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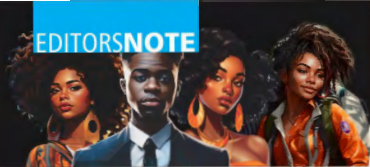
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EDITOR-IN-CHIEF
ITUEN FAITH

Explicating GEN-Z

Greetings! I extend a warm and heartfelt welcome to each one of you to the extraordinary 2023 edition of Stream magazine. It brings me immense joy and pride to stand before you as the Editor-in-Chief, unveiling a magazine that is not just a collection of words and images, but a testament to the depth, intelligence, and creativity that defines our remarkable generation, Gen Z.

In the heart of every youth advocate, there lies an unyielding desire to champion the causes they believe in. I have always been passionate about giving voice to the thoughts and aspirations of our generation. The opportunity to lead this magazine allowed me to scream from the metaphorical rooftops about the brilliance of our generation. As much as we love to have fun, we are also a generation of profound intellect and innovative ideas. This edition, titled 'Gen Z: More Than What Meets The Eye,' serves as a beacon, illuminating the many sides of our personalities and capabilities.

This edition stands as a testament to the power and resilience of Gen Z. It is a celebration of our innovation and ability to make a difference...

The journey to create this edition was nothing short of miraculous, and I owe our success to a divine source of inspiration. It is with deep gratitude that I acknowledge the spiritual guidance that shaped our thoughts and ideas, allowing us to present the essence of our generation in all its glory. I also want to express my profound appreciation for our esteemed mentors, Dr. Yartey Darlynton and Prof. Oladokun Omojola. Their impactful knowledge and unwavering support propelled us to new heights. Their belief in our potential served as a constant motivation, urging us to challenge boundaries and think beyond the

ordinary. Additionally, I am indebted to Dr. Kehinde Oyesanmi, the Head of the Mass Communication department, whose commitment to excellence has been the cornerstone of our education. Her dedication provided us with the privilege to undergo a transformative course, shaping us into the creative thinkers and storytellers that you see in the pages of this magazine.

The production of this edition was a collaborative effort from our lecturers who through their years of experience and knowledge, instilled in us the art of journalism. They guided us in sourcing compelling stories, shaping our narrative, and presenting them eloquently. My fellow coursemates, too, contributed significantly by sourcing advertisements, enabling us to finance this edition and bring our vision to life.

I must take a moment to express my deepest gratitude to my exceptional team of 21 members. Each person, with their unique talents and perspectives, poured their heart and soul into this endeavor. Together, we embraced our individuality, challenged conventional norms, and curated a collection of stories, art, and insights that will undoubtedly leave you inspired. Your dedication, hard work, and unwavering commitment to excellence transformed this edition into a true masterpiece.

For me, writing is more than a passion; it is a calling that allows me to breathe life into words and create narratives that resonate with others. Assuming the role of Editor-in-Chief was not just an opportunity but a responsibility—a responsibility to be the voice of our generation, to showcase our beauty, depth, and creativity to the world.

This edition stands as a testament to the power and resilience of Gen Z. It is a celebration of our innovation and ability to make a difference. Through the thought-provoking articles, captivating artwork, and inspiring stories within these pages, we challenge the notion that we are a generation consumed by social media and lethargy. We are so much more. We are thinkers, creators, and trendsetters, ready to shape the world in ways that were once unimaginable.

In conclusion, I stand immensely proud of what we, as a collective, have accomplished. This magazine is not merely a publication; it is a reflection of our passion, creativity, and determination to make a lasting impact. Let it serve as a reminder to the world that Gen Z is a force to be reckoned with. We are not just the future; we are the present, and it is high time for the world to recognize our contributions and embrace our uniqueness.

Thank you for embarking on this incredible journey with us. As you delve into the pages of this magazine, I hope you find inspiration, curiosity, and above all, a profound appreciation for the depth and diversity that defines our generation. Stay curious, stay inspired, and always remember that there is much more to Gen Z than meets the eye.

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Dr. Oyedepo Unveils Vision 7-7-2030 to Reposition Covenant for Global Impact

After emerging as Nigeria's and West Africa's best-ranked University in the latest Times Higher Education (THE) ranking of world universities, Covenant University, with the backing of the Board of Regents of the University, is undertaking a 7-year, 7-Points Prophetic Agenda from 2023 through 2030.

