



MOUNTAIN TOP UNIVERSITY (MTU)

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

A monthly publication of the Editorial and Media Unit

Professor Elijah Ayolabi Bags NAPE Fellowship Award

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Prof. Elijah Ayolabi (Right) receiving the NAPE Fellowship award from the NAPE President

There is something fundamental in a name. Although many people do not realize the inherent significance in a name, yet it is always difficult to separate the reality of any phenomenon from the name it bears. Name is indeed important. Perhaps, that was why God changed people's names in the Holy book to reflect a new, positive identity. The father of faith had his name changed from Abram to Abraham. His wife's name was changed from Sarai to Sarah. Jacob's name was changed to Israel. Simon's name was changed to Peter too. Indeed, there is something fun-

damental in a name. It can be spiritual or physical. It can be both as well. This is why the name of the university, Mountain Top University, has serious implications in the aspiration and position of the institution among other universities.

Within five years of existence, the University has continually made a steady journey to the top, and of course, the mountain is physically higher than any structure. In line with the tradition of the university, to always take top positions, the Vice-Chancellor of the University, the erudite Professor Elijah Ayolabi, took a

Continued on next page

top position by winning the prestigious Nigerian Association of Petroleum Explorationists (NAPE) fellowship award tagged NAPE Outstanding Earth Science Lecturer Award (NEOLA) for the year 2020. According to the association, "this award is in recognition of your contributions to the NAPE's ideas and activities over the years, exemplary professional practice and immense contributions to the practice and advance-

ment of Geosciences in Nigeria Oil and Gas industry". The award was conferred on the Vice-Chancellor at the Award Night Ceremony of the 2020 Annual International Conference and Exhibition (AICE) held in Lagos.

By this award, the Vice-Chancellor has once again placed his name and that of the university on the national and world maps. Professor Elijah Ayolabi has proven his mettle as a renowned world Geophysicists. He

was the Society for Exploratory Geophysicists (SEG) Honorary Lecturer for Middle East and Africa in 2015.

It is indeed note-worthy that Mountain Top University, especially the Geosciences Department, has continued to grow in leaps and bounds, with so many laurels in their kitty, under the inspiring leadership of the Vice-Chancellor. Congratulations!



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Mountain Top University Visits Landmark University for Collaborations

It was a memorable event as a delegation of some senior staff of Mountain Top University visited Landmark University, Omu-Aran, Kwara State, on a familiarization and fraternisation tour. It was a two-day visit which lasted from Tuesday, 17th to Wednesday, 18th November, 2020. The team was led by the Dean, College of Basic and Applied Sciences (CBAS), Prof. Ayo Olalusi. Other members of the team include Dr Andrew Ofudje, Director, Center for Research, Innovation and Collaboration (CRIC), Dr Olanipekun Ojo, Director, Directorate for Community Relations and Apprenticeship (DCRA) and Mr Gboyega Ojo, Assistant Registrar, Human Resources.

The aim of the visit was to under-study Landmark University's strategic operations in the areas of Research and Publications and to explore opportunities for possible collaborations between the two Universities. The team was received by some members of Management and staff of Landmark University led by the Vice-Chancellor, Prof. Adeniyi Olayanju.

A technical meeting, and subsequently, an interactive meeting was held by the representatives from both universities. Prof.



Front row: Prof. Adeniyi Olayanju, VC, Landmark University (middle), Prof. Ayo Olalusi, Dean CBAS, MTU (3rd from right), Mr. Gboyega Ojo (2nd from right), Dr. Olanipekun Ojo (1st from left) and Dr. Andrew Ofudje (2nd from left).

Olayanju, VC Landmark University, expressed joy in receiving the delegation from MTU, praising the Vice-Chancellor, Prof. Elijah Ayolabi for his tenacity and passion to take Mountain Top University to a higher level in ranking, publication and research. He went ahead to express the readiness of Landmark University to collaborate with Mountain Top University in the areas of research, grants, publication, rice plantation and some other projects. The team leader, Prof. Ayo Olalusi appreciated Landmark University Management for the opportunity to visit the University and tap from their wealth of experience.

The Vice-Chancellor of Landmark University, Prof. Adeniyi Olayanju, had earlier in the month of August, 2020 delivered a powerful virtual

lecture to the Mountain Top University community. The lecture titled *Research and Publication for Improved University Ranking* was highly impactful and motivational and so, among other things, was a precursor to this visit. The MTU delegation presented an award of recognition to Landmark University for their contribution to the restoration of the dignity of the black race. Also, an excellence award was presented to the VC, Prof. Olayanju, in recognition of his outstanding support to MTU. It was indeed a ground-breaking and seed-sowing visit. The fruits of the harvest are expected in due course.

