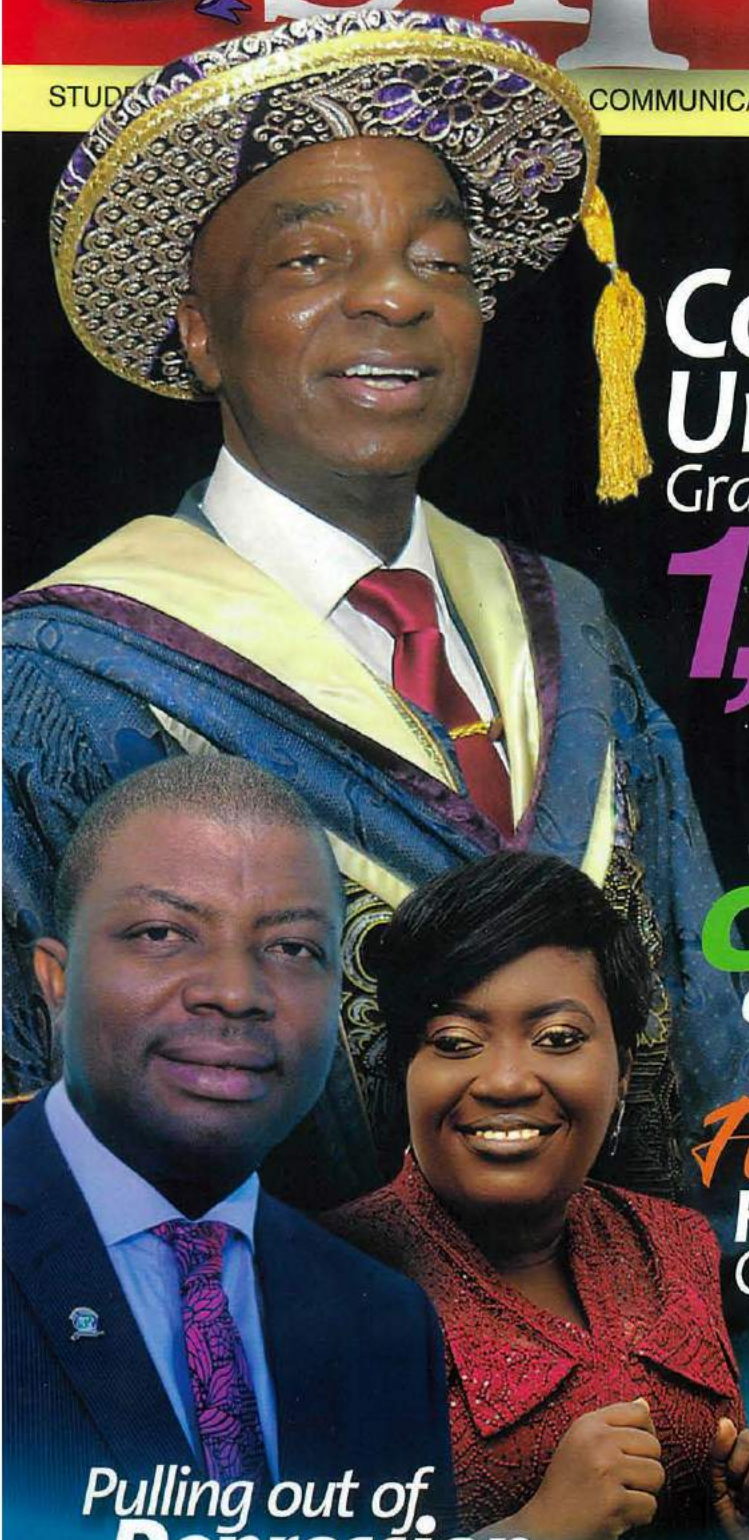




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CU Ranks 601-800 Globally

First Female Head of Mass Communication

CU Graduate Wins 2021 NYSC Essay Competition

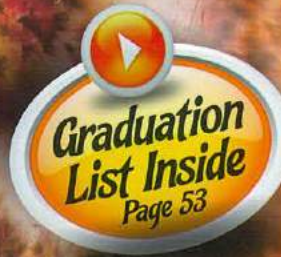
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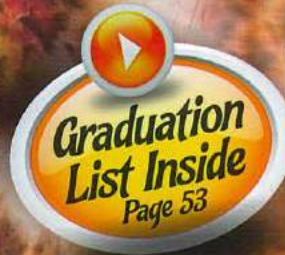


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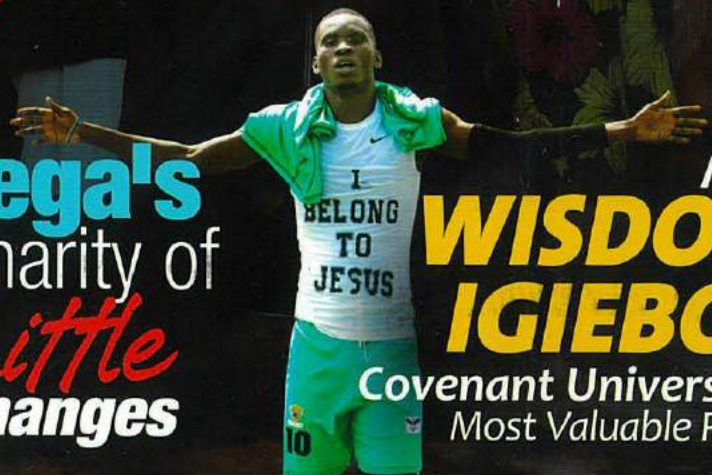
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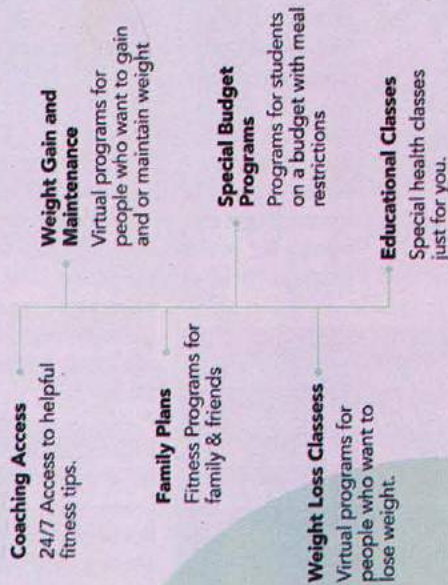
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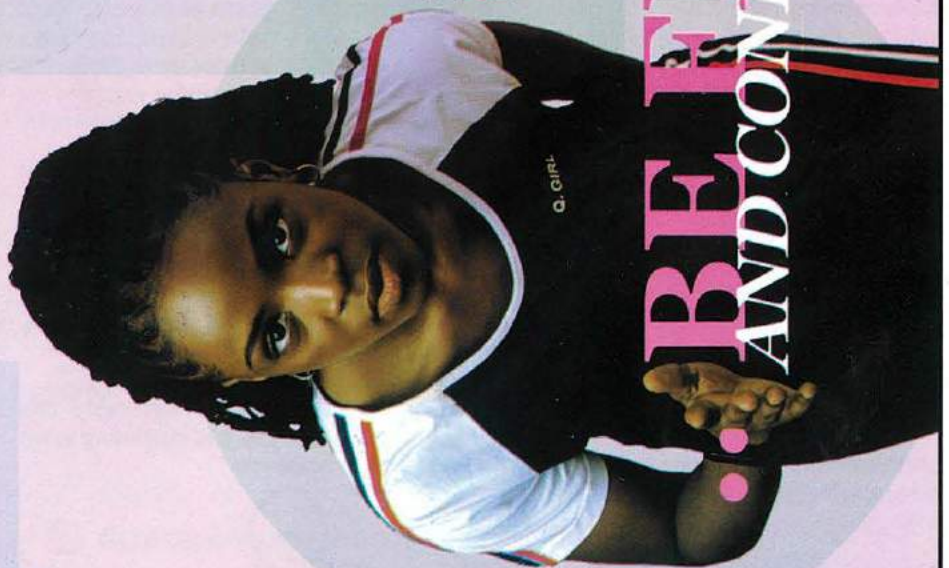
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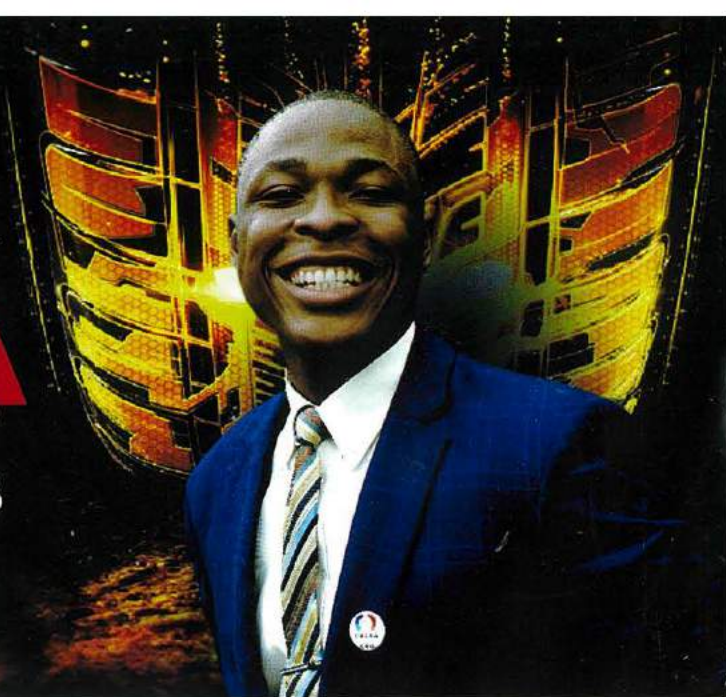
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WE ARE BACK! CORONA *Virus* CAN'T STOP US

Welcome to the **Multitask Edition**



I

am very proud to present to you the 16th edition of Stream Magazine. I am so privileged to be the one writing the introduction.

Owing to the Covid-19 pandemic, we shifted the 2020 edition to this year. The disease and its effects still linger in 2021, but we refused to be stopped by Corona Virus. We resolved to make this edition happen. And here it is!

This year's edition of Stream Magazine was formed from a primary desire to showcase students and their contributions to their communities and excellence in their trade. It was fascinating to learn that a 300 level student owns and runs a charity! We then decided to explore students in such categories whose endeavours are impactful.

This presentation is proof that students can effectively multitask during their stay on campus and still perform very well in their academics. Hence, the focus of this year's edition.

These last months have been a burst of events. My team and I put together a stunning edition. In this year's issue, you will find a healthy dose of exciting content on marriage, career, spirituality, and mental health, amongst many others.

I thank God in Jesus' name for making this edition possible. Without God, we are nothing.

I appreciate the Head of Mass Communication, Dr. Kehinde Oyesomi. Her indefatigable leadership is genuinely exemplary and has moved the department forward. I sincerely appreciate our

the industry constitute a significant addition to our studentship. With God's and his help, many of us had easy access to the media industry and the corporate world in Nigeria and abroad during our internship and when sourcing adverts.

The assistant instructor, Dr. Darlynton Yartey, has made a massive impact on our lives as students. The truth is that we will never forget this hardworking lecturer in a hurry. He works directly with us on the production of this magazine. The practical experience we now have through our instructors is already opening doors for us.

I thank our partners who have been with us right from the beginning. Some of our partners are among the corporate giants in Nigeria. They believe in us. They have assisted us in producing a magazine regarded by many as the biggest of its kind on the planet.

I also thank my creative set and mates: editors, photographers, and writers. I am the one with the privilege to write these lines. However, this edition's success would have been impossible without their dedication, commitment, and prayers. Kudos!

Dear reader, please relax and enjoy this edition. I hope you find it as interesting as we intended it to be for you.

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This magazine is produced by the students of the Mass Communication Department of Covenant University, Ota, Nigeria on the platform of MAC 326 (Magazine Management &



THE WORLD UNIVERSITY RANKINGS 2022



Times Higher Education Ranks UI, Unilag and Covenant Best Nigerian Universities 2022 Covenant University RANKED 101-150



Covenant University retained her status as the best private institution in Nigeria and one of the

topmost generally, as the Times Higher Education (THE) released the 2022 World University Rankings on Thursday, September 2, 2021.

Hitherto ranked 801-1000, Covenant soared to 601-800 in the rankings.

The metrics for the rankings

indicated an improvement in the University's comparative performance in the five metrics for the current orders, which included Teaching, Research, Citation, and International Outlook.

In teaching, Covenant improved in the 2022 rankings by 19%, showing a 3.83 percentage change. Equally, there was an 11.41% improvement in her research ratings. Similarly, Covenant had an 11.18% improvement in her citation ratings, and the University recorded a 7.5% upgrade

in international outlook in the 2022 rankings compared to the 2021 rankings.

The list of Nigerian institutions in the 2022 rankings featured six other Nigerian institutions. The University of Ibadan led the pack, having been ranked 401-500 and the University of Lagos 501-600. The University of Lagos, University of Ilorin, and Obafemi Awolowo University all ranked 1201+.

Cont'd on page 9 ▶

Why Education Matters By Tobeckwu Isaac



But really, why education?

Why School? Is it necessary to spend 4 years of my or your life in a university somewhere to just get a degree? Is it worth it? Whether education is worth it or not is a question that I am unable to answer; that question can only be answered based on your perception and principle and your input and result.

But still I ask, why education?

We live in a society that runs on a set of men-established stereotypes, which most of the society follows. This stereotype is that you must have attended a university to gain a tertiary education for you to work in an organization or become successful. The society we live in expresses a need for a degree, at least a bachelor's, to be employable.

Is this always correct? The answer is most probably NO.

Are some illiterates more skilled than persons who attended universities? YES. But the reality is that your excellent collection of skill set does not matter to a vast majority of employers in several industries without at least a bachelor's degree or an equivalent. Hence, the need or importance to use, waste, or endure those years.

Yes, some people are successful even without an education. Yes, Bill Gates did not attend university, and neither did Mark Zuckerberg. Kim Kardashian is a dropout, as well as Anna Wintour and Ellen DeGeneres. The real question is, are you willing to take that chance? Do you want to take the chance and be a victim of society?

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Times Higher Education Ranks UI, Unilag and Covenant Best Nigerian Universities 2022

TITBITS

◀ Cont'd from page 7

Reportedly, the World University Rankings 2022 included a total of 1,662 Universities compared to 1,527 in 2021. Covenant progressed from the fourth position in the 2021 rankings with her third-place ranking among Nigerian institutions in 2022.

The University of Oxford tops the ranking for the sixth consecutive year, while mainland China had two institutions in the top 20 for the first time. These were Peking University and Tsinghua University that shared 16th place. The United States was the most-represented country overall, with 183 institutions and the most represented in the top 200 (57).

Global Rankings Details (THE) and Other Awards

Covenant University has had a rapid rise in nearly two decades of its existence. The webometric ranking named Covenant University the best Private University in Nigeria in its 2021 ranking and the second best university overall.

- Covenant Ranks 401 - 600 in 2021 THE SDGs Impact Rankings to Emerge First in Nigeria (Times Higher Education THEWUR2021)
- Covenant Best Nigerian University in Global Subject Rankings 2021
- Covenant Ranks 2nd Best in 2021 Webometrics Rankings among Nigerian Universities
- Covenant Africa's Best World Class Private Varsity of the Decade in Quality Education
- Covenant First African University to Win the International Sustainable Campus Network (ISCN) Award in 9 Years, under the Whole Systems Approach with her PET City Bricks Submission.
- Covenant University ranks 401 - 500 in the world (THEWUR2020)
- Ranks No. 4 University in Africa (Times Higher Education THEWUR2020)
- Ranks No. 1 University in West Africa (Times Higher Education THEWUR2020)
- Covenant remains Best Private Varsity in Quality Education
- Covenant Bags Gold Medals at 2020 World Creativity

Olympic

- Covenant Emerged Best Nigerian Varsity in Association of Professional Women in Engineering (APWEN) Projects Contest (2020)
- Covenant Wins Enactus National Championship 2 Years in a Row (2019, 2020)
- Covenant emerges Best Research Institution in Nigeria!
 - Covenant Researcher Leads Top 500 in Nigeria
 - Covenant Dominant in Scival's Top 500 Nigeria Authors' Ranking
 - World Bank, AAU, NUC approve Covenant's Africa Centre of Excellence Team
 - Covenant Ranks Top 200 among World's Young Universities
 - Covenant Graduate Bagged Presidential Award for Outstanding National Service (2019)
 - Covenant Best Entrepreneurship Development University of the Year 2019
 - AfDB Launches Coding for Employment Centre in Covenant.



Prof.

Abiodun H. Adebayo

Vice-Chancellor, Covenant University

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1st FIRST FEMALE MASS COMMUNICATION HEAD OF DEPARTMENT

Dr. Kehinde Oyesomi

A warm welcome to the First Female Head of Department of Mass Communication



seasoned researcher and a PhD in Mass Communication with keen research interest in Media and gender related issues, Public Relations, Health Communication and Development

Communication.

Dr. Kehinde Oyesomi is a head of department like none else. She has many awards and accolades to her credits: 2005 NYSC Enugu State Meritorious Award and commendation letter, 2004; the most outstanding female student in Mass Communication University of Lagos, 2004; the overall best student in Public Relations, University of Lagos, 2002; the best student in Media Planning, Mass Communication, University of Lagos, 2001; one of Unilag's best student, 2008-2013; CU PhD Grant holder; 2018 Post-Doctoral Fellowship in South Africa and more!

Her publications include *Media Advocacy, Development Journalism and Child Right issues in Nigeria, Female Genital Mutilation and its challenges for Nigeria's development in the 21st century: A communication perspective and Gender equality: An imperative for sustainable development towards the attainment of the MDGs.*





Students Displaying their Certificates



NIPR INDUCTION

97 Covenant University Undergraduates Emerge as NIPR Student-Members

No fewer than 97 students of the Department of Mass Communication, Covenant University, were on Wednesday, August 18, 2021, inducted student-members of the Nigerian Institute of Public Relations (NIPR).

The two-part event was held physically at

the Covenant University Centre for Research, Innovation and Discovery auditorium and virtually, with senior officials of the NIPR participating from their different locations.

While giving the induction orientation lecture titled "Becoming a Professional While in School: A Rare Privilege", Dr Raphael Olugbenga Abimbola of the Department of Mass Communication, Adekunle Ajasin

University, Akungba-Akoko, Ondo State, said that being student-members of the NIPR afforded them certain benefits and opportunities.

Upon graduation and subsequent upgrade, he said the students would have access to growth, profile and career ladder in Public Relations (PR), their professional experience guaranteeing their placement in the appropriate cadre, and access to

PR expertise and mentorship. Also, he said there would be the establishment of a professional base for a job description, positioning for opportunities in the international skills pool, and members registered and certificated as professionals, thus separating them from quacks amongst others.

According to Dr. Abimbola, in terms of opportunities, the students were better placed to be accepted in high profile professional PR and other communications agencies/consultancies for their mandatory SIWES programme, including mentorship-opportunity to be mentored by PR professionals at both chapter and national levels.

Following the delivery of the lecture, the Chairman, Membership Services Committee of the NIPR, Dr. Sule Ya'u Sule, presented the new inductees to the Institute's President; the Induction Oath was administered by the Principal Assistant Registrar, Mr. Kayode Yeku, while an address on the induction of new student members was delivered by the President and Chairman of Council, Mallam Mukhtar Zubairu Sirajo, fnipr

The second part of the event featured a public relations activation examination for PRE 340 (Public Relations Workshop) course in the Mass

Communication Department. A panel of judges from the industry exclusively moderated the hands-on test on the practical and skill-based course handled by Dr Thelma Ekanem and Dr. Oscar Odiboh. The judges included a former Commissioner in Ogun State, Dr (Chief) Fassy Yusuf; Chair, NIPR, Lagos Chapter, Mrs Comfort Nwankwo; Public Affairs Consultant & Analyst, Akogun (Chief) G. K. Balogun; and Chairman, NIPR, Ogun State Chapter, Mr. Lekan Togunwa.

Students' public relations firms created during classroom lectures and practices competed for marks, medals and trophies during the Omega Semester (activation) examination. The PR firms were Crystal PR, Drago PR, La' Meff PR, Black Panda PR, Parque PR Consultancy, and Pujols PR.

At the end of the examinations, judges were unanimous in their verdicts that the students performed brilliantly. They said they were impressed by the students' displays, presentations, and capacity for activation management.

The judges commended the training and grooming of the students by their course lecturers, acknowledging that they were ready for the industry. Three firms, however, emerged winners, with Crystal PR leading the pack.

To cap the event, all the inductees received their NIPR professional certificates of membership. Also, all the student leaders of the six PR firms received medals of leadership from the Judges to reward their overall success and acknowledge the leadership skills demonstrated during the activation examination. Miss. Oluabusomma Kizer-Akaraiwe received a medal as the general best presenter for the activation.

The Dean, College of Management and Social Sciences, Professor Uwalomwa Uwuigbe, representing the Vice-Chancellor, Covenant University, Professor Abiodun H. Adebayo, requested from the NIPR the institution of a Professorial Chair in Public Relations at the Department of Mass Communication, Covenant University.

He noted that the cordial relationship between the Institute and Covenant University justified the request to demonstrate further the Town/Town focus of the University's management.



NIPR, CU and Student members during the induction



COREN Officials Presenting the award to CU student

COVENANT ENGINEERING STUDENTS EMERGE CODET NATIONAL CHAMPIONS

A

six-man team of the Department of Civil Engineering, Covenant University, performed excellently as the institution emerged National Champions at the 2021 Committee of Deans of Engineering and Technology of Nigerian Universities (CODET) Competition.

The students, led by their Project Supervisor, Professor David Olukanni, came out tops in the group category with their entry, 'Energy Recovery from Cassava Peel for Replacement of Firewood in Local Communities (Biogas production from cassava peels)'. Covenant's representatives were Iyiola David Olamide, Adeoti Kimberly Oluwatosin, Adegbemi Francis Ayodeji,

Amoo Ruth Oluwatomilola, Iyengunmwena Osazuwa Benjamin, and Suulola Joshua Olaoluwa.

COREN, the Council for the Regulation of Engineering in Nigeria, presented the Covenant team's project with an award certificate and cash prizes given to the victorious students at its 29th Assembly.

The Civil Engineering team qualified for the national championship by coming out tops at the South-West Zonal competition held earlier this year.

In the individual category, Daniel Ezeuduji of the Department of Mechanical Engineering, who graduated with a CGPA of 4.91, earned the second position in Best Graduating Engineering Student Award.

Speaking on the feat, the Project Supervisor, Professor David Olukanni, said that the focus of the Covenant Project was to design and build a cost-efficient community scale biogas plant capable of meeting the cooking needs of a cassava processing communities with specific objectives of designing a biogas system that is simple to use.

He noted that the venture also aligns with the United Nations' Sustainable Development Goals (SDGs) 7, of proffering universal accessing to modern energy and increasing global percentage of renewable energy, and 13 focused on reducing greenhouse gas emissions and reducing deforestation activities.



Covenant University Graduate Wins 2021 NYSC Essay Competition

The significance of Spirituality, the arrowhead of Covenant University's core values, once again became manifest recently as one of her products, Miss Peace Akhibi, emerged winner of the 2021 National Youth Service Corps (NYSC) Essay Competition.

The Bible Society of Nigeria (BSN), organisers of the annual essay competition, had received a total of 96 entries from corps members nationwide for this year's event with the theme "Social Justice: A Pathway to Sustainable Peace and Progress in Nigeria".

However, Akhibi, a 2020 first-

class graduate of Psychology from Covenant University, came tops among the six finalists at the National Symposium of the competition.

The Covenant alumna, who currently serves with the National Open University of Nigeria (NOUN), was surprised that she could win the competition that was in its 10th year. She received an HP laptop, a bible, and some motivational books for her triumph.

In his remark at the event, the General Secretary, BSN, Pastor Samuel Sanusi, said every Nigerian had what it required to make the country great again. He urged corps members to give a very good account of

themselves and do all in their power to be patriotic.

Chairman of the occasion, Chief KaoliOlusanya, said that Nigeria had not been consumed despite its challenges due to the love and worship of God by Nigerians. He urged the corps members not to remain in their comfort zones but rather challenge themselves to be the best in their chosen careers.

Coordinator of the NYSC in Lagos, Mr Edwin Megwa, represented by Mrs Beatrice Feyinto, thanked the BSN for keeping faith in organising the competition for the past ten years. She encouraged corps members to be change agents wherever they found themselves.

Facilitator Stresses Importance of DATA SCIENCE to Businesses

T

he Guest Speaker at a recent Town and Gown Seminar of the Department of Physics, Covenant University, Mr. Olusoji Alegbemi, has stressed the importance of data science to businesses.

In his presentation titled "Physics in the World of Data Science", he said that data science enabled businesses to process huge amounts of structured and unstructured big data to detect patterns. "This, in turn, allows companies to increase efficiencies, manage costs, identify new market opportunities, and boost their market advantage," he stated.

Mr. Alegbemi, the Chief Executive Officer, ELMICLON Limited, Lagos, described data science as the practice of mining large data sets of raw data, both structured and unstructured, to identify patterns and extract actionable data insight from them.

He said data science was an

interdisciplinary field, and its foundations included statistics, inference, computer science, predictive analytics, machine learning algorithm development, and big data.

While highlighting the life cycle of data science, the Guest Speaker said the first stage in the data science pipeline workflow involved capture, which meant acquiring data, sometimes extracting it, and entering it into the system. "The next stage is maintenance, which includes data warehousing, data cleansing, data processing, data staging, and data architecture," he noted.

He explained further that data processing followed and constituted one of the data science fundamentals. According to him, data exploration and processing distinguished data scientists from data engineers. He said this stage involved data mining, classification and clustering, modelling, and summarizing insights gleaned from the data - the processes that created effective data.

Mr. Alegbemi, who stated that the next thing to do was data analysis, explained that data scientists conducted exploratory and confirmatory work, regression, predictive analysis,

qualitative analysis, and text mining. "This stage is why there is no such thing as cookie-cutter data science - when it's done properly," he said.

The Guest Speaker said that during the final stage, the data scientist communicated insights, which involved data visualization, data reporting, the use of various business intelligence tools, and assisting businesses, policymakers, and others in smarter decision making.





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Sales Expert Encourages Students to Explore Sales Career

TITBITS

A

sales expert, Mr. Kelechi Odiba, has urged aspiring salespeople to approach customers with the idea of helping them to solve problems or achieving their goals, not of selling products or services. He added that "If you are not taking care of your customer, your competitor will".

Mr. Odiba, Guest Speaker at the Town and Gown Seminar of the Department of Biochemistry, Covenant University, made the above assertion while presenting a lecture titled "The Biochemistry Graduate in the Sales Career".

He defined sales as a transaction between two or more parties in which the buyer receives tangible or intangible goods, services, or assets in exchange for money.

According to him, there were sales misconceptions such as 'sales managers are same with marketers', 'salespeople are shady', 'it's all about the numbers, and a sales manager must have all the answers. He described a sales

manager as a business, people and customer manager responsible for growing and hitting sales targets by successfully managing the sales team.

The Guest Speaker, a graduate of Biochemistry from Covenant University, said the functions of a salesman were to map potential customers and generate leads, promote the brand, motivated team members, deliver desired results, strategize, and lead by example. A salesman engaged in customer relationship and database management, he added.

Mr. Odiba, currently a sales manager at AAFUD Industry (Nigeria) Company Limited, said a salesperson must be patient, diligent, committed, people-oriented, and a good communicator, aggressive and resilient.

He told the students that salesman must also be imbued with the values of education, skill development, social capital (network), good work ethic, positive image, creativity, and emotional intelligence.



Covenant University Creates More, Better Opportunities in Sports



Covenant University has created opportunities for females to participate in sports related activities. Female teams for various sports such as basketball, swimming, volleyball and handball

have been developed for the sake of involving and ensuring participation of these students in sports. The female students are trained and taught how to play these sports, but are never encouraged to partake in sporting competitions.

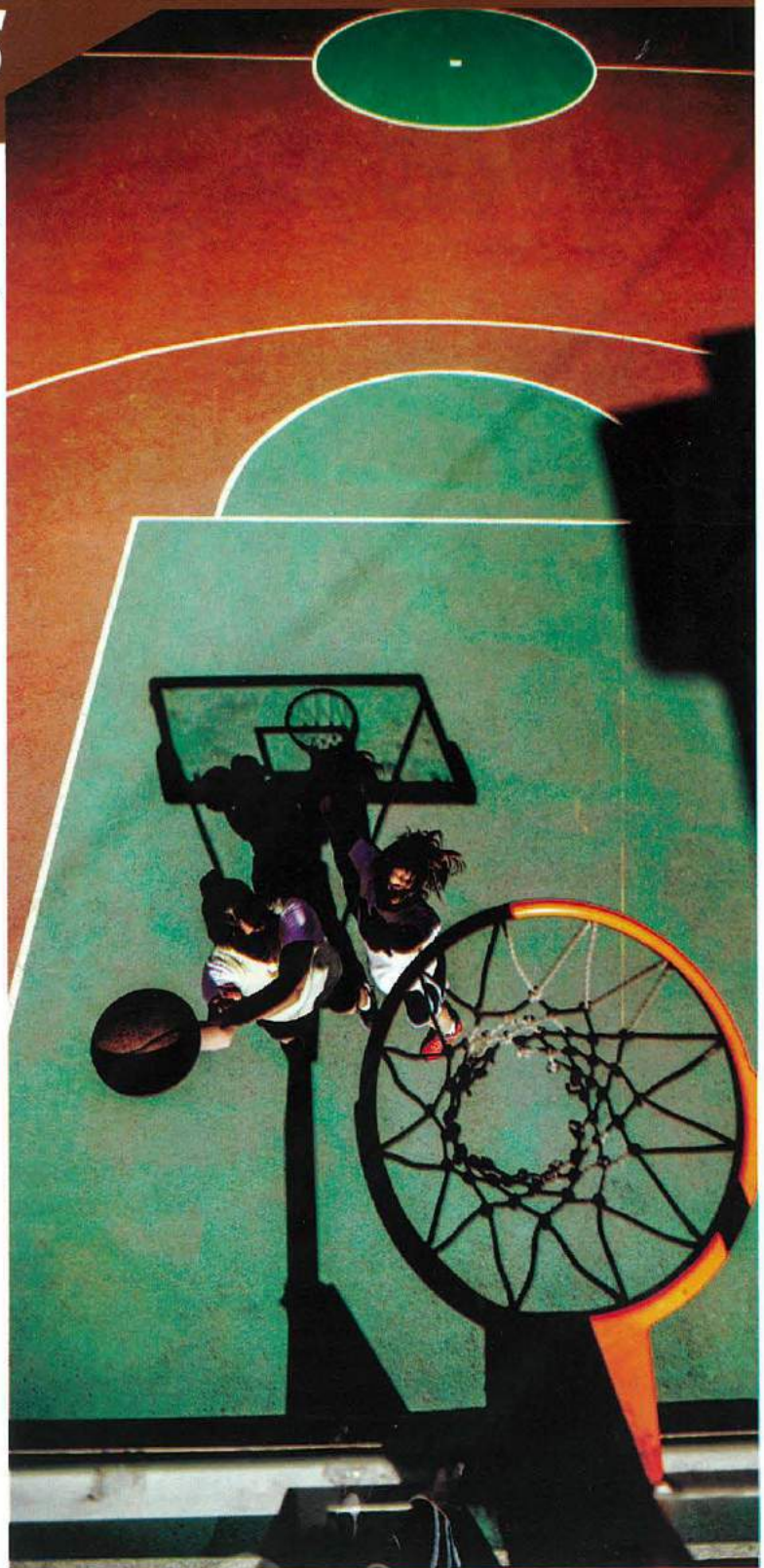
The male students of the institution are provided organized events and tournaments to compete and show what their practice has amounted to, tournaments such as the "CHANCELLORS CUP". Yet, female students are not given the same opportunity to partake in such events or tournaments.

This is not only a topic that affects Covenant University, but it is a topic that has been discussed from time to time in the society with no solution brought forward. The society we live in does not provide tangible conditions for females to compete, one main reason for women's lack of participation in recreational and competitive sport: fear. Fear of being judged by others based on their appearance, fear about their ability to take part and fear of judgement for choosing to spend time on themselves rather than on their families.

The "roles" society has allocated to women are: the preparation and serving of meals, selection and care of clothing, laundering, furnishing and maintenance of the house with sports being left for the men, thus the society has made it seem as tho women have no business dealing with sports.

This has led to a stigma surrounding the few females that compete in sporting activities which in turn discourages other females that wish to participate. Professional women's sport is much less popular than the male equivalent and because of the lack of sponsorship, many female athletes, even those who represent their countries, have to fit training around employment.

More competitions or tournaments should be organized for females alone, so as to encourage participation in sports and increase number of females involved and interested in sporting activities.

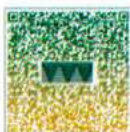




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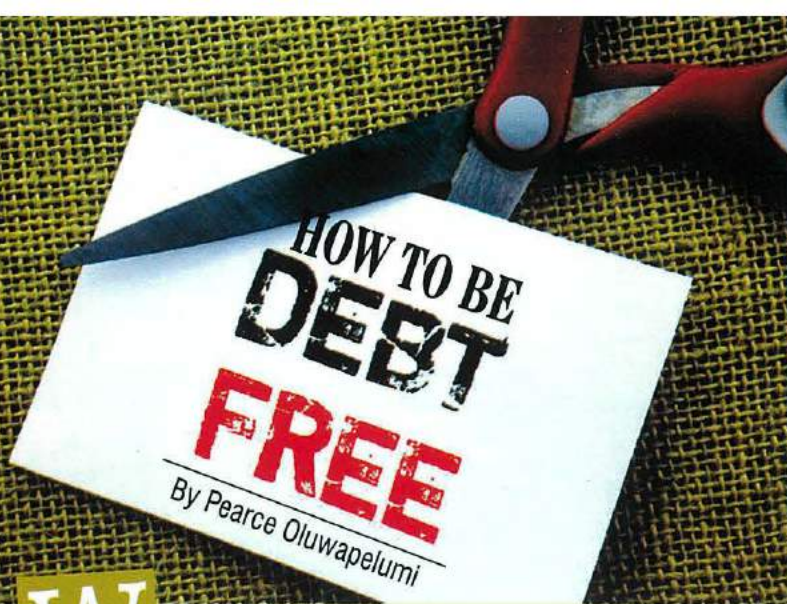
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Let's explore some causes of debts that could be avoided.

- Urge to purchase the latest device or appliance
- Frequent/ expensive hang out with friends
- Living above your income
- Persistent habit of wanting everything

Debt can be likened to a man whose pocket has a hole. No matter how much he keeps putting into his pocket, the money he has or saves up will never be enough. Therefore, immediate action needs to be taken before the debts becomes insurmountable.

STEPS TO BE DEBT FREE

Pay your debt on time: Rather than waiting to get a bonus or an increase in your pocket money, pay instantly or in installments. Resist the urge to do it later because this will lead to a drastic increase in what is to be paid (if borrowed from an institution) and you will certainly not be at rest when you see that person you borrowed every single day of work or at school.

Create a daily budget: This a key that works like magic if followed dogmatically. It instills discipline and regulate your spending pattern. You assign yourself a particular amount and you are fully aware of how much to spend and the negative impact of you overspending.

Stay contented: We all have unlimited wants and wish we could have all the latest devices. That is why we use the phase want and wish. We don't necessarily need these things they are mere desires. Take time to do some self-relaxing daily to concentrate on the things to you truly need and try to look at the bright side how lucky and blessed you are to have the things you currently have. The act of gratitude purges you of feeling incomplete or longing for what others want.

W

e all have that moment when we need extra funds, and we certainly know it can't be from our pocket. We then take the leap of reaching out to a person or institution for money.

This leap definitely has its momentary ease but when the pay date draws near, anxiety and fear begin to set in. There is a question we all need to ask ourselves before popping the seven words "Please can you lend me some money?"

Before asking for money, do some soul searching and deeply inquire if you really need the money that you are about to request for. While it is true that there are some unprecedented issues that spring up, propelling us to request for urgent funds like an accident, sudden car break down, chronic illness, inflation in prices of goods and services, or others, the reality is that some debts people are currently in could have been avoided by simply walking away and waiting for pay day to come.



BONUEE

INTERIORS AND ACCESSORIES

- Space planning & furnishing
- Home Coverings (windows, floor & wall coverings)
- Bed & Bath
- Home Scents
- Lightings
- Accessories
- Gifts & More





CHECK OUT THESE Recipes!

Noodles Recipe

We begin this page with the recipe for noodles. We are using Indomie Noodles as our archetype. Noodles made the consumption of noodles popular in Nigeria, especially among students.

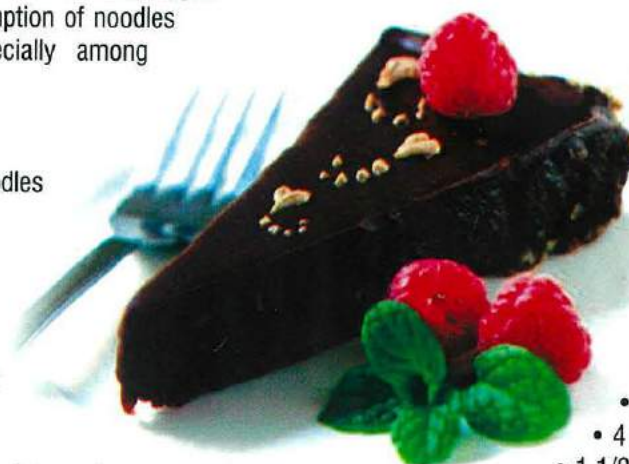
INGREDIENTS

- 2 Packs of Indomie Noodles
- 2 Glasses of water
- 3 small red pepper
- 1 small ball of Onions
- Preferred meat source
- Sausages
- Green beans and carrot

INSTRUCTIONS

1. Pour 2 glasses of water into a clean pot and leave to simmer on medium flame.
2. Add spices (in the Indomie packet), add mixed vegetables with chopped pepper and onions and allow to boil for 1 minute. Make sure the Pot is covered from the beginning.
3. Now break the Noodles and pour into the boiling water with all those ingredients already in. Distribute it evenly around the pot then cover. Leave to cook for 5 minutes while occasionally stirring it so the heat goes around.
4. Just before it is done, add the Sausages (you want them semi cooked so they can retain a little grit).
5. Once it's cooked and the tenderness is to your liking, serve hot together with your Chicken or Eggs on the plate.