The Chancellor and Chairman, Board of Regents of Covenant University, Dr. David Oyedepo, while unveiling the 7-Years: 7-Points Prophetic Agenda, said where any vision stops is where stagnation and frustration set in, because no man can arrive at a future he cannot see, nor will anyone or organization arrive anywhere not prepared for it.

According to Dr. Oyedepo, the core areas of focus for the next 7 years will be the full-blown actualization of the Covenant University Open and Distance Learning courses for first and postgraduate degrees, with a target of reaching 100,000 enrolments within the next 7 years.

In addition, the period under consideration will witness an approach review of the existing Entrepreneurship Development Studies (EDS) Programme of the University to ensure the impact is measured by the entrepreneurial endeavours of graduates of the centre.

He said Vision 7:7:2030 will see a renewed drive towards the full actualization of the University's leadership development programmes as a globally acceptable brand by offering Leadership Certificates and degrees at the post-graduate levels for M.Sc and Ph.D scholars.

In addition, Dr. Oyedepo said exposure and capacity building for global competitiveness will be a strong mandate during the time frame, as there will be a revamping of institutional support for conferences, seminars, workshops, and other capacity-building endeavours.

He concluded by charging the University personnel to work at training students to devise legitimate means for making a living, equipping them for a creative, innovative, and productive lifestyle, and helping them see opportunities amid adversity.



Northeastern University Firms up Collaboration Initiative with Covenant University

The senior leadership of Northeastern University, Boston, Massachusetts, United States of America, is on a mission to advance the Memorandum of Understanding between Covenant University and Northeastern University.

The Vice President for Global Network Expansion at Northeastern University, Gbemi Disu, said their visit to Covenant was to learn more about how to give life to the existing MoU, noting that Nigeria has a pool of talented folks that, when well harnessed in partnership with Covenant University, will help drive excellence.

Ms. Disu said their partnership will be tailored towards helping students get more skills, develop competence, and evolve alliances between colleges and programmes in both universities, especially in the area of institutional and individual research.

"We are here to listen to and understand the strategic vision and mission of Covenant University and see possible areas of alignment and promising partnership, with research and student exchange being possible points of focus," she added.

The Director of Covenant University International Office of Linkages, Dr. Isaac Akinwunmi, while appreciating the management of Northeastern University for the visit, called for the immediate engagement of the framework of the existing MoU between both institutions.

According to him, the collaboration can get underway in the region of graduate student exchange programmes, joint research endeavours and faculty exchange initiatives.

In his remarks, the Vice-Chancellor, Professor Abiodun H. Adebayo, said Covenant University was enthused about the prospect of partnering with Northeastern University and hoped that the existing framework would be a very good one to commence the intended partnership.

He said it is important to identify mutual areas of interest and start working on the partnership to the point of fruition. "We are excited at the prospect of this collaboration, and we will work with you to make a success of this intended partnership," he added.

Professor Adebayo promised the delegation of Covenant University's representation at the public in-person educational event in Nigeria organised by Northeastern University.



Release Of Eagles 2023:

283 Students Bag 1st Class Degrees



The Vice-Chancellor, Covenant University, Professor Abiodun H. Adebayo, has disclosed that 238 students graduated with First Class Honors among the 1,379 graduates in various degrees, in the 2022/2023 academic session.

Adebayo disclosed this on Friday, September 29, 2023, during the 18th convocation ceremony, conferment of degrees, and presentation of prizes held at the University Chapel, in Ota, Ogun State.

In his words, "I am pleased to inform this distinguished audience that today, we are celebrating the products of our life-applicable learning factory with the conferment of 1,175 Bachelor's and 204 higher degrees in various disciplines, having found the graduates worthy in character and in learning. In the Bachelor's degree category, 283 (24.09%) of the graduates made First Class, while 656 (55.83%) are in the Second Class (Upper Division). Also, 214 (18.21%) of the graduates are in the Second Class (Lower Division), and 22 (1.87%) of the graduates are in the Third Class category.

"In the higher degree category, there are 57 persons who are being awarded the Doctor of Philosophy (Ph.D.) degree. In the Master's degree category, there are one hundred and seven (107) persons graduating with a Master of Science (M.Sc.) degree, twenty-seven (27) obtaining a Master of Engineering (M.Eng.) degree, while two (2) persons are being conferred with Master

of Arts (M.A.) degree. Also, in the professional graduate programme category, eleven (11) of the graduates are being conferred with Master in Business Administration (MBA) degree."