MTU Completes Test 3 and 2019/2020 Sessional Examination for 100 Level and 200 Level Students

“Better is the end of a thing than the beginning thereof...” says the word of God – Ecclesiastes 7:8. The 2019/2020 academic session came to a glorious ending despite the many disruptions occasioned by the COVID -19 pandemic. Schools and higher institutions were shut down and some of them resorted to virtual classes. Virtual classes were the saving grace and the tentative solution to the disrupted academic session as most of the progressive minded higher institutions in the country, of which MTU is one, adopted it.

Online learning is a new experience to the students but it was highly welcomed by both staff and students in the University. They all embraced the initiative and

there was always a huge turn-out of students during online classes especially at the initial stage aside from few technical hitches as a result of network connectivity and availability of data.

MTU commenced her online classes in April, 2020 and to the glory of God, the 2019/2020 session came to an end in November, 2020 with all the tests and examinations conducted successfully. Staff and students, including the ICT staff all worked assiduously to ensure the smooth running and successful conclusion of the session.

The Editorial group was able to contact some of the 200 level students for an online interview and they expressed their gratitude to God Almighty who started and

ended with them despite the numerous challenges and the chaotic situation in the country and the world over. The students appreciated the school management and all academic and non-academic staff for their resilience and commitment in ensuring that the 2019/2020 session ended successfully.

They, especially, appreciated the academic staff of MTU for their efforts geared towards the success of the virtual classes. They also prayed for sound health, strength and wisdom for all faculty members. We look forward to an uninterrupted 2020/2021 academic session to the glory of God.

MTU Holds a Valedictory Lecture for Prof. Amos Akinwande

A valedictory lecture, to mark the successful end of the service tenure of Professor Amos Akinwande (former Dean, College of Basic and Applied Sciences, CBAS), was held on Thursday, 29th of October, 2020.

The former Dean served the University meritoriously for 5 years in different capacities as Dean, CBAS, Chairman Admission Committee, Chairman, Ceremonies and Honours Committee, Chairman, Students’ Disciplinary Committee, Chairman, Academic Development Committee, Member, Ventures Board, Member, University Management Committee and Member, Board of Post Graduate School.

Prof Amos Ifeolu Akinwande is a Professor of many years (since

1991) and has been able to share his academic and administrative experiences with many higher educational institutions in the country starting from the University of La-

distinguished scholar and a seasoned administrator.

Prof. Akinwande utilized the occasion of the lecture to mention some of his contributions to MTU community, which includes working assiduously with his staff to ensure that all programmes sent for accreditation were fully accredited by the National University Commission (NUC). He expressed his appreciation to the Chancellor, Dr Daniel Kolawole Olukoya and the Vice-Chancellor, Professor Elijah Ayolabi, for the opportunity given to him to serve. The Vice-Chancellor, on behalf of the Chancellor, thanked him for his meritorious service to the university and presented him with beautiful, valuable valedictory gifts. We wish him a healthy and happy retirement.



Prof. Amos Ifeolu Akinwande, Pioneer and Former Dean, CBAS

gos (where he was appointed a Professor) to Babcock University Ilisan, Caleb University Imota and Ondo State University of Science and Technology Okitipupa. He is a

Prof. Akan Williams Delivers a Webinar on Writing and Publishing in High Impact Journals to MTU Management and Staff

Towards positioning Mountain Top University to attain its desired goal of becoming one of the best universities in Africa and the world, the Centre for Research Innovation and Collaboration (CRIC) under the leadership of the Ag. Director, Dr Andrew Ofudje, on Friday, 20th November, 2020, held a webinar titled *Writing and Publishing in High Impact Journals as a Tool for Achieving a World Class University Status*. The guest speaker at the webinar was the immediate past Acting Vice-Chancellor, Covenant University Ota, Professor Akan Williams.

In his opening remarks to declare the webinar open, the Vice-Chancellor, Prof. Elijah Ayolabi, who was the chief host, welcomed the guest speaker and emphasised the premium every University, that is worth its salt, places on publications in high impact journals. He, therefore, encouraged



Prof. Akan Williams, Immediate Past Acting VC, Covenant University, Ota

everyone to pay full attention to the presentation by the guest speaker.

Prof. Williams took the audience through the art of writing articles and getting published in high impact journals. He mentioned some of the components that must be present in a good research article. Some of them include a unique introduction, simple, clear and correct language, contributions to knowledge among others. He also mentioned some of the ethical issues that should be avoided by researchers such as the “add me” syndrome (a situation where names of people who did not contribute to a particular study are included as authors), duplication of same research

paper/work in different journals, plagiarism, falsification, among others.