Culled from <https://richeelicious.com>



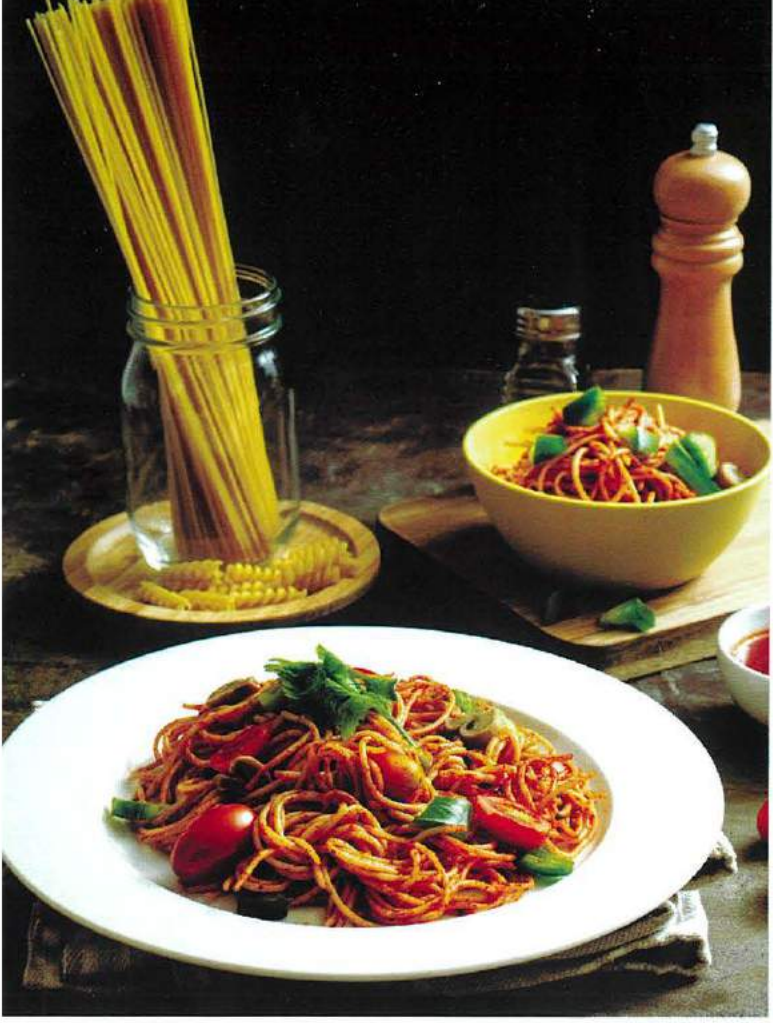
CHOCOLATE CAKE RECIPE

INGREDIENTS

- butter and flour for coating and dusting the cake pan
- 3 cups all-purpose flour
- 3 cups granulated sugar
- 1 1/2 cups unsweetened cocoa powder
- 1 tablespoon baking soda
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons salt
- 4 large eggs
- 1 1/2 cups buttermilk
- 1 1/2 cups warm water
- 1/2 cup vegetable oil
- 2 teaspoons vanilla extract

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit. Butter three 9-inch cake rounds. Dust with flour and tap out the excess.
2. Mix together flour, sugar, cocoa, baking soda, baking powder, and salt in a stand mixer using a low speed until combined.
3. Add eggs, buttermilk, warm water, oil, and vanilla. Beat on a medium speed until smooth. This should take just a couple of minutes.
4. Divide batter among the three pans. I found that it took just over 3 cups of the batter to divide it evenly.



- onions. Fry till onions become translucent this should take about 2-3 minutes.
- 2. Add leftover stew (pepper mix or passata) and cook for about 3 minutes. Followed by the tomato puree mixture, salt, curry powder, thyme, and chicken bouillon powder (add water from spaghetti to dilute the sauce). Continue to cook on medium-low heat for another 10 minutes. Taste and adjust seasoning to taste.
- 3. Add cooked spaghetti to the sizzling sauce, stir till well combined, reduce the heat so it doesn't burn. Lastly, add chopped uziza leave and fresh prawns if using and stir to combine.
- 4. Leave spaghetti to cook for another 3 minutes or to desired softness (add more spaghetti water if need be) Take it off the heat and serve.

Culled from <https://www.myactivekitchen.com/>

CHAPMAN RECIPE

Ingredients

- 6 cups Carbonated Orange drink like Fanta Miranda or Crush
- 6 cups Carbonated Clear drink like Sprite or 7 up
- 1 medium cucumber thinly Sliced
- 1 lime Sliced
- ¾ cup Grenadine Syrup
- 1 Tbsp Angustura bitters
- ¼ cup black currant drink like Ribena optional see note 1 below
- Ice cubes

Instructions

- 1. Transfer cucumber slices and lime slices into a clean pitcher
- 2. Pour Carbonated drinks into the pitcher.
- 3. Then pour in the angustura bitters, grenadine syrup and black currant drink (if using)
- 4. Stir every together. Chill in the refrigerator for up to 2 hrs the serve over Ice

Culled from <https://www.mydiasporakitchen.com/>



- 5. Bake for 30-35 minutes in a 350-degree oven until a toothpick inserted into the center comes out clean.
- 6. Cool on wire racks for 15 minutes and then turn out the cakes onto the racks and allow to cool completely.
- 7. Frost with your favorite frosting and enjoy!

Culled from: <https://thestayathomechef.com>

SPAGHETTI RECIPE

Ingredients

- 500 g spaghetti or any other pasta of choice
- 1 cup Buka stew or passata
- 3 tablespoons tomato puree
- ½ tablespoon chilli flakes or use according to preference
- ½ tablespoon chicken bouillon powder or 2 small stock cubes
- Salt to taste
- ½ tablespoon curry powder
- 1 teaspoon thyme
- ⅓ cup vegetable oil or any other neutral cooking oil
- 3 tablespoons Uziza leaves chopped
- 2 medium tomatoes sliced (optional)
- 1 small onion chopped
- 1 cup Fresh Prawns optional
- 1 cup pasta water

Instructions

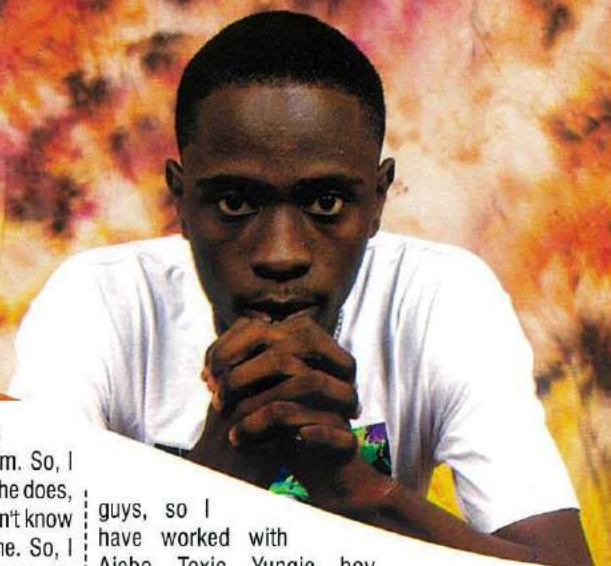
Prep

- 1. Add chilli flakes to tomato puree and mix together
- 2. Cook the spaghetti in salted boiling water until al-dente
- Cook spaghetti jollof
- 1. Place a pan on medium heat, add vegetable oil and chopped

is Auxxie

THE NEXT BIG THING IN MUSIC?

By Ramon Oluwagbemileke & Aladesuru Tiwalade Flourish



S

STREAM: we will start with your name

Auxxie: My name is Gomade Osagieffe Oluwa A.K.A **Auxxie** (laughs) with the vibe, but then it is just **Auxxie**

STREAM: how old are you

Auxxie: I am 21

STREAM: Just tell me about yourself now, let's no more about you. Your Primary School secondary school, how you started getting involved in music.

Auxxie: Okay, so I attended Halcyon international school. It was located at ilupeju. Lagos, Nigeria. Well, I think that where it all started from, my passion for music. My passion for music started there. I was I was in a band, in a very small band. I can't recall what we used to call ourselves then. Ore that dances now in reflection, was in my school, and so he was a keyboardist. I remember we had like a lot of things then that we were doing.

STREAM: How many were you guys in the group

Auxxie: I played the drums basically, Ore played the piano, but there was another pianist. So, we had two pianists. Then there was a clarinet player, a saxophonist, a konga player, then we had the lead singer, the female singer. I can't remember if we had a backup. I think I will just say we were about 8 or 9

STREAM: Like At what point did you like start making your own music?

Auxxie: Okay, so when I was in primary school, I always thought of combining all these songs, like I was in a band, but then I needed to be able to combine everything together to like, create something different or beautiful, but then I did not have the means. So, in my secondary school, Harley field college in Lagos, Maryland, when I got to js1, I was still on that music, piano everything. But then I used to remember every single time I had free time, I would go to the computer lab and always check for how to make music. The audition app made these music generators and stuff, but then it wasn't what I wanted to do. You see this music maker on Acer laptop, you can just do some things on it, and I didn't feel like I was creating my own style of music. So, I don't know if it was God answering my prayer or something, but Odunsi came to my school. I just see him doing some things one day in his classroom one day, he was in ss1, and I was in JSS 2. So, I was like Odunsi, in my school there was nothing like senior senior, you just had to be respectful. Odunsi at that time did not have the tag **Odunsi the engine**. He was just Odunsi.

So, I sort of looked up to him, even when in my mind I wanted to be better than him. So, I walked up to him and told him I loved what he does, that I know all these music things, but I don't know how to put it down. He was like okay fine. So, I asked him how I could get the software, he downloaded it for me and gave it to me. I installed it, I asked him to teach me, and he said he couldn't cause if he did, I will be better than him. I didn't watch YouTube videos; I didn't know there was anything on YouTube.

STREAM: So, you just got on the software started playing try and error.

Auxxie: I'll press this button, and that button and everything. Odunsi said it took him 4 years to learn, because he learnt by himself. So maybe that is why he said he couldn't teach me. Me I was like let me just learn this thing and start making money. But then, I kept learning to see if it was my passion or not. I kept learning till I got to SS1, and I will sneak my laptop to my room, and hide under the bunk just to keep learning, till I got it, and in ss2 I could stand my ground.

STREAM: What made you fall in love with music?

Auxxie: I grew up in a musical background, it is not like any of my parents' played music. I will just say music is my talent. Like drums, I didn't learn it, it was just natural.

STREAM: Afro beat, is it something you specialize in?

Auxxie: I am versatile

STREAM: Okay let's talk covenant university, how did things take up from here?

Auxxie: It was hard at first, when I came in 100 level, I thought I could do what I have been doing from secondary school. You know I was smart, so I felt I could just juggle this and that, but it was the opposite. On the first day I entered school, I was making beats and then I brought all these speakers, so I could hear what I was making properly. I met this guy on my floor, who could rap and also make music, and that was how we became friends. He will sing, and I will make the beat. Then we will be playing it on the speakers, and guys listening said I should start selling my beat. I didn't want to (laughs), and they kept encouraging me. So, I will say that covenant university helped me, I met people like toxic, kat chi, foster, sparks. They used to produce songs too.

STREAM: what artist have you worked with in the industry, and what was the link to working with them?

Auxxie: well, I will say my guys are the industry

guys, so I have worked with Ajebo, Toxic, Yungie, boy beams, Moha, I have worked with a lot of people in my space. I have worked with Ckay, Joeboy and currently I am working with DJDNA. I won't call some names because I don't want to jinx it.

STREAM: That brings me to my next question, how do you balance school with what you do?

Auxxie: I did not balance anything (laughs) I won't lie to you. I was supposed to travel out, after my secondary school, but things didn't go as planned, so I came here, I wanted to study sound engineering, but I had to go for something else, which is information communication engineering.

STREAM: How did you come up with your name, **Auxxie**?

Auxxie: hmm, my first name wasn't **Auxxie**, when I came to this school, and people were telling me about selling my beat, I needed a name, cause that's what I have to put on the beat. So, I was watching an interview on partynextdoor, so he said he got his name through a plug on FL called partynextdoor, and he shortened it to PND. So, I did the same, and I started seeing things like citrus, wizard, and I was like never, I can't use this name.

When I went to my grandma's, I was still thinking, I wrote down all my names, and I realized I was slim and my surname started with a "G", I now called myself slim G (laughs) because I was already feeling pressured. After a while, I didn't like it anymore, cause the tag was not sweet anymore. When I got to 300 level, I decided to change the name, when I was in class, and posted on my IG story for someone to give me a name, that was after I came up with two names, the day before. It was between **Auxxie** and Misty. More people chose **Auxxie**. The name came from the word **auxiliary cord**.

STREAM: After school, what is the plan?

Auxxie: after school I am going to do what I always wanted to do, that is sound engineering.

STREAM: What would you advise other upcoming producers to do?

Auxxie: They need to know it is a process, step by step. You need to sacrifice a lot. They should find what works for them. They should also pray, so that they can handle it, when they finally become famous.

COVENANT UNIVERSITY HAS DONE A LOT FOR ME

~ODUWOLE ADEBAYO

THE STORY OF A BUDDING ARTISTE, STORY TELLER AND VOICE OVER ARTIST

BY IYIEGBUNIWE BLESSINGS



Can you introduce yourself to us?

My name is Oduwole Adebayo, I'm a writer, voice over artist, creative director and consultant, screenwriter and I host a podcast.

What motivates you as an individual and as a career person?

I enjoy stories, first and foremost I am a storyteller therefore, everything I do is story telling. I want to share stories in my area and head with other people,

Being a screenwriter, I hear you have produced a short film on Rape? Can you brief us on what inspired the film and what its about?

It's called hope but it's not out yet. I wrote it and also happened to act in it as well. I worked with one of the teams that work with panda media production. The CEO wanted to work on an advocacy film, and at that time, still is though maybe even louder, was rape. It is a topic that should make everyone angry, just the thought of it happening. When you hear certain stories, I mostly cannot read such stories and the time I wrote Hope, I had been doing screen writing for half a year but I have been telling stories for a while longer than that. So I decided that I wanted to put that in film. I wanted to work on the fact that the film uses some kind of group therapy. So I wanted to do some things in group therapy and I decided I was going to just merge them together. I thought about what the question what would you do? Well, here's what I would do, he came face to face with a therapist. So one of the people in the in the group just happens to be the reverse of a person. So that's a bit of drama will ensue.

You also host a podcast titled "what a joke" and it is an educational comedy? How and when did that start?

The podcast started airing March 2021, but the whole journey actually started over a year before that So a friend of mine sent me this job link he saw and he was like these people are looking for a voice over artist and back then I was really just starting out. So I went through a couple of step, made a CV, which was awful because I couldn't really use an engineering student's CV to get those kind of job, so I had to use creative projects, experiences I had. Some days later, they asked me to send a recording of me reading a particular write-up then a couple months later, I was called for an interview which was a bit after our alpha semester ended 2020. So I went for the interview and I got the job, so I thought it was just a job where they would call me and I have to voice over something, but next thing they said was that I was going to be hosting a full blown podcast. Okay. Sure, why not? I still it's the fun. And the next thing they told me was that it's in the young Podcast Network, called jamit and at the time they had launched 12 original podcasts and mine was going to be part of the next 12 they launch. Then I thought

to myself, I'm not funny, because the idea I had in my head of a comedy podcast was a non stopcracky standup comedy and I was sitting down. So as the couple of my friends, and they said "what a joke" would probably suit me more and all that so I went for it. And then in my head, when I choose it, I thought they were going to write the scripts for me but then they told me it was my podcast and I do all of that, and this was around April.

What brought about the name and content of your podcast?

Like I said, it took me a while to figure out what I wanted this to be, so I started writing scripts about funny things around me for example, my cousin called me and said some guys are selling a flash drive that supposed to protect you from 5g. Therefore, the name resulted as a matter of the fact that the economy and country brings out funny methods or ways in order to achieve what they want. So it informs and also educates. It was a very trying time because the 5g record took me like two weeks, because I realized that talking in front of a microphone is different from talking in front of people. Because after many tries I was not getting it and all, I even wanted to drop this particular podcast and settle for another. Because my producer Stan would not like it even if I thought it was good. But after subsequent times it got good and other episodes took shorter time to record. Like they say, practice makes perfect.

Tell me about your biggest challenge in your career and how you scaled through it?

I have had a lot of failed projects that I called myself an expert in failure at those points. Mainly, the projects that failed were mostly film projects that I was directing and producing. The problem then was that I was directing and producing, there was one that I wrote and produced in five days while another one was having a lot of issues from the camera battery dying to the cast not showing up and so on. While there was one I had a good feeling about last semester and everything was set up, but then when we turned on the recorder, we were picking up Hebron Fm through out and I was just wondering how would a radio show hijack my recording. So I decided to do everything when I graduate and not work on anything but then when I came back to school, I decided to try one more time, so me being dedicated, decided to sort out any challenge like crew or cast, so for crew, I got Ginger, Fashu Ella and people in the Hebron start-up lab. The cast then held auditions sometime in June ending. This time I do not want it to be a rush film, so I am making sure that everyone is not overworked and that all the work is shared evenly.

Who would you say are your role models or mentors?

The first I would say is Jesus, because I realized that whenever I want to start something I always use analogies which I consider as modern day parables.



Asides from Him, I would say Agatha Christie. she was a mystery novelist, and she's one of the greatest authors of all time. Besides her stories being awesome. she's the greatest Selling Author of all time. And she has sold the most books behind Williams Shakespeare and the Bible.

How did you manage to balance your work life with that of your school life?

I would say first of all, you have to determine your priorities. Based on how badly you want what you are doing, you sort out where you put your energy. For example, in my course, there are a lot of people studying the same thing you are studying so you can gain from then in school work, work together on assignments, read together and all. Then complementing that with my creative side, I put a lot of energy because not everyone understands the course of work and can easily assist you although I have some people who assist and are of great help to me. So its better to set a target in both sides and work towards it instead of setting on one side and leaving the other.

Would you say that CU has improved your career to an extent?

Covenant University has actually done a lot for me in my creative side. When I came in 100 level I joined Covenant University Literary and Debate society where I was surrounded by other creative writers even if I was just still writing as a hobbie then. By the time I was in 300 level I realized that I had grown alot in my writing to an extent as opposed to what I would have done on my own. Also majority of the creative connections I have came as a result of the various events hosted in CU. From the different symposium to meeting other creative writers, artists, composers, fashion designers and so on. So one thing I value the most in CU is the networking that it creates for its students.

What advice would you want to pass across especially for those aspiring to start a career in one thing or another?

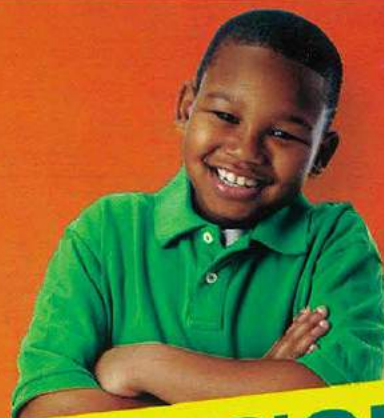
You can do it if you are determined. I recommend to open your mind to books, movies, animation, research and so on in order to know what happened behind the scenes, how they got their ideas and the likes. Believe that you can do better than your current phase even if it seems trying and that it may not work out. Figure out how to get all the equipment you need to carry out your work, if you do not have enough money to get it, collaborate with people and find out how to get where you want to be. Self-determination is key in everything you plan to carry out.



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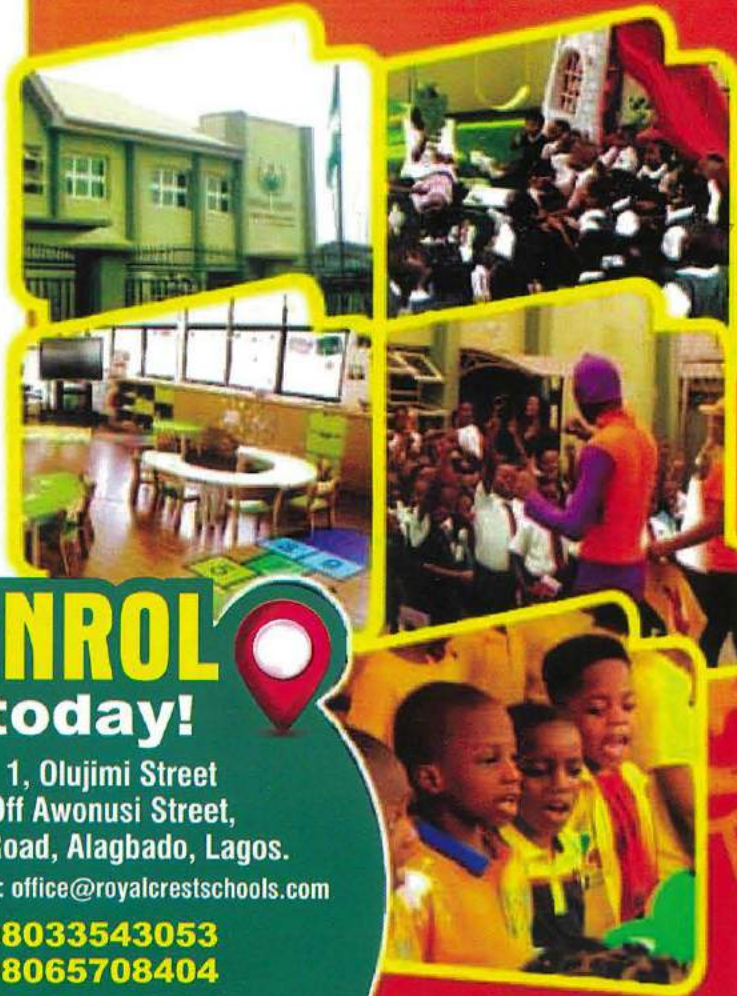
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THE BIG TEN

CU Student Skill Providers

The Big Ten is a platform where we teach students for free, soft skills and skills that are relevant for the 21st Century work place environment. So today, for instance, we are teaching on how to update your LinkedIn profile.

So, The Big Ten started in 2016. It was started by a former student, his name was James Jinadu, he was the vice Chairman of Student Council at the time. So he and three other people went home for a summer internship. James worked at KPMG, the other three worked at PWC, Deloitte and Shell. They came back from these multi-national companies and discovered that they did not have the soft

not have skills like communication or interpersonal skills and so they found it hard to stand out and by the time they came back, they just decided that "oh, let us start a class or a session that is free of charge that all students have access to" and so, that is how The Big Ten was actually born.

The Big Ten is majorly aimed at two specific goals. The first is to make sure that the Undergraduates have a very rounded knowledge of work place ethics, they are not just grounded in hard skills, that is the things they are taught in class. Another goal is so that, they can also fit into the society and they have a well informed knowledge about their career skills even

skills that were required to stand out.

They had the intelligence, they had the skills, they had good academic standing, but they did not have skills like networking or teamwork. They did

from their undergraduate level.

It is a community that helps build skills for the work place and how to evolve with those skills. "We help secure internships for students across all courses and levels. We help review CVs of our members and there is usually CV review once every semester. We teach relevant skills in the office, including teamwork, emotional intelligence, and many more." The current lead facilitator said in an interview.

The Big Ten started in 2016, since then, we've had so many testimonies of students who have gone on internship, who have displayed outstanding leadership skills, students who have displayed outstanding work place ethics. Including Kenose Osedeme, currently the lead facilitator at The Big Ten, actually, who started attending The Big Ten while he was a 100 level student. He said that The Big Ten helped him from 100 level till 500 level. He said that he has had up till 5 internship positions and still looks forward to The Big Ten, even as the facilitator, to the amount of knowledge of that is being passed in the session.



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I'M GOING PLACES IN NOLLYWOOD

~Ginikachukwu

By Kizor-Akaraiwe Oluabusomma

S

STREAM: Can you introduce yourself?

Ginikachukwu: My name is Tagbo Ginikachukwu, Ginikachukwu meaning what is greater than God?

Nothing. I am a superstar, an actor and an event mc.

STREAM: Wonderful! So what inspired you to enter into acting?

Ginikachukwu: I don't know about being inspired but I have always had a thing for acting because I am an expressive person by nature. So right from primary school, I have always been the dramatic guy in a good way. Basically I'm an expressive person so right from when I was young, I had hints that acting was really meant for me.

STREAM: Yeah. So can you tell us about the series you featured in on Africa Magic Showcase? Riona?

Ginikachukwu: Riona is an epic series which talks about a wicked king who unfortunately hears a prophecy that is against him. This prophecy says that one of his children will kill him. So being a wicked king and a tyrant, he does his best to ensure that the prophecy does not come to pass but you know, it is a prophecy so there could be a chance of it coming to pass but I can't tell you for sure so that I won't spill the beans. Yeah that is about Riona and I am privileged to have played the role of Edonmi in Riona.

STREAM: So how did you put yourself out there?

Ginikachukwu: I'm still an aspiring actor (laughs). To be honest, there is no hack or definite way. You just have to find it on your own. Like myself now, it was during the pandemic. I had stayed home for weeks and I guess I was just tired of doing the same thing day after day. You know how lockdown was. So what I did was, that period I followed the right pages on social media such as audition pages, casting directors, directors, producers, actors who are

directors or producers. To be honest, I just took advantage of the lockdown because I realized that everyone was churning out content because we were kind of bored. Everyone was active through social media. Prior to lockdown, celebs that would not have replied you because they had work, because we were all at home, they would reply. Social media has power because you don't even need to be out there, you can just drop a monologue and tag a few pages and tell your friends to do same. Fortunately for you, a page or celebrity you tagged might be online at the moment, see your monologue, enjoy it and reach out to you. Networking is that beautiful.

STREAM: Oh yes. So can you tell us a bit about the character-Edonmi?

Ginikachukwu: Ahhh. Edonmi is my personal person (laughs) Edonmi is the only son and child to Chief Ofor the village custodian, the keeper of knowledge in the kingdom of Oyomere. Edonmi is a family person basically because if you watch the series, you will see that he does everything to ensure that family is his number one priority. You see it in the way he talks with his cousin, Abugewa who he is always with. Edonmi can't go anywhere without his cousin being by his side and then a twist to Edonmi is his love life. We see him and Arubi, a young beautiful maiden who he has deeply fallen in love with and she refused at first but after all her 'hard guy', she fell eventually (laughs).

STREAM: So as an upcoming actor, how did it feel to be in midst of actors who have been in the industry for years, the big boys of the industry?

Ginikachukwu: Ohhh it was a beautiful feeling. From my first day on set, one thing I really respected was how they welcomed me. It's one thing for them to call me the rookie. Yes I was the rookie but they didn't see it as a downside. Rather they saw my inexperience as a way for them to impact knowledge on me and trust me they really did a lot. You know I had the likes of J Blaze, Izzy Daniel, Eso Dike, Calabar Chic and Jide Alabi who I watched on silverbird and listened to him on radio as a child on set. Jide Alabi was even the one that played my father. It was just beautiful seeing all these veterans and top actors there on set. There was no formal training and it was an experience because I got learn directly under them. I remember on set there was this place I called The Wisdom Tree where Sobifaa Dokubo who I nicknamed Uncle Waka, Auntie Najite Dede, Jide Alabi and the top actors who are the OGs stayed while on set. Sometimes I would go and join them although at first it used to be uncomfortable because when I was running my lines with them, they would tell me "you're not reading this line very ... this is what acting is about..." but with time I just understood they wanted the best for me. They just really cared about my growth especially in this industry that can be challenging at times. I'm really grateful and I miss all of them to be very honest.

STREAM: Aww. So what challenges did you face on set?

Ginikachukwu: Hmm. I have to think hard on this one. Okay... my first week on set, one thing was characterization. Aside the Dettol advert I had done

previously, I had not done any proper picture and now first career is actually an Africa Magic Series which is very big. Although prior to this, I had already done stage plays in school, dramas or short films with my friends so I did not have experience. I did not know the in-2-2 of entering into character or how film worked basically. You could say I am a theatre person because in school, I am part of the Covenant university theatre group (CUTG) so I had not done any proper thing on film. So it was getting into character, understanding the character. Sometimes I judge my performance on the first few episodes. So that was my first challenge and the only challenge I faced. I say the only challenge because with time I got to meet more experienced people on set that now helped me understand the character I was playing - Edonmi. I got so many tips like Separating Ginikachukwu from Edonmi because I think I was acting as Ginikachukwu at first. Little tips like that helped me and I climbed that wall eventually and it was no more a challenge.

STREAM: Wow. As an upcoming actor, what advice would you give other aspiring or upcoming actors?

Ginikachukwu: An advice I would give other aspiring or upcoming actors is to believe in yourself, trust me. The thing with being a creative is that there are a lot of times where you won't have good days. There are good days and bad days. Sometimes the bad days might be more than the good days and in those bad days, you will question yourself a lot. You will ask yourself questions like, 'am I good enough?', 'is this thing really for me?' and it's that question that bugs you the most because you look at your previous successes and you know that you were successful but all of a sudden you are just doubting that success and you just question yourself. Sadly, some people tend to give up at moments like this but once you believe in yourself and in the greatness you can achieve; like I keep calling myself and people superstar, once you believe in the star within you, you know that this is just a little challenge you can surmount anytime any day because it is you. Honestly, it is only you that can believe in yourself.

STREAM: Wow thank you. So I would like to ask that what drives you on your off days? I'm sure there were days that you were not just feeling it? On those days that you mentioned that a person could have more bad days than good days, what drives you?

Ginikachukwu: I think it is my love for the craft. I believe if you truly love something even in the most uncomfortable times, you still find that bit of enjoyment or comfort in what you are doing, this is because you love this thing so much.

STREAM: Wow. This has been a wonderful session. Is there anything you will like to add?

Ginikachukwu: I will just like to say I'M COMING. NOLLYWOOD, I'M COMING.

STREAM: Thank you so much Mister Tagbo Ginikachukwu Tagbo.

Ginikachukwu: I appreciate. Thank you for having me.





TREAM: Tell us a bit about yourself.

Haoma: Well first, I am not ordinary. My personality does not conform to the basic definition of being a normal individual and this was an intentional decision I made early enough, at about 17 years of age. I am an intentional lover of God and his kingdom. I love my generation so much that I am devoting my life ministry to ensure that this generation is adequately developed, and the destinies of the younger generation are fully actualized. Presently I am the community development coordinator of Covenant University, Student Council and Co-lead community manager at Hebron Start-up Lab. I am also the founder of Envisage Hub, an innovative career development company. I love learning and development. This is basically one of the things that has set me apart from my peers. I learn a lot. From books to TED talks to sermons to biographies, I always make sure I stay updated with information and tips to excel in life. I love being around smart people because they inspire me to do more and go beyond my comfort zone. Well basically I am just one passionate young lady that believes in a rejuvenated Africa and will devote my time, resources, and network to see this dream actualized.

STREAM: You seem like the ideal university student, diving into several profitable opportunities. Please take us through what has always been your drive towards all these achievements at such a young age.

Haoma: Well, I have always believed that there is more to live than the norm. I have also always despised settling for less when there is a height that can be attained beyond the norm. As one of my greatest inspirations, Dr. David Oyedepo would say, believers are meant to be rulers on earth. I took this statement as my mantra whilst coming into Covenant University and decided to be the best version of a 'university student'. I drafted the kind of person I wanted to be on my matriculation day and wrote down the requirements for attaining this vision. Firstly, I took spirituality as my anchor and trust me, this is the main reason why no area of my life is slacking despite the many responsibilities. Secondly, I took time management as priority. During my 100 Level summer holiday, I set up an NGO (non-governmental organization) driving entrepreneurial awareness to disadvantaged groups. In 200 Level, I joined Hebron Startup Lab as a learning and development volunteer. At this stage I had started learning how to apply for both global and local opportunities because funny enough, my small self was looking for grants to push her NGO (this knowledge paid off years later). During my 200 Level summer holiday, I interned with KPMG Nigeria, and this begun my career journey. In 300 Level, I got the scholarship with the United Nations and in 400 Level, I got an internship with Goldman Sachs, a scholarship from the UK Nigeria tech hub and a series of other opportunities. These have formed a part of my watch-words and has kept driving me towards attaining the best version of my person.

STREAM: What is the perception people have of you when you walk into a place considering your age, matched up with these achievements?

Haoma: I vividly remember a fellowship I had with Goldman Sachs which was organized for female business leaders. Once I introduced myself and stated my age, everyone was shocked at how I was on such a platform with such caliber of people because I shared the same age with the businesses most of the women business leaders present. The

CEO, David. Solomon and other senior officials at the firm could not believe I was still in the university. I happen to have a large follower base on my LinkedIn platform and most times when someone gets to meet me physically, maybe in school or somewhere else, they are usually really shocked at my age and the fact that I am still an undergraduate.

STREAM: Tell us about being nominated for the Commonwealth Youth Awards.

Haoma: The commonwealth youth awards for excellence in development work is a prestigious award given to youths in commonwealth nations. Last year I was among the nominees for the youth awards, because I had organized some training activities and philanthropic programs for disadvantaged groups in my immediate community. The nomination also covered my advocacy of climate action, protecting the environment and being a part of the Global Solution17 for Climate action team. Although I was not one of the chosen finalists for the award last year as there was still very much room for improvements of my various development works, I believe that this year, I would be picked for the awards by God's grace.

STREAM: Tell us about working with the United Nations, a little about Solution 17 and the importance to the ecosystem.

Haoma: LOL. Although I am about volunteering with the United Nations, I presently do not work with the United Nations. However, I am an alumnus of the United Nations summer academy. I got a scholarship from the state of North-Rhine Westphalia, Germany to attend the United Nations Summer academy last year. This made me go through a program at the United Nations Systems Staff College. Also, another affiliation I have with UN is through the Solution17 for Climate Action platform. Our projects have been recognized by the Deputy Secretary-General of UN, Amina J Mohammed, where she commended the initiative and pledged her full support. Recently, the United Nations featured the initiative as one of its major success stories.

STREAM: Who is your inspiration/role model? And we would love to know why?

Haoma: Well, as a believer there is one person that inspires me so much. Especially in His area of selfless love and how it positively influenced His leadership on earth. The fact that this person was able to render a solution that impacted the lives of generations unborn inspires me beyond my comprehension. This person is Jesus and every day, I work with my eyes set on Him as my model. He is my ideal person, and I won't stop improving my skills and expertise until the perfect day. Physically, my role model is Mrs. Foluke Michael, a global personnel and mentor of mine. She is also a social entrepreneur and innovator. Mrs. Foluke is a woman of zeal with a strange possibility mentality that inspires me so much. She has made me know that the world is in the palm of God and there is no height you cannot attain if you walk and serve the One who owns the entire universe.

STREAM: Any future projects considering that you are about to graduate?

Haoma: From what I see, next immediate projects after graduation would be centered on building and scaling Envisage Hub to impact youths across the globe. Building the company to be the world's first choice in career development services and resources is a major project I am going to work on after graduation (by the special grace of God) Furthermore, a major future project under construction right now is, launching my education platform where I would be creating various online courses. I have chosen to employ this model because a lot of people have reached out to me for various tips on specific subject matters such as LinkedIn, applying for grants, securing global opportunities and lots more. If you need this information, anticipate my courses...*smiles*.

MY EXPERIENCE

AT THE

UNITED NATIONS

KPMG

GOLDMAN SACHS

& COMMONWEALTH YOUTH AWARD

Nominee

~HAOMA



UNDERSTANDING CAREER STEREOTYPING IN NIGERIA

By Tobechukwu Isaac



encouraging their children/wards to follow their passions.

Also, academic institutions have a role to play as well. Academic institutions should incorporate a larger range of courses that will include some of these downgraded courses, a lot more dreams will come true. The government would also play its own significant part by making provisions for a frequent change in curriculum, supplying required resources, materials and academic infrastructure to accommodate a wider range of courses.

Furthermore, every one of us has a role to play by giving the same respect we give to lawyers and governors to painters as well as vulcanizers. To encourage everyone, we see in the battle of career paths to follow their dream, to follow their calling. A few years ago, modelling was considered a very wrong job, it was majorly unaccepted by Nigerians, but today, you hear about models making a yearly income in millions of dollars because they followed their dream. The same applies to musicians. They make money in billions while doing what they love.

We only get one life; let us all try to live it to the fullest by choosing and following our desired career paths; study, build capacity, create business and change the world through your desired career. All professions are required for complete human sustenance in the 21st century world. There is space for everyone at the top, whether you are an accountant, a farmer, public relations personnel or Writer. Let us all build a better Nigerian full of fulfilled citizens.

A

career stereotype is a fixed idea usually by society about the career paths that one can choose because of certain importance given to these professions or because of successful individuals in these paths. This is the major reason that a carpenter or bricklayer is not as respected as a lawyer or a medical doctor or an engineer in today's society. As a result, the 'respected' fields are becoming overcrowded, and the number of available companies remains static.

A career should be chosen based on one's interests and demand of time according to (Mirza, Zahra & Ahmed, 2014). A career stereotype is a fixed idea usually by society about the career paths that one can choose because of certain importance given to these professions or because of successful individuals in these paths.

This is a major problem that needs to be given adequate attention and resolved. It increases unemployment, and this is constantly

slows economic growth of a nation with vibrant youth like Nigeria. Career stereotype is the reason why young people shy away from professions like carpentry or skincare therapy resulting in increased imports of furniture, makeup and skincare products amongst others.

This issue poses a serious threat to society, a threat bigger than what we may think it is. As it would build a generation of unfulfilled youth in society. People will begin to grow into serving the purpose of others rather than the purpose that God initiated for humanity's benefit. While some people may be able to return to their career interests later in life, others may not be able to do so before death comes knocking, and they die having lived a life void of career fulfillment.