Adebayo, while congratulating the graduates, urged them to embrace the virtue of an eagle which endures storm to earn its honor:

"I want to congratulate the class of 2023 as you are released as Eagles today. It is evident that you have been equipped to soar higher and conquer unimaginable feats in the name of Jesus Christ. Please don't despair even when the journey gets tough and stormy but remember that an eagle earns its honor from the storms it endures," he stated.

Nelson Ihechukwu, a student in the Department of Electrical Electronics Engineering, College of Engineering, emerged as the best-graduating student with a Cumulative Grade Point Average of 4.98.

"The Covenant's mission is to transform students into experts, thinkers, innovative managers and resourceful technocrats in all fields of learning, thus restoring relevance to the university context in Africa," he said.

The vice-chancellor said that the institution was ranked first in Nigeria, first in West Africa and 7th in Africa by the Times Higher Education World University and Impact Rankings.

He added that Covenant is the only private university among all Nigerian universities in the 2023 ranking, making it the best private university in Nigeria and Africa.



Convocation Shots



1. From left, Registrar Mrs Regina Tobi David, Deputy Vice Chancellor, Professor Olujide Adeboye, Vice Chancellor, Professor Abiodun H. Adesayo, Chancellor Dr David O. Oyedepo vice president. 2. Secretary Board Of Regents Pastor David Oyedepo Jnr leading the bible reading. 3. Chaplain Pastor Judith Olu leading the opening prayer. 4. Pro Chancellor Bishop David Abioye giving his Convocation Speech. 5. Mrs Abiodun Wuyiffle Director Academic Affairs University of Lagos representing the Registrar of UNILAG also giving her goodwill message. 6. The best graduating student Mr Nelson Elijah Ifichukwu receiving a warm handshake from the Chancellor Dr David Oyedepo. 7. Professor Ishag Oloyede also giving his goodwill message. 8. Registrar giving her goodwill message. 9. Kofi Appaning CEO of African Institute Of Marketing Corporation giving his goodwill message. 10. Vice Chancellor Landmark University Professor Kolawade Ajumaku giving his Goodwill message. 11. A cross section of doctoral graduates. 12. Deputy Executive Secretary National Universities Commission Dr Nard Saliu giving the commission's speech. 13. A cross-section of members of Board of Regents. 14. A cross-section of graduating undergraduates. 15. A cross-section of members of Covenant University Senate.

It is Futile to Wait for the West to Develop Africa –VC

This is the submission of the Vice-Chancellor, Covenant University, Professor Abiodun Adebayo on Monday at the opening session of the QS Africa Forum 2023.

The forum with the theme, 'Education Africa 2023 and Beyond-Sustainability and Social Impact in African Context,' was organized by QS (Quacquarelli Symonds) United Kingdom and hosted by Covenant University.

Speaking at the event, Professor Adebayo emphasized that the West have peculiar problems they are dealing with without solutions yet in place, and so cannot be focused on offering solutions to African issues. He therefore called on Africans to look inward for solutions.

"Only Africans, Nigerians, Ghanaians, South Africans, etc., can solve their peculiar problems. Let us not always run to the West, we have what it takes here, the indigenous content that can help us begin to change our narratives as Africans are all around us," he explained.

The Vice-Chancellor also explained other benefits of the QS Ranking to African universities. "As you know, Africa's reputation needs to be rebranded and this is part of the rebranding mechanism, to ensure Africa takes its rightful place among the committee of nations.

"It also affords the universities in Africa opportunities to network and see how we can form a formidable synergy that will lead to the emancipation and transformation of Africa. We are going to form a strategic committee that will be championed by Covenant University with the QS team and some other stakeholders in African higher education, to see how the peculiarity of Africa can be taken into the ranking process. The whole essence of ranking is not about being number one or two but to enhance impact, visibility, and regional networking," he said.



CApIC-ACE, Illumina, ISN to Partner in Advancing Research in Genomics, Healthcare Matters

A combine team from Illumina and Industrial Scientific and Nutritional Product Nigeria Limited on a working visit to Covenant University have stated their readiness to partner with Covenant Applied Informatics and Communication Africa Centre of Excellence (CApIC-ACE) with a view to help the Centre attain her full potentials with the assemblage of research equipment at the centre.

The team lead and Executive Partner/Account Manager of Illumina, Mr Rodolphe Vetchenou, made this known during a parley with the Management of Covenant and the leadership of the University's World Bank Centre of Excellence. According to him, the visit became necessary since it was important that Africa should showcase her own repository of professionals to the world as it pertains to issues of healthcare and genomics research.

Mr Vetchenou said the assembly of equipment in the Centre is what is needed for research work across various fields of research endeavour covering malaria and cancer; their evolution, and mapping of their genomes.