The former Acting Vice-Chancellor went ahead to describe what impact factor meant and how it is calculated. He advised that researchers should publish in journals with high impact factor since they are indexed and so considered of high quality. They also have the potentials of high visibility and high citations. Some of the notable index databases include Web of Science, MedLine, Scopus, PubMed, EBSCO, EMBASE, SCIRUS, among others.

It was really an enlightening session. The organisers appreciated Prof. Akan for his time and the willingness to share his knowledge with the University. A plaque was presented to him by the Vice-Chancellor in recognition of his contribution to the growth of University education.

Advanced Digital Appreciation Training for Staff Takes Place in MTU

In furtherance of the vision and mission of Mountain Top University to continually equip its staff with the requisite skills to excel in their duties, a one-week Advanced Digital Appreciation Programme for Tertiary Institutions (ADAPTI) training workshop was organised for the staff from Monday, 23rd to Friday, 27th November, 2020.

The facilitators of the training were from the Digital Bridge Institute in conjunction with the Nigerian Communications Commission.

The training was organised in two groups. The first group was taught general computer appreciation, Microsoft office, mail merge, track changes, generation of table of contents, references and citations among other things, while the second group was taught SPSS for data analysis, cyber security among others.

In an interview with some of the participants at the training workshop, they could not hide their excitement at the great privilege it was for them to be part of the exercise. Some narrated how the train-

ing has brushed up their computer skills and would help them to carry out their research and other responsibilities more effectively.

Participants of the training workshop were presented with certificates of participation by the training organisation in conjunction with the Management of the Mountain Top University, the organisers of the training workshop. Indeed, Mountain Top University is building capacity and resources towards becoming a world class institution that produces world class graduates, who have been empowered to excel.

Mountain Top University Holds Commendation Service for Late Dr. Adesina Adeiga

The Mountain Top University community was thrown into mourning with the passing of one of the prominent members of staff in the person of Dr. Abayomi Adeiga. Dr Adeiga was until his death the Acting Head of Department, Biological Sciences and a member of the Board of Trustees of the University.

As part of the activities lined up for the celebration of his well-lived life, a commendation service was held for him on the 25th of November, 2020 at the University Multi-Purpose Hall and this drew many people from all walks of life. Family members of the deceased, friends, colleagues and students were all there to pay their last respect to the man, who many



Late Dr. Abayomi Adeiga, Former Ag. Head, Department of Biological Sciences

described as very amiable, always smiling and down to earth.

It was an evening of tributes as several people, who cut across, Late Dr. Adeiga's family members, colleagues at Mountain Top University, former colleagues at the Nigerian Institute of Medical Research

(NIMR) and former students came out to narrate emotionally how he touched their lives and impacted them positively. It was quite a solemn service of soul searching and self-examination as the University Chaplain, Pastor Olumide Adesina, in his homily, called the attention of the congregants to the inevitable end of all men – death. He charged all to live well and leave good legacies that they would be remembered for when they are eventually gone.

Dr Adeiga has come, seen, fought and conquered. Mountain Top University will indeed miss him. May his soul continue to rest in the bosom of the Lord.

WORDS ON MARBLE

⁴But God, who is rich in mercy, for his great love wherewith he loved us, ⁵ even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) ⁶ and hath raised us up together, and made us sit together in heavenly places in Christ Jesus:

EPHESIANS 2: 4-6 (KJV version)

SLEEP YOUR BRAIN YOUNGER II - Dr. Joseph Asha

Sleep Disorders - Types, Causes, Features and Remedies

Definition: Sleep Disorders are changes in sleeping patterns or habits that can negatively affect health.

crawling in the muscles at the back of your legs. Remedies are medications and behavioural therapy.

- inability to conceive, that is, believing God for the fruit of the womb, associated with in-law pressures/harassment.

Types of Sleep Disorders are:

♦ **Narcolepsy / Hypersomnia** - a condition in which one is unable to work in the day, bordering on an excessive uncontrollable daytime drowsiness/sleepiness. This can be remedied by taking scheduled naps.

♦ **Obstructive Sleep Apnea** - a condition in which one experiences cessation of breathing during sleep, waking up from time to time, gasping or choking. The person might snore loudly. This is common in overweight/obese individuals. Remedies are to lose weight and to change your sleeping position in bed ... rather than sleeping on your back, sleep on your side.

