. The various range of the proposed paint products are FUOYE Alpha emulsion, Alpha texcote, Omega texcote and Exterior Vinyl emulsion. The product range also includes Ultimate texcote and Super gloss. But what will make FUOYE paint products different from numerous other paint products in the Nigerian market today? According to the Chairman of the FUOYE Paint management committee, Okafor Ikenna, the paint configuration has been conceptualized to

meet international standards as they would be made from the best raw materials which incidentally abound locally. The products will convey special attributes such as high weather resistance, ease of cleaning, wide coverage and be very environmentally pleasant. Other features he highlighted that would make the products distinct are aesthetics and product perfection. Above all, the products would be pocket-friendly.

Already, construction work has reached advanced stage on the permanent site of the factory located within the premises of Research and Innovation Centre. The resolve of the Management Committee is to commence production as soon as construction work is completed. The products were described as a ready market in the waiting.

FUOYE JOINS NIFST

The Department of Food Science and Technology is hosting the Executive Members of the Nigerian Institute of Food Science and Technology (NIFST), Western Chapter this March. The team is coming to inaugurate NIFST FUOYE Branch and also to hold her statutory quarterly meeting. According to Coordinator of the Department of Food Science and Technology, FUOYE, Dr.(Mrs) E.M. Ogunbusola, members of Executive Committee of NIFST are scheduled to pay a courtesy visit to the Vice Chancellor in his office at Oye-Ekiti as part of their itineraries on this visit. Meanwhile, NIFST FUOYE Chapter inauguration will hold at HOC Conference Room at Ikole on March 11 by 11.00am. Attendance is compulsory for all members of staff and students of the Department of Food Science and Technology.

WEDDING INVITATION

This is to cordially invite the FUOYE Community to the wedding ceremony of **Miss Grace Oluwakemi Busayo** (daughter of Mr. Isaac Busayo, a Principal Librarian in the University Library), scheduled to hold as follows:
Engagement: Friday March 13, 2015 by 1pm prompt.
Venue: The Bride's Home @ Rehoboth Abode, Onala Zone C, Adehun/Tinuola Road, Ado-Ekiti. **Wedding proper** takes place on Saturday, March 14, 2015 @ 10am prompt
Venue: Christian Faith & Fellowship Mission, Opposite Mojere Market, Opopo-gbooro, Adebayo Road, Ado-Ekiti.