



MOUNTAIN TOP UNIVERSITY (MTU)

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

A monthly publication of the Editorial and Media Unit

Mountain Top University Holds 6th Matriculation - Chancellor Assures the Students of uninterrupted Academic Calendar and World-Class Facilities

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Cross Section of Matriculating Students

The venue was the grand, exquisite multi-purpose hall of the University. The date was the 20th of May 2021. Looking around the beautiful surrounding made more appealing by the lush, green grass, the convivial atmosphere betrayed a joyous occasion. As students, staff, and dignitaries began to arrive, it became obvious that an occasion of great importance was about to commence. Shortly afterwards, the multi-purpose hall was filled. It was the 6th Matriculation ceremony of the University. The joy on the faces of the matriculating students told the whole

story. Unfortunately, their parents were not around to share in their joy and celebration. Not because the parents didn't want to come. Their absence was in line with the covid-19 protocol strictly observed within the University. The parents were asked to join and follow up on the occasion via various online platforms that were provided by the University.

At exactly 10 am, the occasion commenced with a short prayer said by the University Chaplain, Pst Olumide Adesina. Present at the commencement of the occasion were the Vice-

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Chancellor, Professor Elijah Ayolabi, the Registrar, Mr Olufemi Oyewole, the Vice-Chancellor of Landmark University, Professor Adeniyi Olayanju, and other principal officers of the University. The Chancellor, Dr Daniel K. Olukoya was ably represented.

In his opening address, the Chancellor stated that in its six years of establishment, MTU has achieved its objective of maintaining an uninterrupted academic calendar, free from all the anomalies that bedevil the Nigerian university system. According to him, “Over the years, there have been different stories about why youths are not able to get the kind of education they deserve. From incessant strikes in universities to cultism, from grossly inadequate facilities for studies and research to lack of accommodation in universities, the Nigerian undergraduate has had to grapple with many challenges. The result is that the Nigerian undergraduate is ill-equipped to face the challenges of the modern world upon graduation. It is that dream to provide a world-class university with an uninterrupted academic calendar, free from cultism, with a world-class environment and facilities for learning, added with the proper spiritual guidance for youths that necessitated the establishment of Mountain Top University. Today, I am glad that the vision is positively materializing and has been acclaimed by the whole world”. The Chancellor went on to encourage all the matriculating students to work hard, pray fervently and remain focused to actualize their dreams in the University.

On his part, the Vice-Chancellor, Professor Elijah

Ayolabi, congratulated all the matriculating students and officially admitted them into the University. He assured the students of uninterrupted academic calendar and world-class facilities. In his words, “having been admitted to this great university, you are on your way to the top. It is therefore important that you avail yourself of this wonderful opportunity and maximize all the potential that abound in this University. As students of this University, you are dear to our hearts. Your academic welfare is paramount to us. We recognize the importance of a good environment and accommodation in the learning process. For this reason, our university has one of the best student-friendly environment in Nigeria. Also, our hostels are top level. We have adequate, well-spaced classrooms for your lectures. Every department has the necessary equipment and infrastructure to aid your learning and other practical engagements. Please kindly avail yourself of these opportunities”.

The Registrar of the University, Mr Femi Oyewole, performed his key function at the event by administering the matriculation oath to the students at which the auditorium erupted into joyous cheers from the matriculants. The ceremony was also covered by reputable media houses in Nigeria among them Punch Newspapers, Vanguard Newspapers and Sun Newspapers. The increased number of admitted students to the University is a clear indication of how the Mountain Top University education is highly sought after. It is believed that at the next matriculation, a higher number of candidates will be part of it.

WORDS ON MARBLE

Wealth from get-rich-quick schemes quickly disappears; wealth from hard work grows over time

**Proverbs 13:11
(New Living Translation)**

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Mountain Top University Partners With Landmark University on Research and Agricultural Development

In line with the demands of the Sustainable Development Goal number 17 – Partnership for the Goals – Mountain Top University, Ibafo partners with Landmark University, Omu-Aran, Kwara State to foster mutual relations and collaborations in research and agriculture. This is expected to advance the two universities towards their goals of attaining greater heights in world universities' ranking and achieving their maximum potentials.