However, this problem can be stopped. Like most things in life, it requires a gradual process as it cannot all change in a day, but with conscious efforts from members of any society, career stereotypes can be changed. Parents would play a major role by continually



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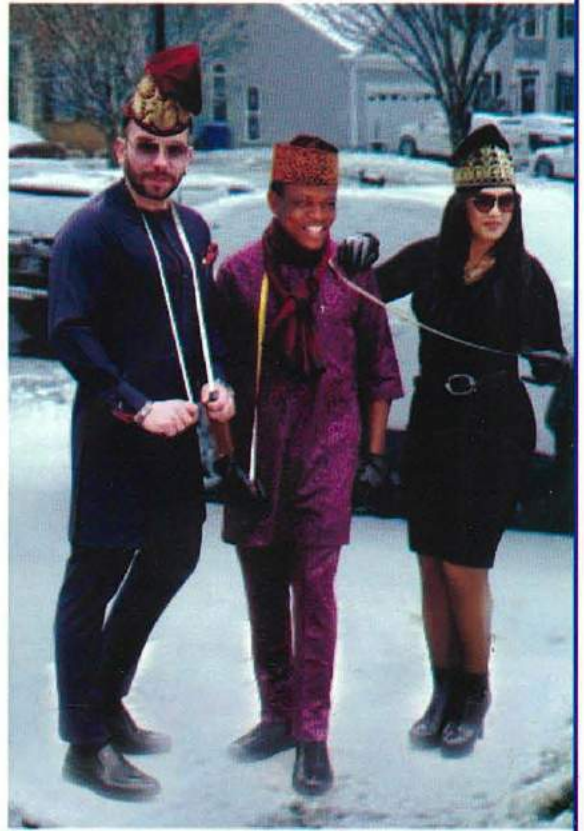


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You don't need Thousands or Millions to Start a Business ~Anefu Samuel

By Blessings Iyiegboniwe

T

he ancient book declares that all things come true when you believe. This is the story of a young man who dared to believe

in himself and followed his passion. Anefu Samuel, started his fashion empire in 2019 as a way of self-expression. He has had to make some financial sacrifices and admits it would have been impossible without the support of his mother and friends. STREAM caught up with him and asked about his business and life owning a fashion empire.

Please introduce yourself.

I am Anefu Samuel Adakole, I study in Covenant University, I am currently in my third year studying Accounting.

Tell us about Jaykole Fashion Empire.

It was established September 21st, 2019. the name Jaykole fashion empire came from the initials of my name. I leaned into a fashion empire because I wanted it to involve everything relating to fashion because an empire is something large and broad. So that was really the inspiration behind JaykoleFashion Empire.

What inspired you to go towards fashion?

I believe the two things that made me go into fashion is my passion for it and my mum. I wanted to do something that I can handle come rain and sunshine. And I realized that I have too much love for fashion. And my mum is a great source of inspiration to me because growing up as a child, my mum was very detailed with every outfit I would wear down to the colours and everything. She went to a fashion school to study not because she wanted profit but because of her love and creativity for it.

We are aware that most students face certain challenges. Please explain to us some of the challenges you faced before you decided to start your fashion brand, and how you overcame them.

I feel the first challenge I experienced which I won't really call a challenge because I made plans towards it was sourcing for funds. I made a personal commitment to myself that I wouldn't need to loan money or borrow from family and friends, so I adopted the method of bootstrapping. I saved to a certain extent and started with the little I had. I just want to drop this tip to any aspiring or upcoming fashion designer and entrepreneur that you do not have to own thousands or millions of naira to begin your business, you can start small. For instance, I started by selling accessories for both male and female. So, the challenge can just be sourcing for funds.

Also, other major problems with the fashion industry are sourcing for fabrics and publicity. You can see a fabric today that you like and not be able to see it tomorrow. Sometimes, you can have nice products and designs but at the end

of the day, you may find out it's already out there. So, it is a gradual process that you will grow into.

As a creative, please walk us through the creative process of developing a garment.

Firstly, you should know, the major thing is to have inspiration. And most times we may not even have inspiration from things we already know, it could come from a movie character, let's say Cinderella, for example, and probably you just have like a client who just says, "I have this occasion to go for and I have nothing to wear". And probably just from watching Cinderella you can pick the neck piece design from there, and from Barbie you can pick something else, and when you merge all of your thoughts together, you end up finding out that it's easy to actually just bring out a concept that will suit your clients the body type, with the best colours and all, so I feel the creative process or actually creating a garment should actually come from your source of inspiration. I feel that is the key thing, the source of inspiration.

There is a perception that it is difficult for students to balance business with academics, as we hear some people say. How do you secure the degree while securing the bag, so tell us how do you cope with this? Do you cope with it?

Okay, I wouldn't say is all that easy, because at the end of the day, you have two top priorities to balance and at some point, when I saw the weight was kind of too much, I had people that worked with me, and instead of bothering myself about getting fabrics on my own, I just had a major supplier. And my supplier understands me, so when I say I want a material or something similar to it, he gets it for me.

So right now, you are majorly focused on the male gender in terms of production, not to say that you are neglecting the females. Why is that?

Okay, I feel it's easier to relate because come to think of it, not all guys really fancy fashion. And most guys just decide to just go with just sweat pants and their casual tees, and probably sneakers. I just got to realize that you can make a guy look so classy without him having to always wear a casual outfit. My business has sub-divisions, we have corporate wear, traditional, casual outfit. So, I really chose the male segment because I love looking nice and I get compliments from both genders, so why can't other guys also look as sleek and nice as I am. So, I mostly focus on suits and traditional outfits for the male. And inspirations come a lot because there are some guys that have no time for their wardrobe despite having very nice outfits. And at some point, I just became like their personal wardrobe stylist. So, choosing the male gender is not specific

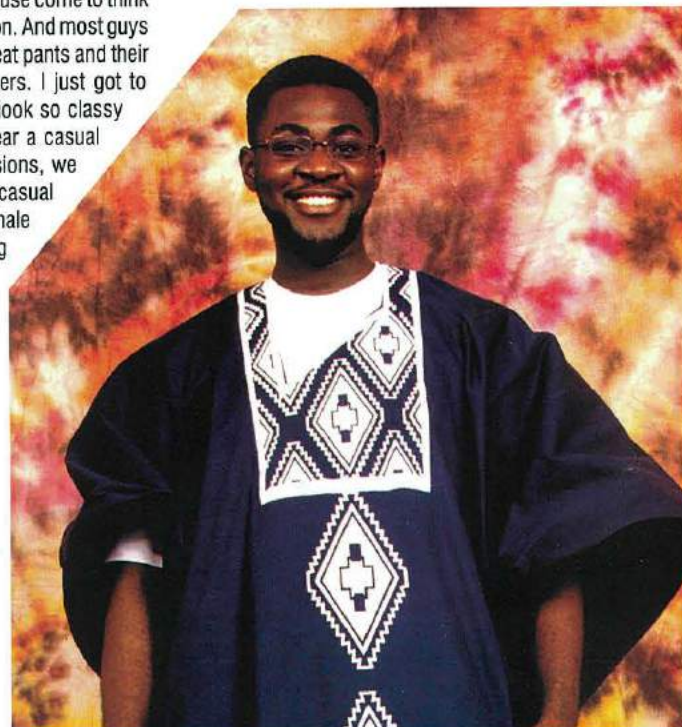
because I also like to style females and I have workers that when I bring my design, they can bring it to reality. So, really I am focused on both genders, but most collections that come out actually suits males more than females. And a collection will be coming soon which I believe would suit both genders.

So can you tell us more about styling because I know you're also a stylist from personal knowledge.

So, we have fashion designers, pattern makers, fashion stylists and most times it is rare for you to see someone who's really good. And I cannot say in all aspects of fashion I am perfect but as a fashion stylist like I said, most people are just creative, they have creative minds and thinking. They just bring out inspirations out of nowhere and styling is something I do with so much joy. I am not really stressed when styling someone for an occasion because sometimes I can get inspiration from when I am in the shower. So, at the end of the day, being a stylist is fun especially when you can understand what your clients want and the kind of taste your client likes.

So, you are graduating in like a year, do you plan to pursue fashion after school? And where do you see your business in the space of some years?

Definitely. I plan to pursue fashion after school. And by God's grace in the next two years, I plan to win the 25 Under 25 Fashion category for my business. But in five years, I really see my business going global, more global. I want to see my products, I mean globally. And I want to be recognized as a global fashion designer, a young global fashion designer, if we were to rank on Google, and I see my business on Google without having to stress about it. I really want to see my business in the next five years way more than I expect. Let's just put it that way.



Tega's Charity of Little Changes

By Treasure Kilali

But I personally believe it is an educational problem. I believe education is an important tool in revolutionizing countries and that our current government is fighting heavily against education in Nigeria. If education is not the solution to our problems, at least it will have a huge impact on Nigeria so through this generation coming up, there's a chance. If I can have an impact on them, then maybe I can have an impact on Nigeria tomorrow, somehow.

C

Can you tell us a bit about yourself?

Hi guys! My name is Tega, but it's pronounced *Tay-ga*. I'm currently studying Economics in 300 level. I would describe myself as someone who's going to just do it - like Nike. If I decide to do something, I'm going to do it. If I decide I'm going to say something, I'm going to say it. I'm just someone that's very assertive or very intentional.

We're aware that you own a charity; can you tell us a bit about that?

The name of the charity I run is the Little Changes charity. So, like I said about myself, if I decide I'm going to do something, I'm going to do it and nobody's stopping me. It was the summer of 2018 and I had decided to apply for the Yale Young African Scholars program which was a big deal that summer. I got waitlisted but didn't get off the waitlist, so I had all this time on my hands.

From childhood, my parents have set a culture of giving. And by that, I mean at least once a month we go for financial visits or give out food. We were very intentional about making sure we were charitable. One day, I think it was my aunt's birthday, we were giving food out in the area I grew up in and then I just noticed that there were so many children who were supposed to be in school around that time. And I was like, what is going on? We start asking them and there are different reasons. Some of them, their parents don't let them go to school because they want them to work, or some of them just can't afford to go to school. And I'm like "there has to be a way I can help these people".

I figured I could just teach two of them myself, get a bunch of my other friends to agree to teach with me and we'll find a location where we can do this. So, there's a Winner's church in that area and I talked to the pastor about the whole idea, and he agreed to let us use the reading center in the church. I made flyers and put them up offering a free summer school project for impoverished kids.

What is the name of your charity organization and what inspired the name?

The name Little Changes came long before the summer school project. My friends and I had been talking about starting a charity and that gave me an idea so I came up with the name Little Changes in our group chat and we're like "cool, we might do this one day", but we didn't so I took the name back.

The point of the name Little Changes is because we work with children and it's all about making little changes to see an improvement. As an economist, you cannot attribute just one or two reasons as to why the country is not developing. It's an institutional problem, a structural problem; just different reasons, honestly, as to why countries are not moving in the direction they should move.

Based on all this, what would you say that your charity is aimed towards if you had just one specific objective?

Its specific objective is to bring knowledge and value to the average child on the streets of Lagos. There's this acronym we have; F-R-E-E, which is feed, reorient, educate, and empower. That's just what our voice is about.

That's amazing. So, why is your charity targeted towards children specifically?

It's targeted towards children specifically because I feel like it's too late for this generation or the generations above us, but children still have malleable minds. They can still be influenced hopefully positively. And I hope that positive influence in them spreads into positive influence in Nigeria.

At what age did you begin running your charity and how long have you been doing it?

I was about 15. It's been about five or four years.

How do you fund Little Changes as a student?

I'm always constantly trying to find ways to help that do not require money. I mean there's so many ways to volunteer like volunteering your time which is as valuable as money, honestly. So, I'm constantly trying to find ways that do not require much money for my operations, but the operations that do require money, we usually see corporate businesses reach out to us as a form of corporate social responsibility.

Even when they do reach out to us, they're not directly giving us money, but they sponsor what needs to be done. We also get random individual donations because there's the donation link on our Instagram page which people will often anonymously donate with.

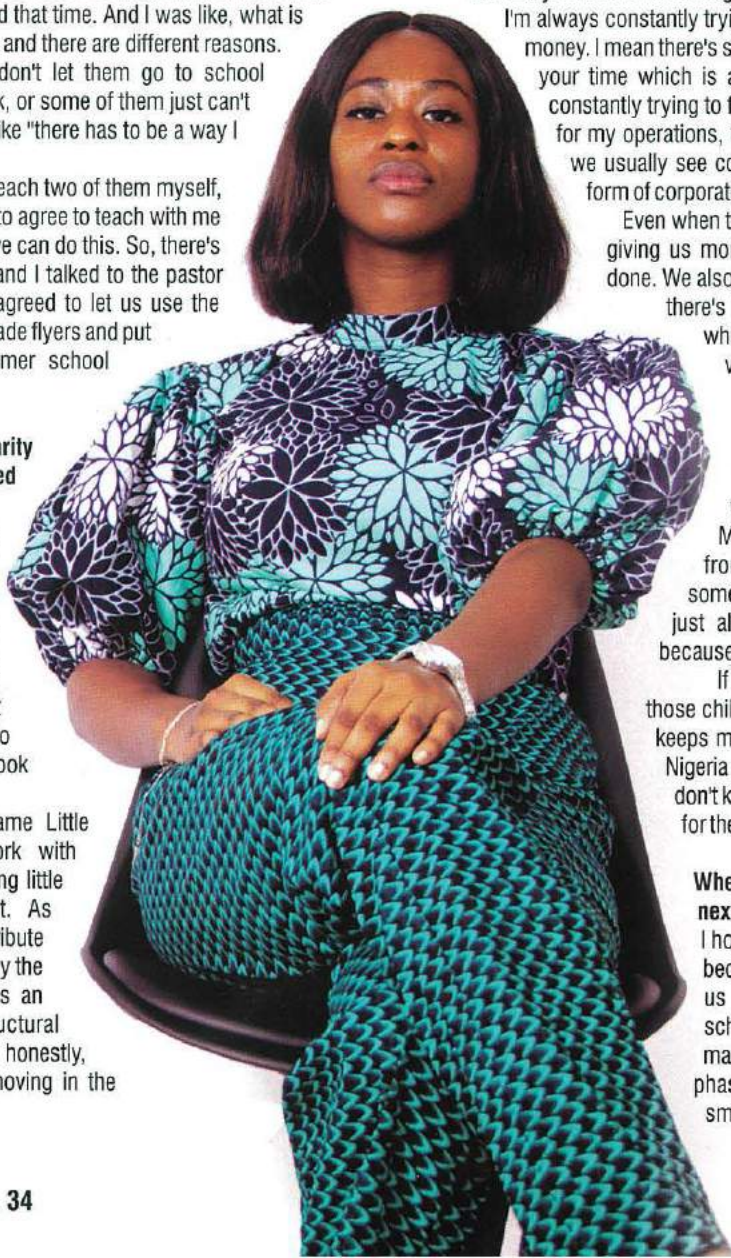
Why is your charity important to you and what do you hope to achieve through it?

My charity is so important to me because from childhood I've just always been someone that likes to help; my first instinct is just always to help. It's so important to me because it helps me, it just makes me happy.

If I'm feeling bad, I go out and just play with those children and I'll feel so much better. That just keeps me grounded in life. I hope to revolutionize Nigeria through my charity. I don't know how; I don't know when, but I'm going to change Nigeria for the better.

Where do you see your establishment in the next five years?

I hope we will have expanded into other cities because right now we're based in Lagos. I see us having programs; working with public schools across Nigeria to implement the many programs that are still in their planning phases. I see those programs running smoothly.





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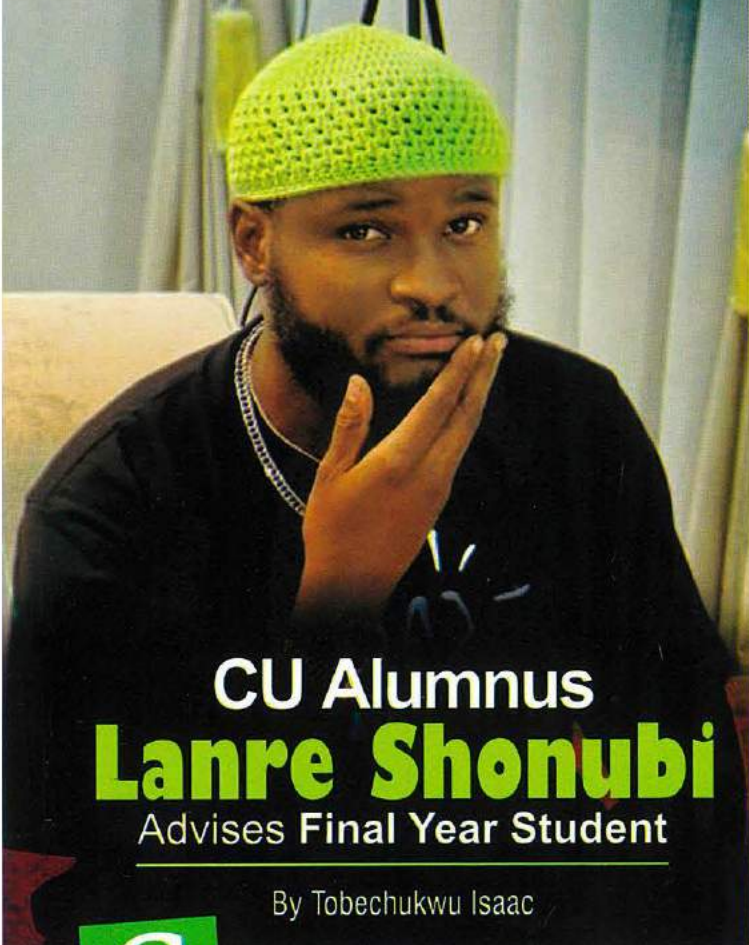
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CU Alumnus
Lanre Shonubi
 Advises Final Year Student

By Tobeckukwu Isaac

S

TREAM: As a graduate and working. What do you think is most important for a student may be in final year to know that will help him/her?

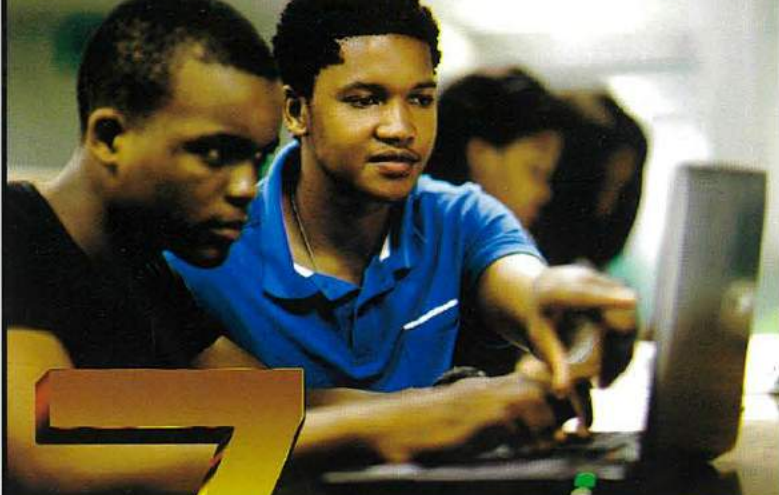
You should understand yourself, I'm saying this because I did not understand myself up until I left Covenant University. You need to make a conscious effort to understand yourself and know how you can balance between pursuing your career and doing school which is a primary focus which is the only reason why you are there, to actually pass your subjects and graduate. Look for a way to strike a balance.

Personally, I has issues with school and then in my final year when it was time for me to graduate, I still did not graduate. I was still there in school, I had to do one more year and this was because I did not know how to strike a balance between staying in school and pursuing my career and then I understood myself later on that I am not the type of person that can multi task. So, emphasis on understanding yourself, understanding your person and know what works for you.

I believe that consistency is the foundation for perfection. You want to attain perfection? You have to be consistent at what you have chosen to do. Keep doing it regardless of circumstances that arise.

I cannot over emphasize consistency. It is just what it is, you just have to be consistent. Whatever you are doing, keep doing it. As you keep doing what you are doing, you would become good at it.

I must have discovered something that is key to pursuing a particular career path, it is called CONSISTENCY. I believe that consistency is the foundation for perfection. You want to attain perfection? You have to be consistent



7

SEVEN
 EASY STEPS TO BEING A
PRODUCTIVE
STUDENT

By Eniola Alo

M

any times you feel like you've wasted a lot of hours doing nothing. Without the right tools for success, students can easily get frustrated, confused and may even give up. You have to take things one step at a time. You're in the right place! Achieve your goals by using these secrets of highly productive students.

4. PRIORITIZE AND PLAN: The most productive business leaders in the world understand the importance of time management. In one day, they try to maximize every minute to create the highest amount of productivity. Look at your tasks, prioritize them in order and then plan out how you will spend your day make use of a calendar or diary and you can plan as much as every hour.

1. ASK FOR HELP: Don't be afraid to reach out for help! Always reach out to people when you don't understand something. No man is an island and you most likely will not survive alone in this tough world without people. When you're confused or you don't understand talk to people who know better.

5. REDUCE SCREEN TIME: While taking a break from studying is positive for your brain, too much screen time and social media may become a larger distraction. If you are too tempted by the lure of Instagram, tiktok, twitter etc. use social media blocking apps on your device to block out the amount of time you want to study and restrict your access to those apps.

2. FOCUS ON ONE TASK AT A TIME: Even the best multi-taskers are only successful at juggling multiple projects for a while. To make sure you get it all done, focus on one item at a time. Finish studying before starting your term paper. If you are trying read a book you can take it one chapter a day before going to bed if you're quite busy. Creating these types of rules for yourself keeps you disciplined and focused.

6. AVOID PROCRASTINATING ON LARGE ASSIGNMENTS: It Kills Productivity! If all your energy is spent getting all the small, easy tasks completed, there isn't much energy left for larger, more difficult tasks. This leads to last-minute stress, frustration, and assignments not done to their full potential. Get things started by creating a plan of attack for larger tasks early.

3. NO ALL-NIGHTERS: To prepare for a big exam, you may feel inclined to stay up all night and study. This habit, though widely practiced, is extremely detrimental to your memory, energy and sleep schedule. Research shows that sleeping actually helps memory retention when students are preparing for a test. So instead of burning the midnight oil before your exams, study in 20-minute intervals throughout the day and then get a full eight hours of sleep before the big test.

7. READ BOOKS: Focus your time on reading books with a purpose. There's nothing wrong with a good plot and immersive storyline; however, look to improve your personal development by reading some books that will get you thinking about your career path or improve your general skills and spiritual knowledge.

These tips are not "one size fits all" so experiment with yourself to see what works best.



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RISING LEVELS OF STRESS AMONG UNIVERSITY Students

By Treasure Kilali



Livia Morris wrote in the article. Of these respondents, forty-four percent of students named "stress, anxiety and loneliness" as their "biggest" challenge over other concerns, 22 percent said "keeping up academically"

A

recent survey conducted by the Strada Education Network on a 4,000 undergraduates revealed that heightened stress levels, anxiety, uncertainty, instability and self-doubt are recent common themes in the lives of University students since the global pandemic struck.

These reactions have been attributed to the shift in education and career plans that the virus forced resulting in new schedules, systems, a re-alignment of dreams and personal goals and anxiety; both about academic success, finding future employment and affording the expenses that come with being a student.

The survey was further expanded on by twin sisters, Livia Morris and Julia Morris, who through a qualitative study, which was published on Medium, gathered detailed information about how students are faring emotionally and mentally. The study showed that a vast majority of the students were dealing with anxiety and about increased unemployment, the recession and the potential loss of job opportunities and wages in their respective industries.

"The crushing uncertainty of the next few years -- and the pressure to succeed in spite of it -- can at times feel suffocating, and with no playbook to turn to, recent graduates and current students across the United States have been left feeling utterly disillusioned,"

was their biggest challenge, and 14 percent said paying for tuition, books and "other costs" has been their primary challenge, the report said.

Stress is said to be an inevitable part of life however, studies show that extreme levels of stress can hinder world effectiveness and lead to poor academic performance, worse health outcomes and reduced quality of life.

The causes of stress popularly termed 'stressors' on students are attributed to five categories as academic stress, personal stress, future stress, family stress and financial stress. These stressors often lead to stress symptoms such as high levels of anxiety, difficulty making connections, constant headaches, over or under-eating, feelings of depression amongst others.

8 Books by Dr. David Oyedepo That Will Change Your Life

Feed yourself with the instructions from people who are ahead of you!

By Alo Eniola

Top Gospel Songs 2021

By: Alo Eniola Stephanie

Worship God always with sweet words, sing praises to his name! Below are some of the best gospel song recommendations:

- Million little miracles - By elevation worship
- The fathers house - By CoryAsbury
- Jireh - By Maverick city music
- Lift up your voices - By Sunday service choir
- Goodness of God - By Bethel music
- Graves into gardens - By Elevation worship
- Promises - By Maverick city music
- Another in the fire - By Hillsong united
- Champion - Bethel music

NIGERIAN GOSPEL SONGS

- All that matters - By Minister GUC
- Too faithful to fail - By Moses Bliss
- Fragrance to fire - By Dunsin Oyekan
- On fire - By Victoria Orenze
- Holy Ghost - By Judikay
- No one like you - By Eben
- Olorun agbaye (you are mighty)- By Nathaniel Bassey
- Yahweh - By called Out Music

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Let's Discuss Marriage, From My Mum's Perspective

By Tobechukwu Isaac

I had a conversation with my mother, Mrs. Kenechukwu Isaac to gain knowledge on several topics related to marriage. Please read below excerpts from our conversation.

First and most importantly, marriage is divine. In the beginning, when God created Adam and Eve, He saw that Adam was lonely. The Bible said He made him a helpmeet. As a Christian, you're supposed to consult God in whatever you are doing.

Finding in University

It's good to look out for somebody in the university because you guys are in the school together, so you see each day, and it's possible to find in the university. It is possible to find a suitable spouse in university, that's why you need to put your eye down and look for a reasonable person in school. It is not compulsory, but it is necessary.

Physical Attraction

Physical attraction is not very important, but it is good. I tell people that it shouldn't be the priority. Honestly speaking, nobody wants a woman that when you go out, you will ask her to be going that you're coming. If you go through the Bible, when God brought Eve for Adam, he was excited, the same thing with Isaac and Rebecca. So, you should like what you see.

Age

In marriage, a man is supposed to be in charge, so I'm of the opinion that a man should be older, but it doesn't happen in all cases. In some marriages, the man is younger. It doesn't always work well. Let me tell you why. As a man, when he marries an older woman and is supposed to be respected, the woman does something that under normal circumstances would not be a problem, but the man believes she is doing it because she is older.

Genotype

AS and AS is a no-go area because you will have sickle cell children. You will suffer, the children will suffer. It will be a very painful thing. So that's a crucial point to consider. In fact, before you start falling in love, go and check your genotype. Yes, God is wonderful. There is nothing He cannot do. He can make sure you have just AA children. I know a man with seven boys, but about four died because they were sickle cell. Nobody wants to be going through that kind of stress. You will be spending money, taking injections almost every day, and it's not a good experience.

Social Class

Some men who think they are smart just want to look for a rich girl and marry. It is not good; it is always better to go with your social class to grow together. Even if you people are poor now, you become rich together, and your mentalities will be in sync. If you marry a richer woman, before you know it fights like 'Is it because you have money?' will be everywhere. I always advise people. When a woman is wealthier, don't put your hand if you cannot maintain her status.

Religion

If you go through your Bible, when the father of Moses married his mother, the Bible said that he was a Levite, and he married a Levite. If you see when Abraham told his servant to go and get a wife for Isaac, he said he should go to his kindred; you are not the same. I keep saying it, there are many people in the church, but they don't have a relationship with God. If they bring a Muslim, because I know they are not born again, I will give them my blessing. But I see a born-again Christian girl or boy, I will not agree. Do you know why? Evil communication corrupts good morals, and you cannot be unequally yoked with unbelievers.

Key Attributes to Look For

You should look for a God-fearing and a good person. If a man treats you well and treats other people bad, by the time he gets used to you he will do the same thing to you. Also, an outstanding character is a must. It is very important because this is a lifelong affair. Look for a neat, hard-working person, somebody with prospects, because if he doesn't have money today and is lazy hunger will show the both of you pepper. You need somebody that does not give up easily.

Then as Americans will say, you don't need a mama's boy or a mama's girl. You need somebody that can stand on his feet pray through and walk through when he has a challenge, not that he will run back to his daddy. Some people will say they don't like short people, don't like tall people, and don't like this one. But all those ones are small things. You can live with a good person, and you will not see that shortness or that other thing you don't like.

What If Your Life Goals or Plan Don't Align?

Both of you can prayerfully reach a compromise, but if not, everybody should go their own way. It is not a do or die affair. You will still see another person. You can weigh it. For example, a person that wants to go to Canada. What is he going to do

there? You weigh the option if he has something stable. Is it reasonable to throw it away and go to Canada and start being welfare kids and all whatnot?

Parental Consent

This is vital. The Bible says the heart of kings is in the hands of God. Once it is what God wants you to do, as you pray, they will agree. You need their blessing for it to work. If they disagree, well, find out why. If it's something serious, you may need to think about not going ahead. There may be serious things that you, as a young person are not seeing. So don't be insistent, you know, like people that will say "I will die if I don't marry him" then run off and marry the person. Ah, trouble is looming big time.

Skills to Possess

The only thing I can say is that marriage is for mature people, not for children, you know, mature people know when to act and when to keep quiet. Women have long mouths; at times, they can say things they are not supposed to say. And now there are many men and women that are not well raised and have lousy upbringing. Their parents have failed, and it's affecting the children. When you see a man who is not well raised, a man who is used to having his way, an impatient man, he can't be tolerant. Run for your life because he cannot change. You know at times, people will say, "he will change, he will change".

Marrying at 40

Why do people want to marry when they should be grandfathers? I don't know for them. But anyway, why I encourage people to marry earlier is because when you're a Christian, you're not supposed to fornicate. So, you marry early so that you don't find yourself in that temptation. Why will a boy that has finished school and is working be waiting for 40 years? I'm an advocate of early marriage.



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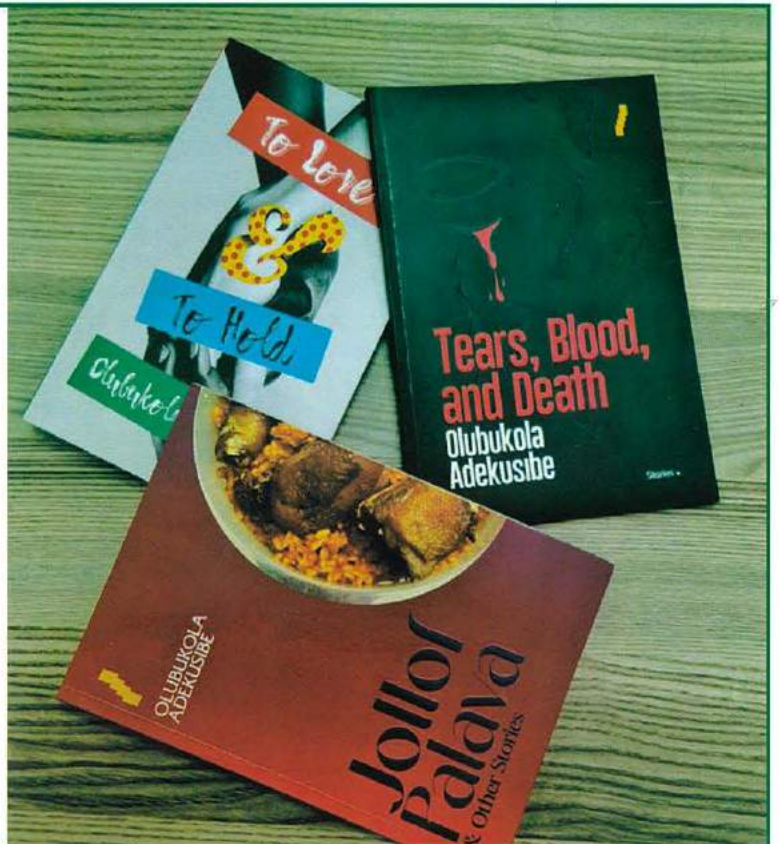
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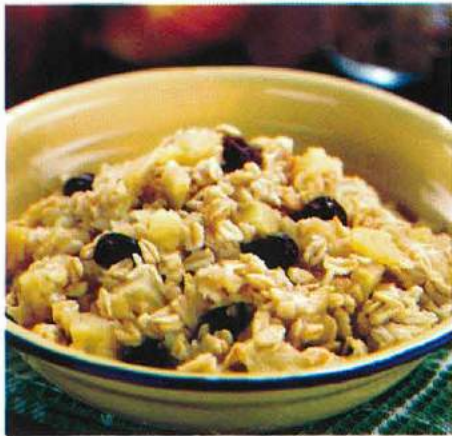
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G

ive your brain the best nutrients to boost your grades! The everyday hassle in school surely makes you hungry and tired. Eating healthy is not as hard as you think. With as low as 500 naira you could have the adequate amount of nutrients in your body. There's no need to over eat, and you definitely don't need to be underweight. The most important thing is to have a healthy diet. Not only does a nutritious diet increase your energy level, prevent diseases and help maintain a healthy body weight, it also helps in achieving your daily and academic goals.

Here are some quick and totally realistic breakfast ideas to keep you on the go while in school:

- 1. Cereal and milk** - This is very quick and easy, super affordable, and totally healthy.
- 2. Instant oatmeal** - Very tasty and quite filling
- 3. Sandwich and yoghurt** - This is not as easy as the rest but totally worth it on those days



you have time to spare.

- 4. English breakfast tea/hot chocolate with crackers** - These are also good liquids that can be accompanied with little bite snacks. The breakfast options listed above are based on some of the things you should have bought from home.

Lunch

Lunch is equally as important and should not be skipped. It's not so easy to eat big meals for lunch because of the classes you have back to back, so I'll advise that you always pack snacks in your bag to keep your brain awake!

Well it's time for dinner!

Specifically, dinner in Covenant University ranges from food in cafeteria 1 & 2 and below I have carefully selected the best meals for you and why:

- 1. Rice and any form of protein (meat, fish, chicken, egg etc.)**- These contain carbohydrates and protein. They are also very nutritious foods that help you keep fit.
- 2. Coleslaw or salads with chicken** - These contain lots of minerals and proteins to keep

BOOST YOUR GRADES

on a Yummy Budget!

By Stephanie Eniola Alo



your weight in check.

- 3. Beans/egg with bread** - These contain the right amount of healthy nutrients that help you grow.
- 4. Pizza burger & a smoothie**- This is more on the side of junk foods but contains a lot of vegetables and when combined with a smoothie it becomes quite healthy. Fruits contain lots of vitamins.

Drink plenty of water

This cannot be over emphasized. Water gives the brain the energy it requires for all its functions. Drinking water increases the brain's temperature and gets rid of toxins and dead cells. It also keeps cells active and balances chemical processes in the brain, helping to regulate stress and anxiety. Not drinking enough is bad for your health. Substitute DRINKS with WATER to have the best diet. This contributes to health skin, hair, and overall body hygiene.

Eat fruits

Eat a lot of fruits because they help the body remain fresh. Don't give in to the stress. Certain fruits such as oranges, paw paw, guava, mangoes, tomatoes, and strawberries, contain high amounts of vitamin C. Vitamin C helps prevent brain cells from becoming damaged and supports overall brain health.

This article has surely got you covered with everything listed you're are surely covered with 500 naira or less at a go! Enjoy your healthy life.!





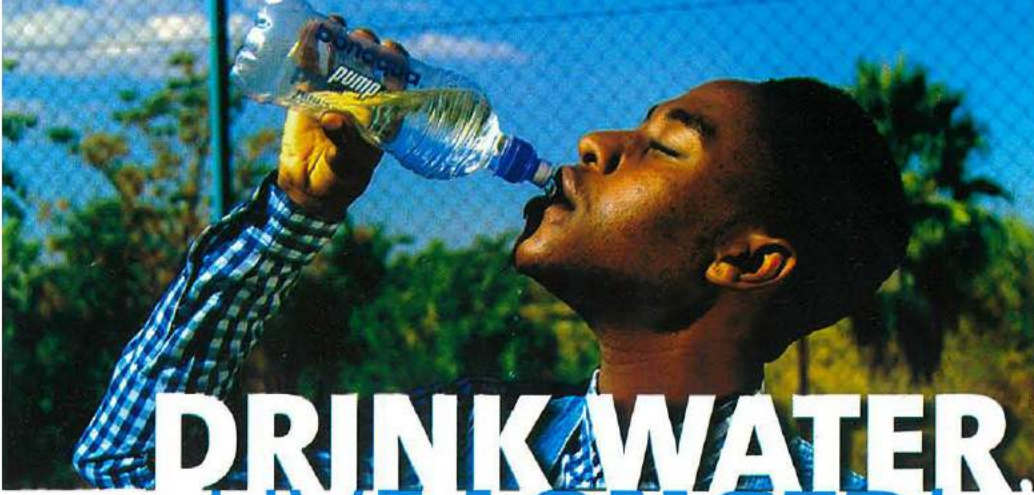
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DRINK WATER. LIVE LONGER!

BY INIOLUWA BODE-OGUNTOKE

I

t has become a trend on the internet to drink water as regularly as possible, leading to many young people over the world seen carrying at least a bottle of water in hand or in their bags. It is interesting that among the females, there has been a common belief that water helps make the skin glow and helps to reduce weight.

Although water helps the skin, it also has many other benefits that cannot be over-emphasized. Joan Koelemay, RD, dietitian for a Beverage Institute believes that we should "Think of water as a nutrient your body needs that is present in liquids, plain water, and foods. All of these are essential daily to replace the large amounts of water lost each day." In short, drinking water is essential to one's health. Here are some advantages of drinking

water regularly:

1. Drinking Water Helps Maintain the Balance of Body Fluids.

The human body is mostly composed of water. According to research water makes up 60% of the total body mass. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature.

