



MOUNTAIN TOP UNIVERSITY (MTU)

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

A monthly publication of the Editorial and Media Unit

Academic Activities Resume Fully Onsite

INSIDE THIS ISSUE:

<i>Academic Activities Resume Fully Onsite</i>	1
<i>MTU Conducts COVID-19 Test on Staff and Students</i>	3
<i>Tit-bits from the Offices of the Vice - Chancellor and the Registrar</i>	4
<i>MTU STAFF Health Walk 2.0 – University Librarian Leads the Squad</i>	5
<i>Nip It in the Bud! Do a Health Checkup Today!</i>	6
<i>Photo News</i>	7
<i>University Donors for January 2021</i>	8
<i>February Birthday Celebrants</i>	9

The world waited, MTU staff and students waited too. Tired of the tedium and boredom associated with staying at home, humanity prayed and wished for a return to normal life. Everyone was tired of the COVID-19 induced holidays across the world. But whatev-

er has a beginning must surely have an end. It was the inherent conviction in the foregoing maxim that continued to fan the embers of optimism towards the return to normal life. Gradually, that return finally came. Human activities and various institutions began to return to normal following the progress made in combating the spread of the dreaded novel COVID-19. Finally, the turn of Mountain Top University to resume came. Following the announcement by the federal government that all schools in the country should resume academic activities, Mountain Top University promptly heeded the call.

The management of the University announced that academic activities would commence on the 25th of January, 2021. Both old and new students were asked to return to school on designated dates according to their levels. However, the 25th of January was sacrosanct. It was the appointed date. While lecturers and students were all waiting for the date, there were elements of apprehension that there may be a change in plans. This is due to the unpre-

dictable nature of dislocations caused by the irreverent pandemic. Finally, 25th January came with fanfare. There was no change in plans, no counter-announcement by the government. On that date, teaching and learning commenced once again on campus. The human presence is indeed a powerful force. The hitherto quiet campus became a beehive of activities. Both old and new students were seen moving from one class to another. Lecturers too were not left out. The administrative members of staff were busy with documentation. Other categories of staff were also busy with cleaning, clearing and arrangement of sundry issues. It seemed as if the University never went on any break. The excitement on the faces of the students and lecturers was quite palpable. A three hundred level student in the Department of Languages admitted that she was very happy to return to campus to meet fellow students and lecturers after a long stay at home. From all indications, she was stating the minds of all the students on campus. The lecturers too admitted that there was a renewed vigour among the students which was apparent in the way they

Continued on next page

attended lectures and approached campus, it was encouraging and their academic engagements. The hundred level students and foundation students were expectedly more excited. They were obviously fascinated by the University environment which showed in the way they studied and explored the vicinity. Certainly, no one would deny that campus life is exciting.

As academic activities return to

highly commendable that there is adequate measures put in place to ensure the maintenance of the COVID-19 protocol around the campus. Every hostel, college, administrative building and other points of entrance is adequately provided with a washing hand basin, liquid soap, and water. The management has also made it com-

pulsory for everyone, both staff and students, to wear facemasks at all times. As the 2020/2021 academic session begins in earnest, it is hoped that the good Lord will protect all staff and students from harm, sickness or disease. It is also hoped that there will be no disruption again in the onsite activities of the University.



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Central Research Laboratory



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MTU CONDUCTS COVID-19 TEST ON STAFF AND STUDENTS

The Coronavirus (COVID-19) pandemic is a thorn in the flesh of individuals, families, communities, institutions and societies across the world. Normal lives of people have been profoundly affected. Many sectors of the society and the economy of most countries have gone into recession. The educational system of the world was also affected because of social distancing rules and lockdown. Schools, universities and other educational institutions have been closed in most countries of the world as a preventive measure to reduce the spread of COVID-19. Nigerian schools and universities are not left out; they were hugely affected.