The two universities signed a Memorandum of Understanding (MoU) in a ceremony at Mountain Top University on the 19th of May, 2021. In his speech, the Vice-Chancellor of Mountain Top University, Professor Elijah Ayolabi, appreciated the Vice-Chancellor of Landmark University, Professor Adeniyi Olayanju for his commitment towards the partnership exhibited by his physical presence at the occasion despite his tight schedules. He also stated that the two universities share many things in common and believed that together they could do greater things.

The Vice-Chancellor, Landmark University, Professor Adeniyi Olayanju, did not come alone. He came in the company of his Director of Internationalisation Office, Linkages and Grant Management, Dr Adeolu Adeniran and University's Legal Officer, Barrister Ms Funmi Olatunji. In his speech, Professor Adeniyi Olayanju, explained that the partnership is expected to boost the international ranking and visibility of both universities. He further reiterated that he chose MTU for this collaboration because the two universities share similar visions and aspirations citing Amos 3:3 - "Can two walk together, except they be agreed - to buttress his point.

The Vice-Chancellor also stated that his visit to Mountain Top University has opened his eyes to some beautiful features of the University, which according to him, he would like to replicate in his university. He encouraged MTU to establish Sus-



VC of Landmark University, Prof. Adeniyi Olayanju (Left) and VC, Mountain Top University, Prof. Elijah Ayolabi (Right) shaking hands after signing MoU on Research and Agriculture

tainable Development Goals (SDGs) research groups or clusters as a pedestal to drive the research output in the University.

Responding, the Acting Director, Centre for Research Innovation and Collaborations (CRIC), Dr Edwin Ofudje, appreciated the VC of Landmark University and his team for coming and expressed his desire to also emulate some giant strides in Landmark University, especially the SDG Exhibition Centre and replicate same in MTU. He extolled the leadership qualities of the Vice-Chancellor of Mountain Top University, Professor Elijah Ayolabi, and thanked him for his support and encouragement towards the Centre.

At the end of the talks, the two Vice-Chancellors signed the MoU in the presence of their teams members. As is the tradition of Mountain Top University, beautiful branded gift items were presented to the visitors.

Later in the evening of the same day, a cocktail dinner was held to celebrate the new partnership. The VC of Landmark University, Professor Adeniyi Olayanju and his team members, including MTU Management staff, were treated to a sumptuous meal with good music by the students of Every Student a Musician (ESM) programme of the University. The ambience of the MTU Organ House provided a suitable venue for the occasion. In all, it was a beautiful experience.

Management Organises Leadership Training for Students' Representative Council (SRC) Members

The management of Mountain Top University organized a leadership training programme for the Student's Representative Council (SRC) members in preparation for the commencement of the second semester of the 2020/2021 academic session. The event, which began on the 3rd and ended on the 7th of May, 2021, was held at the College of Basic and Applied Sciences Conference room. The leadership training was to help train the students' representatives on what their responsibilities are to the school and the students and to guide them on how to function properly in their various positions.

Various people were called in to speak to the students on various topics. First, it was Mrs Abimbola Joshua, who represented the University Chaplain, Pastor Olumide Adesina, and taught on "Salvation for True Leadership". She cited examples of people who made great impact and used these scriptures – Exodus 14:13-17, John 8:32 and Acts 4: 10-12 – to buttress her points. She explained brokenness and how it reveals potentials. The Ag Dean of Students' Affairs, Dr. Moses Abiala, then discussed "The Call to Leadership" and what is expected of the students' representatives and explained the mission, vision and acceptable practices in the University. The Dean of the College of Basic and Applied Sciences, Prof.



Cross section of SRC members listening keenly and taking notes during the leadership training

The second day started with the talk by Dr. Christiana Ayolabi, who enlightened the SRC members on "Unholy Pairing-relationships and Associations: Present and Future Implications". She stated that healthy relationships that are based on mutual respect, trust, honesty & fairness are the best. Scriptures for her talk were taken from 2 Samuel 13:1-15 and Romans 12:1-2. The next facilitator for the day was the pioneer President of the Students' Representative Council of MTU, in the person of Samuel Aiyeyun. He spoke on leadership mechanism and CART which according to him has four parts: HED - Highly Effective Doer, LED - Less Effective Doer, PTS - Potential Trouble Source and SP - Suppressive Person. He rounded off by encouraging the students to stand firm and remain focused.

