



# MOUNTAIN TOP UNIVERSITY (MTU)

Kilometre 12, Lagos-Ibadan Expressway, Prayer City, Ogun State

A monthly publication of the Editorial and Media Unit

## MTU Launches Innovative Partnership with Covenant University

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From the left: Dr. E. A. Ofudje, the Ag. Director CRIC, MTU being welcomed with a handshake by the Vice-Chancellor, Covenant University, Prof. Humphrey Adebayo (middle) and Prof. Ayo Olalusi, Dean CBAS, MTU (right)

**M**ountain Top University team, led by Dr. E.A. Ofudje, the Ag. Director, Centre for Research, Innovation and Collaborations (CRIC) visited Covenant University (CU), Ota, Ogun State, on the 15th of December, 2020. The aim of the visit was summarized as follows:

- i. to understudy some Centres in the University such as Library, Entrepreneur, ICT and Research.
- ii. to seek for areas of collaboration with Covenant University.
- iii. to appreciate Professor Akan

Williams who delivered a webinar at MTU in 2020.

The team was warmly received by the Vice Chancellor, Prof. Humphrey Adebayo, who was initially represented by the Director of Covenant University Centre for Research, Innovation and Discovery (CUCRID) Prof. Emeka Iweala. In his speech, he highlighted the areas where both Universities share some similarities and equally mentioned those things that distinguished Covenant University from other universities.

*Continued on next page*

After the initial reception/welcome meeting, the meeting broke into four main sub-groups comprising of Library Services, ICT, Centre for Entrepreneurship and Centre for Research, Innovation and Discovery. The persons in-charge of these Centres at Covenant University were on ground to take the MTU team round their Centres and showcased some of their activities. Lessons were

learnt, new ideas and insights were gained and mutual collaborations were formed. Based on the findings and observations at the Covenant University, the MTU team made some recommendations to the MTU Management on how to move the University forward.

At the end of the facility tour, the MTU team presented an Appreciation Award to Professor Akan Wil-

liams, the former Acting Vice-Chancellor, Covenant University, for delivering a webinar at Mountain Top University. Also, the Vice Chancellor's gift was delivered to Prof. Humphrey Abiodun of Covenant University by the team on behalf of Prof. Elijah Ayolabi, Vice Chancellor, Mountain Top University.



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Season's  
Greetings

From

MTU MEDIA  
AND EDITORIAL TEAM



EMPOWERED TO EXCEL!

## The Library Remains a Veritable Tool for Achieving Academic Excellence- MTU Librarian

Dr. Mrs. H.O.J. Akinade has reiterated that a university library is an integral tool for achieving academic excellence. She stated this at a webinar organized by the University Library on the 30th of December, 2020.

The Webinar Speakers are the Mountain Top University Librarian, Dr. Mrs. Helen O.J. Akinade and the Librarian in-charge of Reader Services section of the University Library, Dr Adeyemi Akinola. Before the Speakers' presentations, a warm welcome speech was given by the Vice-Chancellor, Prof. Elijah Ayolabi, who was the Chief Host. The VC reiterated the three dimensions of university activities which are Teaching, Research/Training and Community service and how essential the library was to the successful running of any university. Thereafter, Dr. Akinade was given the floor for her presentation.

She started by quoting Proverbs 4:7-8, which admonishes individuals to get wisdom and understanding in all human endeavours. She described the library as the heart of the institution and pivotal to the survival and existence of the university. Some library services as listed by the University Librarian include: collection of materials, circulation and borrowing, photocopying and printing, reference services, collaboration and inter-library loan services and plagiarism checking services,



Dr. Mrs. Helen O.J. Akinade, University Librarian, MTU

which she noted was grossly underutilized by members of the academic staff.

Dr. Akinade further shared the benefits the University community stands to gain by making adequate use of the library facilities. They include but not limited to:

- ◆ Improved quality of research and teaching experience
- ◆ Improved academic performance
- ◆ Exposure to good information
- ◆ Development of study skills, e.t.c.