2. Water Can Help Control Calories.

For years, people have been drinking lots of water as a water to lose weight. While water does not have any magical effect on weight loss, substituting it for higher calorie beverages can certainly help. "What works with weight loss is if you choose water or a non-caloric beverage over a caloric beverage and/or eat a diet higher in water-rich foods that are healthier, more filling, and help you trim calorie intake," says Penn State researcher Barbara Rolls, PhD, author of The Volumetrics Weight Control Plan.

3. Water Helps Energize Muscles.

Cells that don't maintain their balance of fluids and electrolytes shrivel, which can result in muscle fatigue.

A

ccording to the English dictionary, stress is an emotional pressure suffered by a human being or other animal. It is seen as the body's reaction to a challenge or demand which can be positive but is hardly noted for being negative.

While stress is a feeling that is very common, a recent study showed an increase in the stress levels of students from the times the global pandemic hit till date. This has been ascribed to the "the shift in education and career plans that the virus forced", which has negatively affected these students both physically and emotionally.

Stress is a common factor of learning in the university community for students regardless of their departments or levels. As a result, many students find themselves unable to cope with the pressure placed on them by lecturers, their financial concerns, health issues, personal troubles and other worries which they feel inclined to keep private.

Regardless, once stress begins to affect one's health and well-being, it gets dangerous and must be made an issue of priority. Stress affects everyone differently but there are a few signs common to most which include; high levels of anxiety, difficulty making connections, constant headaches, over or under-eating, feelings of depression, irritability or having a short temper, low self-esteem, mood swings, feelings of being overwhelmed, aches and pains.

THE SECRETS TO A STRESS-FREE LIFE

BY TREASURE KILALI

With all that one has to face in the course of life, we find ourselves neglecting to care for and nourish ourselves; mentally, physically, and emotionally. This is dangerous to our health and well-being and you have to ask yourself: Am I taking on too much?

Most of the times, the answer is yes and even if you aren't taking on what you consider "much", perhaps you just aren't handling your responsibilities well. It is important to take a break every once in a while, prioritize thing and re-organise your life before diving back into the myriad of duties you have.

Here are a few tips on how to reduce or manage your stress:

- First, assure yourself that it is okay to prioritise self-care
- Take time to relax or engage in favourite past times.
- Be mindful of your mind and body – what you eat, when and how you sleep, and how you speak to yourself.
- Balance your personal responsibilities and responsibilities to others.

- Release the worry and focus on positive thoughts and affirmations
- Get some fresh air by taking walks, or put your body through physical exercise like a jog.

Furthermore, it is important to be aware of tried and tested methods to deal with stress from experts. In her book 'How to be Mindful and Stressless', Gina Biegel offers simple mindfulness practices for teens and young adults that explain how to reduce stress, build self-esteem and be compassionate. These practices once introduced as part of your routine help bring relief and ease to get you through tough days.





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Self-care is the foundation of feeling good emotionally and building resilience is necessary to manage life's ups and downs. Young

adults often feel a lack of control of their emotions and most times conclude that there is nothing they can do about it. The turbulent nature of our everyday lives can take a real toll on our mental health, and it's easy to feel overwhelmed. While it's entirely normal to be experiencing elevated levels of sadness, stress and anxiety right now, there are several ways that we can help to feel more grounded. Here are six ways we can help to maintain emotional balance:

1. BE CONSCIOUS OF YOUR EMOTIONS

In order to balance our emotions, we first must become aware of what they actually are. Many people waste a lot of energy on repressing how they feel, both physically and psychologically. But it's important to acknowledge negative feelings rather than try to bury them. This way, you're actually dealing with how you feel. Emotions of sadness or stress exist for a reason. They're there to tell us something, so if you feel a negative emotion, try to allow yourself to actually feel it for a short while.

2. GET ENOUGH SLEEP

We know that getting enough good-quality sleep is important for both our physical and emotional wellbeing. Our bodies rely on a certain amount of regular sleep for a variety of essential brain and cognitive functions. However in these uncertain times, it can often be much easier said than done as stress and anxiety can literally cause us to lose sleep, right at the time that we need it the most.

3. MANAGE THE PHYSICAL SIGNS OF STRESS

Feeling overwhelmed with stress can quickly send your emotions skyrocketing. Learning to identify the first signs of stress and figuring out how to manage it can be an effective way to balance your emotions. One of the biggest indicators of increasing stress levels is erratic breathing. If you catch yourself holding your breath, sighing frequently or breathing irregularly, take a

few moments to pause what you're doing and focus on your breathing. Breathing deeply can help you slow down and feel more grounded.

4. PRACTICE GRATITUDE

The uncertainty of our current climate can exacerbate feelings of negativity and anxiety – so taking some time each day to practice gratitude is a great way to offset these emotions. Studies show that people who regularly practice gratitude have a more optimistic outlook and are more resilient in the ways they handle difficult situations. When you're feeling low, it can be hard to feel grateful, but focusing your mind and becoming aware of a few things in your life that you are grateful for – however small – can be a surprisingly effective way to focus on the positive and feel more balanced.

5. PRIORITISE SELF-LOVE

At stressful times, when our emotions are running wild, it can be easy to forget to be kind to yourself. When you're feeling low, it can be tempting to feel frustrated, to blame yourself, or to think that if only you were stronger, tougher, or more resilient, you wouldn't be feeling like this. But these are the times when it's most important that we prioritise self-love and take care of ourselves, so try not to beat yourself up. Negative feelings exist for a reason. If you're feeling emotions of anger, sadness, or loneliness, remind yourself that these feelings are perfectly valid, and there's no shame in them.

6. GET MOVING

When you're feeling stressed or low, it's easy to let negativity overwhelm you. You might feel tired and sluggish, as though you just want to lie down or curl up in your

favourite chair. Often, the very last thing we feel like doing when we're overwhelmed is getting moving! Low-impact exercises like walking, yoga, leisurely cycling or even gentle stretching can help your body feel better, and aid a clearer and calmer mind. Whatever exercise you take, the important thing is that you try to incorporate it into your daily routine. You could try going for a walk after breakfast, or doing some yoga in the evening. If you've never been someone who's done a lot of exercise, you can find inspiration over on the healthy body section of our site. Whether you want to try exercise videos from the comfort of your own home or get out in the fresh air, we hope that you'll find something there to inspire you.



By Akintunde Adeoluwa



Books: *The Spiritual Capsule* for the Exams of Life

By Kizor-Akaraiwe Oluabusomma



For every issue of life, there is always a book that brings the answer" the former Chaplain of Covenant University, **Pastor Kayode Mobolaji Martins** says. Some may call it a coincidence and others, divine leading and direction, like Pastor Kayode Mobolaji Martins. Pastor Martins has been able to work with teenagers and young adults as way back as 1996 as a Biology classroom teacher in a secondary school before he became a full time pastor in 2002 with the privilege of pastoring around school locations in Abuja, Bida, Minna and Benin. He eventually became the Chaplain of Covenant University in 2018.

PKM as he is popularly called by the students of Covenant University is known for his emphasis on the importance of books. His love and understanding of the significance of books ignited after meeting Bishop David O. Oyedepo in 1993. As he was growing up, books taught him a lot in different areas of life such as relationships. Reading books have positively affected his attitude, career, his pastoral ministry and basically every area of his life.

A book by Myles Munroe 'Rediscovering the Kingdom' mentions that one of the undoing of the black race is our inability to go in search of knowledge and that is quite disappointing because many are suffering meanwhile the solution to their problem is just few pages away. When a person is sick, the doctor gives diagnosis and offers prescriptions from his wealth of experience so also Pastor Kayode, having the privilege to counsel

Covenant University students, always recommends books relevant to their challenge or struggle. He sees pastors as spiritual physicians and likens recommended books to spiritual capsules. For example, if someone is battling pornography and masturbation, it is ideal to recommend books such as 'Conquering Controlling Powers', 'Walking in the Newness of Life', 'How to Discipline your Flesh' and other such books to enable them take charge.

PKM talks about John Hangy's book "What Every Man Wants from a Woman and What Every Woman Wants from a Man" that people go to the university to learn about the career they are going to do, but people do not go school to learn about the marriage they will be in all their lives. Due to this, there is mismanagement which eventually leads to a disaster. Because of this, Pastor Kayode advised a man who planned to get married but had not grounded himself in the precepts of marriage to invest his time reading on it to avoid mismanagement and abuse.

For those struggling with vision, he recommends most books written by Myles Munroe such as 'Understanding Your Potential', 'Unleashing Your Potential', etc. He also recommends 'Purpose Driven Life' by Rick Warren, some of Bishop Oyedepo's books on vision include 'In Pursuit of Vision', 'Understanding Divine Direction', 'Understanding Vision', as well as Kenneth Hagin's books on vision. Every author has a word that God has told him to proclaim, and it is that peculiarity of that word that we will find when we read.

In this day and time emotional

health is very key as many are struggling with loneliness, depression, insecurities, fear. In this case Pastor Martins recommends books by Kenneth Copeland like 'The Force of Joy', 'When God does not Make Sense' and so. Joyce Meyer is another author highly recommended for situations like this, with books like 'God is Not Mad at You', 'Approval Addiction' and so on. James Dubson and T.D Jakes also go deeper in managing the emotions of people and using their mess to create a message through their books.

Books are clearly a contributing factor to the man he has become today. Pastor Kayode recalled the first time he saw the significance of Christian literature which was at a singles meeting in 1993 with Bishop Oyedepo talking about how he read eight books on marriage before he married and was eventually led by God to release the book '7 Secrets to a Stable Home'.

PKM goes on to say that it is not just about reading but reading people who will prescribe value and have testimony of what they are saying. For example, Kenneth Copeland on prosperity, Kenneth Hagin's on faith, Yonggi Cho on church growth and so on.

With all the knowledge gathered over the years, together with the passion he has to reach out to the younger generation, Pastor Kayode Martins plans to write books of his own as one of the things he would like to address is youths being in control of their lives and not allowing themselves to be driven by trends.

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but reading people who
will prescribe value and
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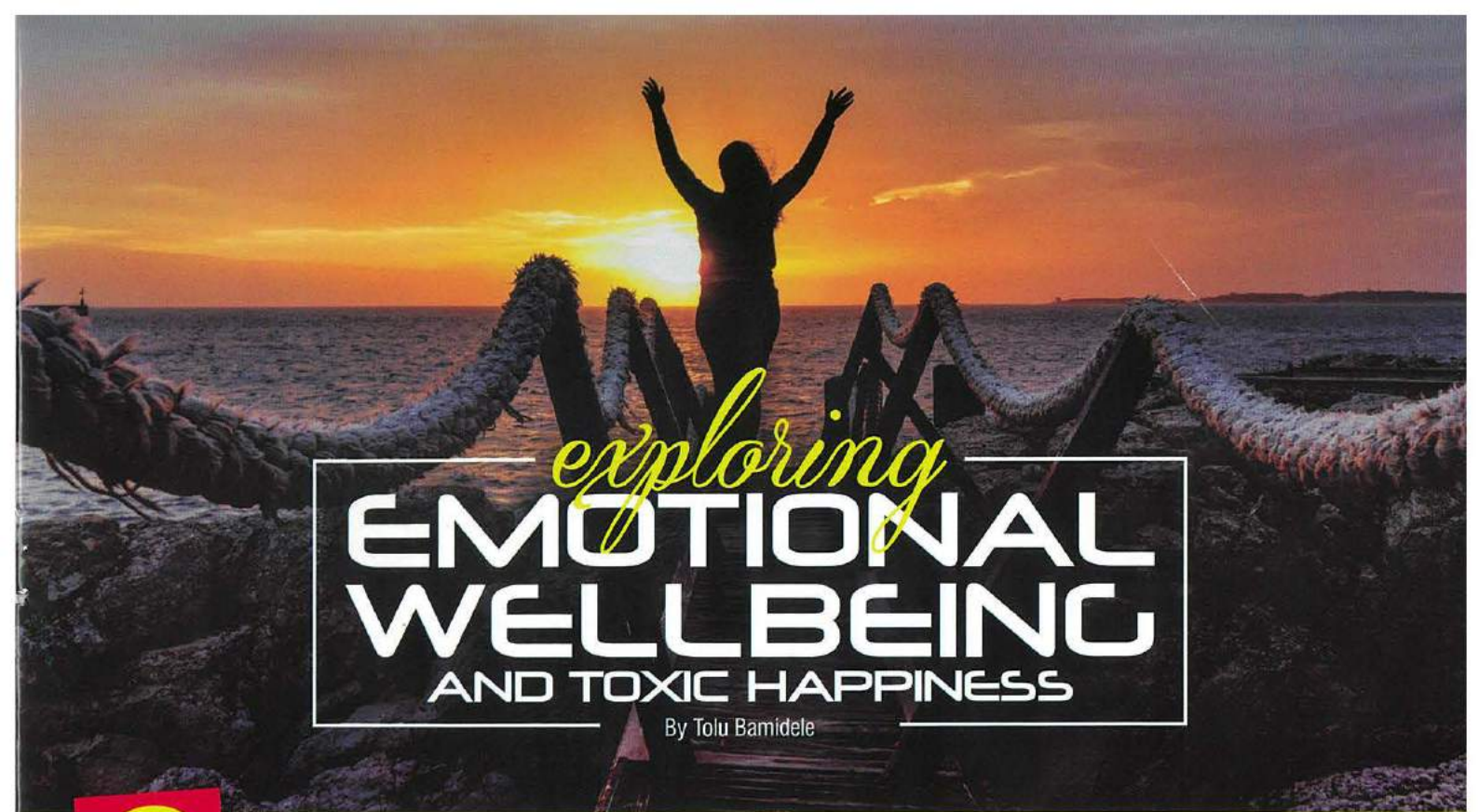
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exploring EMOTIONAL WELLBEING AND TOXIC HAPPINESS

By Tolu Bamidele

O

ften times, humanity is drawn to the feeling of happiness. "Feel good" movies, comedy, 'how-to-be-happy' books, and other forms of media which produce feelings of happiness tend to outsell many other genres, especially among youths. Lately, this happiness is being desperately pursued and considered as the do-all and end-all of emotional wellbeing and stability. This is a dangerous and completely wrong notion.

This notion comes from the modern view of what emotional wellbeing is supposed to be. Emotional health is nowadays considered to be a state of mind wherein a person feels good things like happiness, peace on a constant and continuous basis. This is prevalent in today's society, with hundreds of 'be happy, stay happy' publications flooding the self-help sections of libraries and bookstores, as well as social media trends of posting content with captions about serotonin, which is a hormone associated with happiness.

In this world, it is easy to forget that the human psyche is not made up of optional selections. Other emotions such as anger, jealousy, sadness and fear cannot be picked or disregarded. A human can do their best to suppress these emotions, however, when they cannot be eradicated completely.

That brings us to the question; what exactly is emotional wellbeing? It is when one is emotionally strong enough, not only to enjoy positive emotions on a regular basis, but also to properly handle negative

emotions and work through them. Emotional wellbeing is not suppressing or trying to stop negative emotions, but rather acknowledging them and effectively dealing with them.

This doesn't stop people from trying, as many people seem to believe that one has to stop being sad in order to achieve emotional health, rather than work through their sadness. Neglecting or trying to get rid of your other emotions, which is impossible, poses great risk to your emotional state, the very opposite of what most people desire. This emotional restriction can come from not only media content of today, but also as a consequence of childhood upbringing.

According to Crystal Raypole for healthline.com "Emotional repression often relates to childhood experiences. Much of what children learn about behavior and communication comes from their primary caregivers. Adults with repressed emotions often feel out of touch or disconnected from their feelings because they had a different childhood experience.

Even if your caregivers didn't specifically invalidate your emotional experience, they still might've discouraged you from expressing intense emotions freely by telling you to stop crying or shouting. As a result, you began to think of sadness, anger, and disappointment as emotions you shouldn't have, or at the very least, shouldn't acknowledge to anyone."

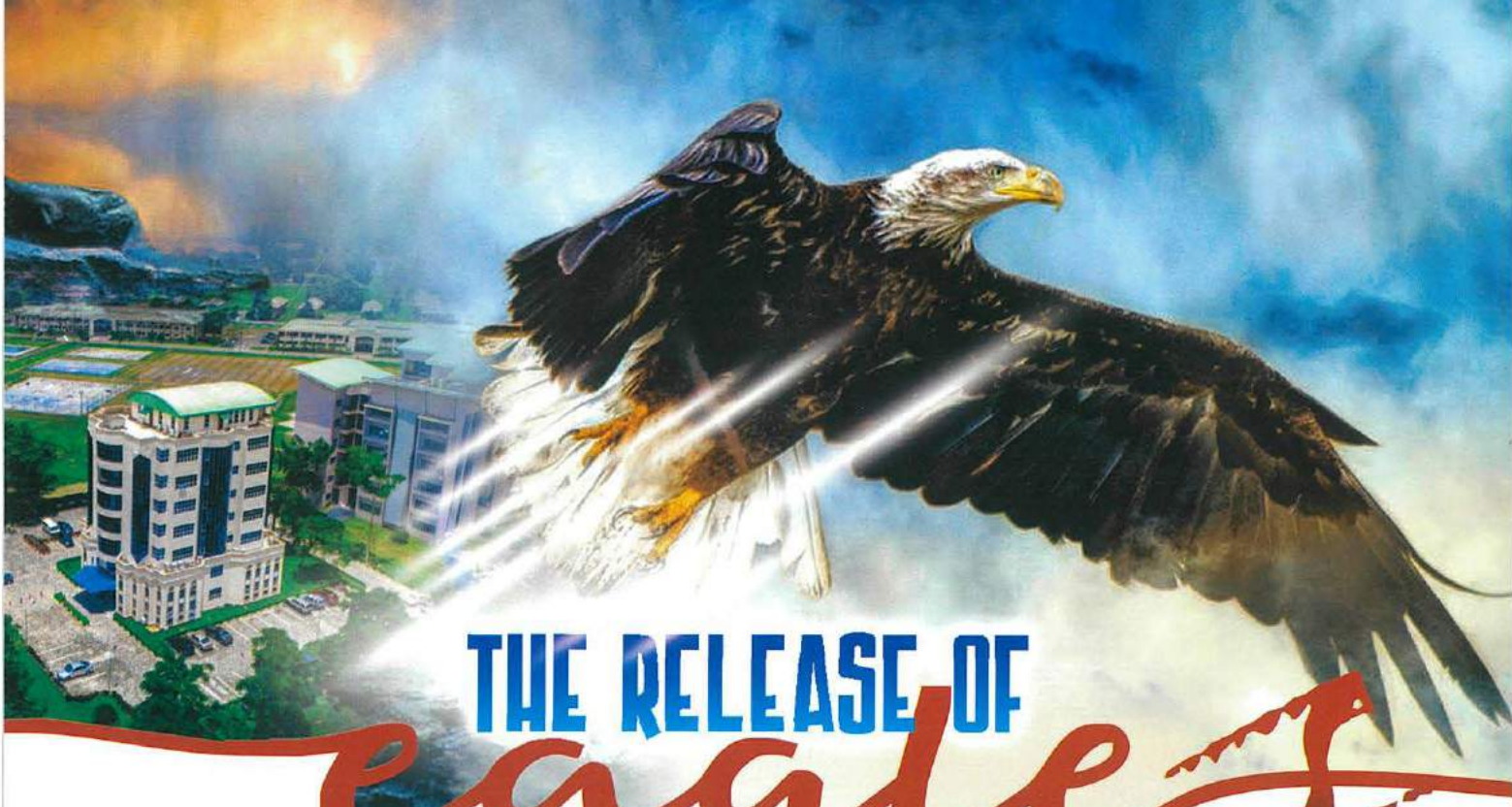
The movie 'Inside Out' captures the concepts of toxic happiness and emotional wellbeing in a simple and powerful way. The main character's emotions are portrayed as

living beings, with Joy being at the helm of the main character, Riley, and works to prevent Sadness from having a presence in Riley's emotional memory. However, this leads to a series of events that cause a breakdown in Riley's psyche, and being saturated with not enough emotions, she becomes numb. But at the end, Sadness and Joy create a god memory, that is, one of a sad happiness, which improves Riley's emotional state.

It is important that we learn to distinguish between toxic happiness and emotional well-being, and associate ourselves with the latter. As Sigmund Freud said, "Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways".

“

Emotional repression often relates to childhood experiences. Much of what children learn about behavior and communication comes from their primary caregivers.



THE RELEASE OF *eagles* 2021

Covenant University Graduates 1,681

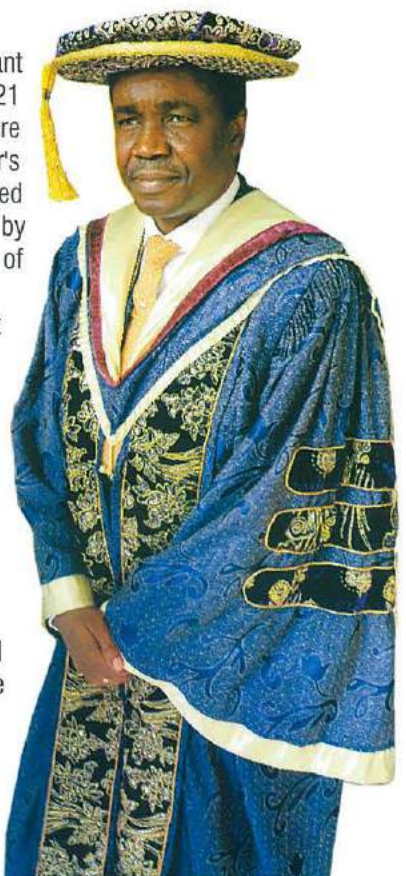


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he 16th Convocation of Covenant University held on October 22, 2021 when a total of 1,681 graduates were conferred with Bachelor's, Master's and Doctorate degrees. The colorful event, tagged "The Release of Eagles 2021," was witnessed by students, staff, faculty and parents from all walks of life.

Of the graduates, 1400 emerged with first degree, 209 second degree and 82 third or doctorate degree. Among the first degree, 216 had first class, 719 second class upper division, 435 second class lower division and third class only 30. In the case of Master's and Ph.D. degrees, the college of Leadership Studies (CLDS) had 41, College of Management and Social Sciences (CMSS) 124, College of Engineering (COE) 25, and College of Science & Technology (CST) 91.

In his message, the Chancellor Dr. David Oyedepo said education should be used to develop and emphasize moral values and attitudes for good character. He added that the university is committed to raising an army of reformers who are disciplined for nation-building. Please go to the next page for the full list of graduates.





Convocation List

2020/2021 ACADEMIC SESSION

SCHOOL OF POST GRADUATE STUDIES

COLLEGE OF LEADERSHIP AND DEVELOPMENT STUDIES

M.A ENGLISH

ASENISERARE Ayobami Priscilla
AWOPETU Ifeoluwa Priscilla
BABATUNDE Rosemary Ugonma
CHUTA Chiuuokem
ETHAN Ercharu Faith
LABIRAN Opeoluwa Aderonke
SOGUNLE Tolulope Toyosi
SOLESI Joan Abimbola

M.SC INTERNATIONAL RELATIONS

AMEH Brenda Nanlep
ATAYERO Solomon Adetomiwa
FATOGUN Ifeoluwa Abimbola
GYUSE Terdoo Sandra Murna
HARUNA Deborah Ojonemile
IBOK Samuel Bassey
MOSES Esther Oiza
OGORUGBA Vivian Aforkeoghene
OKWOCHÉ Victory Eneyi
OLUWABIYI Ademola David
ROTIMI Goodness Oluwatosin

MPA MASTER OF PUBLIC ADMINISTRATION

ADESUYI Solape Janet
ADETOMIWA Folahan Tolulope
ODOLE-ADEYEMI Mobisinuola Marianne

M.SC POLICY AND STRATEGIC STUDIES

ELOMIEN Ofure Emmanuel
KUNGABA Hannatu Editse
NEBE Ivy Ifeoma
SAMBO Miriam Simachang

M.SC PSYCHOLOGY

ADEGBOYE Augustus Oluwadara
AKINDELE Zainob Anuoluwapo
ATIEGOBA Doku Praise
OKAFOR Chidi Ogona

M.SC PUBLIC ADMINISTRATION

ADEYEMI Jesutofunmi Oluwaferanmi
AKINLADE Mojisola Elizabeth
ANLEMI Femi Francis
OLATUNJI Tolulope Victoria

COLLEGE OF MANAGEMENT AND SOCIAL SCIENCES

M.SC ACCOUNTING

ADEYANJU Ibukunoluwa Temiloluwa
ESAN Oluwatosin Mary
IHEONU Nkechi Gloria
LEIGH Andrew Nnamdi

M.SC BUSINESS ADMINISTRATION

ESAN Dolapo Bolatito
IKEAGBO Judith Ogechukwu
JEREMIAH Jeremiah Chukwuemeka
JONATHAN Fortune Ipelke
OKPALAOKA Chijindu Iheanacho
OLANIYI Keziah Oluwadamilola

SAMUEL Henry Efe

M.SC DEMOGRAPHY AND SOCIAL STATISTICS

WASHINGTON Christian Philip

M.SC ECONOMICS

ADETAYO Adepeju Olunike
AKIN-ADESINA Ademola Daniel
ANOSIKE Onyinyechi Gift
ASAGBA Victoria Ejiroghene
BABARINDE Oluwakemi Mopelola
BOLUJOKO Oluwemimo Tomisin
EPHRAIM Emmanuel Patrick
IGWE Blessing Ijeoma
MAIJEH Paul-David Chukwuebuka
OGUNWALE Oluwadamilola Deborah
ROTIMI Mercy Oluwatoyin
UMEHRUO Chinyere Honour

M.SC FINANCE

ADEJUBEE Praise Oladimeji
ANAELCHI Michael Ikechukwu
AROTIBA Abimbola Florence
AZU-NWOSU Victor Ikenna
DUROWAYE Kofoworola Omobolaji
NNAMANI Gift Ifeoma
NWANNUNU Chidera Promise
OLAKANMI Boluwatife Abraham
ORORHO Omamode Emmanuel
UKPORHE Grace Ebunoluwa

M.SC INDUSTRIAL RELATIONS AND HUMAN RESOURCE MANAGEMENT

ANYA Princess Josephine
ARIBISALA Samuel Oluwaseunfunmi
ATIBAKA Joy-Praise
BALOGUN Olaide Mary
BOLODEOKU Bolanle Precious
CHUKWUDI Kelechi Charles
OMOLAJA Samuel Olayemi

M.SC MARKETING

KALU Uzochukwu Abigail
MENGOT Sporang Magbor
OBAKPOLOR Shalom Esegoghene
OGULU Stephanie Belemaoniso
YAYA Temitope Damilola

M.SC MASS COMMUNICATION

ADELUA Mary Wuraola
AIYENDE Oluwadara Faith
BANDA Mercy
FAYEMI Omowunni Ayobami
JAMES Dorothy Gwary
NEJO Omotola Elizabeth
OGABI Sonate Olamide
OMOKITI Oghenefegor Juan
OMOLE Rose Adeola
ONAKOYA Toluwani
SALAU Jumoke Adejonwo
SUNDAY Kourtney Oluwakemi

MBA MASTER OF BUSINESS ADMINISTRATION

ABIRU Abiola Adegboyega
ADEJAYAN Oreoluwa Yetunde
AYOADE Habib Olayemi
DAPO-THOMAS Moyinoluwa
EKUNDAYO Gloria Olajesu
FASHEYITAN Oluwatobi David
IBIDUNNI Temitope Favour
IDIA Sandra Efeomo
IDJAWÉ Oghenefejiro Peace
KAITELL Temiloluwa Moyosoreoluwa
ODIGIE George Isaiah
OGUNLADE Tayo Stephen
OGUNNIYI Adeola Deborah
OGUNYEMI Lynda Opeyemi
OGWU Eunice Onyebuchi
OKOLO Somto John
OLATUNJI Toluwalope
OMOTOLA Ayodeji Gbenga
ONUM Deborah Owoloyi
UDOEKONG Uduakobong Samuel
UKPEIBO Ejiro Gift
UNACHUKWU Nnedi Obianuju
USENDIAH Edu Joseph

M.SC SOCIOLOGY

AMA Goodness Amarachi

M.PHIL SOCIOLOGY

ADEYEMI Oluwatosin Monisola

COLLEGE OF ENGINEERING

M.ENG CHEMICAL ENGINEERING

AZETA Osarhiemhen

M.ENG CIVIL ENGINEERING

BASSEY Daniel Effiong
ETIM Mmemek-Abasi Paul

M.ENG ELECTRICAL AND ELECTRONICS ENGINEERING

ATTAH Amarachi Rita
NGEREM Elvis Onyedikachi

M.ENG INFORMATION AND COMMUNICATION ENGINEERING

HINGA Simon Karanja
ORUMA Samson Ogheneovo

M.ENG MECHANICAL ENGINEERING

ADEJUMO Olabode Ajiboye
AJAYI-MAJEBI Cyrus Oloruntobi
AKINOLA Akinyemi Adedeji
ATIBA Opemipo Emmanuel
MBONU Chidera Chisom
OKWILAGWE Osise Osoriamhe
OLAWUNI Ayotunde Emmanuel
OWODOLU Temitope Anike

M.ENG PETROLEUM ENGINEERING

JOSEPHS Ejemen Rachael
NCHILA Yuvan Thelma

COLLEGE OF SCIENCE AND TECHNOLOGY

M.SC APPLIED BIOLOGY AND BIOTECHNOLOGY

ONUSELOGU Chinedu Charles

M.SC ARCHITECTURE

ABENG Favour Joel
ABIODUN Adedolapo Adeyinka
ADEMO John Adeola
ADEYEYE Caleb Adeolu
ADISA Ololade Simbiat
AGBOOLA Omobolanle Oreoluwa
AGBURA Nara Jacob
AJAGBA Prince Benson
AKERELE Fiyinfoluwa Stacy
AKINTADE Akinloluwa Jesutofunmi
ALUGAH King-David Terdoo
ANJORIN Toluwalope Oyinkansola
AYARA Efe Joanna
AZOJI Chibueze Favour
EGBUDOM Jude-thaddeus Chidera
EJALE Eghonghon Anne
FADAYIRO Aderinola Ayorinde
FALETI Michael Oluwatimilehin
GBEFWI Alpha Morgan
ISHAYA Ayuba Tari
JAMES Korede Anjolaoluwa
JAMES Mbuotidem Etop
UMAMEH Anthony Jeremiah
KALU-ANYAH Soromtuechi Kalu Jason
KOLADE Kehinde Joseph
MAHA Somtochukwu Azuka
MOMOH Halima Sadiya
MOZIMO Stephanie Okuboere
NDIMAKO Onyedikachukwu
Oziomachukwu
OBIAKOR Chinenye Jennifer
ODUTAYO Ayoyimika Adefemi
OKE Oluwadamilare Oluwadara
OKUNLOLA Praise Oluwagbenga
OLYIDE Adeniyi Abayomi
OLUSORE Shalom Pelumi
OMOTOYE Oluwakorede Tolu
ONWUKA Chiekwugo Celeste
OWUAMA Chidindu Chukwuemeka
OYELAMI Blessing John
SOGBETUN Oreoluwa Toluwanimi
SOLAJA Abigail Oluwakemi
UKAIGWE Kingsley Chinonso

M.SC BIOCHEMISTRY

ABIKA Ediom Ntiense
ADEWALE Elijah Ayodele
AKINOLA Olusegun Oyewole
ELUDIRE Abidemi Twegbolá
ESSIEN Aniebiet Uduak
KOYEJO Oluwatosin Deborah
NANA Toluwani Adebánke
OGUNDIPE Adebánke Elizabeth
OLUWALONI Folusho Omotayo
ONYIDO Blessing Chioma

M.SC BIOLOGY

BILEWU Olayemi Funmilayo
ERUEMULOR Davlyne Ifechukwude

M.SC BUILDING TECHNOLOGY

EZENDUKA Chidiogo Judith

M.SC COMPUTER SCIENCE

OTUNUYA Henry Chuks
SHOFADEKAN Ayobami Steve

M.SC ESTATE MANAGEMENT

OGUNNOWO Oluwaseye Elijah
OSAZUWA Osaze Nick

M.Sc Industrial Chemistry

AGBOOLA Omowumi Darlington



SCHOOL OF POST GRADUATE STUDIES

BAMIDELE Joy Omowunmi

M.SC INDUSTRIAL PHYSICS
ADEYEMI Oluwaseun Joshua
AIMUA Godfrey Usiaka
ONI Olubukola Aina

M.SC MANAGEMENT INFORMATION SYSTEM
ANI Osinachiadinma Sylvester
FRANKLYN Emmanuel Owajiya
OGBU Henry Nwagu
OKEZIE Chidinma Gift

M.SC MICROBIOLOGY
AKINYEMI Oluwatobi Dominion
ALADE Mazeedat Boluwatife
FASUYI Nifemi Olamide
OHORE Hannah Uzezi
SALAMI Abimbola Oluwadarasimi
UZOMA Dozie Roy

COLLEGE OF LEADERSHIP AND DEVELOPMENT STUDIES
PH.D COUNSELLING
OKOJIDE Angela Chinye
OKUNLOLA Olusolami Bamidele

PH.D ENGLISH
OLUSEYE Abiodun Babatunde
OMOTAYO Elizabeth Adesunmbo

PH.D INTERNATIONAL RELATIONS
NJOAGUANI Elizabeth Oluwatobi

UDOH Deborah Oluwakemi

PH.D PUBLIC ADMINISTRATION
OYEYEMI Adeola Irinoye

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PH.D ACCOUNTING
ASIRIUWA Osariemen
NWAZE Chukwu Emmanuel
OLADIPO Olufemi Adebayo
OLOJEDE Paul Aderemi
OLUSANMI Olamide Adeola
OMOIKE Osereme Amiolemon
OWOLABI Folashade Oreoluwa
OYEWOLE Sharon
TALEATU Taofiki Akinwumi
UMUKORO Olaoluwa Elsie

PH.D BUSINESS ADMINISTRATION
ADEBAYO Olufunke Patricia
ADESANYA Adewale Olumide
ADESANYA Toyin Deborah
AGUMADU Mercy Adeola
DADA Joseph Adegboye
EGWURUBE Godwin Onmakpo
EZEMA Mary Ejehi
ISOWEDE Aloysius Oshio
NWUDE Chy Edith

PH.D ECONOMICS
ADU Omobola Olusegun
AFOLAYAN Olufunmilayo Tope
BELLO Taiwo Hassan

GIWA Agbolade Babatunde
OKORIE Uchechukwu Emema
OLADIMEJI Ebenezer Oluwaseyi
OLOPADE Bosedede Comfort

PH.D FINANCE
ACHUGAMONU Bede Uzoma

PH.D INDUSTRIAL RELATIONS AND HUMAN RESOURCE MANAGEMENT
ADEOYE Funmilade Loveth
IGBADUMHE Friday Abaye
OGUEYUNGBO Opeyemi Olunike
OJEBOLA Oluwatumise Olanrewaju

PH.D MARKETING
OJO Kayode Olumide
OSOKO Abisola Olutola

PH.D MASS COMMUNICATION
ADEYEYE Babatunde Kolade
BEN-ENUKORA Charity Amaka
EKANEM Thelma Ededet
OMOLE Olufunke Mary
YARTEY Darylnton Albert

PH.D SOCIOLOGY
ADEBAYO Mercy Ebunoluwa
AKANGBE Tomisin Adedunmola
IJAGBEMI Oluwakemi Sharon

COLLEGE OF ENGINEERING
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BABATUNDE Damilola Elizabeth

PH.D CIVIL ENGINEERING
MARK Oluwaseun Grace

PH.D INFORMATION AND COMMUNICATION ENGINEERING
OKOKPUJIE Kennedy Oziegbe

PH.D MECHANICAL ENGINEERING
ABI OYE Oluwabanmi Pamilerin
FAJOB I Muiyiwa Adedapo
OGBONNAYA Mercy
UDOYE Nduka Ekene

PH.D PETROLEUM ENGINEERING
ABRAHAM Damilola Victoria

COLLEGE OF SCIENCE AND TECHNOLOGY
PH.D ARCHITECTURE
EQUERE Enobong Bennett
GABRIEL Sen Iwua
OBALAYE Oludare Joseph
OWOSENSI Abraham Oluwakayode
TONGO Samuel Osayamen


PH.D BIOCHEMISTRY
ADELANI Isaacson Bababode
DE CAMPOS Opeyemi Christianah
OBODE Okukwe Christa

PH.D COMPUTER SCIENCE
FALADE Muritala Adesola
KOLAJO Taiwo

PH.D INDUSTRIAL CHEMISTRY
FRED-AHMADU Omowunmi Hannah

PH.D INDUSTRIAL PHYSICS
KAYODE Olusola Titilope
KESINRO Olasunkanmi Razaq

PH.D MICROBIOLOGY
ADEDEJI Oluwabanmi Moradeke
ONIHA Margaret Ikhiwili
UGBOKO Harriet Unuagbon

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UNDERGRADUATE BY DEGREE CLASSIFICATION

ENGLISH

CLASS: Second Class Upper

- 1 ADEGBEMIRO, Abisoye Khadijat
- 2 AHIANTE, Jennifer Odion
- 3 AKINOLA, Temitope Miatta
- 4 OLADELE, Olamide Blessing
- 5 OLUGBUYIRO, Queen Favour
- 6 OMESU, Dupe Osarhienagha
- 7 PATRICK, Onyekachi Alexis
- 8 SOWEMIMO, Toluwalani Taiwo
- 9 UWANIBE, Uchechukwu Philomena

CLASS: Second Class Lower

- 1 ADEDAYO, Samson Oluwatobiloba
- 2 JAIYESIMI, Ololade Temilade
- 3 NTUMUBE, Chisom Philomena
- 4 SANGOBIYI, Ayomide Eyitayo

CLASS: Third Class

- 1 HASSAN, Omar Erumise
- 2 ISHIEKWENE, Nwaka Ese
- 3 JAIYEOLA, Iyanu Elizabeth

INTERNATIONAL RELATIONS

CLASS: First Class

- 1 ONYEMA, Kaosisochi Sharon
- 2 OYEWO, Ewaoluwa Jadesola
- 3 TOMETI, Oluwatamilola Love

CLASS: Second Class Upper

- 1 AGI, Ene Joy
- 2 AHUSIMENRE, Favour Ibhade
- 3 AJAYI, Mary Oluwakemi
- 4 AKPAN, Disemfon Cyprian
- 5 ALUGWE, Princess
- 6 ASEMOTA, Esther Iyengumwena
- 7 AYUBA, Mercy Bello
- 8 EDENIH, Stephanie Uzezi
- 9 EJIM, Sharonrose Chidinma
- 10 EYEH, Immaculate Oluwaseun
- 11 EZEAGWU, Adaora Nicole
- 12 EZEIGBO, Faith Chinyerem
- 13 EZEKWE, Maryann Chidinma
- 14 GREEN, Ibibina Naomi
- 15 KOLAWOLE, Inioluwa Jessicapraise
- 16 LANRE-IYANDA, Adunoluwa Esther
- 17 OGUNYEMI, Toluwalase Olorunkemi
- 18 OHUNENESE, Christabel Itunu
- 19 OKOLI, Ifeatchukwu Christopher
- 20 OKUGBERE, Daniella Oghenetega
- 21 OLUWA, Olachi Onyeche
- 22 OLUMBA, Irene Akuoma
- 23 OMOREGBE, Angela Nkoseyem
- 24 ONIME, Adekunle Aigbata
- 25 OYESIKU, Toluwanmi Oyinkansola
- 26 PANGURU, Racheal Kashim
- 27 SOFUWA, Fisayo Niola
- 28 TOKONI, Karen Agedah

CLASS: Second Class Lower

- 1 ADAWARE, Ogheneruno Joy
- 2 AFORIJIKU, Oluwayemisi Esther
- 3 AKPAN, Wisdom Ubong
- 4 AROKODARE, Oluwatosin Oluayemi
- 5 DARIYA, Jeremiah Victor
- 6 ISAAC, Grace Ugochi
- 7 NOAH, Juliet Itohowo
- 8 OBEY, Oyinioluwa Glory
- 9 OBIEKWUGO, Ifeanyi Maryann
- 10 OCHAPA, Esther
- 11 OJINMAH, Praise Ebubechukwu
- 12 OPARA, Wunda Azaria
- 13 OWOLABI, Temiloluwa Esther
- 14 SUNDAY-OMOFE, Wonder Busayo
- 15 WILLIAMS, Oluwaseun Olasubomi

CLASS: Third Class

- 1 EJIM, Joshua Chukwunonso
- 2 OGUNRINDE, Afusat Wuraola

POLICY AND STRATEGIC STUDIES

CLASS: Second Class Upper

- 1 BABALOLA, Opeyemi Deborah
- 2 BAMIGBADE, Mofiyinfoluwa P.
- 3 FULANI, Oluwakemi Morola
- 4 GEORGE, Divinefavour Chidinma
- 5 NDUKWE, Peace Abigail
- 6 OBELE-CHU, Deborah Nyimeochen
- 7 OTI, Udochukwu Sylvia

CLASS: Second Class Lower

- 1 FASAN, Solomon Adeyemi
- 2 NDUDIM, Nkechinyere Elizabeth
- 3 OJO, Enoch Ayomide
- 4 OLUBOBA, Tomilade Omowonuola
- 5 SAMUEL, Anjolajesu Adeyinka

POLITICAL SCIENCE

CLASS: First Class

- 1 ALO, Isaac Wemuchua

CLASS: Second Class Upper

- 1 AMBI, Alpha Zanto
- 2 GBENGA-SALAKO, Feyintoluwa
- 3 PHILIP, Pwanora Mana

CLASS: Second Class Lower

- 1 AHARANWA, Divine Chibueze
- 2 AKINYEMI, Oladimeji Babafunmi
- 3 ALADE, James Opeoluwa
- 4 DINGAMAJI, Gideon Abel
- 5 EJIRE, Oreofe Pelumi
- 6 IBIOBAMIMO, Dorcas Treasure
- 7 MOGBOLU, Nesochi Immanuel
- 8 OMONYI, Oluwafemi Daniel
- 9 TOGUN, Damilola Iyanuoluwa

PSYCHOLOGY

CLASS: First Class

- 1 AKUBOH, Benjamin Mopa
- 2 KPOLUGBO, Ejiroghene Sophia
- 3 OLADOKUN, Itunuoluwa Olayimika
- 4 ONYEMERE, Mkpuruoma Adaeze
- 5 OSIYOKU, Eniola Temiloluwa
- 6 SHORUNMU, Mariam Oluwaseun
- 7 UKACHI-NWATA, Chidiuto Ifeoma

CLASS: Second Class Upper

- 1 ADEDURO, Toluwanimi Sarah
- 2 ADEYEMI, Titilope Mary
- 3 ALABI, Olivia Yetunde
- 4 ALUKO, Temitola Oluwadamilola
- 5 BALOGUN, Toluwanimi Faithful
- 6 DURODOLA, Bolaji Omotere
- 7 ISHOLA, Moyinoluwamilogo Love
- 8 IWUANYANWU, Mmesoma Jane
- 9 JUWAH, Naomi Nkem
- 10 NDAHI, Esther Mitu
- 11 OGWO, Chiemena Bethany-Zoe
- 12 SHABI, Toyosi Victoria
- 13 SHAMMAH, Emmanuella Sophia
- 14 SOWEMIMO, Toluwanimi Kehinde
- 15 YUSUF, Oluwagbotemi O.