The University Registrar, Mr Olufemi Oyewole, began the next session with "Leadership Responsibilities and Excellence". He quoted John Maxwell - "leadership is influence, nothing more, nothing less". He then spoke on essential responsibilities that build effective teams saying that a leader must not judge, but listen and take responsibility for building excellent leadership.

The third day started with the talk by Pastor Etomi Edwin, the Senior Regional Overseer of Mountain of Fire and Miracles Ministries, Abuja. He dissected "Leadership Skills & Development: Opportunities & Challenges". He drew his text from Acts 6:1, Ephesians 4:11 and Matt 15:1-3. According to him, an eagle leader is a visionary leader. Leadership skills in-



The Ag Dean of Students' Affairs, Dr. Moses Abiala delivering a talk during the leadership training.

Ayo Olalusi, also dwelled on how to bring out your best as a good leader. 'Leaders do not beg, they give', he stated while buttressing his points with the following scriptures – 1 Tim 4:12, Matt 22:14. He also enumerated some red flags for leaders as side talks, pomposity, seeking revenge, seeking attention and pointing accusing fingers to others.

Continued on next page

clude: culture of gratitude, principle of delegation, conflict & time management, confidence, adaptability among others and few of the challenges are failure to communicate, lack of clear vision, organizational culture, poor collaboration & execution and lack of leadership skills.

The next facilitator was the immediate past President of the Students' Representative Council, Tobi Olusanya. She spoke on how to manage time, academics and leadership position to attain a first class degree. She began by reading Proverbs 3:5 and Proverbs 24:10. She encouraged the student leaders to put God first, set goals and be solution oriented. She gave them an acronym - SMART which stands for Specific, Measurable, Achievable/Attainable, Realis-



Pastor Etomi Edwin, (Senior Regional Overseer of Mountain of Fire and Miracles Ministries, Abuja) delivering leadership talk.

tic and Time bound – to guide them in setting their goals in life. According to her, 'Excuse is the language of a weak person, you need to compartmentalize your life and do mind mapping to avoid giving excuses'.

Dr. Omokehinde, Sub-dean Students' Affairs and Acting HOD of Accounting Department, talked on *Leadership Team Spirit*. Mr Samson Oladipo discussed practical guidelines & time management for effective delivery as a leader and read from Heb 5:1-4 and Habakkuk 2:2. He mentioned three key leadership offices, which are - priesthood office, prophetic office and the kingship office. According to him, leadership is by divine appointment, so to whom much is given, much is also expected.

The 4th day kicked off with Pastor Emmanuel Oladi-meji, the International Headquarters Youth Church's Pastor. He addressed conflict resolutions strategies amongst youths & teenagers for intelligent leaders. According to him, a great leader is determined by

"IMPACT". He cited Matthew 5:9 and gave twelve things an individual can be to his/her generation – deficit, liability, blessing, curse, transformer, poison, role model (positive), contributor, solution, consumer, a guiding light and a nonentity. Some of his powerfully impactful statements include: 'Be sensitive to your passion, it is your drive; 'until you can solve problems for people, they won't respect you'; 'some conflicts need crisis to solve them'; if conflict is not resolved, it will be fed and then explode; conflict is an essential part of our responsibility, a reality; 'If you are not disciplined, you will be disciplined'; 'every conflict has a password, ask for the password and decide the issue'; 'Do not turn a special instruction into a general practice'.

The sessions came to a climax when the Vice-Chancellor, Professor Elijah Ayolabi stepped on the dais for his talk. He talked on wisdom for the present and future/upcoming generation. According to him, "You have a vision when you are awake/alive, you dream when sleeping". He encouraged the students not to be miracle seekers rather miracle workers, citing 1 Timothy 4:12. He further admonished them to be disciplined in time management and always do the right thing at the right time pointing out that what you can do today, do not leave until tomorrow. He also told the students to have personal vision and mission and stop following people about but create their own individual path and excel in it and above all be committed, consistent and disciplined.