♦ **Misbehaviour During Sleep** - a disorder involving unusual/harmful behaviours during sleep. This is due to nightmares, night terrors, depression, anxiety and the influence of drugs and alcohol. Sleepwalking, sleep talking, sleep eating, shouting, screaming are manifestations. This is dangerous! The fellow may hurt himself or herself or someone else in the household. Remedy is by medications. Injury prevention is key!

♦ **Restless Leg Syndrome**

This is a sleep disorder in which there is an uncontrollable urge to manoeuvre your legs while resting at night. Also associated with unpleasant aching, tingling, burning, and a feeling that something is



♦ **Insomnia** - This is the inability to initiate or maintain sleep. This could be a transient/short-term experience; or chronic (prolonged) that is, for at least a month.

Insomnia is a big problem experienced by quite a number of people worldwide.

Causes of Insomnia: There are myriad of causes which are stress-related, anxiety-related, depression/mood-related. These are attributable to LIFE EVENTS/ PSYCHO-SOCIAL STRESSORS. These include:

- when a loved one is diagnosed with life-threatening illness.
- loss of a loved one culminating in GRIEF/ ABNORMAL GRIEF.
- loss of job or imminent job loss.
- nursing/caring for a loved one who is dying.
- inability to get a job.
- family pressures (payment of school fees and other bills)
- saddening medical report.

- spinster/bachelor supposedly due for marriage but yet to marry.
- jilted single brother/sister.
- pressure of single motherhood/fatherhood.
- sudden financial embarrassment.
- marital turbulence resulting in divorce/separation.
- domestic abuse wife battering, verbal abuse, bullying, child abuse.
- being overlooked for a promotion.
- toxic/abusive/demeaning work environment.
- being a victim of assault sexual, robbery, bandits, marauders, kidnappers, terrorists.
- loss of property/goods from fire outbreak, flooding, other disasters.
- having rebellious or wayward children.
- underlying medical conditions.

Continued on the next page

- overworked/exhausting work schedule.
- organization/workplace demanding tasks.
- disrupted sleep-wake schedule due to unconducive immediate environment -noisy distractions.
- inability to meet organization's expectations, and fear/worry about the consequences, etc.

Features of Insomnia:

- * can't sleep even when you are tired.
- * you can't get enough sleep to feel well-rested / refreshed.
- * restless sleep and feeling exhausted on waking up.
- * sleep deprivation.

Remedies/Treatment of Insomnia:

Psalms 4:8, 'I will both lay me down in peace and sleep: for thou, LORD, only makest me dwell in safety'. Proverbs 3:24, 'When thou liest down, thou shall not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet'.

From the above verses; for someone to enjoy peaceful, undisturbed, restful, sweet sleep, he/she must commit the sleep into the hands of God. Our cares, burdens, worry, stress and anxieties; must of a necessity be cast unto the Lord - Psalms 55:22; Philippians 4:6-7; Matthew 11:28.

Furthermore, resolve all relationship problems quickly, do not allow it to fester. Reconcile differences with colleagues, spouses, family members etc. Do not bottle-up emotional upsets and anger. Ease anger and depression by prayer and study of God's word. Maintain your emotional balance.

As soon as your anxieties, emotions, cares and worries, make you 'lose sleep' (that is, become disabling), **SEEK PROFESSIONAL HELP/CARE IMMEDIATELY AT THE MEDICAL CENTRE!**

Don't dilly - dally! Don't Procrastinate! Do not engage in procuring over-the-counter medications to induce sleep from neighbourhood patent medicine stores (chemists) or retail Pharmacies. This is absolutely wrong.

Sleep inducing drugs and the like are highly addictive and predispose to DRUG MISUSE/ABUSE!

Not all patients presenting with Insomnia need sedatives (sleep inducing medications). All you need might be Family/Couples counselling sessions and/or behavioural/lifestyle changes. If due to grief, reassure yourself from the word of God, that no matter how permanent your grief may feel, it will change over time. If due to grief, surround yourself with relations and family members. Loneliness at this period worsens insomnia.

Sleep Hygiene Tips:

They are behavioural/lifestyle changes proposed to make those battling with Insomnia, irrespective of the cause, get back their sleep. The tips include: avoid stimulants/chemicals that disrupt sleep such as caffeinated drinks (Coffee, tea); do not take past noon or at least a few hours before sleep; flee nicotine and alcohol. Avoid them like a plague. These substances will not only impair your sleep but are injurious to your overall health. Avoid prolonged siesta; eat sensibly at night; eat lighter meals at night and at least two hours before bed; restrict fluid/water intake close to bed time so as not to disrupt your

sleep. However, take enough water during the day; stay active, exercise regularly but not in the evening hours close to bed time. Set a strict sleep schedule. Stick to your bed time schedule even during weekends and holidays. Take a warm shower or bath at the end of day before bed; put away all electronic devices/gadgets right on bed or before bed. Strongly resist the urge/temptation to use/check/work on cell phones, laptops, etc. Married couples should sleep on the same bed and enjoy the comfort and warmth of companionship. Marital sex at bed time or in the middle of the night induces/enhances better duration and quality of sleep.