She further enjoined members of the University community to take advantage of the vast resources at the University Library by first undergoing the registration process and then obtaining a library card which gives access to the library facilities. She noted, during the question and answer session, that the library closes by 6:00pm on weekdays, 5:00pm on weekends and 4:00pm on public holidays.

The second speaker, Dr. Akinola Adeyemi spoke briefly on the strategies for online information in the library. He noted that there were targeted techniques to help filter online searches to suit the researcher's needs. In his analysis, he said there were several ways through which time could be saved and the desired search results achieved online. Amongst these methods includes:

Boolean Operators: AND, OR, NOT...

Using Quotation Marks

Filtering Strategies: Age, Year and Gender

Filtering of Journals: Region, Country, City...

He concluded that these strategies help the researcher to be efficient in time management and also achieve the desired results. Indeed, the presentations were interesting, interactive and highly informative. In her vote of thanks, Mrs. Oluwayemisi Oloyede, a staff of the University Library, thanked the Vice-Chancellor for the privilege given to the University Library to host the webinar and also appreciated members of the University community that linked up to the online presentation.

The webinar session was excellently moderated by Dr. O.E. Fayemi of the Department of Biological sciences, Mountain Top University, Prayer city, Ogun State

## 2020: MTU Makes Giant Strides Despite the Pandemic

By any stretch of the imagination and standard of evaluation, the year 2020 was characterised by twists and turns, the unexpected, and the rising tide. It started with so much promise and expectations but hardly had the year taken off than the novel COVID-19 shook the world to its foundation. The virus ravaged the entire world with consistency, without respect for race, age, country of origin, religion, creed or culture. Businesses were shut down. Schools, entertainment, and all aspects of human existence were affected. The media was awash with reports which bothered on hysteria. No one knew what to expect. Death became commonplace. The rich and the poor all stood in awe of the dreaded COVID-19 virus. However, amid all the confusion and uncertainties, a small percentage of the world made slight progress. Some businesses thrived. Some educational institutions also managed to make progress.

In Nigeria, the story was not different. Businesses and the educational sector, including finance and entertainment, were all shut down. The lockdown was total. Many people groaned under the weight of hardship. But progress was made in some sectors too especially in the education sector.

Mountain Top University was one of the few universities in Nigeria that recorded remarkable success and made appreciable progress while the pandemic-induced lockdown lasted. Lectures continued online and final year students of the 2019/2020 academic session completed their programme. Among other successes, the remarkable ones are highlighted below.

While the COVID-19 pandemic ravaged the world, leading to the closure of many educational institutions, Mountain Top University trudged on. The University continued academic activities via online platforms. That culminated in the successful conduct of the first virtual mid-semester test. All the students of the university participated in the test. Although there were negligible challenges as with every human activity, the first virtual test recorded a ninety-five per cent success. That was a great feat seeing that various authorities across the world shut down many universities, including the ones in Nigeria due to the pandemic. The students of the affected institutions groaned for lack of academic activity but MTU students celebrated.

The National Universities Commission (NUC) granted full accreditation to five courses at Mountain Top University. That followed the

accreditation exercise carried out between October/November of the previous year 2019. The programmes are Music, Biology, Food Science and Technology, Biotechnology, and Mass Communication. All the accredited courses scored above eighty per cent in the final result. That means that the NUC has fully accredited all the courses offered at Mountain Top University in the University's first five years of existence. 2020 was remarkable because it was the year the remaining courses attained full accreditation.

On the 4th of August 2020, Mountain Top University held a Webinar on Research and Publication for Improved University Ranking. The Webinar was organised by the Centre for Research Innovation and Collaboration (CRIC) of the university. The Webinar featured the Vice-Chancellor of Landmark University, Kwara State in the person of Professor T.M.A Olayanju, as the guest speaker.