Professor Adebayo said Covenant, being a research

intensive driven University, is well positioned among the elite global universities according to the Times Higher Education rankings of universities across the world, and as such will be looking for opportunities to further advance her research prowess, by working with Illumina and ISN in expanding the frontiers of cancer research and related studies.

"Let's get these equipment running, and see how we can save lives, considering the death in quality healthcare delivery our nation and continent," he added.

The meeting had in attendance the Deputy Vice-Chancellor, Professor Olujide Adekeye; Acting Registrar, Mrs Regina Tobi-David; Professor Olubanke Ogunlana; Professor Solomon Rotimi; Professor Grace Olasehinde; and Helen Jewwegaga.



Covenant University Gets New Academic, Directorate Leaders

There has been a rejig of the management and leadership structure of Covenant University for the new academic session, with Professor Roland Worlu and Dr. Jonathan Odukoya both becoming members of the Deanship of the University. Professor Worlu is now the Dean, College of Management and Social Sciences (CMSS), while Dr. Odukoya is the Dean, College of Leadership Development Studies (CLDS).

The new leadership structure sees Professor Akan Williams remain as the Dean, School of Postgraduate Studies; Professor David Oluokun, Dean, College of Engineering, Professor Timothy Anake, Dean, College of Science and Technology, and Mrs. Shola Coleke, continuing in her position as Dean, Student Affairs.

In the directorates of the University, the Centre for Learning Resources sees Dr. Ada Peter continue as the Director of the Centre; Dr. Lanre Amodu will

continue as the Director, African Leadership Development Centre; Dr. Ademola Adebajo, Director, Health Services; Engr. Boladele Akanle, Director, Centre for Systems and Information Services; Dr. Isaac Akinwunmi, Director, International Office and Linkages; Bldr. Oluwatoyin Akinyeoluwa, Director, Physical Planning and Development; Professor Olayinka Ajani will direct the affairs of Covenant University Central Instrumentation Research Facility; and Mr. Gordon Adebayo as Sub-Dean, Student Affairs.

The new faces in the directorates are: Dr. Emmanuel Amoo will oversee the affairs of the Academic Planning Unit; Professor Conrad Omonhinim, Centre for Research, Innovation, and Discovery; Dr. Charles Onuh will superintend over the Students Industrial Work Experience Scheme office; Dr. Mayowa Agboola, Director, Open Distance Learning; and Dr. Hezekiah Falola,

as Sub-Dean, School of Postgraduate Studies.

The Vice-Chancellor, Professor Abiodun H. Adebayo, communicated the approval of the Chancellor and Chairman, Board of Regents, Dr. David Oyedepo, of the new appointments to the appointees, noting that it was a call to serve and contribute towards actualising the short- and long-term visions of the University.

Professor Adebayo also conveyed the gratitude of the Chancellor to the immediate past Deans of Colleges, Heads of Departments, and Directors of statutory bodies for serving meritoriously in various capacities in the last two academic sessions and for their meaningful impact in the quest for academic excellence in the University.

Responding, the Dean, School of Postgraduate Studies, Professor Akan Williams, appreciated the Chancellor for the privilege to serve. According to him, leadership is about contribution, focus, and sacrifice, and these are the features that the new management team will be bringing to bear on the assignment of raising a new generation of leaders. Also, 19 new Heads of Departments were appointed to run the affairs of the various departments and programmes of the University.



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After my visa refusal for Canada, I was introduced to Harmony EduConsult in 2021. I was better advised and helped with my admission and scholarship at Liverpool Hope University, UK and the rest was history. Today, I am a graduate with a first class in M.Sc Education at Liverpool Hope University, U.K.

- LAWAL TOLULOPE ADESOLA

Having had a series of visiting visa refusals to the US, UK, and Canada at different times, I was concerned about the possibility of getting a student visa to the UK. I contacted Harmony Education Consult and I was guided through the process professionally. I got my visa approval and I'm in the UK today studying.

- ADEKUNLE ADENIPEKUN

M.A Theology Student

Nazarene Theological College, Manchester

I am Julieth Uchey Obijekwu, currently pursuing an M.Sc in Management at the University of Hertfordshire in the UK for the 2022/23 session. After a family friend who claimed to be a UK visa agent messed up my first admission and the University of Sunderland withdrew it and refunded my tuition fee, I was devastated and depressed. However, Harmony EduConsult came to my rescue. They didn't ask me for any money at the start, they only requested for my documents and proceeded with my admissions into the University of Hertfordshire. I got my 'CAS' without any difficulty despite being a single mother with dependents. They professionally packaged my documents for visa application and we were able to obtain our visas without any issues. I highly recommend Harmony EduConsult for their reliability and trustworthiness.