The leadership training was rounded off with fasting and prayer on the last day. There was also a prayer vigil on the same day superintended by the University Chaplain, Pastor Olumide Adesina. It is believed that the newly appointed SRC members have been greatly impacted and are ready to exhibit excellent leadership skills in the performance of their duties as the current students leaders in the University.



Ag. Dean of Students' Affairs, Dr. Moses Abiala (left), the SRC President Mr. Daniel Adesanya and other SRC members (middle) appreciating the VC, Prof. Elijah Ayolabi

Challenges and Opportunities in Winning Grants for Women in Science

- MTU Centre for Gender Studies Holds an Eye-Opening Webinar

In this age and time when many people, including the government, are taking gender equality and women inclusion more seriously, a lot of educative seminars and workshops are being organized to train women and also to show them opportunities they can explore towards realizing their dreams and God-given potentials.

In that regard, Mountain Top University Centre for Gender Studies, under the able leadership of the Gender Desk Officer, Dr Nelly Acha Ndukwe, in collaboration with the Organisation for Women in Science for the Developing World (OWSD), Lagos branch organized an enlightenment seminar.

The programme, which took place on the 6th of May, 2021, was facilitated by three wonderful women who have distinguished themselves in their various fields and are a beacon of light for other women to follow. The first facilitator was Dr Cynthia Ibeto, a Senior Lecturer at the University of Nigeria, Nsukka and the National Coordinator Women in Chemistry (Nigeria). She spoke on **Available Grants for Women Scientists**. Her presentation was very rich as she provided the titles and links to some of the grants that are available for women, which are, most times, under-utilized due to ignorance and lack of exposure among the women.

The second facilitator was Dr Yemisi A. Jeff-Agboola, a Senior Lecturer at the University of Medical Sciences,



Dr. Chinyere Mbaka (left) and the Desk officer, MTU Centre for Gender Studies, Dr. Nelly Ndukwe (Right) anchoring the webinar

Ondo, a Fullbright Scholar and the President/Founder of VOW-DA, an NGO. She spoke on **NGO and Community Development Grants**. The third facilitator was Dr Temitope O. Onuminya, a Senior Lecturer at the University of Lagos, a Darwin Scholar and a

serial grant recipient, who is actively involved in youth development. Dr Onuminya spoke on **Grants for Girl-Child Education/Development in Africa**.

The Vice-Chancellor, Professor Elijah Ayolabi was on ground to declare the webinar open and welcomed the guest speakers to the event. Other Principal Officers of the University – the Registrar, Mr Femi Oyewole, the Bursar, Mr Shola Olagundoye and the University Librarian, Dr Mrs Helen Akinade – also gave their full support. The webinar was conducted using the zoom platform and it recorded over eighty participants, including MTU staff and those from other institutions.



MTU Management staff and the Desk officer of MTU Centre for Gender Studies, L-R Prof. Ayo Olalusi (Dean CBAS), Mr. Shola Olagundoye (Bursar), Dr. Nelly Ndukwe, (Gender Desk Officer), Prof. Elijah Ayolabi (Vice-Chancellor), Dr. (Mrs.) Helen Akinade (University Librarian), Mr. Olufemi Oyewole (Registrar) and Prof. John Akinyomi (Dean CHMS)

Orientation Exercise for 2020/2021 Academic Session Gives Joy and Direction to Fresh Students

Monday 17th and Tuesday 18th of May, 2021 were two days of planned guidance and instruction as fresh students of Mountain Top University were taken through an orientation exercise. The orientation exercise was organised to get the students acquainted with the ethics and policies of the University.

The Acting Dean, Students' Affairs, Dr Moses Abiala and some of the Students' Representative Council (SRC) members, made sure that the students were properly seated and well-organised for all the sessions of the Orientation Programme. The programme ran from 9.00am to 5.00pm for the two days with short breaks in between.

The Vice-Chancellor, Mountain Top University, Professor Elijah Ayolabi was on hand to address the students. He reiterated the importance of the students imbibing the University's core values and abiding by the stipulations of the University handbook and departmental handbooks. He also emphasised that the University dress code should be ad-

hered to and all manner of offences that are likely to bring a student before the Students' Disciplinary Committee (SDC) should be avoided.

