



MOUNTAIN TOP UNIVERSITY (MTU)

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

A monthly publication of the Editorial and Media Unit

MTU VICE-CHANCELLOR OPENS RENOVATED BASKETBALL, VOLLEYBALL AND LAWN TENNIS FACILITIES

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The VC, Prof. E. Ayolabi cutting the ribbon at the commissioning of the renovated Sports Complex

play a vital role in keeping body and mind in the best condition for academic exertions.

Prof. Ayolabi cut the ribbon to the cheer and applause of the audience. He stated that the newly renovated sports facilities are for the benefit of Mountain Top University staff and students and also for the benefit of humanity. Present at the occasion includes the Acting Dean, Students' Affairs, Dr Moses Abiala, Ag. HOD, Mass Communication, Dr. Babatunde Oni, Sports Coordinator, Mr Enitan Olurin, Chief Security Officer, Mr Sunday Adepoju, Assistant Registrar, Human Resources, Mr Adegboyega Ojo, among others.

The Media Team caught up with the Sports Coordinator, Mr Enitan Olurin for a short interview. The excerpts are presented below:

Q: What are your feelings concerning the recently commissioned sports facility?

A: I feel very elated. The idea was conceived in January 2020 by me through the burning zeal to see that students are occupied with sports/games aside from their academic work. Plans were already set in motion for the repainting of the basketball court only for the COVID-19 pandemic to stall the progress made. However, we (in company of Mr. Kayode Tijani) visited the National

Continued on the next page

stadium where we were warmly received and the officials furnished us with detailed price list with respect to the renovation.

Praise must be given to the Management of Mountain Top University, as the Vice-Chancellor through his drive and love for sports approved the proposed amount of money in other to kick start the renovation work. In a short time, we have been able to launch our Handball and Long jump facilities. It gives me great joy to see the facilities being commissioned for use by both Staff and students and I look forward to seeing it being properly utilized and enjoyed by all.

Q: What plans are in place to ensure the facilities are properly utilized and maintained going forward?

A: Thank you so much for that question. In terms of utilization, tournaments have been organized, amongst Staff and also students. This will keep the facilities properly utilized. In terms of maintenance, a levy of N2,000 will be stipulated for outsiders who have interest in making use of the facility. Monies raked in from rentage of the football pitch will also help in proper maintenance of the facility.

Q: What are your plans and expectations?

A: Babcock University has been slated to host this year's edition of the NPUGA (Nigeria Private University Games Association) games. My expectation is that by 2024, Mountain Top University will be well equipped to host these games. Although this is a long-term plan, requiring lots of hard work and talents but MTU is moving in the right direction. Also, I am working towards having more indoor games in the hostels. The female hostels presently have Table tennis and Badminton. Currently, we have (3) coaching facilitators; a specialist for indoor games such as Chess, Scrabble and Table tennis, while another for basketball and another coach for football. Talents are being discovered every day and with the optimal coaching and guidance, they will make giant strides and be worthy ambassadors of this great institution.

Q: What are your recommendations/final word?

A: The Vice-Chancellor is a sport-loving man and he openly supports sporting activities. I will only solicit for continuation of his support and that of the management staff. Thank you.



The VC, Prof. E. Ayolabi (7th from the left), Mr. Enitan Olurin, Sports coordinator (8th from the left), Ag. Dean Students' Affairs, Dr. Moses A. Abiala, (7th from the right) and other members of the sports committee.

MTU REGISTRY ORGANISES TRAINING FOR STAFF

Learning is a continuous exercise that continues till one dies. No wonder a man said, "the day you stop to learn, you begin to die". In line with this belief and the vision of the University, which is about empowering staff and students to excel, the Registry section of the University held a seminar for all of their staff.

Mr Adegboyega Ojo, Assistant Registrar, Human Resources was the facilitator at the event and he spoke on "Leave Processes and Procedures".

He pointed out the different types of Leave that are available, their methods of application and allowances. The staff present were very excited to have participated in the event. They look forward to many more of such trainings in future.



The Registrar, Mr Femi Oyewole (right) and the Assistant Registrar, Human Resources, Mr Adegboyega Ojo (left)



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SRC GIFTS A SALON TO THE UNIVERSITY

Beauty is the essence of life. Beauty defines our personality and is a sign of elegance and affluence. Women folk are the cynosure of beauty anywhere, anytime, any day. As a result of this, great care is always exhibited by the women folk as regards their body and general appearance. This is what prompted Students Representative Council (SRC), in agreement with the University Management, to establish a beauty salon to cater for the welfare of the female folks in terms of their hair care because an axiom says, 'Cleanliness is next to Godliness'. As MTU is known for her strength in spiritual things, effort is also geared towards the entrenchment of personal hygiene among students, in terms of neatness and cleanliness of the body.