In line with the directives of the National Centre for Disease Control (NCDC) to curb the further spread of Covid-19, Mountain Top University management organized Covid-19 testing for all staff and students of the institution as the students resumed for onsite learning on the 15th and 22nd of January, 2021. This was put in place as a measure to safe-guard the lives of both staff and students. The test was carried out on everyone on campus starting from the front-line workers to the students and all the staff of the University. The test commenced on

Monday, 22nd and ran till Wednesday, 24th of January, 2021.

During the staff COVID-19 testing, the Medical Doctor in charge of the University Medical Centre, Dr. Oludadebo enlightened the staff on the procedure for the test. With the combined effort of the staff from the Medical Centre and those from the Biological Sciences Department, all hands were on deck to ensure the smooth running of the process. The testing was smooth, fast, well-coordinated and orderly as everyone comported him/herself accordingly.

The Media Team interviewed some of the facilitators on the conduct of the testing exercise and got the feed-back that everything went smoothly and that it was a big success. Some of the staff who shared their experiences with us admitted that they were initially scared of the process, which looked a bit discomforting, but the expertise exhibited by the facilitators and the encouraging words from the Doctor in charge, helped them to manage the situation. We pray for God's protection for both staff and students of MTU in this trying season.

MORE INFORMATION ON COVID-19 PREVENTION MEASURES

Coronaviruses are a family of viruses that can cause illnesses such

as the common cold, severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS). It was discovered in Wuhan, China in 2019. The virus is known as the severe acute respiratory syndrome Coronavirus 2 (SARS-CoV-2) and the disease it causes is called Coronavirus disease 2019 (COVID-19). In March 2020, the World Health Organization (WHO) declared the COVID-19 outbreak a pandemic. This virus - COVID-19 is transmitted from human to human mainly by contact with objects and surfaces contaminated by the causative virus. The virus spread easily among people, and through respiratory droplets released by someone with the virus while coughing sneezing or talking.

Preventive Measures

- ◆ Avoid large events and mass gatherings.
- ◆ Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms.
- ◆ Stay home as much as possible and keep distance between yourself and others (within about 6 feet, or 2 meters), especially if you have a higher risk of serious illness.
- ◆ Wash your hands often with soap and water for at least 20

seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

- ◆ Cover your face with a cloth face mask in public spaces.
- ◆ Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue. Wash your

hands right away.

- ◆ Avoid touching your eyes, nose and mouth.
- ◆ Avoid sharing dishes, glasses, towels, bedding and other household items if you're sick.
- ◆ Clean and disinfect high-touch surfaces, such as doorknobs, light switches, electronics and coun-

ters, daily.

- ◆ Stay home from work, school and public areas if you're sick, unless you're going to get medical care. Avoid public transportation, taxis and ride-sharing if

From the Vice-Chancellor's Office

- ◆ Staff and students undergo onsite COVID-19 test
- ◆ Reconstitution of ceremonies and honours committee
- ◆ Renovation/Rehabilitation of sports centre
- ◆ NUC visits the University for resource verification for Postgraduate programmes.

From the Registrar's Office

- ◆ Resumption of onsite academic activities 2021 session
- ◆ School of Postgraduate Studies (SPGS) gets a substantive Secretary
- ◆ Registry holds her monthly seminar series
- ◆ Strict adherence to COVID-19 protocols on campus

WORDS ON MARBLE

Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful .

**Joshua 1:8
(New International Version)**

MTU STAFF HEALTH WALK 2.0 – University Librarian Leads the Squad

It was another Thursday of keeping fit in the tradition of Mountain Top University. Thursday, the 21st day of January, 2021 was a day to remember. It was the second edition of the University Staff Health Walk aimed at promoting physical fitness and healthy living among the University staff.