The Registrar, Mr Femi Oyewole, in his address, presented to the students an overview of the University's vision, mission, authorities and policies. The meaning of the University logo, colour and motto was also explained to the students. Other speakers, who took their time to introduce the students into the happenings in their units include the Bursar, Mr Shola Olagundoye, the University Librarian, Dr Mrs Helen Akinade and heads/representatives of many other units or centres in the University.

There was a question and answer session after each presentation during the which the students were given the opportunity to ask questions about any issue or area in the University. Some of the students interviewed expressed their joy for such an opportunity. They said the orientation exercise helped to clear some of the doubts and negative perceptions they have about MTU.

What the 2020/2021 Matriculants Have to Say About Mountain Top University - Compiled by our Correspondents Affiong Effiong and Deborah Oriola

I always had passion for this school. When I first came, I did not really like the school but when I came for my screening, I fell in love with the school. The atmosphere, the beautiful environment, everywhere was accommodating. I felt this is home, this is just the best. I also heard the school has international connections and their students always come out with first class. I plan to do my best towards becoming the best and to also come out with a first class. ____

Anjola (Accounting and Finance Department)

I am Olasina, a direct entry student from the department of Business Administration. I have heard a couple of things from my friends before coming and on getting here, I saw that most of those things are true. I think the strongest point of the University is the spiritual lives of their students. ____ **Olaseyi (Industrial Relations and Personnel Management)**

I am a direct entry student and the experience here is quite cool. Though because we resumed late, catching up



Some of the Interviewed Matriculating Students

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with other students has been quite stressful, like in Every Student A Musician (ESM) course. But I am trying my best, and I am good to go. The chapel activities are also a bit hard to cope with but I am trying because we need the spiritual exercise for our soul even as we exercise our minds too. ____ **Moses (Economics)**

SDC means Student Disciplinary Committee. I plan not to have anything to do with that committee by avoiding nefarious activities like stealing, exam malpractice and others. Before now, I did not really have full knowledge about the school, I was biased but after the orientation, I got to know what to do and where to go at all times. I plan to graduate with a first class with God on my side. Also, by putting in great effort. ____ **Enoch (Mass Communication)**



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MTU First Doctoral Student Says Quality of Staff and Availability of Equipment Made it the Best Place for Him - An Interview

Correspondent: Good afternoon, sir

Student: Good afternoon, ma.

Correspondent: Congratulations, I can see from your smiles that today is a very great day in your life, can you tell us your name and what happened?

Student: My name is Ogunbiyi Tosin Segun. I am the pioneer doctoral student in Mountain Top University. My PhD program is in Microbiology, in the College of Basic and Applied Sciences. Today is our matriculation day when we are officially welcomed or inducted into the university.

Correspondent: I know you are a staff of the University but apart from that what made you choose this University for your doctoral programme?

Student: One of the things that brought me into this place is that I was looking for an environment that would give me the platform to grow, so that I can express myself and explore more. So, I chose MTU because number 1, it is a virgin ground in terms of postgraduate studies and I thought it wise that, given the level of expertise of the faculty members, the availability of equipment and facilities, this will be the best place for me to grow.

Correspondent: Doctoral programmes involve a lot of things. I know, sometimes it takes too long, while sometimes, some people are lucky and graduate on time. Some people even said that it has to do with a lot of politics and human worship. How many years do you think you will spend on this program?

Student: Well (laughs)...nothing more than 3 years, that is what I am working towards and also trusting God.

Correspondent: And you think the University has what it takes to take you through the three years, in terms of facilities and staff, without any form of disruption or inadequacies?

Student: Definitely. I have been running some of my research work in our well-equipped laboratory

and this has given me room to assess the facilities and capabilities. I am confident in myself. The facilities and the faculty are also very good.

Correspondent: What advice do you have for people that might still be seeing MTU as a baby, not yet qualified for postgraduate studies?

Student: The advice I will give them is that first, there is no perfect system anywhere and as such when you see a system that offers you the basic and some extra you should go it. Mountain Top University is just very good. I had my Masters in a private university and with the experience I had during my masters, I know that private universities are the future of education in this country. I was not disappointed and with what I have seen so far in MTU, I know anybody that comes here will not be disappointed.

Correspondent: From where did you get your Masters?