- JULIETH UCHEY OBJEKWU

M.Sc Management,

University of Hertfordshire U.K.



FORGET MILLENNIALS

GEN Z

IS THE FUTURE

"If I have seen further than others, it is by standing upon the shoulders of giants"

- Isaac Newton

We live in a world where people are constantly at loggerheads for who is more deserving of global relevance, hence the genesis of the current gap between various social categories. An average human believes from an economic standpoint, we are faced with the debate between Capitalists and socialist, diet wise we are faced with the argument between the vegans and meat eaters. Liberals and conservatives, democrats, and republicans.

If there is something that the emergence of The Gen-Z in the workspace has revealed, then it is the presence of a lifelong yet majority unspoken gap between the principally skeptical and independent older generation, who are predominantly the Millennials and Baby Boomers and the young adults, Gen Z. These adult staff, who are associated with certain behavioral patterns and mindsets and are generally recognized by their ability to play by the books and follow instruction, have created amongst the younger generation, a perception of being traditional in their approach towards their work and life in general.

This perceived conservative nature has resulted in several issues being left unsolved and passed down for the younger generations to solve such as high cost of living, unnecessary education, housing crisis, gun violence, recessions, gender and racial inequality amongst others. For instance, debts upon debts that run into billions of dollars have been left unpaid and unaccounted for by the government who are well advanced in age and are transitioning out. The coming generation now feel the urge to pay for the 'sins of their fathers' and circumstances such as these has created so much resentment and a massive gap, between these two generations.

In fact, they have created the image that they are the savior generation, who have come to save the workplace, and in this case, the world at large from the mess of the previous generations before them. This desire to solve these issues has

prompted the Gen Zers, who are those born between the year 1997 and 2013 and are predominately known for their strong sense of entitlement, creativity and liberality, to adopt novel ways of doing almost everything, especially with the optimizations of the internet-of-things.

Statistics from the John Hopkins University research shows that, Baby Boomers (19%), Generation X (35.5%), and Millennials (39.4%) make up a sizable portion of the workforce. In 2030, when 10,000 Baby Boomers will have reached retirement age, Generation Z will make up around 30% of the workforce. Their innovative approaches to work and technology will soon have a bigger impact on our working surroundings.

The emergence of the Generation Z into the work scene has interrupted the habituated manner of work and bureaucratic interaction amongst employees because of the different expectations regarding work culture and values.

The truth is, no generation has the ability to save the world. Majority of the time, people are striving to save themselves from the harsh forces existent in the world which strives to take them out such as the forces of demand and supply. Inflation, natural disasters and pandemics and may not necessarily contribute anything consequential to the world in their lifetime. The Gen Zs can only strive to make the world better than they met it but not save it. Another hard

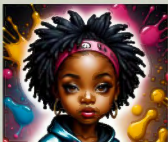
pill is that the preceding generation has laid a foundation for the coming generations to do bigger and better things. The Baby boomers and the Millennials were responsible for championing historical movements such as fighting for women's right and the Civil rights. Hence making useless the claims that any one generation is the savior generation.

The emergence of the internet places the Gen Zs at a better spotlight as they are able to relive past experiences that have been documented and better make more informed decisions. It allows them to have a better grasp of their roots and be informed on occurrences that took place long before their existence. It gives them a head start as opposed to spending time trying to carve out a new niche.

When Newton made this statement, "If I have seen further than others, it is by standing upon the shoulders of giants" he did not literally mean that he had to stand on anyone's shoulders but rather was not bent on his own ways but was patient and meek enough to study and learn from Scientists that had gone ahead of him. He applied solutions from their past experiences and sidestepped their mistakes which better gave him an edge, saved him time and has made his name reverberate throughout history today.

In an attempt to climb upon giants' shoulders, there is need for both generations to be more tolerant and patient with each other. The younger generations must understand that it is not their responsibility to save the entire world, but rather, leave it a better place for the next generations. Their only responsibility is shaping the future especially the workplace for the rest of humanity.

Although, they possess creativity and brim with innovativeness, there is great need to maintain and apply several age long principles mostly documented in books that are tried and true, have made giants, are making giants and will still make giants.



With MARIZU By STREAM Magazine

SSTREAM: Tell us a little bit about who Marizu is.