On February 26, 2021, at exactly 9.55am, the Vice-Chancellor in the company of the University Librarian, Dr Helen Akinade, the Chaplain, Pastor Olumide Adesina, Dean of Students' Affairs, Dr Moses Abiala and some members of the Students Representative Council (SRC) including some female potters of the University performed the commissioning of the first salon at MTU. The salon was located in the New Elizabeth Hall and it came as a big surprise to all the female students as it was



From left: The Chaplain, Pastor Adesina, the VC, Prof. E. Ayolabi , Ag. Dean, Students' Affairs, Dr. M. A. Abiala, University Librarian, Dr. Helen Akinade (4th from left) and some student representatives.

the debut salon in the history of the University. The Vice-Chancellor was handed over the scissors to cut the ribbons attached to the door and he prayed as he cut the ribbons. After the cutting of the ribbon, the Vice Chancellor and his entourage made a grand entry into the salon, while the University Chaplain prayed and sanctified all the items for effective use.

The Vice Chancellor encouraged the SRC members to take good care of the salon and ensure that all the gadgets are handled with proper care and caution. It was indeed a joyous moment for the students as they were seen lurking around the salon to catch a glimpse of what was inside.



From the Vice-Chancellor's Office

- ♦ Commissioning of the newly Refurbished Sports Centre
- ♦ Commissioning of SRC female hostel salon
- ♦ Revision for Mid-semester Test
- ♦ NUC Resource verification team visits the University

From the Registrar's Office

- ♦ Registry Monthly Seminar Series by Mr. Adegboyega Ojo, Assistant Registrar, Human Resource Department
- ♦ Annual Staff Appraisal, Appointments, Promotions and Disciplinary Committee (AP&DC)
- ♦ Full resumption of activities on campus
- ♦ Strict adherence to Covid-19 protocols

WORDS ON MARBLE

Thou shalt also decree a thing and it shall be established unto thee and the light shall shine upon thy ways.

**Job 22:28
(King James Version)**

YOUR BODY SPEAKS - LISTEN TO IT

DR. Joseph Asha

Our Heavenly Father - the Omniscient God, crafted the human body as a masterpiece for His Glory and edification.

The Psalmist wrote in Psalms 139 verses 13 - 15

" For thou has possessed my reins: thou has covered me in my mother's womb. I will praise thee, for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth".

Prophet Jeremiah also wrote in Jeremiah 1: 5 - " Before I formed thee in the belly, I knew thee; and before thou camest forth out of the womb, I sanctified thee, and I ordained thee a prophet unto the nations ".

The above scriptural verses are what Medical science capitalises on, working on the knowledge given by God. Medical Students are taught as part of their pre-clinical training, a subject called 'Human embryology' (that is, the developing human). This chronicles the processes right from fertilization of the sperm and egg to form a zygote, which then undergoes implantation in the uterus, that is, the womb. The baby in the womb is transformed week by week until term (maturity) and is delivered at birth at Nine (9) months (out from the womb).

The parts of the Human Body then go through developmental milestones, growth and changes in infancy, childhood, adolescence and then early adulthood to form a full-fledged Human by the creative and innovative design of the Almighty God. This, I believe is what the Psalmist coined as being 'fearfully and wonderfully made'. (Psalms 139:14)

The Apostle Paul wrote in 1st Corinthians 6:19-20 - " What! Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore, glorify God in your body, and in your spirit, which are God's".

The Human body in its normal functional state

(Physiology), glorifies God.

The Human body in its abnormal dysfunctional state (Pathology), does not glorify God.

As believers therefore, when we experience any pain, discomfort or notice any abnormality in our bodies, in any of our body parts --- from head to toe, the body is speaking and we should listen to it and act appropriately, by seeking God's help.

Below are some of the ways in which our bodies speak to us when in an abnormal, dysfunctional state, etc.

♦ Have you been experiencing a recurrent headache that refuses to go away even after treatment for common ailments. This could be a pointer to a diseased state that needs further evaluation. High blood pressure must be ruled out, if you have not been diagnosed with hypertension. Other brain disorders must be checked for by the medical experts. Listen to your body!

♦ Are you experiencing excruciating headache as an hypertensive patient, and lately your blood pressure has been 'hitting the rooftop'; listen to your body as this may be a warning signal.

♦ Do you notice that your vision is becoming blurry day by day, listen to your body, and get the situation addressed by a medical expert.

♦ Have you been experiencing body weakness, tiredness, fatigue, dizziness, feeling of wanting to faint and low energy even though you sleep well overnight, yet you are not refreshed --- You may be stressed out or having an underlying medical condition, not detected yet, or already detected and getting complicated. Your body is speaking, listen to it! You need help.

♦ Are you having pain in the left side of the chest, at the heart area. Those who have high blood pressure,

Continued on next page

high blood glucose, high blood lipids, as well as those who are overweight and obese, please beware and listen as your body is speaking. You need medical evaluation.