Enjoy your sleep in Jesus' name.

Summary

Your body needs sleep, just as it needs air and food to function at its best. During sleep, your BRAIN forges new thought connections and helps memory retention. It is the time the body clears waste and harmful deposits from the BRAIN.

Without enough sleep, your BRAIN and body systems won't function properly and normally. It can also dramatically lower your Quality of Life.

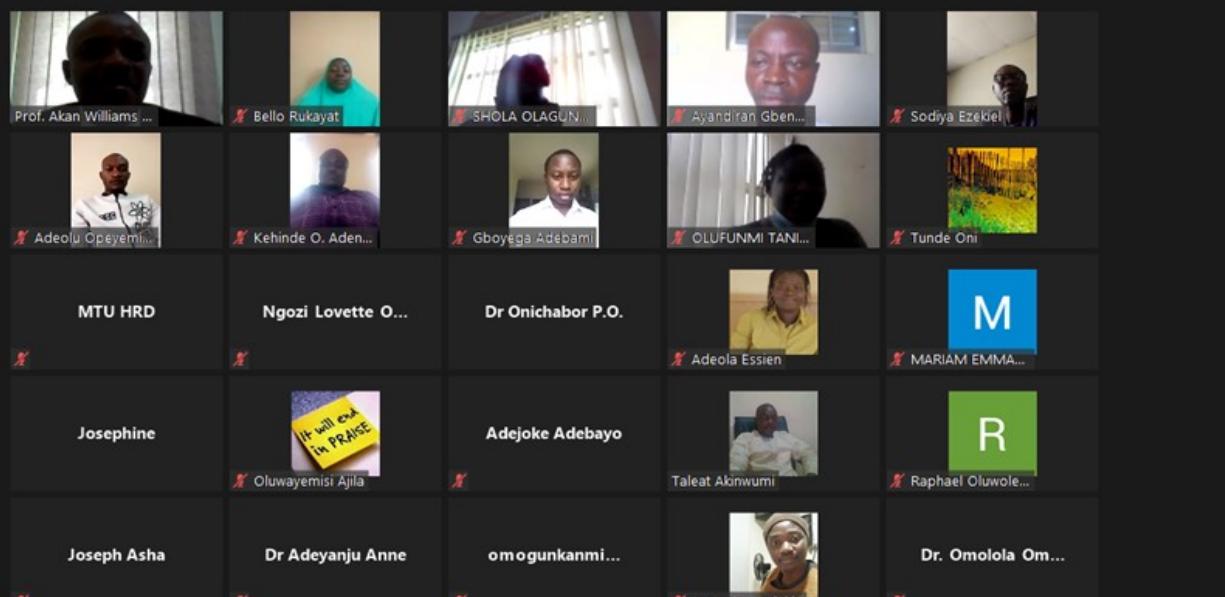
Beware! SLEEP DEPRIVATION IS HAZARDOUS TO HEALTH; therefore, focus on sleeping long enough (Duration) and on sleeping well enough (Quality).

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PHOTO NEWS**SENDFORTH CEREMONY ORGANISED BY THE COLLEGE OF BASIC AND APPLIED SCIENCES FOR PROF. A. I. AKINWANDE**

Webinar on Writing and Publishing in High Impact Journals



Advanced Digital Appreciation Training for Staff in Pictures



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STAFF BIRTHDAYS FOR DECEMBER

DATE	NAME	DEPARTMENT/POSITION
December 4th	Adetunji Sunday Adepoju	Chief Security Officer
December 5th	Adegboyega Sunday Ojo	Human Resources
December 13th	Dr. Elizabeth Olawumi Oyebanji	Biological Sciences
December 13th	Dr. Job Okunoye	Philosophy and Religion
December 15th	Ngozi Lovette Owoh	Academic Affairs
December 26th	Dr. Tolulope Odunayo Oladejo	Languages
December 28th	Adeniyi Michael Omotade	Library
December 28th	Abiodun Muritala Akintoye	Students' Affairs
December 30th	Taofeeq Oladele Olatunbosun	Languages

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

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