In September 2020, Mountain Top University inaugurated two separate boards to help drive the University's vision and mission. The two boards are Advisory Board on Publication and University Ranking and the Advisory

Board on Entrepreneurship. The speakers and guest speakers from Vice-Chancellor inaugurated both the academia and the industry. boards through online meeting platforms due to the physical restrictions occasioned by the COVID-19 pandemic.

In October 2020, Mountain Top University held the second edition of the International Conference on Entrepreneurship. The international conference was a two-day program conducted via online platforms due to COVID-19 restrictions on physical gathering. The conference theme was *Entrepreneurship as a veritable tool for Economic sustainability in the COVID-19 era*. The organisers of the conference selected keynote

speakers and guest speakers from the academia and the industry. These are people of proven excellence in their respective endeavours such as Otunba Femi Pedro (Chairman SMEDAN), Ben Akabueze (Budget Office, Abuja), among others. The conference was hosted by the Mountain Top University Centre for Entrepreneurship and General Studies (CEGS).

To crown all the achievements of 2020 in a grand style, the Vice-Chancellor Professor Elijah Ayolabi won the prestigious Nigerian Association of Petroleum Explorationists (NAPE) fellowship award tagged NAPE Outstanding Earth Science Lecturer Award (NEOLA).

The award was conferred on him at the award night ceremony of the 2020 Annual International Conference and Exhibition (AICE) held in Lagos.

From all indications, it is crystal clear that 2020 was a successful year for MTU despite all the gloom and doom around the world and the educational sector in particular. We hope that as we begin a New Year 2021, MTU will achieve more than the strides of 2020, irrespective of whatever challenges the world may face. May God grant the University leadership, staff and students the grace to achieve more success in the new year.

## WORDS ON MARBLE

**Remember the LORD your God. He is the one who gives you power to be successful, in order to fulfill the covenant he confirmed to your ancestors with an oath.**

**Deuteronomy 8:18  
(New Living Translation)**

# MTU STAFF WALK FOR HEALTH

Mountain Top University staff on the 10th of December, 2020 engaged in a health walk organised by MTU Sports Coordinator, Mr. Enitan Olurin. Health walk is an integral part of WHO's *Walk the Talk: The Health for All Challenge* aimed at building a healthy society. MTU Faculty and Administrative Staff took to the beautifully tarred roads of the University community on that cool bright morning to burn off some of the bad cholesterol they have accumulated since the beginning of the year, especially during the lockdown period. Exercise, as we know, is an activity intended to improve physical and mental strength and fitness. It is also a bodily exertion for the sake of developing and maintaining physical fitness.

'Health is wealth' is a common axiom that illustrates the importance of health for human, nay all round development. Therefore, a healthy nation, they say, is a wealthy nation. It seems MTU staff clearly understood this as they enthusiastically trooped out en masse for the health walk. It was fun watching members of staff of various levels, walking briskly amidst intermittent ban-



ters, filled with camaraderie instead of the usual long hours of sitting in front of the computers in their air-conditioned offices.

Walking as a form of exercise is indeed good for the body. The effect of the walk was seen immediately as majority of the staff on the health walk had sweat dripping from their body. They were busy cleaning it off with their handkerchiefs. Not even minding that they wore their office wears, which were already soaked with sweat, some of them were busy laughing, smiling, gisting and enjoying themselves in the cool weather of the day. Most importantly, they felt lighter, happier and more energized for their day's activities. MTU Sports Coordinator, Mr. Olurin, was at the fore-

front monitoring the event of the day, while the health workers, in their car, were behind the participants with first aid to attend to any casualty on the way.

Mr. Olurin appreciated all the participants for turning out for the exercise and intimated them that the next health walk will come up in January, 2021 by the grace of God. After almost one hour of walking from the MTU Administrative block to Prayer City gate and back to the Administrative block, the participants retired to MTU stadium for a snapshot and were greeted with pure water at the administrative block for a job well-done.