CLASS: Second Class Lower

- 1 AJAGBE, Toluwalase Praise
- 2 BAMGBOYE, Mofeoluwa Abiola
- 3 DAWODU, Adebisi Tracy
- 4 JATAU, Nissi Sim
- 5 OKEKE, Adaora Regina

ACCOUNTING

CLASS: First Class

- 1 ABADONI, Grace Ifeoma
- 2 ADENIRAN, Oluwadamilare A.
- 3 ADENIYI, Oluwatosin Peace
- 4 ADENIYI, Temiloluwa Grace
- 5 ADERIBIGBE, Eunice O.
- 6 AKINGBELURE, Adenike-Oloro Faith
- 7 AKINTELU, Mary Mofiyinfoluwa
- 8 ANASONYE, Chidinma Divine

- 9 EBUBE, Amanda Chukwunonso
- 10 EFGHERIMONI, Ejiro Deborah
- 11 EVBOGAME, Kanyinsola Busayo
- 12 FOLORUNSO, Akingbola David
- 13 GIWA, Olasubomi Maimunat
- 14 IDOWU, Theophila Adesola
- 15 IKEAGBO, Jessica Chinonso
- 16 JARIKRE, Victor Emamoke
- 17 MOMODU, Success Olohije
- 18 MOZIE, Zikora Benedicta
- 19 OBI, Sopuruchi Dumebi
- 20 OGU, Tamaramiebi Oluwafunmilayo
- 21 OGUNDIRAN, Feyikemi Fiayosola
- 22 OKOJIE, Ebosetale Favour
- 23 OKORO, Chukwudi Julius
- 24 OKUTU, Tamaraebi Rita
- 25 OMITOGUN, Olamide Precious
- 26 OROGUN, Daniel Oluwatimilehin
- 27 OROVWIRO, Rhoda Ejiroghene
- 28 SHOBANDE, Olaoluwa Rebecca
- 29 UCHENDU, Davidmark Chinedu
- 30 UMEALAJEKWU, Chinemelum Mmesoma, Flora
- 31 UWAECHIE, Marvelous Isioma
- 32 YEMI-RABIU, Boluwatife Grace

CLASS: Second Class Upper

- 1 ADEDEJI, Mofikioluwa Adejumo
- 2 ADEPOJU, Adegoke Olaoluwa
- 3 AFOLABI, Ajibola Christianah
- 4 AGUWUOM, Chidaalu Ikenna
- 5 AGWU, David Chukwuma
- 6 AJIBOLA, Okikiola Oluwadamilola
- 7 AJIGBON, Oyindamola Oroluwa
- 8 AJILORE, Egunoluwa Onaopemipo
- 9 AKINBAMILOWO, Olabode David
- 10 ALEKE, Tobiloba Chieloka
- 11 ALIYU, Blessing Abolade
- 12 ANDU, Oluwaseyifunmi Babatunde
- 13 ANYALAK, Faith Luka
- 14 AYENI, Christopher Oluwaseyi
- 15 DEELE, Karasira Caleb
- 16 EDEM, Ubongabasi Offiong
- 17 EKANEM, Ifiok Monday
- 18 FATOGUN, Ayomide Olayinka
- 19 IBIWOYE, Josephking Ayomide
- 20 IDOWU, Olabisi Grace
- 21 JOHNSON, Peace Ngozi
- 22 LEWIS, Anita Olaide
- 23 MACHE, Vanessa Onyinyechukwu
- 24 MIKE-NWOKE, Writney Onyinyechukwu
- 25 NUKA-NWIKPASI, Barilebu
- 26 NWANERI, Irene Chizzara
- 27 OBOH, Oghenetano Orevaoghene
- 28 ODOGBILI, Evans Ekenemuchukwu
- 29 OJO, Emmanuel Ayotomiwa
- 30 OKOGBO, Glory Omorodion
- 31 OLATONA, Praise Moyinoluwa
- 32 OLATUNDE, Babafemi Bernard
- 33 OLAYODE, Ayomide Ruth
- 34 OLOGUN, Deborah Kanyinsola
- 35 OMIRIN, Adebobola Abigail
- 36 ONASANYA, Folabomi Adewunmi
- 37 ONOJA, Blessing Ikojo
- 38 OWOLEKE, Ifeoluwa Ruth
- 39 SHINADE, Gideon Adeseye
- 40 SOBANDE, Omokolade David
- 41 TAIWO, Egunoluwa Ruth

CLASS: Second Class Lower

- 1 ADEKOYA, Praise Oluwadamilade
- 2 ADEYEMI, Adewunmi Iseoluwa
- 3 ADUROTA, Oluwafemi Samuel
- 4 AKINNIYI, Olawale Emmanuel
- 5 AKPOBARO, Efemena Daniel
- 6 ARANSIOLA, Oluwatise Ezra
- 7 DOKOT-JOSEPH, Rejoice Amina
- 8 EIGEGE, Opyotu Ben-Esther
- 9 EZE, Precious Amarachukwu
- 10 EZELIBE, Chibuikwe Raphael
- 11 GEORGEWILL, Sophie Tamunotonte
- 12 IGUISI, Peace Itohan
- 13 IRUOBE, Dominion Okhai olawale
- 14 MENAKAYA, Dawn Chinenye
- 15 MILLER, Precious Isioma
- 16 MIRUBOR, Nyerhovwo
- 17 NJEMANZE, Pamela Kelechi
- 18 NSOFOR, Ebube Israel

- 19 NTUI, Richard Omang
- 20 NWANERI, Danni Uzochi
- 21 OGUNJUJIGBE, Timilehin James
- 22 OGUNKOYA, David Olaoluwa
- 23 OKUNUBI, Adekunle Temitope
- 24 OLABIRAN, Kofoworola Morenike
- 25 OMOYIOLA, Ayotunde Emmanuel
- 26 OSIKHENA, Daisy Blessing
- 27 QUICK, Stephanie Ross
- 28 UDOH, Mfon-Abasi Emmanuel
- 29 UMANA, Kufreutit Anietie
- 30 YUSUF, Lydia Adashu

CLASS: Third Class

- 1 FALUYI, Ayomide David
- 2 OJOKUTU, Israel Adeoluwa
- 3 OYEGO, Oluchukwu Cynthia
- 4 OYEMADE, Isaiah Taiwo

BANKING AND FINANCE

CLASS: First Class

- 1 AJALA ADEBOWALE, Iyanuoluwa F.
- 2 CROMWELL-AIGBOKHAN, Claire E.
- 3 SANDJONG-YOBA, Tiffany Ingrid
- 4 WALTER, Joanna Enyemam

CLASS: Second Class Upper

- 1 AGU, Sophia Ifeyinwa
- 2 ANIMALU, Ifunanya Obianuju
- 3 EBILOMA, Faith Ojochenemi
- 4 ELUJOBA, Oluwasheye Christiana
- 5 ENAIBRE, Favour Kesiena
- 6 EZELE, Ngozi Rejoice
- 7 EZENWA, Chisom Praise
- 8 LAWAL, Richard Adekunle
- 9 MAJEMITE, Favour
- 10 MAKINDE, Damilola Ayomiposi
- 11 OBIEKWE, Chidimma Precious
- 12 OKON, Lilee Peter
- 13 OLABODE, Olamiju Sophia
- 14 OLAYIWOLE, Opemipo Moses
- 15 OPARAOCHA, Success Uzochukwu
- 16 SHIMA, Angela Iveren
- 17 TOMETI, Esther Oluwafemi
- 18 UWAKONYE, Adaobi Chiamaka

CLASS: Second Class Lower

- 1 ENEMCHUKWU, Miracle Amarachukwu
- 2 OCHAPA, Benjamin Unogwu
- 3 OWOADE, Toluwalope Deborah

CLASS: Third Class

- 1 UZOMA, Prince divine Chukwuebuka

BUSINESS ADMINISTRATION

CLASS: First Class

- 1 ADEYEMI, Mercy Eternami
- 2 EKPEMIRO, Chimdindu Chimdimma
- 3 IBENEKE, Nwabundo Stephanie
- 4 KUFORJI, Iyanuoluwa Ibukunoluwa
- 5 NNAEMEKA, Chioma Glory
- 6 OJUGBELE, Temiloluwa Aminah
- 7 UGURJI, Chidera Tovia
- 8 UMEZO, Amaka Joy
- 9 WAKA, Thebest Nnekama, janefrances

CLASS: Second Class Upper

- 1 ABIODUN, Adeolu Joshua
- 2 ADENUGA, Favour Ayomide
- 3 ADIGUN, Oluwadamilola Opemipo
- 4 ADIMEKWE, Chisom Elizabeth
- 5 AKADIRI, Anuoluwapo
- 6 ALLEN-AKINFENWA, David Akinlolu
- 7 BAJOWA, Adedamola Olamide
- 8 ENUMAH, Amarachi Victory
- 9 ETOKAKPAN, Angel Usiere
- 10 ISIMOYA, Priscillia Oghogho
- 11 ITEIRE, Orezina Alvina
- 12 LAWAL, Dorcas Olasubomi
- 13 NWAZOTA, Triumph Ifechukwu
- 14 NWOKEDIKE, Favour Chinzam
- 15 NWOSISI, Edmund Somtochukwu
- 16 OGUNSANYA, Ayoyimika Seide
- 17 OKONKWO, Emmanuel Adeoluwa
- 18 OKOYE, Donald Odilichukwu
- 19 OLUFAYO, David Ayodeji
- 20 OMIJEH, Amanda Itohan
- 21 PAUL, Faith Iyefu
- 22 UDOH, Joy Kufre

RESIDENCE INN & APARTMENTS

DESCRIPTION

A well furnished 4-bedroom fully detached duplex in a serene and well-secured estate for short let.

The service apartment duplex is at
Road 6, House 14,
Williams Agangan Street, Greenland Estate Olokonla,
Off LBS, Lekki Ajah.

PRICE

N80,000 per night with power

Property Features:

- Wine bar • Well interlocked compound • Carport • Gatehouse • Gym
- 1500 KVA generator • Family Sit out Tent • Water treatment plant
- Sewage disposal • 24/7 Power supply • Green Area • Fitted Kitchen • Furnished

Property Details:

Detached Duplex Bedrooms (4)
Bathrooms (4)
Toilets (5)
Parking spaces (4)
Furnishing Finished total area (600sqm)

Interested in this property?

Call owner: 08052224445, 08052224522, 09054854000

WhatsApp: 08064646475, 08052224445





UNDERGRADUATE BY DEGREE CLASSIFICATION

- 23 UZOR, Chimdi Christopher junior
24 UZORNWANNE, Chinonye Lorina

CLASS: Second Class Lower

- 1 ADAKPO, Ogheneovo Divine
2 AIGBIEMOLEN, Martin Efe
3 CHEKWUME, Nonso Moses
4 CHUKWUANI, Michael Nnamdi
5 EMEGHARA, Brian Chiagozie
6 HARUNA, Dominion Immanuel
7 IYANGBE, Naomi Nakoamen
8 OKOLO, Somtochukwu Angelica
9 OKON, Itorobong Praise
10 OLAYINKA, Faith Oyinkansola
11 ONWUCHEKWA, Chidiebere U.
12 OZONYIA, Ekene Favour
13 TIMOTHY, Edidiong Joseph
14 WRIGHT, Emmanuel E. Bidemi

INDUSTRIAL RELATIONS AND HUMAN RESOURCE MANAGEMENT

CLASS: Second Class Upper

- 1 ADESANYA-TAIWO, Yanmife O.
2 ALAO, Ifedapo Ugonna
3 AYOBANJO, Ewaoluwa Odunayo
4 BAMGBOSE, Olawunmi Ashley
5 BAMISHILE, Chenaniah O.
6 BENJAMIN, Chisom Precious
7 DOSUNMU, Ayomide Aishat
8 EJINKEONYE, Ekpereamaka Ruth
9 EMEGHALU, Ogochukwu Stephanie
10 ESAN, Anuoluwa Ayomide
11 HIGGWE, Ibiso Henry
12 KOGOLO, Michael Chinedu
13 NYENGIDIKI, Achusin Laurel
14 OBASOHAN, Wonder-Lois O.
15 OBODOZIE, Favour Echicheoma
16 OGAN, Sophia Efe
17 OKEOWO, Titilope Olutola
18 OKODUWA, Cyril Odianosen
19 OLADUNNI, Abioye Oluwatosin
20 OLAJIDE, Oluwanifesi Ayomide
21 OLUWAFEMI, Aderinola Elizabeth
22 OMUNAGBE, Esther Inioluwa
23 OROKUNLE, Jonathan Olaoluwa
24 OSAGHAE, Nosagie Ambassador
25 OSHILARU, Temiloluwa Emmanuel
26 PAUL, Chinaza Favour
27 UMANAH, Ememobong O.

CLASS: Second Class Lower

- 1 EKE, Eghosa Emmanuel
2 GLADSON, Victory Chikaru
3 HARRY, Okwuchi Blessing
4 IYEMIFOKHAE, Azeezat Wuraola
5 NWANKWO, Ifeanyi Francis
6 OFAGBOR, David Oluwatobi

CLASS: Third Class

- 1 AKIWOWO, Oluwatunmise Atinuke
2 AYI, Amazing grace Andokie
3 ELELE, Ifunanya Rita

MARKETING

CLASS: First Class

- 1 AITO, Enoma Naomi

CLASS: Second Class Upper

- 1 AGU, Ifunanya Jessica
2 AYO-OGUNKEYE, Fayokemi Abisola
3 BADEJO, Oluwatobiloba Modupe
4 EMORE, Emuesiri Frances
5 EZEJI, Anjo Daniela
6 IHENKONYE, Onyekachukwu F.
7 JOSEPH, Abraham Medugu
8 NWANUGO, Francisca Obumneme
9 YAKUBU, Jacob

CLASS: Second Class Lower

- 1 MARTINS, Judah
Oluwapamilerinayo

- 2 MBAH, Emmanuel Chukwuemeka
3 ORUNJA, Abidemi Moyosore

DEMOGRAPHY AND SOCIAL STATISTICS

CLASS: Second Class Upper

- 1 MINNA, Favour Ebruphioghene
2 UGWU, Chinweotito Favour

CLASS: Second Class Lower

- 1 KOPDUNGA, Mbizum Gift
2 MENINWA, Precious Chinedu

CLASS: Third Class

- 1 EZENWA, Kenekchukwu Alexander

ECONOMICS

CLASS: First Class

- 1 AKINGBADE, Akindeji Iyanuoluwa
2 ASHILERE, Anita Blessing
3 AWA, Victor Chika
4 EMEHINOLA, Oluwadarasimi O.
5 FAULKNER, Oluranti Rachel
6 MADUEKE, Emmanuel A.
7 OBATA, Ifeanyi Isioma
8 OBODO-ELUE, Ikenna Joseph
9 OGELE, Precious Chinyere
10 OGUNWALE, Olorunsogofunmi O.
11 OJUTIKU, Orejesu Eunice
12 OLATOYE, Adegboyega Daniel
13 OLUWATUYI, Olubunmi Ebonoluwa
14 UDUMA, Kelechi Amarachi
15 WORGWU, Haoma

CLASS: Second Class Upper

- 1 ACHILE, Caleb Ugbedeajo
2 ACHONWA, Gift Foluke
3 AFOLABI, Victoria Oluwabukola
4 AINA, Temitayo Dorcas
5 AKIN-ADESINA, Adeola Mary
6 AKIN-EGBEDEYI, Emmanuel O.
7 AKOLOKWU, Osameya Shed
8 AKPA, Samuel Ojonugwa
9 ASHOGBON, Adedamola Temitope
10 ATEWE, Mercy Uyai
11 AWOFIRANYE, Adedoyin Ade
12 AYOADE, Eniola Victoria
13 BAWA, Jesse Tsentuam
14 DUGERI, Mary Faustine
15 EBOH, Emmanuella Ebube
16 EKWUNO, Uche Joy
17 ELENLU, Chinaza Ugorji
18 EREKPAINE, Otega Tiffany
19 EZGBUNAM, Ekene Chiamaka
20 EZENWA, Nancy Amarachukwu
21 FASAN, Ayomide Joys
22 ISICHEI, Faith Ifechukude
23 JAMES, Oowo Laura
24 MICHAEL, Marvellous-God David
25 NDU, Troop Chiziterem
26 NKWODIMMAH, Hillary Chigoziri
27 OGBEREKARE, Steven Okeoghene
28 OGUEGBU, Chikamsa Favour
29 OKOYE, Daniella Chinelo
30 OKPAHEIFUFUE, Faith Owajumayi
31 OLAYINKA-BELLO, Adeleke Israel
32 OLUGBODI, Itunuoluwa Ephraim
33 OMOPO, Oluwatofunmi Mogbon
34 ONYIA, Chimeremiheoma Ngozi A.
35 SALAMI, Opeoluwa Joshua
36 USIFO, Samuel Eromosele
37 UYANWANNE, Ifeanyichukwu P.
38 WOKOMA, Shalom Tamunotonye
39 YONGO, Alzira Sarah

CLASS: Second Class Lower

- 1 DUZE, Victory Aigbodesi
2 ISIUWE, Ifeoma Vanessa
3 MADUEKE, Chidubem Jesophat
4 NWEKE, Elvis Udochukwu
5 OJUKWU, Joseph Nkachukwu

- 6 OKEKE, Franklin Chidera
7 OKWUJI, Priscilla Nkechi
8 OLUWASHADE, Oluwadamilola O.
9 ONU, Tobechukwu Ginikachukwu
10 ORJI, Peace Chinwe roseline
11 USHEMU, Ogheneakpobo

CLASS: Third Class

- 1 IGBONGI, Ene Oche
2 NDIULO, Favour Chiamaka
3 OLUFOLABI, Jesudade Adebayo

MASS COMMUNICATION

CLASS: First Class

- 1 ADESOPE, Taiwo Temitope
2 EGBE, Emmanuella Osarumwense

CLASS: Second Class Upper

- 1 ABIMBOLA, Oluwafikunmi Esther
2 ADESANYA, Simisola Omolabake
3 ADEYEMI, Anjolaoluwa Ayomikun
4 AHAMS, Precious Chizoro
5 AJAYI, Boluwatife Mosunmola
6 AKINDELE, Olamide Esther
7 AKINTOLA, Omobolanle Christiana
8 ATAH, Joy Ojochide
9 EHIGIATOR, Judith Imade
10 EKWERIKE, Chisom Ann
11 ENEBI, Ojonugwa Joy
12 ENEGHALU, Somtochukwu O.
13 ESSIEN, Edidiong Uduak
14 ESSIEN, Ubokabasi Faith
15 IGE, Favour Oluwatomisin
16 LUCKY-ADISHI, Precious Nwaoma
17 MAHA, Angel Praise
18 MEMEH, Kikachukwu Ewere
19 NWFOR, Ogechukwu Joyce
20 NWOGU, Chidalu Ebube
21 OBAFEMI, Praise Oluwafolakemi
22 OJO, Toluwanmi Dorcas
23 OKOH, Precious Okeoghene
24 OKORIE, Chinonye Dorcas
25 OLADAPO, Boluwatife Precious
26 OLUBANKOLE, Gift Opemipo
27 ONI, Faith Tunmise
28 ONWE, Queen Oheji
29 ORANYE, Ifeyinwa Esther
30 OSA, Esosa
31 OWOEYE, Mowaninuolaoluwa O.
32 OWOLABI, Favour Oluwanifesi
33 OWONIBI, David Anuoluwapo
34 OYELADE, Joanna Oluwakemi
35 SAMUEL-UGWUEZI, Ozioma O.
36 SHOKALU, Favour Toluwalope
37 THANKGOD, Blossom Tochi
38 TOBIAS, Aminaguodo
39 UFOH, Hannah Nkechi
40 UMARU, Dorcas
41 UMORU, Emmanuella Victoria
42 UMOSEN, Unwana Foyinsola
43 USIDAME, Kingdavid Okhuoya
44 UZORH, Josephine Chinwendu

CLASS: Second Class Lower

- 1 AGBAKWU, Kosiso Precious
2 AJALA, Eniola Oluwaseun
3 ALALADE, Mayowa Korede
4 DAISI, Flourish Oreofe
5 EFFIONG, Iniobong Nkechi
6 ESEDAI, Gold Imaobong
7 MICHAEL, Joseph Chivonem
8 MOKELU, Ifeoluwa Rachael
9 NNAMAH, Jessica Chiamaka
10 NWANGWU, Obiora Chukwunonso
11 NWITE, Juliet Ngozi
12 OBU, Chidinma Precious
13 OKON, Dayeobong Michael
14 OLASOJI, Omotayo Pearl
15 OLUSANYA, Paul Ayomide
16 OYEDELE, Oluwakemi Anuoluwapo
17 TIMBUODO, Dyinlayifa Oghenetega
18 UKWUEGBU, Benny Chigozirim

CLASS: Third Class

- 1 ADESAKIN, Temitope Ibukunoluwa
2 ETUKUDO, Edidiong Emmanuel
3 PETERS, Shalom Chinyere

SOCIOLOGY

CLASS: First Class

- 1 ADEBAYO, Rita Ayomide

CLASS: Second Class Upper

- 1 ANIBABA, Ibukunoluwa Jesutofunmi
2 BATURE, Tolulope Deborah
3 EKE, Ugonma Precious
4 FADESERE, Olanike Frances
5 GANTOA, Ogooluwa Jesulayomi
6 IDU, Raphael Oyiwocho
7 JOSHUA, Highpraise Uwanaobong
8 NDIGWE, Chinedu Izuchukwu
9 NLIA, Kelechi Egwu
10 OKOLOBO, Miebaka Elizabeth
11 OKOSUN, Noel Eromosele
12 OLALAYE, Omotola Modupeoluwa
13 OLALAYE, Teniola Peace
14 OLORIFE, Ololo Jesuobuseme
15 ONIMOLE, Deborah Toluwalase
16 PEREIRA, Angelique
17 SHORUNMU, Victoria Airat

CLASS: Second Class Lower

- 1 AFUWAH, Blessing Chukwufunaya
2 AKINPELLU, Esther Abisola
3 AKINSEMOYIN, Daniel Oluwatobiloba
4 BAYODE, Karen Oluwaseyi
5 BELLO, Atinuke Deborah
6 DARAMOLA, Daniel Toluwanimi
7 OMIRIN, Aderinsola Esther
8 ONYEGULI, Chiamaka Rebecca
9 SAMO, Sharon Adetutu
10 TEX-IMABIBO, Favour Orabelema

CLASS: Third Class

- 1 OGBUNACHARA, Michael Chibuikwe

CHEMICAL ENGINEERING

CLASS: First Class

- 1 ABIGHE, Orezimena Oyome
2 AGBI, Ayoola Oluwafunmilayo
3 ILOBINSO, Chinedum Emmanuel
4 JIMOH, Adeoluwa Blessing
5 ODIAKAOSE, Ebubekchukwu Olive
6 ODUBIYI, Ifeoluwa Antonia
7 OGinni, Grace Ayomide
8 OKOYE, Grace Chimedum
9 OLAYIWOLA-BUSARI, Oluwajuwonlo Z.
10 UBONG, Princess Gladness

CLASS: Second Class Upper

- 1 ABU, Solomon Enejo
2 ADEGBILE, Emmanuel Oluwasegun
3 ADEGOROYE, Toluwan Othniel
4 ADEKANLE, Adebola Queen
5 AJIBOLA, Ademola Khalih
6 AKANJI, Samuel Inioluwa
7 AKPAN, Inemesit Happiness
8 BURAIMOH, Kehinde Patricia
9 DANGS, Panman Samuel
10 DAVID, Stellamaris Victor
11 EMAH, Hope Usen
12 ENUKA, Adaugo Mary-Frances
13 EYESAN, Amajuoritse Joseph
14 EZE, Joseph Udochukwu
15 FERNANDEZ, Toluwalase Esther
16 HABEEB, Ayomikun Abdulwahab
17 HASSAN, Yebtemiya Judith
18 IGE, Faith Oluwanifemi
19 IJAGBEMI, Korede Rejoice
20 IYASELE, Osazemhen
21 KURE, Justin Weynom
22 MBANUSI, Chioma Precious
23 MUSTAPHA, Oluwatomisin
24 NWANKWO, Maureen Chinaza
25 NWOKO, Anita Chigozirim
26 NZEKWE, Anita Chidiogo
27 OBIAKONU, John Ugochukwu
28 OGUERI, Enyinna Victor
29 OKUNADE, Oreoluwa Boluwatife
30 OLANIYAN, Ifeoluwa Favour
31 OLULESHO, Stephanie Ifeoluwa
32 OVIE, Favour Esse
33 OWOICHO, Isaac Alfa
34 WABARA, Clara Chisom

CLASS: Second Class Lower

- 1 AJAYI, Ayomide Oluwasina



UNDERGRADUATE BY DEGREE CLASSIFICATION

- 2 BAKRE, Boluwatife Moshood
- 3 BELLO, Abiodun Olamilekan
- 4 CLEMENT-EGBEKE, Kelechi
- 5 DENNAR, Chijioke Enyinna
- 6 EDUZOR, Ugochukwu Kenneth
- 7 ETEMIRE, Oghenefegor Clinton E.
- 8 EYO, Elijah Utibe-Abasi
- 9 EZEMA-KALU, Nnadozie Sylvanus
- 10 FABANWO, Timilehin Joseph
- 11 KOMOLAFE, Divine Peter
- 12 LAWRENCE, Mary Chinomnso
- 13 OFOGBU, Chibuikem Kennet
- 14 OGBUIGBO, Chijioke Henry
- 15 OKONKWOR, Victor Uzorma
- 16 OLULOLA, Oluwatobi Opeoluwa
- 17 ONUORAH, Chinazor Arinze
- 18 OSHINAIKE, Oluwafemi Isaiah
- 19 TITILAYO, Korede Michael

CIVIL ENGINEERING

- CLASS: First Class**
- 1 ABRAHAM, Udochukwu Daniel
 - 2 ADEOTI, Kimberly Oluwatomisin
 - 3 AKIN-IBISAGBA, Kinfeosoluwa D.
 - 4 AMOO, Ruth Oluwatomilola
 - 5 ANUNIKE, Great Samuel
 - 6 ANWULIDIUNOR, Joshua Umeadim
 - 7 IYIOLA, David Olamide
 - 8 NGOCHINDO, Nsisanobari Festus
 - 9 OKPALUBA, Tochi Iruoma
 - 10 UCHIV, Aya Utsue
 - 11 UDECHUKWU, Cheta Henry
 - 12 UNOKIWEDI, Patrick Ogugua

CLASS: Second Class Upper

- 1 ABASIATTAI, Esther Ini-Emem
- 2 ADAMS, Godwin Emmanuel
- 3 ADEGBEMI, Francis Ayodeji
- 4 ADEPOJU, Adedamola Joshua
- 5 ADIGUN, Abdulmalik Oyindamola
- 6 AINA, Oluwale Tolulope
- 7 AKALAMUDO, Daniel Okeoghene
- 8 AKINRINADE, Ayomide Daniel
- 9 ANAGBOGU, Joanne Chidalu
- 10 ASIEBA, Elovina Romolu
- 11 AYANDELE, Babatunde Fortune
- 12 AYOADE, Steven Gbenga
- 13 BADE-ADEBOWALE, Korede A.
- 14 BAGET, Cynthia Pam
- 15 BAVUGA, Bitemya Joshua
- 16 EGWUONWU, Ifeoma William
- 17 EMMANUEL, David Uche
- 18 EZECHA, Chidera Chidiebube
- 19 FAJOBI, Michael Oluwafisayo
- 20 FIYAI, Amarachi Oyinbrakemi
- 21 IBINOLA, Abednego Jaiye
- 22 IHEKWABA, Chukwuemeka Brian
- 23 INYANG, Ekanem Dorothy
- 24 IYENGUNMWENA, Osazuwa B.
- 25 LADIPO, Olamiposi Abraham
- 26 MUSTAPHA, Ali Ehime
- 27 NWANKWO, Goodluck Obinna
- 28 ODUBANJO, Adedolapo Daniel
- 29 ODUNUGA, Babatunde Oluwaseun
- 30 OGUINFITIMI, Oladipupo Samuel
- 31 OKWARA, Ikenna Courage
- 32 OLAWAPO, Barnabas Olumide
- 33 OLOTU, Iwinosha Obafolahan
- 34 OLUYEMI, Folasayo Ayomikun
- 35 ONYEIWI, Manuela Chiwendu
- 36 OREOLUWA, Williams Ibukun
- 37 OYENAIKE, Adewale Bashiru
- 38 SUNDAY, Stephen Bonnet
- 39 SUULOLA, Joshua Olaoluwa
- 40 UYENYI-KALU, George Kelechi
- 41 USUNGEDO, Daniel Thompson

CLASS: Second Class Lower

- 1 AHIKWO, Adinimchukwu Joanna
- 2 AJIOYE, Emmanuel Jesutobi
- 3 DIM, Chika Cyril

- 4 ENEMCHUKWU, Godwill Nonso
- 5 ENOCH, Uchenna Faith
- 6 ODODO, Efemena Eden
- 7 ODUTUGA, Oluwaseun Ladi
- 8 OLADIRAN, Oladayo Joshua
- 9 OLAOBAJU, Oluwafunmilola Adams
- 10 OMISAKIN, Omittuboo Josephine
- 11 ONYEMARI, Caleb Chukwuyem
- 12 OWOADE, Babajide Usman
- 13 SIAWE, Ivan Ebibina
- 14 TAIWO, Oluwademilade Charles
- 15 URUKA, Ikechukwu David
- 16 WHESU, Abdul Olamide

COMPUTER ENGINEERING

- CLASS: First Class**
- 1 AJAYI, Joy Mosope
 - 2 AMA, Victor Chibukem
 - 3 AMECHI, Ulari Omofe
 - 4 AREGBESOLA, Oluwatimilehin O.
 - 5 AYINDE, Oluwatunmise Iteluwakisi
 - 6 BRUCE, Charles Omogbolahan
 - 7 DIMOBI, Chinecherem Stephanie
 - 8 JONATHAN, Amarahokwu Faith
 - 9 ODION, Divinefavour Osasenaga
 - 10 OGBONNA, Chukwudi Ajaero
 - 11 OKIKE, Favour Chinoyem
 - 12 OLALAYE, Ayoola Emmanuel
 - 13 UKOENINI, Uwana Nnana
 - 14 UKPONG, Iniobong Vincent

CLASS: Second Class Upper

- 1 ALABI, Mary Favour
- 2 AMALI, Bobby Inalegwu
- 3 AMENKHIENAN, Favour O.
- 4 ANENE, Chukwunenye O.
- 5 ANITOR, Abraham Onisoaya
- 6 AYANKOYA, David Iseoluwa
- 7 EBUBE, Donald Kenchukwu
- 8 EKPO, Gabriel-Eta Okon
- 9 ENEMARE, Daniel Oseahumen
- 10 ENO, Nyenooke Ubie-Otu
- 11 ESSIENENKAK, Edikan Friday
- 12 EZE, Onyedikachi Rodney
- 13 FRED-AHMADU, Olamide Victoria
- 14 FUBARA, Tamunoloboyeolum Faith
- 15 GODWIN, Osezua Gregory
- 16 IMOUKHUEDE, William Promise
- 17 ISREAL-LAGBOKUN, Olawale J.
- 18 JEGEDE, Oluwaseun Princess
- 19 KOLAWOLE, Oluwakanyinsola T.
- 20 MEJABI, Oluwadurotimi Tamilore
- 21 MICHAEL, David Dave
- 22 NNAMA, Andrea Chisom
- 23 OFFIONG, William Bassey
- 24 OGBODO, Chukwuemeka Emma
- 25 ONYEMA, Daniel Chidozie
- 26 OYELADE, Oluwaseyi Fracness
- 27 PIUS, Samuel
- 28 UGBOMA, Emmanuella Aadaeze
- 29 UKEH, Victor Ugochukwu

CLASS: Second Class Lower

- 1 ABBAH, Samuel Obekpa
- 2 ACHIMI, Dennis Ojodomo
- 3 AGBONDE, Kelvin Eromosele
- 4 BASUO, Biobemoye Junior
- 5 CHUBA-NWENE, Chidubem K.
- 6 EDEWOR, Oghenetajiri Hannah
- 7 EKECHUKWU, Kennedy Chijioke
- 8 FAMOROTI, Oluwaseyi Daniel
- 9 FOLORUNSHO, Joseph Olamide
- 10 IGBOKWE, Joseph Chukwuemeka
- 11 ITUH, Nicol Ignatius
- 12 IWEALA, David Kelechi
- 13 NWABUEZE, Chukwuemelie Obed,
- 14 NWACHUKWU, Emmanuel Chidi
- 15 OBI, Ebube Samuel
- 16 ODUNUGA, Tioluwani Oluwatomi
- 17 OGUNTOLU, Shalom Folayan
- 18 OJAYEMI, Olufemi Emmanuel

- 19 OKECHUKWU, Excel Chukwuka
- 20 OKHIFO, Elvis Ehizojie
- 21 OKPALA, Christopher Chukwu
- 22 OLAREWAJU, Victor David
- 23 OLATUNBOSUN, Treasure-Praise O.
- 24 OLOMO, Rachael Ayobami
- 25 OMOEFE, Ewomazino Stephen
- 26 OZOWARA, Victor Ifeanyi
- 27 SHOBOWALE, Ayomide Oluwaseun
- 28 SOBANDE, Oluwasimisola Ola
- 29 TEMIEDE, Emmanuel Ese-Oghene
- 30 UNDIYAUNDEYE, Jeremiah Abeila

CLASS: Third Class

- 1 EKPO, Jolayemi Uchenna

ELECTRICAL AND ELECTRONICS ENGINEERING

CLASS: First Class

- 1 ADEGOKE, Abiodun Abdulahi
- 2 AGU, Jennifer Anwurika
- 3 AJEIGBE, Ifeoluwa Favour
- 4 AKAPO, Oyinkansola Esther
- 5 AKINDIPE, Anjolaoluwa Daniel
- 6 AMAHA, Irene Ifeoma
- 7 AMOO, Rachael Oluwatomisin
- 8 ANICHO-OKORO, Chiamaka C.
- 9 EHIREMHEN, Oseiwe
- 10 EZENWANNE, Ebubechi Emmanuel
- 11 IDOWU, Ademola Adewunmi
- 12 MACPEPPLE, Tamunoibienye J.
- 13 MOZIE, Chinaza Daniella
- 14 OJINAKA, Godsreal Oluebube
- 15 OKUSANYA, Ademiloluwa Eburn
- 16 OLUTOLA, Moyinoluwa Ire
- 17 OLUWATEGBE, Tobi Segun
- 18 SOYEBO, Ibukun Joshua
- 19 WILLIAMS, Chibuzor Toluwalase

CLASS: Second Class Upper

- 1 ADEYANJU, Adedamola John
- 2 ADEYEMI, Adeoluwa Abraham
- 3 AFIA, Hebron Joseph
- 4 AGABI, Allison Eghierua
- 5 AJAYI, Praise Taiwo
- 6 AKEREDOLU, Gbenga Emmanuel
- 7 AKINYEMI, Ayomipo Oluwanifemi
- 8 ALADE, Adonis Abimbola
- 9 AMLABU, Kolade Emmanuel
- 10 ATEJI, Emmanuel Abayomi
- 11 AYEGBA, Abraham Joheobe
- 12 AYENI, Isaac Olamide
- 13 BEN-EBONG, Bennett Emmanuel
- 14 DIAGBONYA, Faith Imuetinya
- 15 EDEWOR, Uyoyou Jesutooni
- 16 ENANG, Joseph victor Ita
- 17 ESIN, Miracle Winston
- 18 ILODIJUBA, Victor Nnamdi
- 19 INAJU, Mitchel Ojochekpa
- 20 IYALAGHA, Emmanuel Tamara
- 21 JULIUS-OKO, Kukeunim Andokie
- 22 KELANI, Benjamin Oyodele
- 23 MAGANDA, Gyang Bennet
- 24 MOLOKWU, Ebube Jessica
- 25 MONEHIN, Feyisolu Diceolu
- 26 MORAWO, Boluwatife Ayooluwa
- 27 NWACHUKWU, Okechukwu Ike
- 28 NWUNE, Charles Onyeka
- 29 OKOYE, Chidubem Valentine
- 30 OLADAPO, Olakunle Ayomide
- 31 OLADEJO, Oluwatosin Mercy
- 32 OLIE-SILAS, Samuel Ifeanyi
- 33 OLOMU, Marioghae Chidera
- 34 OLRUNFEMI, Adegboyega Solo
- 35 OLUMBA, Chibuka Favour
- 36 ONYENZE, Chibueze
- 37 OPUSUNJU, Sofiri Wilson
- 38 OROH, Oshiokehale Habeeb
- 39 OSIH, Osemeke Emmanuel edward
- 40 UYEBANJO, Joshua Ilerioluwakiiye
- 41 UKANDU, Ugochukwu Favour
- 42 YOUNG, Fortune Tiyoabasi

CLASS: Second Class Lower

- 1 ABHULIMEN, Desmond Uwa
- 2 ABIOYE, Timothy Olatunji
- 3 ADEOLUWA, Isaiah Tofunmi
- 4 ADETIFA, Oluwale Emmanuel
- 5 AKINROLABU, Oluwatomiwa J.