Student: Redeemer's University.

Correspondent: And your first degree?

Student: University of Lagos.

Correspondent: Wow! You are really progressively gathering all the experiences.

Student: (smiles) Yes.

Correspondent: That is good.

Student: I will say the best is yet to come.

Correspondent: Who is your supervisor?

Student: Dr. Fayemi and Dr. Ayolabi

Correspondent: You have two supervisors?

Student: Yes ma.

Correspondent: What is your department again?

Student: Biological sciences

Correspondent: I know Biological Sciences has many programmes under it, yours is?

Student: Microbiology

Correspondent: We wish you all the best.

Student: Thank you very much.



Mr. Tosin Segun Ogunbiyi, the First MTU Doctoral Candidate

What a Man Soweth, that Shall He Reap

The world in which live is governed by principles.

There is a principle about gravity. When a substance is thrown up, it will surely come down, we don't need to pray about that.

There is a principle behind ships and boats moving on top of water.

There is a principle behind the generation of electrical power.

There is a principle behind aircrafts flying in the air.

There is a principle of sowing and reaping.

Galatians 6:7 Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap

Genesis 8:22 While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.

Principles do not change, it is human beings that change. We must remember that we cannot be on this planet earth forever but what we do are like seeds that will germinate, grow and get matured for us to reap or for our generations coming after us to reap.

Whatever we sow, we reap even in multiple folds, whether positive or negative. Nobody plants cassava and expects yam tubers or cocoa and expects oranges as the harvest. This simply explains the law of sowing and reaping.

If we know that what we sowed yesterday is the fruit we harvest today, why don't we do good today so that we can have a better life tomorrow?

A story was told of a man that discovered that his boss in the office loved alcoholic drinks. He cunningly gathered drinks for his boss and the man

started drinking. When the man drank to the state of intoxication, he snapped him and sent the picture to the head office and made a comment that this man you put as the head here cannot lead us. They removed the man and placed him in his position but a time came when he also contested to be the President of his nation, he won but he did not get there. **“What a man soweth, that shall he reap”** What we do today may not even be for today but for tomorrow.

I close with what I heard about Alex Flemings. Flemings was passing one day and discovered that somebody was drowning in a body of water. He stopped and rescued the man from the water. Later, the father of the man that was rescued, which was a rich man asked Alex what he would like to do and Alex replied that he would have loved to go to school but there was no money to do so. He later sponsored Alex Flemings in school. Alex read a medical course and discovered a drug. The rich man later fell sick and it was the drug discovered by Alex Flemings that was the cure for the sickness.

We must note that when we do good, we do it for ourselves and our generations. Likewise, when we do evil. What goes around, comes around.

Revelation 22:11 –13

He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still:

12. And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be.

I am Alpha and O'me-ga, the beginning and the end, the first and the last.

Written by Gbenga Ayandiran

Workaholics, Beware! Don't burn your candle at both ends

In Philippians 2: 25-27,30 (Contemporary English Version), Apostle Paul wrote:

(25) "I think I ought to send my dear friend Epaphroditus back to you. He is a follower and a worker and a soldier of the Lord, just as I am. You sent him to look after me, (26) but now he is eager to see you. He is worried, because you heard he was SICK. (27) In fact, he was VERY SICK and ALMOST DIED. But God was kind to him, and also to me, and he kept me from being burdened down with sorrow. ... (30) He ALMOST DIED WORKING for Christ,..." (Emphasis mine).

In the scriptures quoted above, Epaphroditus, a Minister, that is, Man of God, came very close to death! The cause of this condition was that of OVERWORK in the service of the Lord and His people.

Let me say this from the outset of this article, for the sake of clarification, that God instituted the concept of work right from the beginning of creation. God the Father WORKED to put things in place and in order. God the Son - Our Lord and Saviour Jesus Christ, also WORKED with all vigour during His earthly ministry.

However, God the Father and God the Son, created time for rest. Genesis 2:2 says, "And on the seventh day God ended his WORK which he had made; and he RESTED on the seventh day from all his work which he had made". Jesus Christ, on a number of occasions separated himself apart, from His disciples and the multitudes, to rest .