# MOUNTAIN TOP UNIVERSITY SET TO IMPROVE HER ONLINE PRESENCE AND RESEARCH CONTRIBUTION

In line with Mountain Top University's vision to become one of the leading universities in the World, the Open Educational Resources (OER) and Webometric Ranking Unit organised a webinar on "Improving Online Presence and Research Contribution" was held on the 5th of December, 2020. The meeting was held online via the zoom platform and had the academic staff including the Management staff in attendance. The down to earth lecture was presented by Mr Jeremiah Ademola Balogun, the Acting Coordinator of MTU OER and Webometrics Ranking Unit. The lecture was geared towards enlightening the academic staff of the University on different ways of making global impacts through their research contributions and presence on the international web space while at the same time creating a web presence for MTU.

Mr Jeremiah Balogun highlighted that the world is now a global village where information has found its residence online and researchers must avail themselves of opportunities for contributing to global distribution of research through different online platforms. He stated that the presence of a



Mr. Jeremiah Ademola Balogun, Acting Coordinator, MTU OER and Webometrics unit

researcher on the online platforms is effective for easy visibility of the researcher's scholarly contributions. Other benefits include prevention of identity and information theft, easy access to researcher's information by postdoctoral fellowship and research grant awarding organisations, visibility of researchers' institution which contributes significantly to institutional webometric ranking.

Speaking further, he categorised the different online platforms into three. These include social networks like LinkedIn, Elsevier Mendeley, ResearchGate; unique online identifiers such as Open Researcher and Contributor ID (ORCID); and web search engines and citation databases such as Google scholar, Elsevier Scopus, Web Science, etc. All these platforms give the researcher the opportunity to create

personal profile linked to the researcher's institution.

He also mentioned a number of criteria which are yardsticks for measuring research contributions on the web space such as number of citations, i10 – index, h-index, RG scores and Journal impact factor. The acting coordinator, OER and Webometric Ranking Unit demonstrated practical step by step procedure on how to register and operate on the various online platforms in order to showcase one's research.

There was room for participants to ask questions about each of the online platforms discussed. Thereafter, the Vice – Chancellor, Prof. Elijah Ayolabi, in his concluding remarks thanked Mr. Balogun for the presentation, while encouraging the academic members of staff to register on ORCID and Google Scholar websites, as they are part of the criteria needed for subsequent annual academic staff evaluation.

The webinar was quite interactive, an eye opener and very interesting. With this kind of webinar, we are sure MTU is set to take her place among the leading universities in the world.

# Headache: Causes and Prevention - DR. WINNER OLATEMIJU

## Introduction

Headache is one of the most common Neurological disorders and accounts for multiple visits to the general Physicians & Neurologists.

## Definition

Generally, Headache is a painful sensation in any part of the head, ranging from sharp to dull, that may occur with / without other symptoms.

Headaches may / may not have underlying causes.

## Types of Headache

There are two major kinds of Headache

1. Primary or Non-Infective Headache

2. Secondary or Infective Head-

Briefly, secondary or infective headache are headaches that are due to an underlying medical condition.

In this edition we are going to

dwell more on Primary Headache.

## **What is Primary Headache?**

A primary headache is not a symptom of an underlying disease. ***In primary headache, the headache is the condition.***

It can be sudden or gradual; it can be localized or generalized; it can be accompanied by weakness, tears, drowsiness, double vision, but no fever.

These headaches are commonly



known as:

1. Tension Headache

2. Migraine or Cluster Headache among others

They start in the nerves and blood vessels, face and neck muscles.

## Causes/Precipitants

Primary headache is caused by over activity or problem with pain sensitive structures in the head, these headaches are triggered by lifestyle factors, which can be modified, reduced and prevented.