- 6 AKPATA, Samuel Toritsemotse
- 7 ASOWO, Oluwaseyi Ayomide
- 8 AYENI, Oluwatosin Oluwapelumi
- 9 CHIEMEKE, Chukwudumebi
- 10 EGBEYEMI, Gbikeloluwa
- 11 EGHWRUDJAKPOR, Oghenefejiro P.
- 12 EKOH-CHUKWUKELU, David Nnamdi
- 13 EMMANUEL, Peter
- 14 EZEKIEL-HART, Victor Nengi
- 15 IGE, Bolu Simon-Peter
- 16 IJEZIE, David Chijioke
- 17 IMIYOHO, Jesse Ekemini
- 18 ISANG, Abasiofon Edet
- 19 MALACHY, Williams Chukwuebuka
- 20 MIKE-EWEWEI, David Oselumese
- 21 NWACHUKWU, Chidiebube Godwin
- 22 OBA, Divine Ololade
- 23 OBAFEMI, Divine favour Oluwasegun
- 24 OGBE, Grace Ene
- 25 OKEKE, Chukwubukem Samuel
- 26 OKU-ASUQUO, Ako Victoria
- 27 OMOKHUALE, Austin Onosemudiana
- 28 OSUJI, Chiemezie Charles
- 29 OYEWOLE, Jeremiah Akinola
- 30 UTOMI, Olisebuka Victor
- 31 UYUOKO, Etimbuk Solomon

INFORMATION AND COMMUNICATION ENGINEERING

CLASS: First Class

- 1 ADEBAYO, Chibundum Oluwanipinmi
- 2 AMADI, Chukwudimma Lawrence
- 3 ARAUSI, David Uzoezi
- 4 OGUNLEYI, Bamidele Michael
- 5 ONAJINRII, Oluwakemi Mabel
- 6 ORUKOTAN, Oluwatobiloba Timothy

CLASS: Second Class Upper

- 1 ABIOYE, Abigail Fortress
- 2 ADAMA, Dr. Iel Enemona
- 3 ADETONA, Ademola Adegboyega
- 4 AGBEDE, Omidia Olutayo
- 5 AKINDELE, Olalekan Opemipo
- 6 AKIN, Kelvin Ndirfreke
- 7 AKPENGBE, Ofure Ayibaye
- 8 AMOTSUKA, Joan Apugha
- 9 ATOHENGBE, Jenevivi Osa
- 10 DOGUNRO, Oluwatobiloba Segun
- 11 EKWENIBE, Adaobi Barbara
- 12 EMELERETA, Oke-Oghene Hannah
- 13 IDOWU, Eburnoluwa Opeyemi
- 14 IKE-AGBO, Sylvester Chinaza
- 15 ITAKPE, Emmanuel Anuoluwa
- 16 JAGUN, Oluwasetemi Temilade
- 17 OCHOGU, Obinna Chukwuemeka
- 18 OGUNDELE, Joshua Iyanuoluwa
- 19 OLADIPUPO, Godson Mofifoluwa
- 20 OLADUNNI, Oluwatimilehin Emma
- 21 ONAOKO, John Iyinoluwa
- 22 ONUWAH, Obinna Peter
- 23 ORIAKU, Ogeya Chinapa
- 24 OSEDEME, Kenose Ekaose
- 25 SANI, Faith Ajifa

CLASS: Second Class Lower

- 1 ADEMESO, Joseph Similoluwa
- 2 AKANBI-FAMOJURO, Adegboyega A.
- 3 ALONGE, Joy Oluwatoju
- 4 AMIOLEMEN, Eric Oseriere
- 5 ANYAOGU, Chisimdiri Chiherebama
- 6 AZUBUIKE, Chinatu Wisdom
- 7 DARAMOLA, Oluwabusola Esther
- 8 EMEME, Tochukwu Ebuka
- 9 ENI, Ukiwo Roland
- 10 IDUNORBA, Victoria Ngochukwuka
- 11 MOSES, Chukwuebuka Quincy
- 12 OKOSUN, Precious Omonefe
- 13 OLANIYAN, Emmanuel Adeyemi
- 14 OLULAYE, Olumide Olawale
- 15 OWOBI, Bernard Okibe
- 16 OYINWVI, Emuejevoke Hazel
- 17 UGWU, Collins Chineche
- 18 WOGU, Precious Damilola Ojiugo

MECHANICAL ENGINEERING

CLASS: First Class

- 1 AYOTAMUNO, Christopher Miebaka
- 2 CHIMA, Prince Chibudom
- 3 DOUGLAS, Leslie Ndubuisi



UNDERGRADUATE BY DEGREE CLASSIFICATION

- 4 EZEKIEL, Victor Uchechukwu
- 5 EZIKE, Gift Ebuka
- 6 FAGOYINBO, David Arthur
- 7 FASHANU, Fayokanmi Samuel
- 8 IFEZUE, Sophia Angel
- 9 IKUEROWO, Temitayo Ojuetimi
- 10 IROANYANWU, Chinazon Victor
- 11 LAOYE, Toluwaniemi Jessica
- 12 MGBEOKWERE, Chimdindu Edison
- 13 NWACHI, Daniel Oziomachukwu
- 14 ORHEVBA, Amanda Oluwadamilola
- 15 OTI, Amarachukwu Joshua
- 16 PEPPLA, Balafama Apiafi
- 17 TEJUOSHO, Adedapo Samuel

CLASS: Second Class Upper

- 1 ADARAMAJA, Boluwarin Pelumi
- 2 ADEBAYO, Oluseyi Olufemi
- 3 ADEMIGOKE, Moyinoluwa Emma
- 4 ADERIBIGBE, Akinlabi Vincent
- 5 ADEYEMI, James Ayodeji
- 6 ADEYENI, Emmanuel Erokunrun
- 7 AJOKU, Nkemjika Nnamdi michael
- 8 AKINFAYE, Collins Demilade
- 9 AKINRINOLA, Ireoluwa Akinkunmi
- 10 AKUJIEZE, Chukwuemerie T.
- 11 ALUKO, Oladipupo Onyedikachi
- 12 AMEH, Ojima
- 13 ANYAEGBUNAM, Chukwuemeka D.
- 14 EDDIE-HARCOURT, Idanijiye
- 15 EMEKEME, Awwerosuo Godstime
- 16 ESSIEN, Asher Roland
- 17 EYENOR, Anointed Emeka
- 18 FAGBENRO, Adeola Chukwuebuka
- 19 FASOLA, Samuel Oluwatoowo
- 20 GBEWORO, Oyintonbra Oyinidinepre
- 21 IBEMORAH, Arinze Emmanuel
- 22 JONATHAN, Victor David
- 23 NEKABARI, Favour Nekabari
- 24 NNAERIKKA, Chisom Victoria
- 25 OBIDINMA, Chidiebere Charity
- 26 OBOT, Emmanuel Enobong
- 27 ODUWOLE, Adebayo Oluwaseyi
- 28 OGBOGORO, Manifest Eniwoghale
- 29 OKAFOR, Chiedu David
- 30 OKOI, Daniel Chiemeziem
- 31 OKUNUGA, T. Olawale-Adeboye
- 32 OLA-BRIGHT, Oluwatemi Williams
- 33 OMOTAYO, Adeoluwa Durotimi
- 34 OSEAHON, Oseaga Israel
- 35 OSENI, Oluwatosin Oluwapelumi
- 36 OTUGO, Miracle Olisah
- 37 OYEBANJO, Daniel Adejola
- 38 TETENTA, Tamunowari Chiagozie S.
- 39 TOLU-ALA, Emmanuella Oluwanifemi
- 40 UTEH-OBUSEH, Osuokam

CLASS: Second Class Lower

- 1 ADENOWO, Boluwatife Timothy
- 2 ADOLPHUS-HART, Clinton Adonye
- 3 AGBUGAN, Isaiah Emmanuel
- 4 AGHOGHO, Samuel Omajuwa
- 5 AHMED, Glory Oluwatomisin
- 6 AIYEMOMI, Rereloluwa Favour
- 7 AMADI, Prince Ugochukwu
- 8 APEYO-MATHEW, Caleb Eshemoghie
- 9 ARUEGBE, Georgewill Ikechukwu
- 10 EMELIKE, Chukwuemeka David
- 11 EROMONSELE, Collins O.
- 12 MORONKOLA, Olufolahan Shallom
- 13 NWOKENNA, Chibueze Martins
- 14 NWORAH, Chidubem Henry
- 15 OLISE, Donald Onyekachim
- 16 OVBIAGELE, David Okhai
- 17 OWOH, Ekeminiabasi Itiaba
- 18 OWOLABI, Oluwamayowa Benjamin
- 19 OYENIYI, Oluwanifemi Olusegun
- 20 SALAMI, Abimbola Oluwafikayo
- 21 VICTOR-AKPAN, Samuel Anietie

PETROLEUM ENGINEERING

CLASS: First Class

- 1 ABEN, Cistus Tita
- 2 ADEBOJE, Israel Ifeoluwa
- 3 ADETOLA, Joseph Opeyemi
- 4 AJAYI, Anuoluwapo Francisca
- 5 AKANDE, Ayodeji Michael
- 6 AKPAN, Emmanuel Okon
- 7 EZEANI, Michael Oluchukwu
- 8 GOLLEY, Oghenemine Bekky excel
- 9 IKEORA, Ekene Kelvin
- 10 NYONG, Aferru-Eyo Felix

CLASS: Second Class Upper

- 1 ADEWOYIN, Oluwadara Omotooke
- 2 AINA, Oluwatobiloba Opemipo
- 3 AKA-OKOYE, Amarachi Johanna
- 4 AKINTAN, Oluwatosin Blessing
- 5 ALABI, Oladimeji Victor
- 6 CHIKE, Faith Ekweife
- 7 CHUKWUKA, Somto Victory
- 8 EJIOFOR, Precious Onyinyechi
- 9 EKWERE, Praise Chinaza
- 10 IGBINEDION, Paul Osarumwense
- 11 IYAMAH, Oseremen Eddie
- 12 KUKU, Ayomiposi Olusegun
- 13 NWABUISI, Adimabua Teddy
- 14 NWAFOR, Chinenye Calista
- 15 NWEZE, Ifeanyichukwu Jaachike
- 16 NWOZOR, Ugochukwu Christopher
- 17 OBOMANU, Victoria Athanasius
- 18 OGANLA, Michael Kolawole
- 19 OKUNBOR, Charles Uwaila
- 20 USMAN, Tori Saleh

CLASS: Second Class Lower

- 1 ABODUNDE, Oyinbola Rachael
- 2 AKPAN, Michael Friday
- 3 ALKALI, Favour Susumo
- 4 AMAGWULA, Charles Enebeli
- 5 ANYA, Hillary Ndubuisi
- 6 ARANNONU, Somtochukwu Harry
- 7 AWOKUMAKA, Joshua Minafuro
- 8 BRIGGS, Vincent Adams
- 9 CHIMMUANYA, Favour Chinomso
- 10 ETUGBO, Collins Oghenekeno
- 11 EWUMI, Hilary Oluwadamilare
- 12 EZE, Daniel Chukwudi
- 13 EZE, Jeremiah Ikechukwu
- 14 EZEH, Amarachukwu Taiwo
- 15 FAYOMI, Oluwaseun Oluwaseyi
- 16 FREEBORN, Ejiroghene Audrey
- 17 FREGENE, Oritsegbubemi D.
- 18 IHEKONA, Betty Amarachi
- 19 ITRECHIO, Victoria Joshua
- 20 JEPHTHAH, Nengi jnr Samuel
- 21 MORITIWON, Isaac Eytayo
- 22 NLEBEDUM, Chukwuemeka M.
- 23 NWANKWO, Makuo Henry
- 24 NWAONUMAH, Kenneth Chidubem
- 25 NWAUGO, Chioma Hildamara
- 26 OBUKOFI, Uriroghene Joseph
- 27 OFIME, Smith Ralph
- 28 OGUAZU, Emmanuel Chukwu
- 29 OJO, Oghenemuzakpeme Faith
- 30 OKABIE, Sharon Chibuanyim
- 31 OKIGBO, Obiajulu Mark
- 32 OKOJIE, Jeffrey Osemudiamen
- 33 OKORIE, Anastasia Onyinyechi
- 34 OKOYE, Obumneke Emmanuel
- 35 OLOGBAN, Oritsetsola Oreoluwa
- 36 OSAKWE, Somtochukwu Goodluck
- 37 OWOLABI, Oluwagbemiga Emma
- 38 PARRY-NWEYE, Elliot Eze
- 39 PREBOR, Tamarako
- 40 SEBASTIAN, Uchechi Esther
- 41 TALABI, Temiloluwa Mercy
- 42 TAMANUWA, Shadrach Andrew
- 43 TEGA-OBOH, Elohor Sylvia
- 44 UCHE, Progress Ugochukwu
- 45 UGO-UKEGBU, Chidera Nnamdi

ARCHITECTURE

CLASS: First Class

- 1 ABRAHAM, Ajijolaoluwa O.
- 2 AREMU, Oluwatimilehin Olayemi
- 3 EKUNDAYO, Peace Adedolapo
- 4 EZE, Emmanuel Chimere
- 5 JOHNSON, Oluwapelumi Peace
- 6 LILLY-TARIAH, Biobebe
- 7 OLUKAYODE, Bisola Grace
- 8 OYENIRAN, Oladipupo Oluwatimilehin

CLASS: Second Class Upper

- 1 ADELE, Ngozi Stephannie
- 2 ADENIYI, Temidayo Oreoluwa
- 3 AIHEVBA, David Osam
- 4 AIYEMOMI, Inioluwa Sarah
- 5 AKINBOYO, Fadekeji Esther
- 6 AKWUKWAEGBU, Onyenmeri V.
- 7 AREMU, Ayodeji Samuel
- 8 AYOOLA, Folarin Similoluwa
- 9 BOJUWOYE, Praise Iyanuoluwa
- 10 DEDEKE, Sharon Ogoooluwakiitan
- 11 ECHENDU, Chidubem Elvis
- 12 EKWERE, Enobong Mfon
- 13 EMUAN, Vanessa Aigbebemen
- 14 EWUOSO, Esther Ayomide
- 15 EYO, Medarabong Uko
- 16 IDAKWOJI, Isaac Eneojufedo
- 17 IROGBU, Chijioko Nneka oti
- 18 MOBOLAJI-SANNI, Oluwaseyi A.
- 19 MOSUGU, Osewamonetona M.
- 20 NDUKA, Dike Miracle
- 21 OBIJIOFOR, Ifechukwu Uzochukwu
- 22 OBON, Uddy Uko
- 23 OLAREWAJU, Victory Olaitan
- 24 OLUKEYE, Oluwasemilore Olajide
- 25 OMOKANYE, Lois Adeife
- 26 OMOLEWA, Temidayo Opeyemi
- 27 OYEWOLE, Oluwatise Samuel
- 28 SOLARIN, Oluwakanyinsola Imma
- 29 TONY-EIGBOKHAN, Ehizomo Helen
- 30 WATEGIRE, Samuel Omatseye

CLASS: Second Class Lower

- 1 EKPA, Abasi-Ifreke Ifreke
- 2 EMEJE, Iko-Ojo Elisha
- 3 OKUBANJO, Victor Oluwatomide
- 4 OLADEJO, Caleb Temitope
- 5 OLUWATUYI, Omolabake Wonuola
- 6 OLUWOLE-WISE, Gideon Femi
- 7 TAIWO, Jesutomi Timothy
- 8 UMO, Annie Nkese

BIOCHEMISTRY

CLASS: First Class

- 1 EPELLE, Tamunoboma Emmanuella
- 2 OLENLOA, Emmanuella O.
- 3 OLUMUYIWA, Shirley Oluwatobi

CLASS: Second Class Upper

- 1 ANIAKOR, Helen Chidimma
- 2 AWOGU, Chukwudumebi Valerie
- 3 CHIMUANYA, Rita Chisom
- 4 FAGBORE, Feyisope Daibi
- 5 ITINA, Gloria Aniedi
- 6 ODUNGIDE, Emmanuel Okon
- 7 OLAWUYI, Gbemileke Shukurat
- 8 OMAGA, Blessing Ehi
- 9 OSAKWE, Ebubechukwu Lota
- 10 OYETUNJI, Ibukunoluwa Einstein
- 11 TENIOLA, Kikiola Stella

CLASS: Second Class Lower

- 1 BASSEY, Elizabeth Emmanuel
- 2 DALYOP, Noro Miriam
- 3 LAYOLE, Modupe Precious
- 4 OSEHA, Oyinkansola Ejide
- 5 OWOJUYIGBE, Israel Olajide
- 6 PETERS, Damilola Omolola
- 7 UCHE-EZEBUNAM, Onyinye W.
- 8 UMOREN, Itoorobong Akachukwu

CLASS: Third Class

- 1 MODEBELU, Tochukwu Ebele

BIOLOGY

CLASS: First Class

- 1 ADENIJI, Hephzibah Tolulope

- 2 ILOH, Ekene Valerie

CLASS: Second Class Upper

- 1 IFEBEM-EZIMA, Audrey Mfon

CLASS: Second Class Lower

- 1 BABAJIDE, Wuraola Ruth
- 2 BOLADE, Abimbola Odunayo

MICROBIOLOGY

CLASS: First Class

- 1 ADETOLA, Helen Morenike

CLASS: Second Class Upper

- 1 AJAH, Amanda Amarachi
- 2 AJAYI, Olamiposi Divine-Joy
- 3 AKOMOLAFE, Moyinoluwa Elizabeth
- 4 EZI-UMEONU, Menuchim
- 5 INIAMA, Comfort Emmanuel
- 6 OBI, Nkem Covenant

CLASS: Second Class Lower

- 1 ALALE, Tamarakuro
- 2 DUKE-INYANG, Sharon Orak
- 3 ITA, Ruth Damilola
- 4 MOHANYE, Nnedinma
- 5 ODEYEMI, Anuoluwapo Oluwatoyosi
- 6 OKONWANJI, Aadaeze Tobechukwu
- 7 TIMOTHY, Jennifer
- 8 UMANA, Unwana Iniobong

CLASS: Third Class

- 1 BABALOLA, Jenyokale Samuel
- 2 EMOH-ROBINSON, Victoria Blessing

BUILDING TECHNOLOGY

CLASS: First Class

- 1 METU, Chimuanya Lotanna
- 2 OJO, Boluwatife Oluwatobi
- 3 ORAFIDIYA, Oluwalobamise Deborah
- 4 OWOADE, Semilore Isaac

CLASS: Second Class Upper

- 1 ADEKUNLE, Timothy Opeoluwa
- 2 ADGIDZI, David Abundance
- 3 AGBAJE, Abiola Joshua
- 4 AKANBI, Emmanuel Toluwani
- 5 AKHIGBE, Osegie Emmanuel
- 6 ANYANKA, Chigemezu Dan-Elvis
- 7 BALOGUN, Adedeji Lawson
- 8 BAYODE, Deborah Olayemi
- 9 EKURI, Favour Ononse
- 10 EYAFE, Ogheneruese Ogheneyoma
- 11 FRANK-OYEOLA, Oluwaseun Mayowa
- 12 INAM, Faith Courage
- 13 KALEJAIYE, Adebayo Abidemi
- 14 KOLAWOLE, Folajimi David
- 15 LABARI, Paul
- 16 MIKE-EJEZIE, Ugochukwu Udokanma
- 17 MORDI, Chukwuma Cyril
- 18 ODEBIYI, Moyosoreoluwa Tobiloba
- 19 ODUSOLA, Mojisola Oluwabunmi
- 20 SHAW, Oluwaseun Kasope
- 21 UZOMA, Chidera Clinton

CLASS: Second Class Lower

- 1 ADEBOYE, Ifeoluwa Val
- 2 ADINDU, Mmamma Favour
- 3 BAKARE, Oreoluwa Alhamdu
- 4 ESSIEN, Stella Unwana
- 5 EZENNA, Izuchukwu Martins
- 6 OBUVIE, Opeyemi Joshua
- 7 OLEAH, Ifechukwude Marshall
- 8 ONWUMERE, Amarachi Judith
- 9 UDOH, Ephraim Albert

INDUSTRIAL CHEMISTRY

CLASS: Second Class Upper

- 1 ALEMETO, Oluwatobi Chiwendu
- 2 ANASIEZE, Nwamaka Sharon
- 3 IDOGAR, Francis Justus
- 4 ISIAH, Henry Adimchinobi
- 5 IWU, Wisdom Chinedu
- 6 OMARAM, David Chidera
- 7 RAHMAN, Tolulope Hajarar
- 8 YUSUF, David Demilade

CLASS: Second Class Lower

- 1 GBOYEGA, David Ifeoluwa



UNDERGRADUATE BY DEGREE CLASSIFICATION

- 2 MOKWE, Ifeanyichukwu Sarah
- 3 OBADINA, Oluwatemiola Remilekun
- 4 RANDLE, Kingsley Iremide

COMPUTER SCIENCE

CLASS: First Class

- 1 ADEJOH, Nathaniel Onuche
- 2 ADEJUGBE, Adedamola Oyibusola
- 3 AKERELE, Oladipupo Emmanuel
- 4 AMOO, Daniel Ayomide
- 5 ANI, Chidera Priscilla
- 6 ASAKA, Ewerekchukwu Favour
- 7 BADEJO, Olabanji Olawale
- 8 CHRISTOPHER, Divine Chibuogum
- 9 EBRESAFE, Oghenewogaga Joshua
- 10 EKPOKPOBE, Davidson
- 11 EMENIKE, Ugochi Chidindu
- 12 ENILOLOBO, Eniola Israel
- 13 GODWIN, Efuaye Stephanie
- 14 OJEBBA, Reginald Oziozia
- 15 OJO, Oluwafisayomi Dorcas
- 16 OKORIE, Progress Obinna
- 17 OLAOYE, Olabisi Esther
- 18 OLAWALE, Mobolaji Opeoluwa
- 19 OLUWATEGBE, Pelumi Ayomikun
- 20 OLUWUNMI, Olusiji Mololuwa
- 21 OMOSOWON, Boluwatife Ifeoluwa
- 22 SAMO, Ayoola Oluwapelumi
- 23 SOMOYE, Mayomiwa Demilade
- 24 UDECHUKWU, Chinenye Adanna
- 25 UDOAKA, Abasi-akan Emmanuel
- 26 UKOHA, Chinonso Precious

CLASS: Second Class Upper

- 1 ABIMBOLA, Daniel Serantioluwa
- 2 ABIMIKU, Oshla Simon
- 3 ADEBOWALE, Charles Adebayo
- 4 ADEDEJI, Andersen Omololu
- 5 ADEFIHAN, Damilola Ademola
- 6 ADEGBITE, Oluwaferanmi Olalekan
- 7 ADEKANYE, Oyinloluwa Jeremiah
- 8 ADESİYUN, Oluwasemilore Oyinlode
- 9 ADZUFEH, Teyi Victor edikan
- 10 AFOLABI, David Olatunji
- 11 AKIOYE, Oluwatobi Stephen
- 12 AMANABO, Favour William
- 13 BABS-OGUNLEYE ADEGBOLA, S.
- 14 BANKOLE, Temitope Ayomide
- 15 CHUKWU, Gabriel Uzoma
- 16 DIM, Chidiebube Victor
- 17 EJIOFOR, Valerie Ojinika
- 18 EZEALA, George Onyebuchi
- 19 EZEAMUZIE, Godstar Ihechukwu
- 20 FADERIN, Eniola Ikwo
- 21 FESTUS-OLALEYE, Moyosore Aanu
- 22 IBEH, Ebubechukwu David
- 23 IBIWOYE, Joshua Adewuyi
- 24 IDOWU, Esther Oluwaseyi
- 25 LIADI, Akorede Mueez
- 26 NWANGUMA, Victor Ikechukwu
- 27 ODILI, Kamsiyo Henry
- 28 OGOLEH, David
- 29 OJIEABU, Ebaiide Oluwaperosayemi
- 30 OJO, Adedoyin Deborah
- 31 OJO, Demilade Ayomide
- 32 OJO, Oluwaseyi Shadrach
- 33 OKERE, Chidera Macanthony
- 34 OKUKU, David Utibe-Abasi
- 35 OLADAPO, Timilehin Bolaji
- 36 OLUDIPE, Oluwasubomi Emmanuel
- 37 OLUSEGUN, Olayinka Emmanuel
- 38 OLUYORI, Oluwagbemiga Benjamin
- 39 ONWUBUYA, Ronald Ekamagule
- 40 OSAGWU, Great Chukwunweike
- 41 OYALEKE, Mayowa Ayomide
- 42 OYEWUMI, Gbemisola Oluwagbemiga
- 43 URIAS, Malchiel Ed

CLASS: Second Class Lower

- 1 AGOZIE, Chikaodili Favour
- 2 AJAWU, David Ajawu

- 3 AJIBOLA, Ayomipo Oluwanifemi
- 4 AJISEBUTU, Odunayo Precious
- 5 AKINWA, Rotimi Eniola
- 6 AMAKIRI, Samuel Bomate
- 7 CALEB, Joshua Utibencobasi
- 8 DEIN, Samuel Benadoumene
- 9 FASUGBA, Ayomide Paul
- 10 KALEJAIYE, Oluwamayowa John
- 11 OFEM, Obasiotani Basse
- 12 OGUNFUWA, Ibukun Julius
- 13 OKEKE, Ifeanyi Mandela
- 14 OLUSEUN, Oluwadamilola Emma
- 15 OLUWAWOLE, Theola Jemima
- 16 SHOGBANMU, Oluwatobi Olyemii
- 17 TAIWO, Adebola Temitope

MANAGEMENT INFORMATION SYSTEM

CLASS: First Class

- 1 ADETUNJI, Samuel Oluwatosin
- 2 AKINOLA, Ebuloluwa Olajumoke

CLASS: Second Class Upper

- 1 ABE, Daniel Jesuloba
- 2 ADEBESIN, David Boluwatife
- 3 ADEJUMO, Oluwadamilola Aderiike
- 4 ADEKO, Omotola
- 5 ADEKOYA, Jayeola Omolade
- 6 ADELEKE, Olamide Dolapo
- 7 AJADI, Oluwaseyi Kehinde
- 8 AWODERU, Oluwaseyi Iyiola
- 9 BENJAMIN, Vincent Joseph
- 10 DADA, Mogboohunoluwa Dara
- 11 ELEGBERUN, Olorunnishola Emma
- 12 FASHOLA, Oluwatobi David
- 13 ISMAIL, Motunrayo Oluwatofunmi
- 14 IWUEGBU, Precious Ozichukwu
- 15 KEKEOCHA, Glory Ndumbuchi
- 16 MAJOROH, Oghenetega Tobore
- 17 MARTINS, Jonathan Adedeji
- 18 MENE, Amajuritse Lucia
- 19 NWABOKU, Kolisenye Julia
- 20 NWOKOLO, Chiedu Emmanuel
- 21 OBASEKI, Nathaniel Osayomore
- 22 OGUMA, Akpos
- 23 OGUNPOLA, Ogooluwa Peace
- 24 OKWU, Cynthia Oluchi
- 25 OLUFEMI, Joshua Oluwaseni
- 26 ONAJOBI, Boluwatife Eniola
- 27 ONUOHA, Akunna Theresa
- 28 UNEZE, Mercy Chiamaka

CLASS: Second Class Lower

- 1 ADESHINA, Samuel Oluwaseyi
- 2 AKINMULEWO, Oluwayemi Joyce
- 3 IGWE, Chisom Joyce
- 4 MAMMAN, Jude Caleb
- 5 MUTFWANG, Enoch Caleb
- 6 NNUBIA, Chidera Emmanuella
- 7 OGELENYA, Daniel Edwin
- 8 OGOLIEGBUNE, Jeremiah Ife
- 9 OLANIREGUN, Ayoola Christopher
- 10 OMIUNU, Ohioze Alex
- 11 OSAI, Tochukwu Godsfavour
- 12 OVUAKPORIE, Champion Efe
- 13 TABUANU, Robor Emmanuella

ESTATE MANAGEMENT

CLASS: First Class

- 1 ADEWUYI, Favour Mololuwa
- 2 FRANK-AMADI, Favour Ebuka
- 3 OPARA, Peter Chidozie

CLASS: Second Class Upper

- 1 ANUMOKA, Victory Mmesoma
- 2 ASHINZE, Ikechukwuka Ashley
- 3 DAUDA, Kathryn Olayemi
- 4 OKE, Damilohun Mary
- 5 ONYECHI, Obinna Kaosiso
- 6 UMEZURIKE, Chinyere Sarah

CLASS: Second Class Lower

- 1 NWSOU, Kenenna Chinedu

INDUSTRIAL MATHEMATICS

CLASS: First Class

- 1 BOLUWAJOKO, Anjorooluwa E.

CLASS: Second Class Upper

- 1 ACHUGBU, Henry Oluchukwu
- 2 ANENE, Glory Nnedinma
- 3 ARIYO, Ademidun Oluwafolakemi
- 4 AROGUNDADE, Michael Ajibola
- 5 DAWODU, Oluwatosin Abimbola
- 6 EGAH, Daniel Owhlama
- 7 EGBUDDOM, Raphael Chidindu
- 8 ENGWORO, Gentle Paul
- 9 ENUKA, Amanda Nkemdirim
- 10 EZEJI, Ango David
- 11 EZENKWE, Adaeze Maryjoseph
- 12 LAWSON, Oladipupo Gabriel
- 13 NWAGU-OKENWA, Daniella Akachi
- 14 OBIORA-OKAFO, Ifeanyichukwu S.
- 15 OBOMINURU, Jane Oghenerukevwe
- 16 OFFIAH, Ifeanyi Benjamin
- 17 OLATUNJI, Olakunle Emmanuel
- 18 UMOH, Nsikan Basse

CLASS: Second Class Lower

- 1 ABIBO, Theodore Tamunioibumi
- 2 ADELAJA, Mosopefoluwa Olaoluwa
- 3 AKINSOLA, Boluwatife Esther
- 4 ALE, Oluwabori Victor
- 5 ANYADIOHA, Andre Chidera
- 6 AWE, Oluwatamilayo Helen
- 7 BAKARE, Oluwatofiyinfun Olumide
- 8 DANYE, Victor Davou
- 9 EGBAYELO, Ayomide Emmanuel
- 10 ETUK, Aniemabasi Ruby
- 11 EZEH, Ugonna Idowu
- 12 FADIPE, Adeola David
- 13 FEMI-APATA, John Ibukunoluwa
- 14 IBEGBU, Kosiso Christabel
- 15 IJEZIE, Daniel Ekenedilichukwu
- 16 KAMALU, Chioma Chimere
- 17 LAR, Nankpan Gloria
- 18 MORONKOLA, Olamide Olaoluwa
- 19 NWADIOGOR, Jude Ifeanyichukwu
- 20 ODUARAN, Ewomazino Deborah
- 21 OFUYATAN, Bethel Omobola
- 22 OGUADINMA, Chinonso
- 23 OKEKE, Fortune Ikemefuna
- 24 OKEOWO, Oluwamiwa Deborah

CLASS: Third Class

- 1 AZ-ABIAZIEM, Onyinyechukwu Anita
- 2 NDUKWE, Erme Agwu

INDUSTRIAL PHYSICS

CLASS: First Class

- 1 AIMUDO, Oluwaseyi Sarah
- 2 OKEZIE, Favour Chimdinma
- 3 OSO-OLA, Peculiar Oluwatoni

CLASS: Second Class Upper

- 1 ACHANYA, Angela Onyimowo
- 2 ADEDAYO, Ogooluwa Timothy
- 3 ADENIJI, Ewaoluwa Michael
- 4 AGHOGHO, Emmanuel Omajuwa
- 5 AGIOBU-ALAFUN, Toluwalase Levi
- 6 AJALA, John Oluwasegunfunmi
- 7 AKOMOLEDE, High-Praise D.
- 8 AKUWUDIKE, Elvis Chiebuka
- 9 ANDERSON, One-Oritsebawo P.
- 10 BAMIDELE, Oluwatobi Kehinde
- 11 CHIDI-BERNARD, Emmanuel U.
- 12 CHIJUO, Chinaza Peace
- 13 EKPOH, Emediong Enoch
- 14 EPHRAIM, Edidiong Udosen
- 15 GBENRO, Tolulope Theresa
- 16 JEI, Chukwuaso Elijah
- 17 IMUK, Joseph Iriday
- 18 JIBILA-UMAH, Stella Ola
- 19 MIYANTE, Beulah Isiosuo
- 20 NDUKA, Joseph Okwuchukwu
- 21 OBATARE, Miracle Igbunu
- 22 OBIJAKU, Chidozie Anthony
- 23 OJO, Olumide Anthony
- 24 OKENIYI, Philip Olatunde
- 25 OKON, Mokutima Imoh

- 26 OLOWOESHIN, Mobolaji Raliat
- 27 OZOGBU, Precious Kenechukwu
- 28 PETERS, Uzoma Joshua
- 29 ROKOSU, Kemi Anita
- 30 SHOLOLA, Oluwagbolahan Samson
- 31 SOLEDOLU, Temiloluwa Adebayo
- 32 UBAH, Devine Frank

CLASS: Second Class Lower

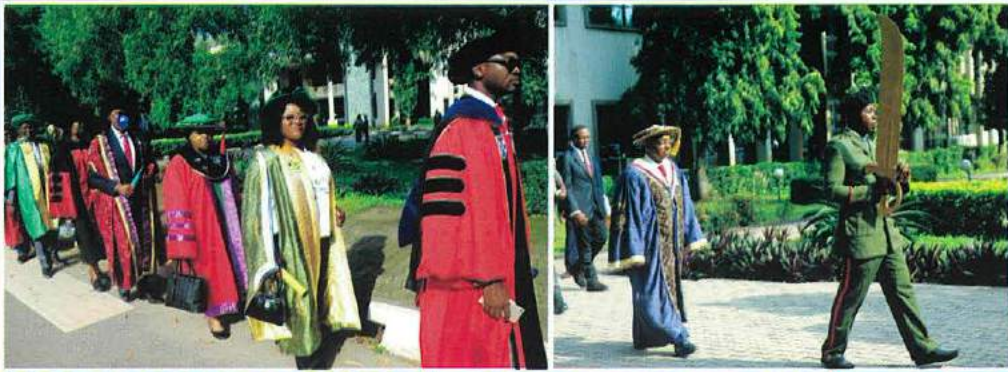
- 1 ADEBARI, Ayomide Adigun M.
- 2 AKINDAPO, Lydia Ifeoluwa
- 3 AKOSUBO, Victor Olaowei
- 4 BRAIDE, Sotonye Medlyn
- 5 CHUKUMAH, Ikechuku Obiajulu
- 6 DANIEL, Ifeanyi Geoge-Emmanuel
- 7 EKEH, Prince Ottobong
- 8 EKELEKHOMEN, Rosemary
- 9 GIDEON, Onyukwu Chigozirim
- 10 HENMAUGO, Taseyon Peter
- 11 IDIO, Dave Edem
- 12 IGWE, David Charles
- 13 KARUNWI, Oluwasegun John
- 14 KAYODE, Peter Olawale
- 15 NNADOZIE, Glory Chiamaka
- 16 OBIRE, Clinton Mudiaga
- 17 OGUNDIMU, Oluwamiwa Oluwagbenga
- 18 OJELABI, Elijah Olamilakan
- 19 OKWUDILI, Chukwuemeka E.
- 20 OLIWE, Nonso Celestine
- 21 ONOKURHEFE, Ophie-Oghene W.
- 22 OPADELE, Victor Onaolapo
- 23 SUNDAY, Obinna Collins
- 24 UGELE, Alfred Somtochukwu

CLASS: Third Class

- 1 AROGUNDADE, Samuel O.
- 2 EZENWOSU, Anthony Chidiebere



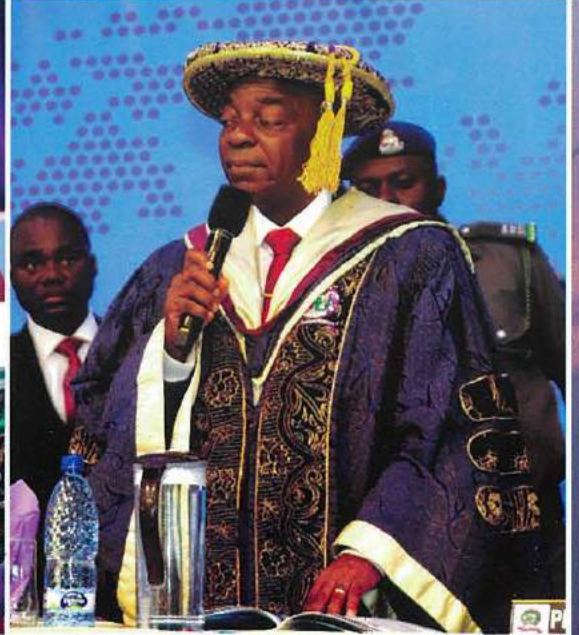
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DRESS AS YOU SHOULD BE *addressed*

By Faithful Asuquo

Everyone always demands a certain amount of respect from the people around them whether they are familiar to them or not and more than half of the time, people treat you based on how you appear especially when you're meeting for the very first time. It is important for us to take into consideration how we dress when we are leaving our homes or comfort zones. If you are going to a public place do not be under or over dressed for any reason; dress to fit every occasion.