No doubt, it is work that uplifts one under the mighty hands of God and believers MUST of a Necessity be HARDWORKING. As a matter of fact, Laziness/Indolence/Mediocrity should be avoided like a plague. Apostle Paul said in 1st Thessalonians 4:11 - "And that ye study to be quiet, and to do your own business, and to WORK with your own hands, as we commanded you". Also in 2nd Thessalonians 3:10 - "For even when we were with you, this we commanded you, that if any should not WORK, neither should he eat".

The so-called 'rat-race' and the fast-paced life we have found ourselves, has subtly brought the phenomenon of WORKAHOLISM, which is regarded as an addiction - "an uncontrollable need to work incessantly". This is an obsession, a compulsion.

Workaholics have an obsessive work mentality. They are characterised by having an inner compul-

Continued on next page

sive drive to work hard, thinking about work constantly, and feeling guilty and restless when they are not working.

Workaholics may "burn the candle at both ends" - an English idiom, meaning to WORK LONG HOURS WITHOUT REST. It means to exhaust oneself by working too much, going to bed late and getting up early. The 'candle' in question symbolizes one's life force and 'burning the candle at both ends' meant the use of one's life force too quickly.

Workaholism often goes hand in hand with working long hours, but the two are distinct. Workaholics are mentally pre-occupied with work. They are not satisfied and find it difficult to detach from work. They go to bed thinking about work/job. They are anxious and find it difficult to sleep.

Those who work long hours on the other hand are fulfilled when they finish work for the day, usually have time for rest and fall asleep easily. In the morning, feels refreshed for a new work day.

Workaholics are at risk/predisposed to the following health problems:

> chronic sleep problems;

> high blood pressure, high blood glucose, high blood lipids, chronic uncontrolled blood pressure;

> cardiovascular (heart & blood vessels) diseases;

> physical /emotional exhaustion;

> chronic fatigue syndrome; etc

Curtailing Workaholism

Regain control over your work behaviour; set clear rules over how many hours you will work each day. Also psychologically detach from work by being involved in recreational activities outside your work schedule.

Summary

Too much work and too little time for rest and relaxation will take its toll upon one's health.

References

- The Holy Bible - KJV & CEV, as quoted.
- Author's personal notes
- Harvard Business Review 2018
- online Dictionary

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Voluntary Staff Donation List for the Month of May 2021

ACADEMIC STAFF	NON – ACADEMIC STAFF
PROF. 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
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	MRS NGOZI LOVETTE OWOH
	MR ADEPOJU ADETUNJI SUNDAY
	MR ANTHONY ISREAL

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STAFF BIRTHDAYS FOR THE MONTH JUNE 2021

DATE	NAME	DEPARTMENT/POSITION
June 3rd	Victoria Oluwafunmike Akanbi	CEDGS
June 4th	Victoria Omolola Akinsola	Human Resources, Registry
June 4th	Dr Francis Hope Ibadin	Coordinator, Biology Programme, Bio. Sci.
June 5th	Prof. Ayoola Patrick Olalusi	Dean, College of Basic and Applied Sciences
June 6th	Aribake Ronke Apo	Students' Affairs
June 7th	Oscar Silverex Otoide	Students' Affairs
June 7th	Kehinde Oladayo Adeniran	Medical Centre
June 8th	Samuel Ayodele Majekodunmi	Business Administration
June 10th	Zion Olatunde Michael	Registrar's Office
June 12th	Oluwaseun Olufemi Osibo	Students' Affairs
June 15th	Dayo Olayemi Egun	Geosciences
June 17th	Donald Tunde Abiodun	Students' Affairs
June 19th	Oluwatosin Olatunji Oluyomi	Economics
June 22nd	John Ilesanmi Kolade	Students' Affairs
June 24th	Dr Mary Omolola Omosebi	Coordinator, Food Science and Technology
June 25th	Deborah Ngozi Egunleti	Students' Affairs
June 27th	Dr Chibuzo Ikechi Nwanguma	Ag Head, Philosophy & Religion
June 27th	Solomon Oluwafemi Ajimoti	Students' Affairs
June 27th	Temitayo Esther Olalekan	Students' Affairs
June 30th	Olufunke Olajumoke Badaki	Students' Affairs

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.

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.

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

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