The squad looked set and eager to conquer any mileage that would be assigned to them. The distance from the administration block to the MFM second gate and a U-turn down to the MFM main gate and then back to the administration block looked quite daunting but was easily eaten up by the highly motivated squad. The presence of the University Librarian, Dr. Helen Akinade, was a morale

booster and she didn't disappoint the squad. She maintained a steady, gingerly pace at the forefront from the beginning of the walk till the end. Other staff members also joined in the same spirit. Drs. Grace Senayon, Funmilayo Kasali, Joy Femi-Olabisi and Mrs. Alice Alalor, in their beautiful



University Librarian, Dr. Helen Akinade (3rd from the left) and some members of staff just before embarking on the second edition of the monthly health walk.

sports outfits, added colour and swag to the event. Mmes. Taiwo Folorunsho, Sholabomi Richard, Abimbola Joshua, Olayinka Isawunmi, Racheal Oladokun and Miss Olu-Fowobi kept the rear vibrant. Two young ladies Ronke Onilude and Mercy Akpekong displayed beautiful spirit of commitment.

I can't forget the men in the squad. From the sportily dressed Drs. Kelechi Ukagwu and Sampson Olanrere to the corporately dressed Messrs. Sampson Oladipo, Daniel Omoregbe and Oluyemi Oguntola, all brought vibrancy and sense of commitment to the entire squad. Mr. Olayinka Olaniyi was very dutiful

with the first aid box, which he manned throughout the walk. The hardworking Sports Coordinator, Mr. Enitan Olurin was busy organizing and coordinating the entire process, while Dr. Chinyere Mbaka, professionally gave the event the required media coverage, while not missing out on the fitness purpose. In all, it was a beautiful experience.

The Sports Coordinator encouraged all staff – management, academic and non-academic - to key into the beautiful initiative and stay on top of their game – physically and mentally. February is another time. Let's keep walking for health.

NIP IT IN THE BUD! DO A HEALTH CHECKUP TODAY!

DR. Joseph Asha

“Nip in the bud” is an idiom which references gardening. A flower that is “nipped in the bud” wouldn’t grow and blossom. In other words, if you want to stop a plant from growing bigger, you can cut off the new leaf buds or flower buds, or “nip the buds”.

Hence, used metaphorically, to nip (something) in the bud, implies the following:

- To stop, cease, or prevent something at the beginning or early phase before it becomes too difficult or unmanageable.
- To stop (something) immediately so that it does not become a worse problem.
- Suggests that by handling something when it's a minor problem, you'll be able to avert a crisis.
- To stop a problem from becoming serious by dealing with it as soon as you notice it.
- To halt something at an early stage, or thoroughly check something.
- To stop something before it has an opportunity to become established.

Taking a cue from the above idiom, it is imperative that a health checkup is crucial to our well-being. Simply put, a health check-

up is a series of tests and investigations, ordered by a medical doctor, after carefully taking a detailed history and physical examination of the individual patient(s) based on the peculiarity. That is to say, a



(Source: www.medlife.com)

health checkup for Mr. & Mrs. A may differ from that of Mr. & Mrs. D.

Why the need for a health checkup?

- ◆ To watch our lifestyle in order to safeguard predisposition to illnesses in family line, such as hypertension and diabetes.
- ◆ To rule out stress-induced health issues like hypertension, diabetes, peptic ulcer disease, asthma, heart disease, depression, anxiety disorders, low back pain, visual impairment.
- ◆ To checkmate unhealthy lifestyle diseases like overweight, obesity and their complications.
- ◆ For males as they progress from 40 years of age and above ... Beware of the prostate!
- ◆ For females to jealously guard

against reproductive tract problems.

- ◆ To quickly address incidental abnormal findings.
- ◆ To alert one of the need to adjust one's lifestyle immediately and to follow a healthy lifestyle particularly for diseases such as hypertension, diabetes, heart diseases, cancers and respiratory diseases.

Bottom line

Benjamin Franklin, one of the Founding Fathers of the United States of America said in 1736 and I quote: “an ounce of prevention is worth a pound of cure”.