MARIZU: My name is Marizu, I make music and from a Christian home. I am the first child of four siblings and I love making music.

STREAM: Since when have you been in the music industry?

MARIZU: I officially started making and releasing in 2017 till date.

STREAM: When did you start singing?

MARIZU: That was in 2013, then I got into university in 2014. I actively joined the choir in my school and in my fellowship. People used to tell me to consider making music but I didn't really listen to them until God told me to do it one day.

STREAM: How did you find your niche in Afro-Gospel?

MARIZU: My dad makes radio music and I remember telling him I wanted to make music too. He told me that I should be sure about it and know my why. Afro Gospel is not the only music genre I make, I make music in general hoping it reaches someone out there. I'm glad to be in the afro gospel wagon and it has helped me reach many people in Africa. I still want to do other genres in music as well.

STREAM: What was your inspiration to start making gospel music?

MARIZU: My dad was my inspiration, he inspired me on why and how he made music. He explained to me exactly what music is and it was exciting for me. I was very interested in doing what he was doing because I felt that was what God wanted for me. I just felt this push in my spirit to make music so that's why my dad is my inspiration. My number one inspiration is God because if not for him, he wouldn't have me in my family if he didn't pre-ordain my life. God has also brought people along the way to help and guide me in music.

STREAM: What are some major difficulties you've faced in making music and putting yourself out there?

MARIZU: I would say difficulties are relative to each and every artist. For me, it is actually putting myself out there and showing up for the thing I love to do. But I would do it anyway because that's what God wants for me so that's a challenge for me. Pictures, videos, interviews, but I am enjoying this one anyway. I tend to run away from visuals.

STREAM: What would you say are the (inaudible) of your journey as a gospel artist?

MARIZU: The best part is getting to see the impact. It has to be seeing what God is doing with what he has placed in my hand and it's a blessing, an honor and encouraging amongst other things. Seeing that what I put out is helping someone and also helping me as a person and my walk with God. It also helps me stay on the coast as well.

STREAM: Where do you see yourself in the next 10-15 years?

MARIZU: I am making music right now and I intend to continue doing it because it is a ministry. So, until He (God) says I should change course and do something else, I will keep doing what he has called me to do because it is not just for fun, first and foremost. I see myself still making music on the global scale.

STREAM: What's the most fulfilling thing about your craft?

MARIZU: The song writing process. Sometimes you could start and not realize how you end up somewhere but you begin to see that it has only been God. That is fulfilling to me because it reminds me that that I didn't bring myself to where I am today and that makes me keep trusting God and following his lead.

STREAM: What was your first celebrity moment and how did that make you feel?

MARIZU: It happened for the first time in 2018 while I was in church. A church leader asked me if I had checked my streams after I released *Chosen* for the first time (inaudible) from there everything blew up. My pastor saw the streams and asked me if I had seen that my music was really doing well, and when I checked for myself, I was like "oh wow" and then, people started coming up to me to tell me what my song has done to them. To be honest, I wanted to hide because of the attention but still the feeling was nice.

STREAM: Seeing that all eyes are on you, how do you handle still being yourself and representing Christ in the midst of fame?

MARIZU: I believe that once you're grounded in Christ and everything you do revolves around Him, it would be hard for you to make mistakes without knowing. The best way for me is having a family where I worship and I stay relevant there. This helps me be me and regardless of what happens outside, I would be there for whatever I have to do such as rehearsals. I also have the right friends around me that understand me and are not just there for me because of what I have to offer. I believe having genuine friends play a vital role in keeping me grounded.

STREAM: What is your greatest strength right now as a person?

MARIZU: The Holy Spirit is my greatest strength because He knows me completely. He beautifies my life in such a way that I do not do anything myself. He does most things with his directions. I always rely on him for everything.

STREAM: If you had the chance to start your career from scratch, would you do differently?

MARIZU: Differently? I would learn to embrace everything and not be so picky and to enjoy myself regardless of the challenges. I would enjoy being out there and everything that comes along with it.



STREAM: If you weren't in the music industry, what would you be doing?

MARIZU: I am also an illustrator. Digital illustration to be precise, I make children's books. If I wasn't making music, I'd be doing it full time. I also do it right now, anyways. I designed the cover art of my album "Quiet Time".

STREAM: What is your message to a young person struggling to stand out for Christ in this trying world?