For example, what you'd wear to a pool party isn't what you'd wear for regular grocery shopping, what you'd wear for grocery shopping isn't what you'd wear to a dinner party and what you'd wear for a dinner party can't be what you'd wear for a business meeting.

Right now in the world there are different types of dressing styles. Different people have their own variations of their chosen style and a lot of them have done really good jobs in dressing right for each and every occasion whilst maintaining their chosen style, meanwhile others are completely horrible at it.

Covenant University has tried its

best to help curb most of these dressing issues especially with the compulsory rule of wearing corporate attires to any and every formal activity within the school premises including classes, and moderate looking casual attires for any other time; nothing too exposing or revealing to reduce the amounts of unnecessary and uncontrolled desires.

The University has spent the past 19 years forming its rules and teaching her students how to dress and look like the Kings and Queens that they are being trained to be. Some of her students find it annoying but when they step into life outside the four walls of the classroom, they would realise how much help and training they have actually gotten.

We spoke to some students about their opinion on the schools rules regarding dressing and they have requested to remain anonymous. They all spoke their minds but the most common thing that they all agreed on is that "The school rules on dressing is good cause it helps us appear neat and responsible but they should be a little more lenient with most of the rules".

In general, fashion or dressing as a whole should be personalised and as I said earlier, people need to understand the occasion they are attending and dress appropriately for it. ***In order words, dress as should be addressed.***



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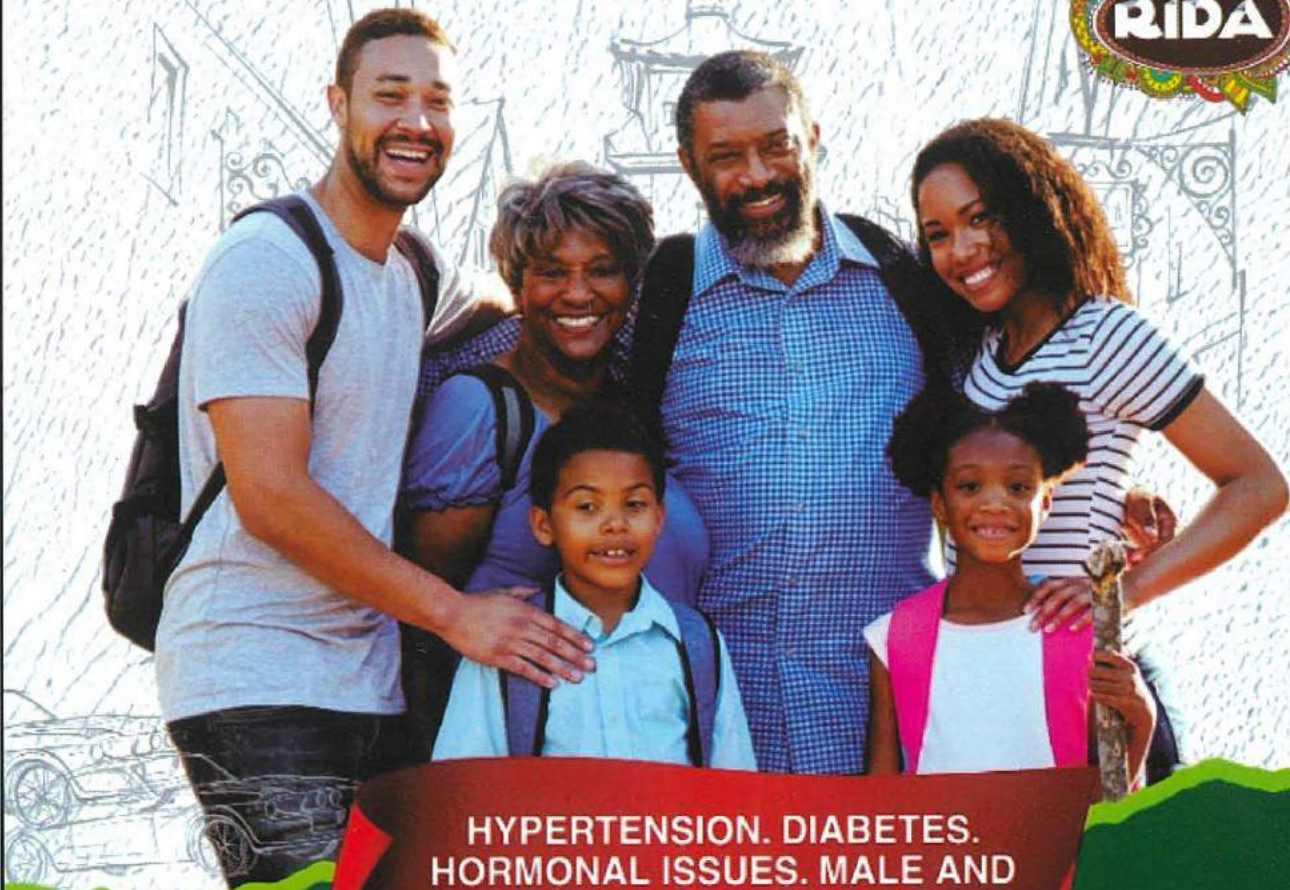
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Trending

Content Creators

in Covenant University

By Maduemesi Chiagozie

Content creating is one of the greatest things that happened to mankind through which you can educate people and also keep them entertained.

In Covenant University, students look out of their way to create content in order to entertain people. In this article, we will take a look at three content creators in Covenant University in order to find out things about them such as how they started and the challenges they have faced creating content in an environment like Covenant University.

(1) RANDOM CANDIE

This 400 level English student named Toluwani Sowemimo has risen to be a content creator you should look out for. She is a makeup artist who doesn't only use make up for 'glam ups' but also uses it as a form of making creative artworks on the face.

Toluwani, who goes by the name Random Candie on Instagram, discovered make up in her 200 level and has fallen in love with every aspect of it ever since. She uses it to express her creativity and how she feels. As a creative and a makeup artist, Toluwani constantly pushes herself to improve in her art as she intends to break every boundary and thought people had about make up that its purpose is just to 'glam up', but rather show that it can also be a form of art.

To improve in her art, she participated in a 30



days make up challenge where she did make up everyday during the lockdown. "Basically what inspired me was the idea I could push myself to do better than last time and that was the period I learnt to express myself creatively. I started working with colors; I was using eye shadow to paint my face".

For Toluwani aka Random Candie, one of her greatest challenges is time. She sometimes finds it hard to juggle content creating with school work. Random Candie considers herself has a "jack of all trades" due to her love and interest in video editing, photo editing, vlogging, writing.

Finally, she advises her younger self to get closer to God earlier because having a relationship with him is one of the most amazing things. "Fortunately or unfortunately I did not have a fantastic relationship with him until maybe like a year or two ago. It's something I wish I started earlier because just having God by your side is an important thing that can help an individual get through life."

(2) KARPANI

Hit by inspiration during the early 2000s Disney Channel days, Karris Ovuru, decided that he wanted to be a singer. In order to turn his dream into reality, he started creating videos and uploading them on YouTube. This decision paid out when he did a video remake of 'Old Town Road' which got about 160 thousand views on YouTube.

This 300 level Electrical Electronics Engineering student is definitely a content creator to look out for on the streets of Covenant University. Talking about his viral video, Karpani said: "I didn't plan to upload it at first; I just got an inspiration to do the video. And usually it's about making good use of opportunities by finding out what is trending at that point so when you create it your video will do well". At the time his video got so many views, he hadn't mastered using YouTube.

Karpani went ahead to debunk the rumor that said Covenant University limits your ideas. For Karpani, when his inspiration comes, he works with what is within his environment, and if he

wasn't in Covenant University, he doubts if he would have done greater things.

For this young singer on the rise, he aims for great heights beyond those Michael Jackson scaled. "I would love to get to Michael Jackson status in the future. If you ask me, he is still one of the greatest performers that have ever surfaced this earth. And the impact he had... imagine turning and people are fainting! He won many awards and gave people joy". He believes that a huge part of Michael Jackson's success was attained through the help of God, which opposes the belief people seem to have that only gospel artists are helped by God.

Furthermore, Karpani opened up on the fact that despite his desire to do music full time because that's his plan, he would rather have God's will concerning his life be done. Finally, he advised young content creators to start. To always take that leap of faith to start making videos, trust God and everything will be fine.

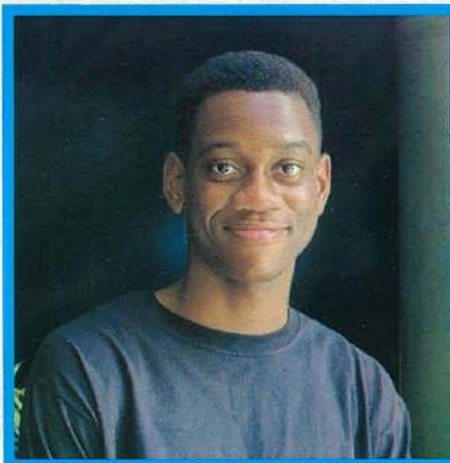
(3) BOLU

Last but definitely not the least, this content creator rose to fame through her entertaining Tiktok videos. Oguntunde Boluwatife is a 300 level mass communication student who discovered her love for TikTok, formerly known as Musically, in her SS1. For Bolu, the TikTok platform was the obvious choice because "my head is this space where I think of weird things to act out so I guess the 30 seconds was enough for me to showcase my weird ideas".

As a TikTok content creator in Covenant University, her challenges stem from some restrictions placed by the university. She said "There are some parts I have to play but then I have to be conscious of the things I wear and I have to be careful with the kind of content I put out there. So, there is this limit because I am always monitored and watched".

Bolu's greatest achievement on TikTok remains a video that had over 100 thousand views and 25 thousand likes. But for now, she focuses her content creation and uploads on Instagram because that's where her follower base is. Her other passions include a love for creating and editing adverts, writing jingles, editing audios, pictures and photography.

Her advice to young aspiring tiktokers is to know the struggle is real. "My guy, just have it in mind that they are people out there doing the same thing you are doing so always try to be different and always stand out".



A

yotunde Bello is an alumnus of Covenant University who rose to fame in 2019 when he produced, acted and

directed Covenant University's first short film titled *Mordi*. Since its release, *Mordi* has gotten global recognition from different movie producers such as Kunle Afolayan.

Bello has worked with different artists and celebrities in the entertainment industry including Grammy award-winning artist Burna Boy (the African giant), Mavins Crew singer *Ayraa Starr*, *Sir Dee* and *Jeff* from the Big Brother reality show. He has also worked for SnapChat, MNET, Vogue and other acclaimed organizations.

From a young age, this star film-maker was drawn to the art which he saw as an "interesting form of expression". Once film-making captured his attention, he began the search for how he could also make his own productions, and once Bello found out how to do so, he put out his "creativity and fell in love with it".

For Ayotunde Bello, working with many artists has opened his eyes and stirred up a deep sense of respect for them as he sees the work they put in, which to him is ten times more than what ordinary people do. In his vast experience

with artists, he specifically loves working with Burna Boy, who according to Bello has positively influenced his work ethic.

In his interview with Stream Magazine, he elaborated on the fact he just took a break from making his own personal films to focus on how to make for others and learn other things and when the right time comes, he will return back to making his own productions having gained even more knowledge and a refreshing of creativity. Bello draws his inspiration from watching movies and seeing what others keep doing as this helps him to learn and find ways he can be better than them.

Furthermore, he spoke on the problem facing Nigeria's film industry. "I think lots of people are trying to make it grow but greedy and egoistic people that are already big in the industry see it as a threat so they try to frustrate their effort."

To cap it off, Ayotunde Bello advises young aspiring film makers to be strategic and diplomatic on the type of films and content they create and the type of people they choose to keep around.

This will help shine a light on them, and reduce the amount of effort needed to be seen and heard by the world. In his own words: "Work really hard to improve your skill and knowledge on film making, there is a lot involved and you must know them well."

My Filmmaking Experience and Relationship With Burna Boy

~Ayotunde Bello

By Maduemesi Chiagozie



LONELINESS AND A RAY OF LIGHT

By ToluBamidele

T

here are some days where we go to sleep with a smile and wake up downcast. We are so energised throughout the day, only to take a five-minute nap and suddenly, there goes five hours. Some days are just like that, we go through our contacts, and everyone seems to be busy. Now we are left to ourselves, in need of someone to talk to. While on some other days, when asked, "How are you?" through the storm of hurt, stress and confusion, we summarise with an "I'm fine" and a smile that must be accompanied by a squint to make it perfectly fake, less we'll be caught.

But being tired and alone doesn't mean you should be depressed. Take in deep breath and read this: **IT'S OK TO BE ALONE**. As a matter of fact, being alone does not make you lonely at all. Michael Josephson would say:

"If you want to be happy, learn to be alone without being lonely. Learn that being alone does not

mean being unhappy. The world is full of plenty of interesting and enjoyable things to do and people who can enrich your life."

Most times, the time we have to ourselves is available for a reason. It could be for self-reflection, rest, creativity, self-development or "people development". Take a peaceful walk down the road, and as you take glances of Mama Patrick selling doughnuts or Tunde's awkward bet shop, ideas can come in as to how to make these people's lives better. Like someone once said, "Be generous with your time and money", even the bible says in Acts of the Apostles "...it is more blessed to give than to receive." So, in that time that you feel a bit left out, why not make someone else feel special, the thrill in their eyes or voice can be rather elevating.

In another scenario when you seem to have a lot to say but do not want to speak or know who to speak to, you can call a friend, mentor, or a parent. But the best thing to ever do is to say a prayer. We

have been given a refuge that brings peace, and this peace surpasses all understanding. We have been given a helper, a comforter, that's ever present. All we need to do is ask, trusting, believing and it's all made available. From the still small voice to the prophesy from another believer to the loving words embedded in the bible, God always has a way of speaking to us. I hope and pray that the light of our understanding be open and the divine relationship with God becomes more than just a religion. Then we can be truly joyful.

Take away scriptures: Psalm 20; 63:6-7; Romans 15:13.

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."

-J.K. Rowling

Don't Forget to Turn On The Light Remember, You Are Never Alone!



ou've probably been wearing that wig for weeks, not to even

mention the cornrows underneath that wig. I know you're tired of that crusty look, well I am too! Look no further and read on! This is your last stop on your hair journey Sis!

Doing your hair can be expensive, surely requires a whole process and most times its VERY stressful. The process usually starts from thinking about the hairstyle, the price, the person for the job and then finally the pain from sitting down for hours! Hair care is the best investment to serve you good looks for a life time.

With that being said I think it's time for you to take a break from getting your hair done. Let that hair breathe girl. Treat your natural hair with all the love and care it deserves, let it be your baby! This article brings you natural hair care tips that can do wonders to your hair health.

Here are the best hair care techniques that will do wonders to your hair:

1. Massage your scalp:

according to research this helps to relieve tension and stress. It increases blood circulation in the scalp. You can use essential hair oils by using your finger tips and applying medium pressure to the scalp.



2. Get enough sleep:

the right amount of sleep allows the body restore itself. As an adult you need at least 7-8hours of sleep



3. Eat healthy:

the health of your hair depends on the type of food you eat. An improper diet will lead to hair problems such as uneven growth, hair fall, dryness, dullness and fizziness. Eat foods rich in protein, vitamin A,B,C,D,E & K.



4. Drink enough water: just like plants,

HEALTHY HAIR

Care

SLAY GIRL, SLAY!

By Eniola Alo

your hair also needs water to grow. Drinking an adequate of water keeps your scalp hydrated and that results in healthier hair.

5. Sleep on satin pillow cases: switch to a silk or satin pillowcase because they create less friction and prevent breakage.

6. Avoid tight hairstyles: this is almost unavoidable but they are really bad and they cause great damage to the hair. They can cause scalp

pain headaches and breakage.

When you start taking care of your hair and you notice the difference you'll never want to stop. Read on for all the inspiration you'll ever need to keep switching things up. You're on the journey to start looking effortlessly beautiful!

Here are some natural hair protective styles to keep you looking classyy:

1. Curly Bantu Knots

While Bantu knots can be worn smooth and sleek, they also look incredible with swooped edges and curls peeking through.

2. Flat Twists

Like cornrows, flat twists are braided onto your scalp. You can wear the twists as is, or do a flat twist to get a more defined twist-out.

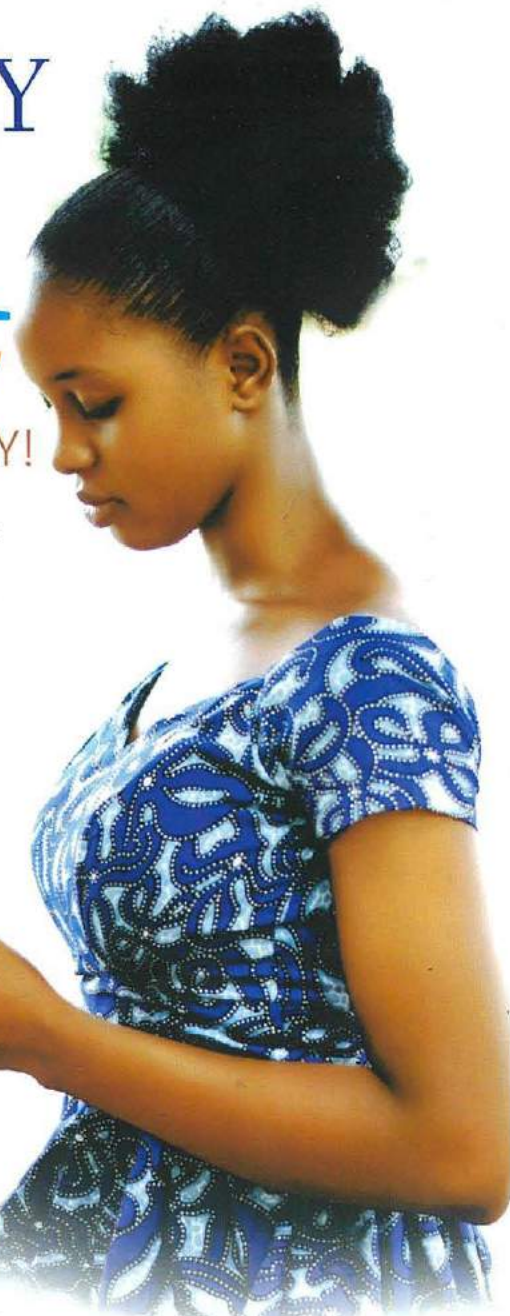
3. Braided High Pony

A sleek, high pony is forever glam. You'll channel your inner Beyoncé by adding a braid to the look.

4. Chunky Twists

I love twists because not only are they a great, low-manipulation style that protects your hair; they can also be styled so many ways for work, going out, or just lounging around.

5. Buz cut/ curly low cut



This look requires a lot of confidence! Showcase that big smile on your face and that chic walk and I'm sure you're good to go. This can be the start of that new healthy growth.

Slay Girl, Slay!
Enjoy Your Healthy Hair





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Why You Need Art:

Powerful Nuggets for Artful Life!

By Damilola Ojo



Like chicken nuggets need fries, I hope this article stirs up the need for art in your life. LOL!

The word "art" has been defined as so many things since its origin as far back as the stone age where cavemen implemented their creativity in the creation of farming/hunting tools to the most recent forms known as contemporary art.

The amazing part of the rigidity in giving art a specific definition is the fact that it means different things to different people, ranging from ethnicity, to means of worship, to history but a binding factor for all of these would be that art is a means of "expression". Unlike the logical parts of life, art isn't restricted, regulated or bound by routine. There is no "right way" of doing it and that's what makes it unique as everyone has a place in art.

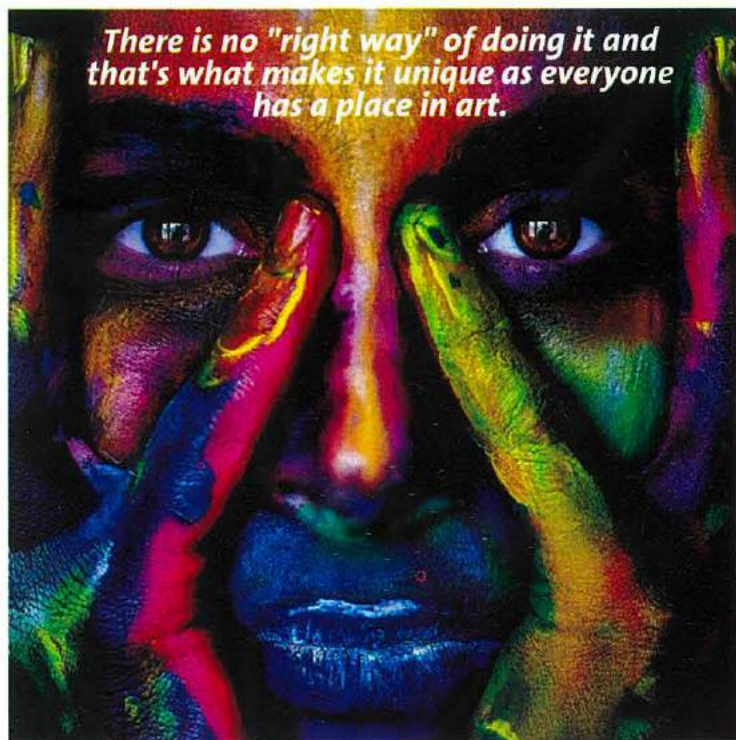
Neuroscience research showing strong connections between arts learning and improved cognitive development. Several studies reporting improvements in cognitive function and self-reported quality of life for older adults who engage in the arts and creative activities, compared to those who do not.

Why do we need art?

Language Development: People making art or just talking about it, provides opportunities to learn words for colors, shapes and action. It allows people from different cultures and different times to communicate with each other via images, sounds and stories. Art is often a vehicle for social change. Art is a means of communication.

Decision Making: According to a report by Americans for the Arts, art education strengthens problem-solving and critical-thinking skills. The experience of making decisions and choices in the course of creating art carries over into other parts of life.

"If they are exploring and thinking and



experimenting and trying new ideas, then creativity has a chance to blossom," says Mary Ann Kohl.

Visual Learning: Drawing, sculpting with clay and threading beads on a string all develop visual-spatial skills, which are more important than ever. Even toddlers know how to operate a smart phone or tablet, which means that even before they can read, kids are taking in visual information. This information consists of cues that we get from pictures or three-dimensional objects from digital media, books and television. Knowledge about the visual arts, such as graphic symbolism, is especially important in helping people become smart

consumers and navigate a world filled with marketing logos.

Inventiveness: When people are encouraged to express themselves and take risks in creating art, they develop a sense of innovation that will be important in their adult lives. "The kind of people society needs to make it move forward are thinking, inventive people who seek new ways and improvements, not people who can only follow directions," says Kohl. "Art is a way to

encourage the process and the experience of thinking and making things better!"

Cultural Awareness: As we live in an increasingly diverse society, the images of different groups in the media may also present mixed messages. "If a child is playing with a toy that suggests a racist or sexist meaning, part of that meaning develops because of the aesthetics of the toy—the color, shape, texture of the hair," says Freedman. Teaching children to recognize the choices an artist or designer makes in portraying a subject helps kids understand the concept that what they see may be

someone's interpretation of reality.

Improved Academic Performance: Studies show that there is a correlation between art and other achievement. A report by Americans for the Arts states that people who participate regularly in the arts (three hours a day on three days each week through one full year) are four times more likely to be recognized for academic achievement, to participate in a math and science fair or to win an award for writing an essay or poem than people who do not participate.

Stream's Art GALLERY



Piece by Victoria, 200level Building technology
Art style: Expressionism, Abstract.
Aspiring Anime/Manga Artist
Contact details.:09077771880
Instagram: @animetafreak or @artsypiggy



Piece by:
Chukwunonso Ashiedu
300level Building Technology

Art style: Digital art
Concept sketch artist

Instagram:
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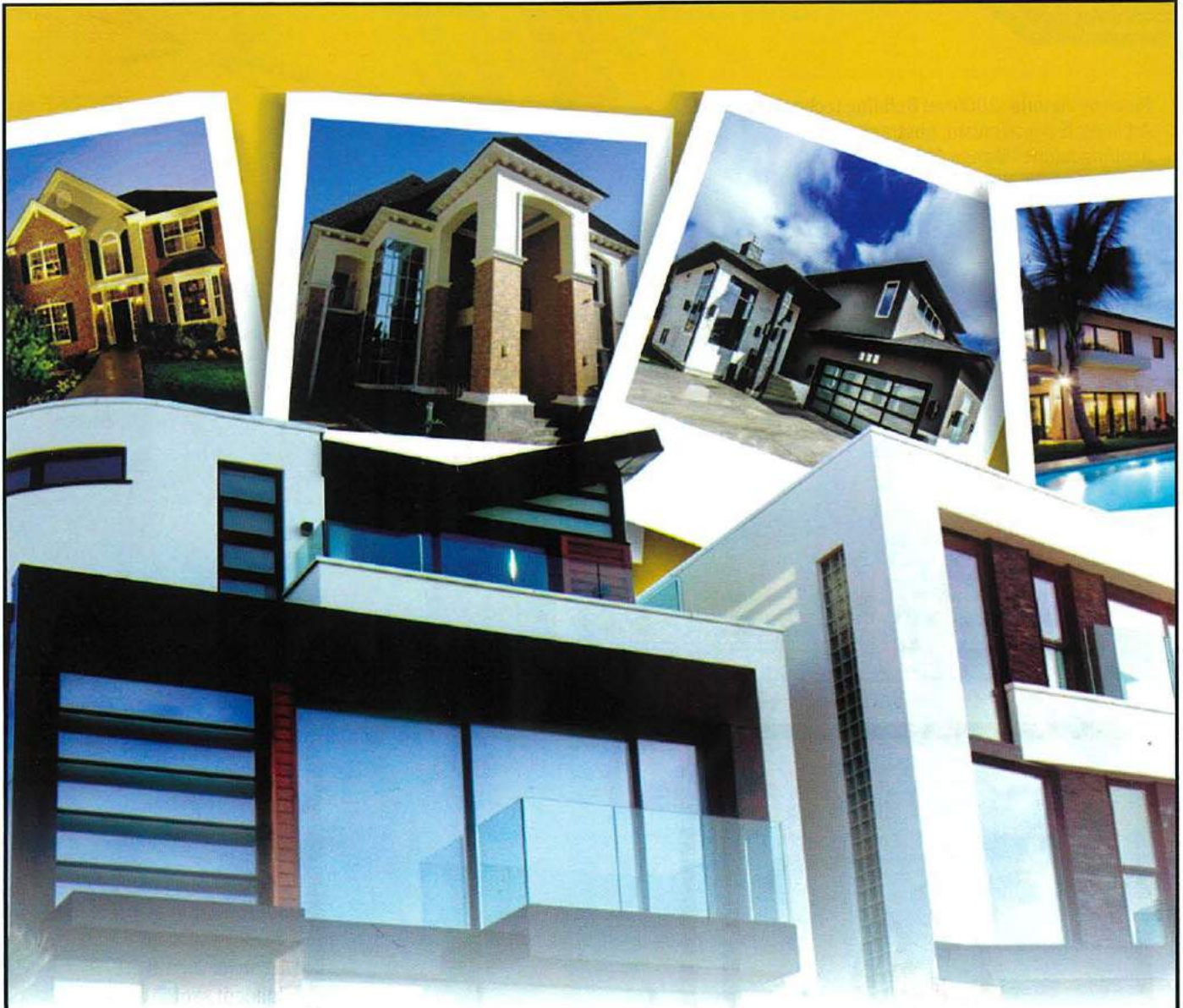
Piece by:
Damilola Paula Ojo
300level Mass communication

Art Style: Abstract, Caricature
and Impressionism sketches
Aspiring minimalist artist

Contact Details.:
09092478711,

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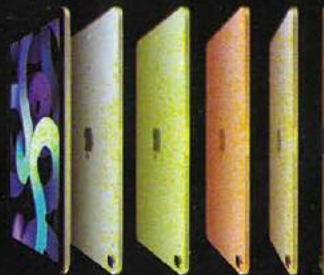
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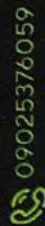


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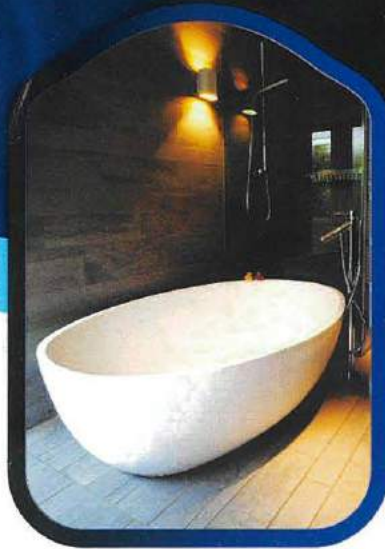
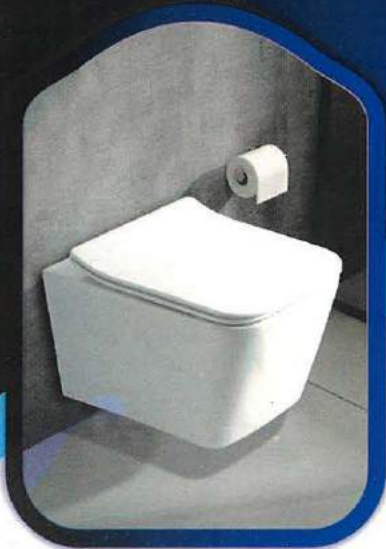
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Stream's Art GALLERY



◀Cont'd from page 71

Piece by: Ola-Oluwa Salami Victoria
300level Applied Biology & Biotechnology
Art style: Realism
Water colour and coloured pencil artist
Contact details: 09017377528
victoriasalami02@gmail.com
Instagram: @art.by.viola



Piece by:
Ojo Feyisola Daisy
200Level International
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Art style:
Abstract & minimalism

Contact details:
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Inspired by the world of voyage

The Art of Recovery

Improving Your Health Through the Arts

By Damilola Ojo

M

ost people hear the word art and the first thing that comes to mind is; Color and then artists, drawings, paintbrushes, paintings, museums etc. Art has however found its way of including itself in every sphere of life starting from nature, music, technology, house decoration and even health which we would be focusing on in the following paragraphs.

Art is said to poses therapeutic benefits which can be seen in its ability to either stir up positive or negative emotions by observing or participating in its creation, appreciation or criticism. The definition of art being an imitation of reality has started fizzling out and it has taken a new definition of being an "expression" of internal feelings manifested in reality. That is an outer manifestation of an inner state, so we have the ability to draw, paint, sing or sculpt our feelings.

When people are said to be expressing feelings, what specifically are they doing? In a perfectly ordinary sense, expressing is "letting go" or "letting off steam": individuals may express their anger by throwing things or by cursing or by striking the persons who have angered them. Art however presents a more productive approach as a coping mechanism in dealing with anger management.

This explains why people with similar health issues/ abuse in their focus group meetings knit wools,

therapy clients are made to paint or draw their mental states and progress achieved, sad songs have the ability to put one in a sad or sentimental mood, the list is endless.

Art therapy is a mental health profession in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem. The goal of this form of recovery is giving you a way to express ourselves beyond words. The most common types of art therapy include; dance therapy, music therapy, drama therapy, expressive therapy and writing therapy.

The techniques used include things like; coloring, sculpting, doodling, finger painting, photography etc. As clients create art, they may analyze what they have made and how it makes them feel. Through exploring their art, people can look for themes and conflicts that may be affecting their thoughts, emotions, and behaviors. Some conditions that art therapy may be used to treat include:

- Aging-related issues
- Anxiety and anger
- Cancer
- Depression
- Eating disorders
- Emotional difficulties

- Family or relationship problems
- Medical conditions
- Psychological symptoms associated with other medical issues
- Post-traumatic stress disorder (PTSD)
- Psychosocial issues
- Stress
- Substance use disorder

However, these are some benefits from studies;

- In studies of adults who experienced trauma, art therapy was found to significantly reduce trauma symptoms and decrease levels of depression.
- One review of the effectiveness of art therapy found that this technique helped patients undergoing medical treatment for cancer improve their quality of life and alleviated a variety of psychological symptoms.
- One study found that art therapy reduced depression and increased self-esteem in older adults living in nursing homes.

The good news is that you do not need to be artistic to start art therapy, all you need to do is just start! Be open and give yourself to the world of expression in your journey to purging negative and imbibing positive emotions.