Summary/Conclusion

- Early detection saves lives
- Many so-called 'brief' illnesses culminating in deaths could have been “nipped in the bud”.
- Many serious/protracted illnesses can be “nipped in the bud” if they are detected early enough.

Charge/Exhortation

Do avail yourself of the upgraded facilities at the University medical center for a health checkup today!

References

Cambridge English Dictionary
Author's personal notes

PHOTO SPLASH



COVID - 19 SCREENING EXERCISE IN PICTURES



HEALTH WALK IN PICTURES

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VOLUNTARY STAFF DONATIONS FOR THE MONTH OF JANUARY 2021

ACADEMIC STAFF	NON – ACADEMIC STAFF
PROFESSOR AYOLABI ELIJAH ADEBOWALE	MR SHOLA ROTIMI OLAGUNDOYE
MR SAMUEL AYODELE MAJEKODUNMI	MRS. IBIRONKE VERONICA BAKARE
DR. AKANDE RAPHAEL OLUWOLE	MR FELIX OLALEKAN OYEWOLE
DR. OKUNOYE OLUREMI JOB	MR ABIODUN DONALD BABATUNDE
MRS IKEOLUWAPO OLANIKE ADEFISAN	MR. OLAWOLE, O. FESTUS
PROFESSOR ADEDUN EMMANUEL ADEDAYO	MR OMONIYI EMMANUEL OMOTAYO
MR. ATTAH ALEXANDER ENEBI	MRS OLAYEMI OMOLABAKE ESEZOBOR
MR ENITAN OLUROTIMI OLURIN	MRS AKINSOLA VICTORIA OMOLOLA
DR. OMOKEHINDE JOSHUA ODUTOLA	MISS ALO ABOSEDE COMFORT
DR. NWANGUMA IKECHI CHIBUZO	MR OJI ROTIMI CHARLES
MISS GBENLE GRACE OLAYINKA	MR. OLAWOLE MICHAEL OGUNKANMI
DR SEMIU KAREEM ODURO	MRS SOYINKA ADENIKE ESTHER
DR. (MRS.) OMOSEBI MARY OMOLOLA	MR MAKINDE MATTHEW ADENIYI
DR MRS AKINADE O. J	MISS JOSEPHINE OMOLARA WILLIAMS
DR OLADELE JOHN AKINYOMI	MR MICHAEL ADENIYI OMOTADE
DR ONI BABATUNDE OLAGOKE	SHITTU DEBORAH OLUWADAMIOLA
DR (MRS) ERIGBE PATIENCE AJIRIOGHENE	MR OJO ADEGBOYEGA
DR OLUSEGUN IFEOLUWA OGUNSUUYI	MR SALAMI BAMIDELE
DR OFUDJE EDWIN ANDREW	MR ADESOJI KUJORE
MRS JOSHUA ABIMBOLA ABOSEDE	MISS LAWAL VIVIAN
	MRS ADENIYI MODUPE EUNICE
	MR OLUFEMI EMMANUEL OYEWOLE
	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 FEBRUARY

DATE	NAME	DEPARTMENT/POSITION
1st February	Dr Babatunde Oni	Head, Mass Communication
2nd February	Dr Oladele Akinyomi	Ag Dean, College of Humanities, Management and Social Sciences (CHMS)
2nd February	Osanebi, Chukwuka Michael	Music
3rd February	Olugbenga Festus Olawole	Physics
5th February	Richard, Sholabomi Florence	Mass Communication
7th February	Dr Bolanle Fausat Oladejo	Mathematics and Computer Science
7th February	Gbenle, Olayinka Grace	Philosophy and Religion
10th February	Dr Joy Femi Olabisi	Coordinator, Biochemistry Programme, Biological Sciences
19th February	Ayorinde Esther Alaba	Students' Affairs
28th February	Fagbenro, Moses Olawale	Students' Affairs

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

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