MARIZU: Trust Him more, talk to Him more because He knows a lot more than everybody else and is the only one that can tell you the best possible thing for you. Before you make any major decision in your life, always go to Him. The Holy Spirit is not just the words you read in the bible, he is a person that live within you and when you realize that you can talk to him, He will guide you. There is so much happening in the world right now to not be grounded in the only solid thing, which is in Christ. You will rarely make mistakes when you seek the Holy Spirit to guide you.

STREAM: What would you say to a young person struggling to take away vulgar music and sounds?

MARIZU: Surround yourself with the good stuff and change your closet. Change everything that would remind you from things you are trying to hide from, and surround yourself with things that will edify you and help you grow right. Surround yourself with educative shows, sermons, listen to your spiritual fathers. That is the best place to start from.

STREAM: A lot of people are involved in the Afro Gospel genre. Do you think they should learn from the outside world for inspiration?

MARIZU: I would say do not learn from the outside world for inspiration. It can only come from one place and that is God. Based on your field or genre, you need to understand and study the genre and that would require you studying some songs. But before you do that, realize that your heart is a fertile ground and what you put in there will grow. Be mindful, and take out the seeds planting themselves in your fertile ground so they won't grow and become things you did not plan for.

STREAM: Is there any artist that you are looking to collaborate with right now?

STREAM: Thank you so much
MARIZU: Thank you. I really enjoyed myself, this was nice. It has been a pleasure.



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Fashion

Gen Z The Generation Of Expression

By: Okonkwo Patricia

Gen Z, the powerhouse generation, stands apart due to their immense creativity and influence. Unlike their predecessors, Gen Z individuals tend to break away from traditional fashion norms, embracing their uniqueness and expressing themselves through distinctive styles. Their fashion journey is not just about clothing; it's a canvas of



creativity, a fusion of individuality and trendsetting. One of the most intriguing aspects of Gen Z's fashion sense is their boundless creativity. They eagerly experiment with diverse patterns and colors, eagerly embracing the latest trends. They're not just followers; they're trend setters. When a new trend emerges, Gen Z is not fashionably late; they're right on time,



transforming each trend into a statement of their own. Their styles are as dynamic and ever-changing as their experiences, lifestyle, and vivid imaginations. Oversized clothing has become a Gen Z signature. They find comfort in clothing that doesn't restrict their movements. Baggy jeans, graphic tees, and oversized hoodies are their go-to choices, allowing them to express themselves freely.

Thrifting and wearing vintage clothes has become a craze among Generation Z. Thrift and vintage stores are their treasure chests, providing not only affordable goods but also items that correspond with their eco-conscious philosophy, eliminating waste while looking gorgeous.

Gen Z individuals fearlessly blur gender lines when it comes to fashion. They wear what makes them feel confident, regardless of traditional gender norms. Their mantra: if it looks good, feels good, and aligns



with their style or a current trend, there's no room for judgment. In the world of Gen Z fashion, self-expression knows no boundaries. If you don't like it, create your own style—that's their philosophy! In essence, Gen Z's fashion journey is a celebration of diversity, creativity, and fearlessness. Their style isn't just about clothing; it's about breaking barriers and



embracing individuality. In a world filled with trends, they're the ones setting the pace, making every outfit not just a fashion statement, but a bold declaration of who they are.



@lululearnsstories
@ronkegiwa1

LULU LEARNS

by Ronke Giwa Onafuwa
& Tobani Onafuwa



"My last birthday, my daddy was sick and all I wanted was for him to get better. My mummy could not buy me a present and even though this made me sad, I was happy again when my daddy came back home."

Lulu thought about everything Didi had said. She was right. Getting new toys is nice but you must be grateful for the things you have even if they aren't exactly what you need for.

Illustrated by
Tolu Yeloye



INTERVIEW

Interview With Kizzy Vibes

Please introduce yourself.

MY NAME IS ADEJO KINGSLEY ADEBOLAJO AND I GO BY THE STAGE NAME KIZZYVIBES ALL THE WAY FROM LAGOS NIGERIA WITH THE VISION OF MAKING PEOPLE HAPPY THROUGH MY SOUND WORLDWIDE

What inspired you to pursue a career in music, and when did you start singing/writing songs?

FOR ME MUSIC IS LIFE, I COULD REMEMBER I HAVE ALWAYS LOVED LIVEBAND PERFORMANCE RIGHT FROM WHEN I WAS YOUNG AND HOW IT GET PEOPLE TO DANCE, SPRAY MONEY AND PUT SMILE ON PEOPLE FACE, ITS ALWAYS VERY EXCITING TO ME AND IT STAND AS ON OF MY BIGGEST INSPIRATION TO PUT SMILE ON PEOPLE FACE

At what age did you start singing /writing songs

I STARTED SINGING WHEN I WAS 10 AND STARTED WRITING SONGS IN 2019

Who are some of your biggest musical

influences, and how have they shaped your style and sound?