The followings are common stressors / triggers and precipitants:

1. Certain food e.g. Nitrate preserved foods and meats e.g hotdogs, sausage et cetera. Nitrite in the blood stream reduces oxygen carrying capacity of the blood.
2. Alcohol - Particularly "Red Wine"
3. Change in sleep pattern
4. Stress
5. Incorrect eye glasses or weak eye glasses
6. Poor posture
7. Heat – prevent this, it can cause more havoc.
8. Loud noise exposure – avoid it
9. Tight hair wear – reduce the

*Continued on the next page*

tightness	the crude prevalence ratio of migraine headache is 5.3 per 100 in males, 9 in 10 headaches are primary headaches and 5.6 per 100 in female.	they are purely lifestyle; therefore, one of the major preventive measures is lifestyle modification or adjustment.
10. Hunger/skipped meals/reduced energy level – eat at the right time		
11. Long period of phone calls with the handset close to your ears	The burden of headache is enormous. According to <b>World Health Organization (WHO)</b> , migraine ranks 19 <sup>th</sup> among all causes of Years Lived with Disability (YLD)	In conclusion, primary headache burden can be reduced significantly through health education on primary headache disorders to promote increased awareness in the population. In summary, the following should be noted:
12. Ear phone prolonged use – avoid it		
13. Dehydration – drink more water	Studies by <b>Rasmussen et al</b> on primary headache documented that the burden of tension type of headache is greater than that of migraine regarding absenteeism from work.	
14. Too much talk – talking for a long period of time.		<ul style="list-style-type: none"> <li>• Timely hospital visit</li> <li>• Recognition of precipitants</li> <li>• Precipitating factors and their avoidance</li> <li>• Appropriate treatment at every episode of the headache</li> <li>• Benefits of health care utilization on the quality of life of headache sufferer needs to be improved.</li> </ul>
15. Long time standing		
All the afore mentioned can be reduced, modified and prevented.		
Primary headaches cause significant disability. Migraine and tension types of headaches are the most prevalent primary headache disorder.		
Current Global prevalence of primary headache is 47% migraine, tension types of headache accounts for 38%, prevalence rate are higher in women in 99% for headaches of any kind.		
In Nigeria, it is documented that		
		<p><b>BE INFORMED TO PREVENT DEFORMITY</b></p> <p><b>STAY HEALTHY AND STAY SAFE!</b></p> <p>Thank you.</p>

**PHOTO SPLASH OF HEALTH WALK**

## STAFF BIRTHDAYS FOR JANUARY

DATE	NAME	DEPARTMENT/POSITION
January 4th	Oludele Adelowo Alao	Geosciences
January 5th	Samuel Toba Olowoyo	Vice – Chancellor's office
January 6th	Deborah Oluwadamilola Shittu	Library
January 6th	Ezekiel Adegboyega Olojo	Students' Affairs
January 6th	Joseph Osaro Ogbeide	Physics
January 18th	Opeyemi Ojo Owolabi	Chemical Sciences
January 24th	Adesoji Kujore	Admissions
January 26th	Vivian Adija Lawal	Students' Affairs
January 30th	Gbenga David Ayandiran	Food Science and Technology

### OUR MISSION

### OUR VISION

*The Mountain Top University is envisioned as a dynamic centre of academic excellence in the liberal tradition for the production of top-rate, morally sound graduates of distinctions who will be globally competitive for outstanding impact on the Nigerian societal and global development.*

*The mission of Mountain Top University is the provision of excellent facilities for the training of men and women in various academic, professional and vocational disciplines in an atmosphere that will enhance the simultaneous development of their spiritual, mental and physical faculties, in order to produce morally upright and academically sound graduates with specialised skills and value systems, who will be independent, invariably self-employable and who will be able to impact positively on the development (be it in leadership, academic, public and the industrial sectors) of their communities, the Nigerian society and the global community at large.*

### CORE VALUES

- Excellence
- Integrity
- Skill

### EDITORIAL AND MEDIA UNIT MEMBERS

- Dr. (Mrs) Chinyere A. Mbaka (Chairperson)
- Dr. (Mrs) Tolulope O. Oladejo
- Dr. Olusegun I. Ogunsuyi
- Dr. Promise O. Adiele
- Mr. Folarin Ayoola