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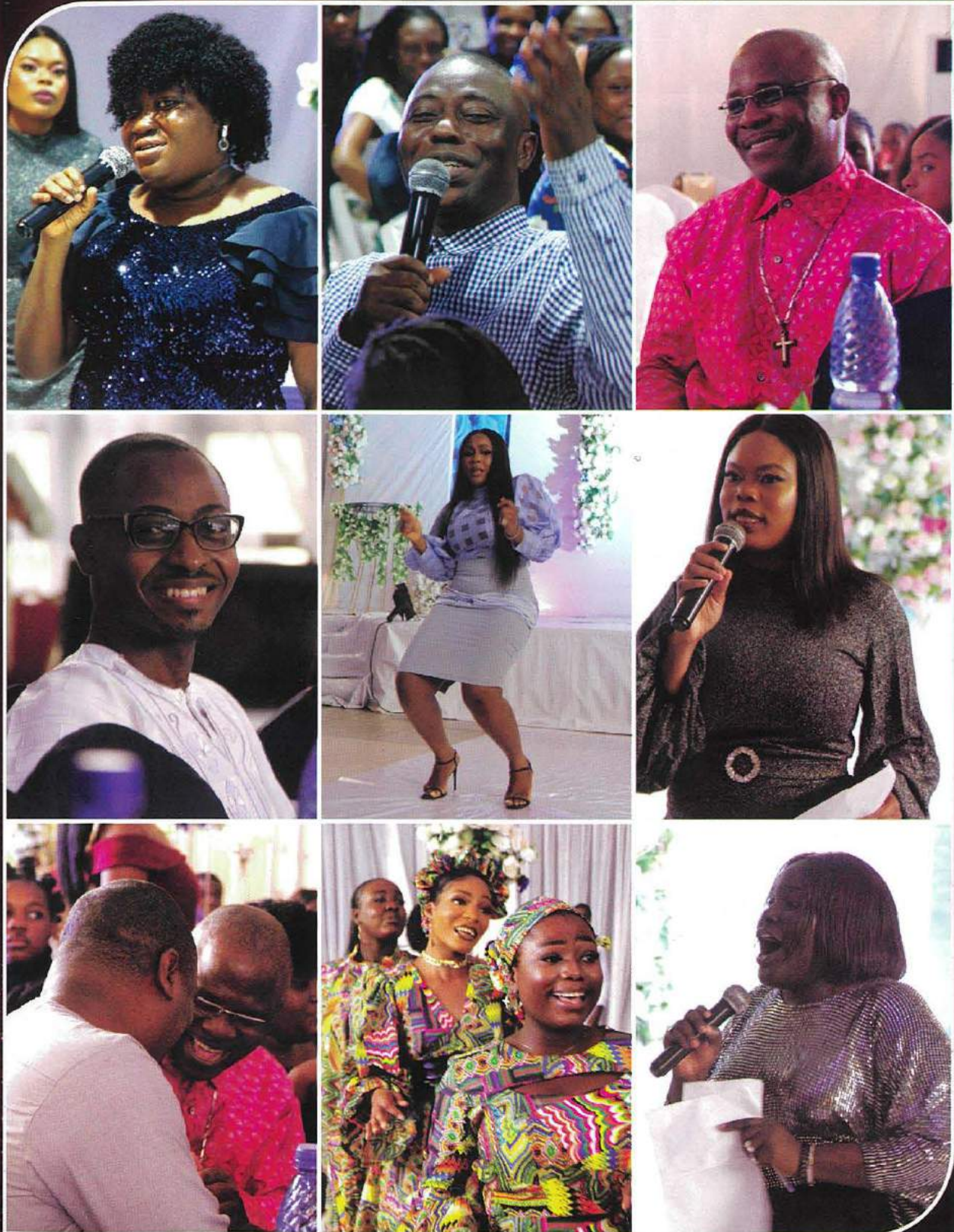
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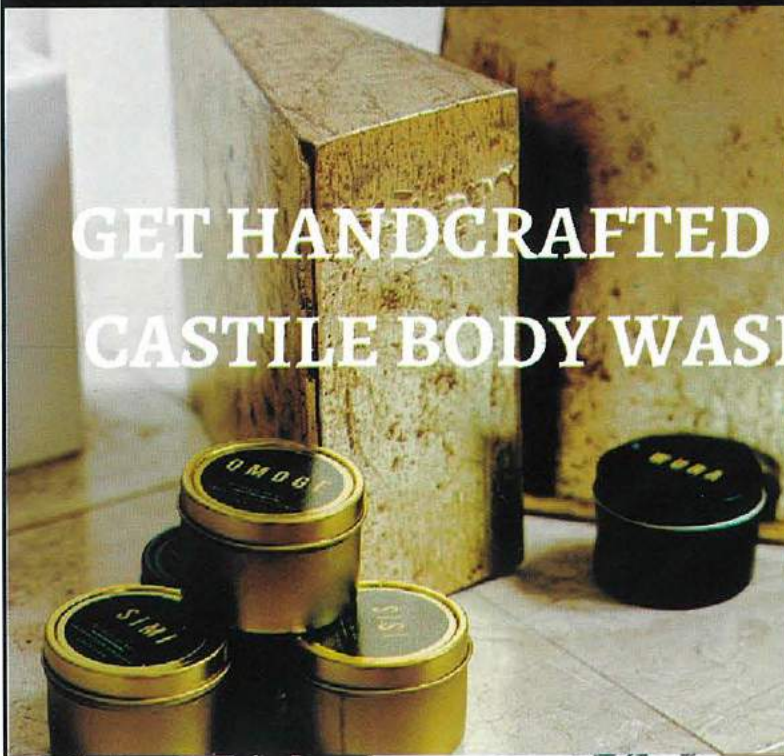
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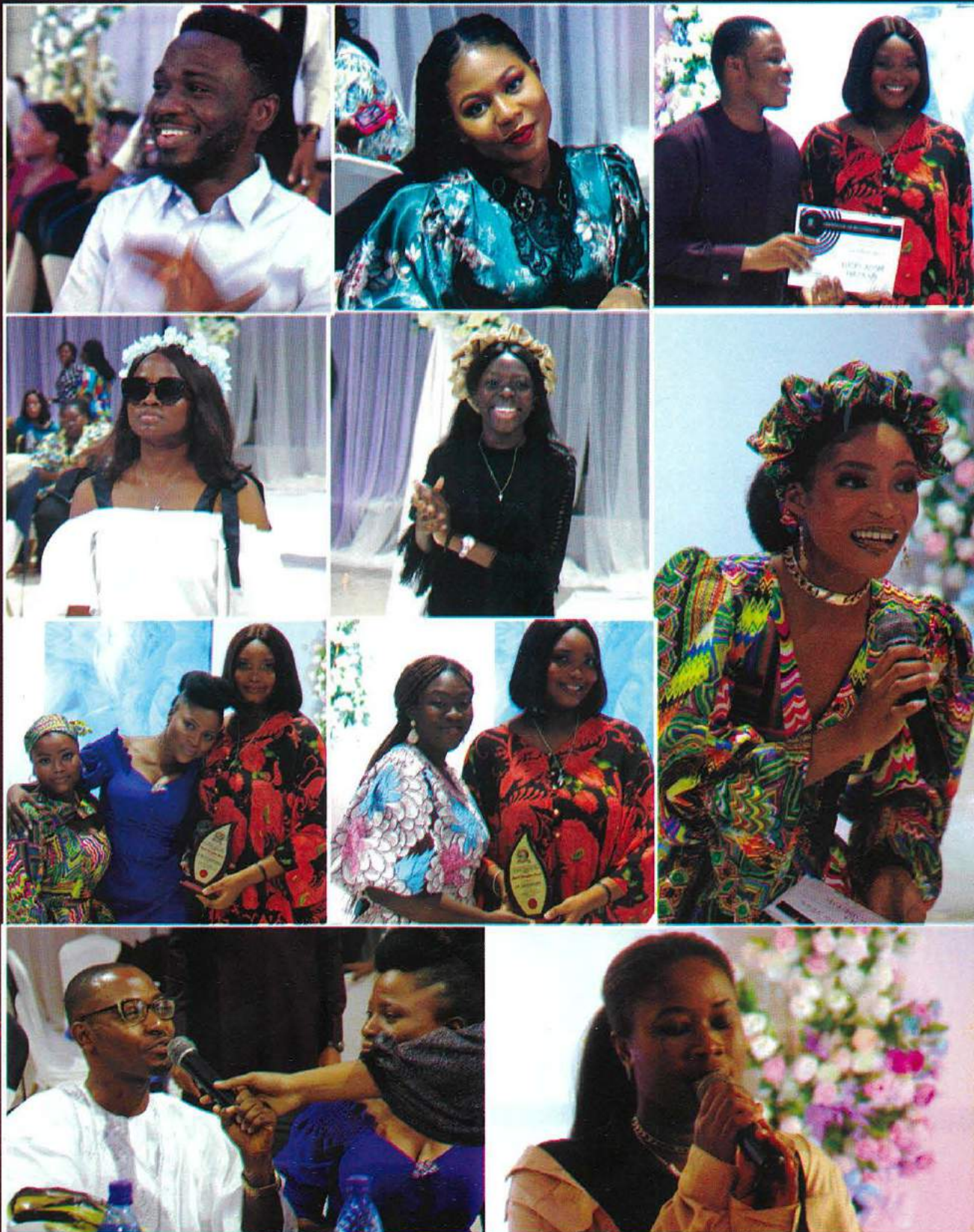


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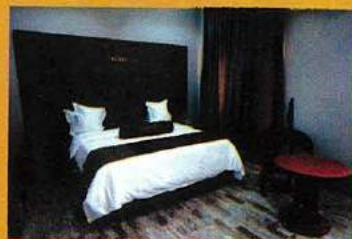
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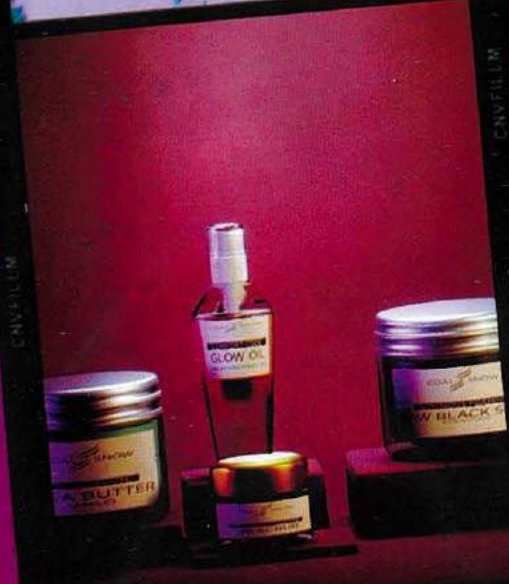
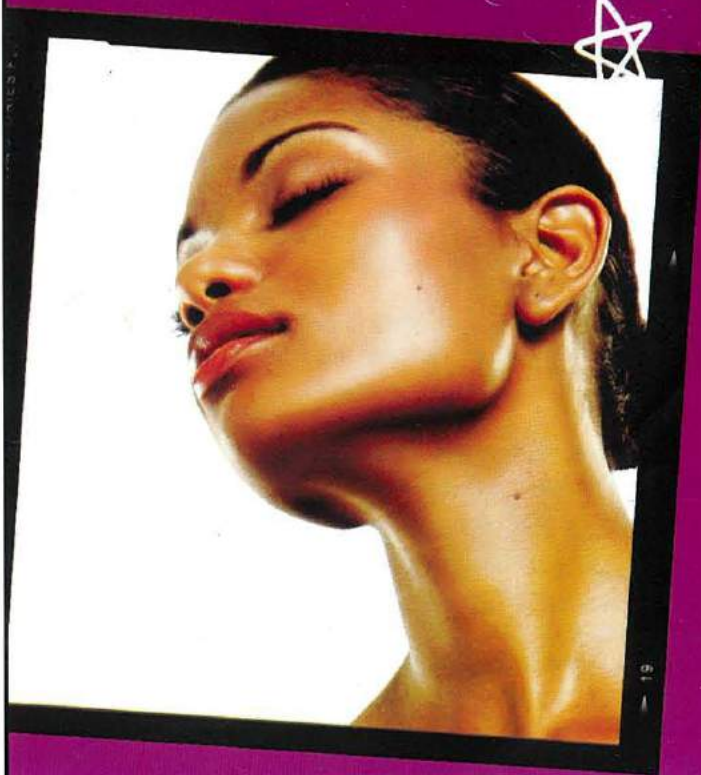
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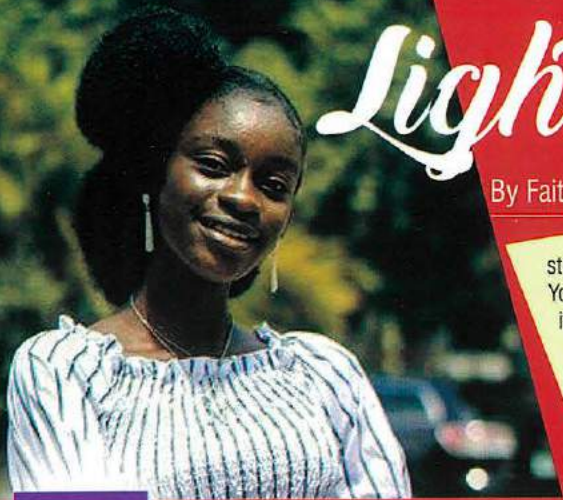
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Light Chibueze's Fashion Journey

By Faithful Asuquo



stop taking those classes and learn through YouTube videos. She talked to her mum about it, and she helped Light get started with a sewing machine and sewing kit.

As she got started, she centred her style on royalty and elegance with a hint of extra, reason being that royal people come out looking different yet decent. Light believes that she is a Queen, and one of the first things to do to actually be taken and treated as a queen that she is: she needs to dress like one. This perception relates to the popular quote "dress how you want to be addressed", and seeing as every woman is a queen, we should dress like one.

From creating a design, to choosing the material, to the cutting and sewing till the final finishing, Lady Light finds it all interesting and intriguing. She also likes the fact that she can express herself through her outfits and make people happy when she makes clothes for them. She has quite a few role models in the fashion industry who also double as people she gets her inspiration from and they are Meghan Markle, Christian Dior, Ralph Lauren, Tope Efena, Sonia Jeffrey, and Maria Chery. Her favourite brand is Christian Dior and her favourite designer is Maria Chiuri, the Creative Director of Dior.

She has come a long way from just waiting to get into University to owning a fashion brand called Light S.J Regal; a brand that represents royalty, and she has had her fair share of ups and downs. In an interview with her, she revealed that her greatest accomplishments would be how much publicity she has gotten through the Covenant University's platform of the Chaplaincy, as well as the people she has had to meet and get noticed by under the space of three (3) years.

Light remains grateful to the Holy Spirit, her family and friends for their help all the way, but, all she has achieved didn't just find her; she worked for it and when the opportunity came, she was ready. In her interview she shared some skills that she deems necessary to succeed in the fashion industry. The first is patience, leading us to a popular statement among designers that "patience is the watch word of a good dressmaker". The second skill needed is the ability to pay attention to detail.

Everyone plans for the future and so has Light. She'll stick to her ongoing Engineering career while taking her fashion business at the side. With God's guidance, she will establish her fashion brand Light S.J Regal here in Nigeria and expand it through Africa and to the rest of the world. We wish her good luck and success in all her endeavours.

T

here are many upcoming ladies in the fashion industry but today we take a look into the fashion journey of one of our own; Light Chibueze.

She is a slim, dark skinned 19 year old that has taken an interest in fashion and is currently studying Petroleum Engineering in Covenant University.

How does someone studying petroleum engineering end up being interested in the fashion industry you may ask, and I have you answer. Light started considering the fashion industry in her SS3 after she asked God for directions on what he wanted for her life. She wasn't too serious about the idea until her 100 level alpha semester vacation when she had the push to go and learn how to sew. She didn't get as much knowledge from where she was learning as she had hoped so she decided to

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Lion Chuks-Okeke was passionate about the less privileged especially those living with disabilities. She devoted much of her time and resources to the Pacelli School of the Blind, Modupe Cole Home and the Majidun Home where she made enduring impact on the lives of the residents. The Anthony Village NGChuks Lions Club was established with the specific goal of continuing her works of charity.

We are therefore calling on people similarly concerned to support Anthony Village NGChuks Lions Club. We meet on the first Sunday of the month virtually and in person at the Anthony Village Garden City, Lagos. Our members are located in different parts of the world. You too can become a member regardless of your location.

For more information, please visit our Facebook page, Anthony Village NGChuks Lions Club, follow us on Instagram, [anthonyvillangchuks_lionsclub](#), or call us on 08033062765.

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E

ver wondered how someone can love you even before you get to know them? Or how someone you may sometimes disregard has the best plans for your life? Come to think of it, why does someone so great, full of power choose me to love? How can I get so much consistent love and grace from someone whom I've been so unfair to? And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep His love is. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. (Ephesians 3:18-19).

I'm still thinking of the answers to this and I won't provide answers to these questions. I just live in awe of the Love of God. God's love is too great to fully understand. It's perfect. Guilt and worry is in no competition to my daily dose of love from my creator.

LIVING IN AWE: *Why Jesus' Love* IS SPECIAL

By Hilda Mbonu

When I offend my creator countless of times, He loves me still. I build my confidence in Him through this undying love He has for me. He loves me so much so that he creates an excellent plan for me and doesn't stop there, he even helps to execute it.

This love from my creator has made me cry and smile, I cry because it feels undeserving a lot of times. I cry because I know that no matter the live I Chose to live; my creator still loves me. Like the song writer would say, it's overwhelming, never-ending and reckless. My creator loves me regardless.

Most beautiful part of it all, it's not about what I do or who I may be, He has chosen to love me way before I knew myself. His Love is complete, all consuming, with no traces of doubt. A lot of words describe this kind of love; secure, patient, kind, selfless, humble, forgiving, truthful, polite, content, tolerant, and my favorite- it never fades away.



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By Chidinma Onwuegbulem

How cruel can that word be?
 Just the thought of it makes me cringe.
 Our leaders all trying to cover the fact
 which we all know.
 While we, the dog-like followers, end up under the
 bridge.
 Why do they hurt us so?

They feast on our flesh like hungry crows,
 And they are meant to be our ambassadors?
 They sit and watch as the blood of the innocent
 flows.
 Can you see them laughing?
 Laughing at the pains of you and me,
 While we, the citizens, suffer endless poverty.

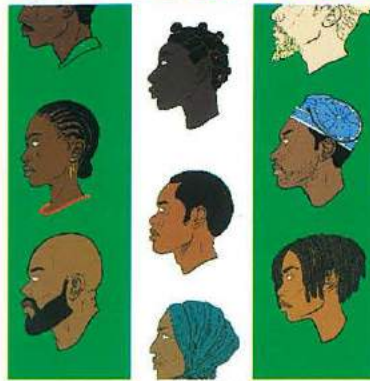
Our rulers are like hoarders,
 Stocking away the good of our land
 passed down to us by our fathers;
 For their horrid and overfed bellies.
 With their souls locked away in a jar,
 their true nature is unraveled.

They put those that seem to be criminals behind
 bars.
 But they are the culprit, unworthy sons of the land.
 The land which has so much showered them with
 mercy, kindness, and grace.
 And even given the inhabitant a hope of greener
 pastures
 and a great future.

They who call themselves the light but are the
 opposite of
 what they say.
 They come in sheep's clothing but are indeed
 wolves of the same pack.
 If our eyes could pierce into the souls of men,
 it would be scared and sober.
 While our mouth would fidget when trying to
 speak
 it won't seem to open.

Yes, it is a crime.
 A crime that has so eaten deep,
 into the hearts and minds of many.
 Yet we fail to free ourselves from its grip.
 But the truth is; it can never be eradicated.

NIGERIA ON THE RISE



By Ganiru Ucheagwu

You know how it feels
 To hear every day that blood is spilled
 Thousands are killed but only few
 Are reported on the news
 Faithless prayers at the pews
 Dirty players passing bills
 We are scared to air our views!

You know how it feels
 To waste time and your vote at the
 poll
 36 states, mehn they'll rig them all
 Youth corpers answering the clarion
 call
 Risk their lives and their all in the
 midst of a political brawl!

You know what it means
 To have degree and still dey hungry
 Apply for work, mehn they no go
 gree
 Qualified but your daddy's at the
 bottom of the hierarchy!

But guys, picture this...

Nigeria, clean, both street and our
 hearts
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PULLING OUT OF DEPRESSION: THE MICHAEL'S SHINING EXAMPLE

Depression is no Match for God's Word

By Edidiong Robert

Proverbs 14:12 states "There is a path before each person that seems right, but it ends in death." Most of the time, humans don't know where they are going, they have no plans, no end. But oftentimes, we find ourselves making a path for ourselves that seems right to us, doing things that we assume will bring us happiness, but those paths end up in death. And when that happiness doesn't sustain our hearts, we fill them with the wrong things having the impression that those things will bring us joy this time and when that also doesn't work, we become depressed and sometimes ending our God-given lives.

According to World Health Organization, globally more than 264 million people of all ages suffer from depression, and at its worst depression can lead to suicide. Every year, over 800 000 people die due to suicide, making suicide the second leading cause of death in 15–29-year-olds. Michael Olayiwola Fasuyi would have been amongst the statistics if he didn't find his joy in God.

But depression doesn't start in a day, it's a series of events that effects it and that was what happened with Michael. His pain didn't commence at once but rather started at a young age. Being born with a fragile and emotional personality, he grew up with a father that derived joy from saying demeaning words regardless of the

person's feelings. Having those words in his heart, he was constantly told that he amounted to nothing. He would spend hours dwelling on those words and in the presence of others, he would shake it off and smile boldly like he didn't have a weight holding him down. Growing up with a battered self-esteem, he needed love and validation from others to satiate his desire to be loved that was superseded with loneliness.

He would often lie about his life, act, and do things to get support from others. He lived a façade so that people would not question his faults and get to know the "real" him. Due to his longing for acceptance and attention, he started smoking and found some peace in it until it became his livelihood or reason for being. He was frequently haunted by his lies and acts, which worsened his case of depression.

But it didn't stop at depression. He began self-mutilating during his second year in Covenant University. Initially, he did it for attention but eventually it became something deeper, ultimately hating himself and his life. He believed it was the only way of numbing the pain, something he considered the weed could only do for a few hours. He was swimming in the darkness alone, sinking deeper into it.

After he derived no joy from the self-mutilation and drugs, Michael tried his last option which was suicide. The overwhelming thoughts of suicide took control and so he tried overdosing, but failed. He was placed under watch

control in the Covenant University Medical Centre. Following his release from the Medical Centre, he attempted suicide once more through overdose, but he was rushed to the Medical Centre, and they were able to resuscitate him. During his stay he was preached the love of God and prayed for multiple times but in reply, he stated "you need to want to get better if you want to get better" and so he was asked by the institution to seek further help outside. But it didn't make much of a difference.

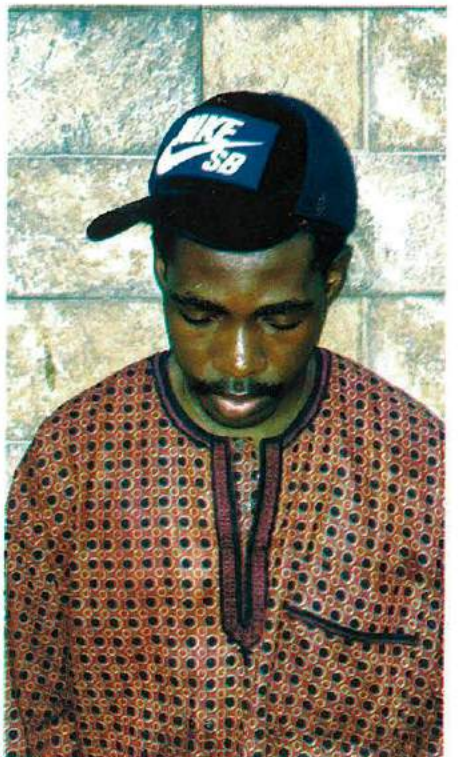
Fast forward to February 19th, 2021, Michael's birthday was the next day and he planned to kill himself before he turned 20, but as we know God makes everything beautiful in its time (Ecclesiastes 3:11). Before Michael got the chance to take his life, his roommate and course mate as guided by the Holy Spirit spoke to him about Jesus and he submitted his life to Christ. He is unaware of why his roommate's words were different from the others that spoke to him but one peculiar thing was that the message felt more personal and so he let all his burdens be God's.

That single action changed Michael's life forever and he has no plan of going back to who he was. Rather than letting his negative and suicidal thoughts overcome him, he fills those thoughts with God's word and praying daily for at least an hour. He doesn't neglect the fact that sometimes he falls back to sin but as his spiritual mentor would say "Christianity is a race" and what matters is not the falling but rather getting back up stronger and better and he feels content knowing that he has a Father that forgives and loves him regardless of mistakes.

He is currently entering his final year and intends to end successfully; he is not 100% sure what he wants to achieve in his life but what he is sure of is that God has a great plan for him, and he trusts that God will guide him every step of the way. He shared his testimony on Instagram, and it touched multitudes of people so he knows that God is doing something great for him and he spends each day working on himself by the help of God to reach other people and share God's goodness.

Michael's life is flourishing because he let God take control, he filled his scars and spaces with the love of God and now it can't be unsealed again. He felt his pain was forever, but rather he found peace in Jesus. This is a sign that no matter how scarred, broken, and beaten you feel, God is the great potter, and he can assemble you piece by piece crafting you beautiful.

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Meet WISDOM IGIEBOR

Covenant University's Most Valuable Player

By David Jegede



Covenant University's most valuable player, Igiebor Wisdom is on his path to football glory. With an intense passion for the sport, Igiebor fills us in on how he handles the reality of being a footballer while maintaining stability in his academics.

What is football to you?

Football means everything to me. Football for me is the love of my life. I love the passion, I love the dedication, the sacrifice. Football is everything to me.

How do you juggle trying to be the best man on the pitch and being successful academically?

I put everything in God's hand, because in his word he said "I can do all things through Christ who strengthens me". So, obviously I put everything in his hands for him to direct me and balance everything because, I can't do it all on my own.

How do your parents feel about you dedicating your time to football?

They feel very great, they feel very happy. But, what is always on their mind is "finish school first, so that you have something to fall back to, then you can go for your career", so there's no objection about my football career.

What keeps you motivated considering your chase for your passion, as well as facing academics in an environment like Covenant University with so much spirituality and social restrictions?

It's just the love for the game, and the passion for the game. Football as I said is everything to me. So, you know when you love something, you always find time for it, you always create time for it. So, it is the passion.

What do you do in your spare time that serves as a hobby besides football?

I read my Bible

As a plus, what would you say to other people that are trying to juggle between football and academics?

I will advise them to go to God because, God will obviously direct you. He will help you to settle things, he will help you to balance things because you can't do it on your own, I will not lie to you. God is the author and the finisher of our faith.

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THE STORY OF HOW I MET MYSELF

By Peculiar Amao

I strolled down Ligali Ayorinde Street in Victoria Island, Lagos (Nigeria) and I gaped in awe of the magnificent buildings there. I walked past the Eko Hotel and Suites property and my eyes nearly popped out of my sockets. The beauty of the hotel and how expensive it looked from the outside made me wish to be inside there.

I crossed the two-lane road to get to the front of the hotel's main gate. Surprisingly, the hotel's security paid me no attention as I walked past them and into the hotel's lobby. I scanned the reception and saw a medium sized placard displaying events that would hold in various sections of the hotel today. There was a mention of a Writers' Award Gala on the placard. That particular event piqued my interest and I strolled in the direction of the Eko Convention Centre where the gala would hold.

I entered the convention centre with minimal stress from anyone. Again, the security officials paid me no attention. They didn't even ask for my invitation card or nada. I found that weird but I enjoyed the bliss of strolling through the doors like a VVIP. I found myself a seat

towards the middle of the centre where I could easily see the stage and also bolt from the event if anything happened. Several of my favourite authors and other renowned writers, including Nobel Laureate Wole Soyinka walked in! I was grinning from ear to ear.

This event was the opportunity of a lifetime! I was seeing people whose works I had read, in flesh and blood. I decided there and then that I would enjoy every moment of this gala. The gala started on a high note and an hour later, it was time to award the best author in Africa. The compere read the profile of the awardee and honestly, that person sounded like she was living my dream life. Apparently, she owns standard bookstores across the country and a flourishing clothing line in the African Region. To crown it all, she writes brilliant novels. I was already smiling broadly and preparing my hands to clap violently when the person walked on stage.

A six-foot-tall brown skinned belle draped in an expensive ankara dress that highlighted her feminine curves strutted to the stage arm in arm with a handsome young man. Lo and behold fellas! She looked like me! Or should I say she was me? Because when the compere introduced her, she was bearing my name.



"Earth to!" Ayo shouted at me and I blinked like four times before seeing her. She had sat beside me at the back of the class where we were taking a break from Monday's classes. I had not even seen her sit. I had just been staring into oblivion. "What were you thinking about?" she asked me. I replied, "I met my future self."

Acting for the future:

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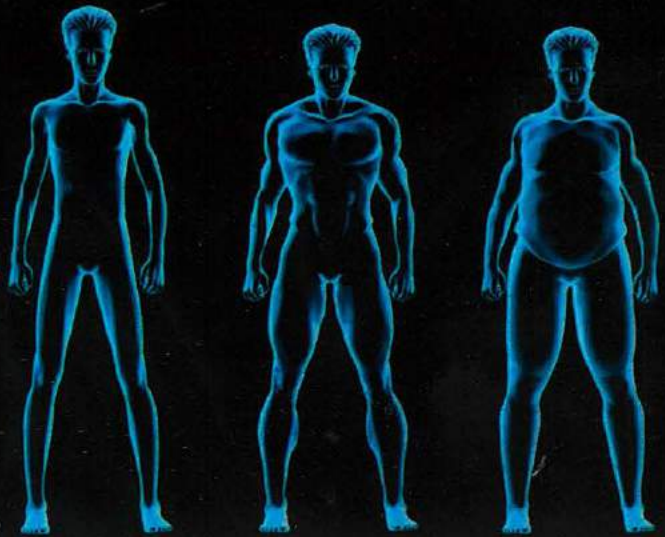
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Different Body Types and Sports That Fit Them

By David Jegede



Very often, many people go into sports just for passion and love but what most people need to understand is that for full effectiveness in their sport and top performance, body type and sizes matter. If the sport needs you to carry yourself quickly or involves a bigger body size like golf or sumo wrestling, one needs to be aware of which sport needs them the most.

Biologically, there are three types of body classified as somatotypes. The **ectomorph**, **mesomorph** and **endomorph**. These are inherited body types based on

skeletal frame and body composition. Explaining these, do best to recognize which skeletal frame you may fall into and the sport that fit. Ectomorphs are long and incline, with small body fat, and small muscle. They have a difficult time picking up weight. Mold models and ballplayers fit this category. Whereas most of us cherish to abhor these hereditarily favored people, a few male ectomorphs may not be excited with their narrow-chested outlines, and a few female ectomorphs long for more womanly bends. Mesomorphs are powerful,

athletic, and sturdy. They're not overweight or underweight, and they can eat whatever they want without feeling guilty. They grow and lose weight with no effort. Endomorphs, on the other hand, have parts of body fat, parts of the muscle, and pick up weight effortlessly. "Football lineman tend to be endomorphs -- they're heavier and rouncer people," says Colby. "And they ought not to fundamentally be overweight."

Cont'd on page 107 ▶

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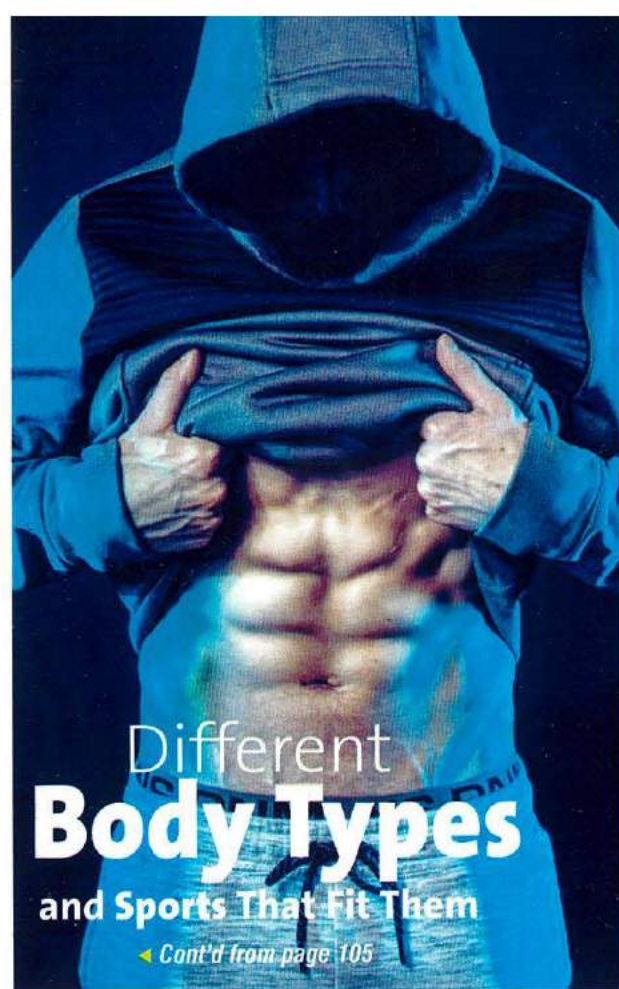
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Different Body Types and Sports That Fit Them

◀ Cont'd from page 105

Athleticism is far from just playing the sport, you need to combine it with fun.

The major/renowned sports are – Soccer, Basketball, Tennis, Boxing, American football, Golf, Racing, Cricket, Hockey, Volleyball, Baseball, Rugby, etc.

Each of the various sports listed above has its peculiarities and what many fail to admit is that not just anybody can play these sports. It is not just about the mental ability to cope with the sport, but the physical abilities to handle it. For a game like a rugby, someone with a lean stature would most likely find it difficult adjusting to it, and this is because the body type doesn't match the sports type. Therefore, you need to ask yourself "which sport is right for my body shape?"

Individuals with the ectomorph body sort are regularly tall and slim with small fat or muscle. They can eat heaps of nourishment and remain looking the same. As a result, they have an inconvenience picking up strong weight due to a quick digestion system.

It takes longer and harder for individuals with ectomorph body shape to construct muscles. They ordinarily have thin arms and legs. Because of their slighter construct, they ended up more vulnerable to harm. The extraordinary advantage of ectomorphs is thermoregulation.

Cont'd on page 109 ▶



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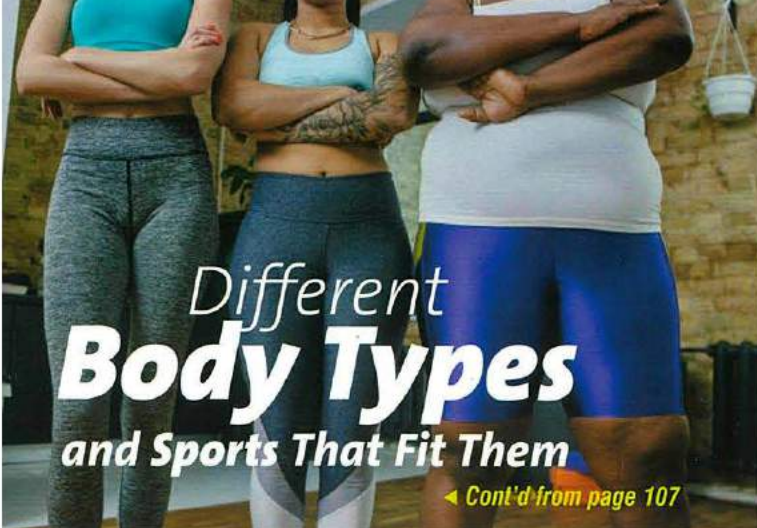
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Different Body Types and Sports That Fit Them

← Cont'd from page 107

In this manner, swimming, soccer, long-distance running, marathon running, triathlons, and cycling are the most excellent alternatives for individuals with ectomorph body shape. Other than that, ectomorphs can do well in ball, tennis, and acrobatic.

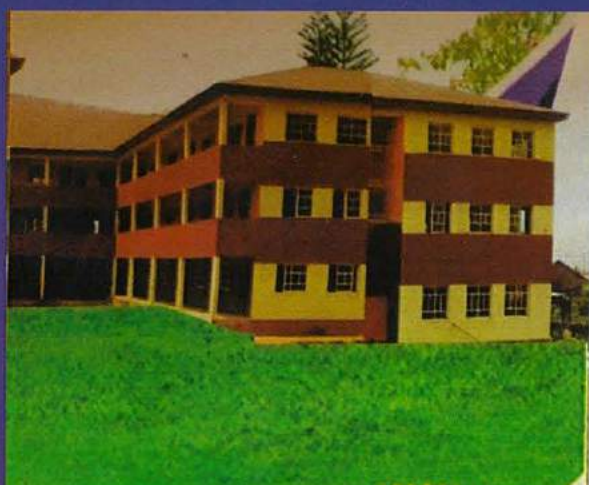
Ectomorphs can pick up quality. Mesomorphs are known as the "genetically gifted" individuals with the characteristic construct and fitness for sports. Men with mesomorph body shapes have classic V-shaped bodies. They commonly have wide shoulders, a limited abdomen, generally lean joints, and circular muscle stomachs.

Ladies with the mesomorph body sort have an hourglass figure and they are ordinarily slim. Mesomorphs can pick up or lose weight easily and construct muscle

exceptionally rapidly. They can effortlessly do well at numerous sports exercises from figure skating, creative acrobatic, lifting weights, soccer and rugby to hockey, swimming, paddling, and triathlons. The endomorph body sort tends to pick up weight and keep it on.

The construct of endomorphs maybe a little more extensive than ectomorphs and mesomorphs. Individuals with this body sort have a pear-shaped body with little fat in all zones, counting arms and thighs. That's why endomorphs must observe what they eat more carefully and work a little harder to preserve a culmination body weight. However, they are normally solid-boned and construct muscles rapidly. The leading sports for individuals with the endomorph body shape are weightlifting, rugby, paddling, super-heavyweight boxing, wrestling, shot put, plate, and pound throwing. So this body shape isn't ordinarily suited for speed and nimbleness, but quality exercises like powerlifting can be an extraordinary alternative.

Finally, according to Bill Bowerman, "If you have a body, you are an athlete". That should help let you know that your body type doesn't determine if you play sports or not, you have a choice to choose the right sport to play. So, knowing your body shape will deliver you a clear understanding of the sports suited to your construct and may indeed point out a few sports you never thought of attempting. Choosing the sports action that fits your body shape will not develop you physically but will make it less demanding to succeed.



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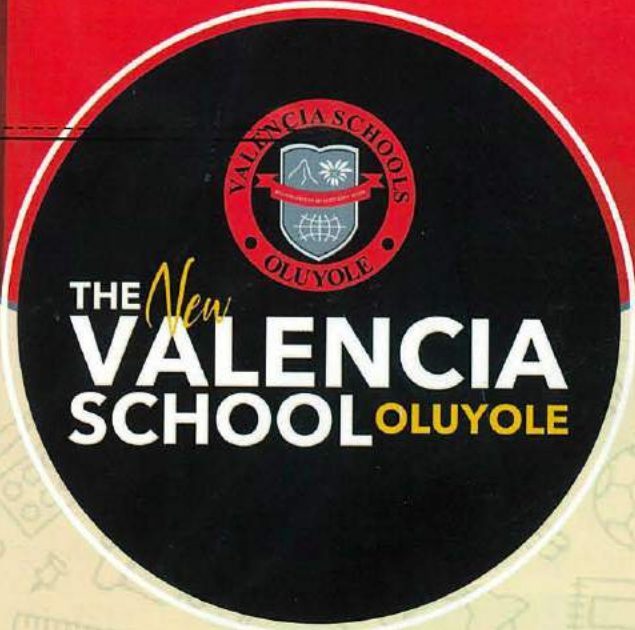


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