- ♦ Do you have a history of slumping/sudden collapse/fainting, and lately when you engage in vigorous/stressful/strenuous activities or exercises, you develop wobbly legs that you struggle to 'hold on'; your body is speaking, listen to it and take a break/slow down/rest, and of course seek help for medical evaluation!

- ♦ Have you been having heartburn, chest pain, abdominal pain, and you are the type with irregular feeding habits and skipping meals due to pressure of work or simply 'no time' -- making you to indulge in frequent intake of 'soft'/gaseous/carbonated drinks; Your body is speaking, as this could be a sign of imminent Peptic ulcer disease. Do modify your lifestyle immediately!

- ♦ Have you become overweight or obese and have even developed a belly fat (abdominal obesity). Your body is speaking and protesting about your lifestyle, hence the fatty accumulation. You need medical evaluation, as being overweight, obese and having belly fat are metabolic risk factors for cardiovascular (heart and blood vessels) diseases viz - high blood pressure, high blood glucose, high blood lipids, heart disease, stroke and cardiac arrest (heart attack).

- ♦ Have you observed that lately your urination during daytime and over the night has increased, you also have a burning sensation to quickly go and urinate or you cannot even hold the urine before getting to the restroom. Your body is speaking --- could be a warning signal to imminent diabetes or urinary tract infection and if you are a male who is 40 years and above - your prostate may be the one speaking to you, as it may have started growing larger.

- ♦ Have you been experiencing moderate to severe back pain, worse at the lower area with great difficulty getting up from bed and from a sitting position. Your posture when you sit at work/meetings, or the kind of seat may be causing problems for

your back. It could also be that you sit down for too long, with no space for standing/stretching or taking a walk -- you need to adjust your lifestyle immediately.

- ♦ As a married man/woman, do you notice that your libido (sexual urge) for your spouse has reduced or you have completely lost interest. Your body is speaking, as this could be due to burnout, chronic stress, depression, anxiety disorder or even an underlying medical condition. You need help as soon as possible!

- ♦ Do you observe that you are not hearing properly anymore or you have to turn the other ear when somebody is talking to you. You may have developed hearing impairment, and this will impact greatly on your quality of life. You need urgent medical evaluation and possible referral to an ear specialist.

- ♦ Other abnormalities in one's body system ranging from cough (intractable), unexplainable loss of weight, swelling/growth/lump in any part of the body, prolonged watery stooling, episodic/recurrent vomiting, change in urine colour , yellowish discolouration of eyes , e.t.c. , should be reported immediately , as your body is speaking .

*** Conclusion/Summary

- Your body speaks to you when in a diseased state, endeavour to listen to it and do the needful by seeking Divine Intervention and thereby restore it to its normal state. Only then can you GLORIFY GOD in your body.

- Your body is the temple of God, indwelt by the Holy Ghost; therefore, as your body speaks, please listen promptly and not grieve the Holy Ghost.

- Medical personnel are only instruments in the hands of God. It is God that cures and heals.

***** References

- The Holy Bible (King James Version)
- Author's personal notes .

PHOTO SPLASH



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VOLUNTARY STAFF DONATIONS FOR THE MONTH OF FEBRUARY 2021

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MR SAMUEL AYODELE MAJEKODUNMI	MRS. IBIRONKE VERONICA BAKARE
DR. AKANDE RAPHAEL OLUWOLE	MR FELIX OLALEKAN OYEWOLE
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DR MRS AKINADE O. J	MISS JOSEPHINE OMOLARA WILLIAMS
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	MRS AYORINDE ESTHER A.
	MR ADEWALE MICHAEL SUNMOLA
	DR OLATEMIJU WINNER TEMIOLUWA
	MRS NGOZI LOVETTE OWOH
	MR ADEPOJU ADETUNJI SUNDAY

STAFF BIRTHDAYS FOR THE MONTH MARCH 2021

DATE	NAME	DEPARTMENT/POSITION
March 3rd	Dr Joshua O. Omodehinde	Ag HOD, Accounting & Finance
March 5th	Dr Ademola Obafemi Young	Economics
March 6th	Emmanuel Babarinde Adeleye	Students' Affairs
March 7th	Dr. Timothy Wemimo David	Physics
March 7th	Dr Atinuke Idowu	Food Science and Tech.
March 10th	Rotimi Peter Akinwale	Geosciences
March 14th	Olufunso Olubanjo-Olufowobi	Philosophy & Religion
March 17th	Dr Nelly Acha Ndukwe	Ag HOD, Chemical Sciences
March 19th	Adenike Esther Soyinka	Academic Affairs/Registry
March 24th	Adedoyin Sunmibare Lapite	Medical centre
March 27th	Dr Semiu Oduro Kareem	Ag HOD, Physics
March 30th	Gabriel Abah	Biological Sciences
March 31st	Dr. Taleatu Taofiki Akinwunmi	Accounting & Finance

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.

OUR MISSION

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

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