MY BIGGEST MUSICAL INFLUENCE IS DAVIDO, BUJU, DRAKE, WIZKID. THIS HAS SHAPED MY SOUND TO BE ENERGETIC AND SMOOTH AND MY STYLE TO BE UNIQUE
What's your creative process like when you write a new song, and how do you know when a song is finished?
MUSIC IS HOW CREATIVE YOU CAN BE IN TELLING A STORY, SO DEFINITELY IF AM WRITING A SONG I AM TELLING A STORY THEN PUTTING SOUNDS AND MELODIES IN A UNIQUE WAY TO BRING ABOUT A FINISHED SONG. SO FOR ME THE CREATIVE PROCESS IS MAGICAL

What's your favorite song that you've written so far, and why?

FAVOURITE SONG SO FAR – CHASE
WHY - THIS SONG WAS ME EXPRESSING HOW I WAS FEELING AT THAT POINT ABOUT THE JOURNEY OF MAKING MONEY BUT THEN I MET A LADY AT THAT TIME AND MY ATTENTION CHANGED

What's your favorite song to perform live,

and how do you engage with your audience during a show?

FAVOURITE SONG TO PERFORM LIVE - CHASE
HOW I ENGAGE WITH MY AUDIENCE - BEEN LIVELY WHY PERFORMING AND GETTING TO CONNECT TO PEOPLE WHY PERFORMING
What's the biggest challenge you've faced as a musician, and how did you overcome it?

MY BIGGEST CHALLENGE IS THE PROCESS OF CONVINCING PEOPLE TO LISTEN TO MY SONG AND VIBE WITH IT.

HOW I OVERCAME - I ALWAYS TRY TO GIVE MY BEST WHEN I MAKE MUSIC AND THEN I KNOW THAT IF IM CONSISTENT WITH TIME MY FAN BASE WILL GROW, I ALSO PRESENT MY MUSIC IN ATTRACTIVE WAYS.

What's the best piece of advice you've ever received about music, and who gave it to you

BEST PIECE OF ADVICE I GOT WAYS TO KEEP BEING CONSISTENT AND TO STRIVE TO BE BETTER.

What's your vision for your music career, and where do you see yourself in five years?

MY VISION - TO BE THE BEST AT WHATEVER I DO.

IN THE NEXT FIVE YEARS I WANT TO BE DOING GREAT IN MUSIC WORLDWIDE, NOT JUST FOR ME ALONE BUT FOR THE CULTURE AND REPRESENTING MY PEOPLE

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Gen-Z's Auditory Allies: Beneficial Podcasts for Empowered Living

By Faith Ogunleye

-Category: Innovation and Leadership

TED TALKS DAILY- available on Apple Podcasts, YouTube and Spotify
Lead To Win- available on Apple Podcasts, Spotify and Google Podcasts

-Category: Personal Growth

The Tony Robbins Podcast- available on Spotify, Apple Podcast and Google Podcasts
The School of Greatness- available on Google Podcasts, Apple Podcasts and Spotify
The Bible in a Year- available on Apple Podcasts, Spotify and Google Podcasts

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Millionaire Mindsets- available on Apple Podcasts, Spotify and Google Podcasts
BiggerPockets Money- available on Apple Podcasts, Spotify and Stitcher

-Category: Leisure and Entertainment

The Adventure Zone- available on Apple Podcasts, Google Podcasts and Spotify
I Said What I Said- available on YouTube, Apple Podcasts and Spotify
Me, Her & Everything Else- available on YouTube, Spotify, Google Podcasts and Apple Podcasts

-Category: Society & Culture
Stuff You Should Know- available on Apple Podcasts, Spotify and Google Podcasts.

-Category: Health and Wellness

The Wellness Way- available on Apple Podcast, Google Podcasts, and Spotify
The Daily Smile- available on Apple Podcasts, Google Podcasts and Spotify

-Category: Lifestyle and Fashion

Fashion Revolution Podcast- available on Apple Podcasts, Spotify and Google Podcasts
Gen-Z- Available on Apple Podcasts, Spotify and Google Podcasts



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Gen Z '23 Art: The Peak of Oddity

Toluwa Ruth

Every day, something new is born. It may be a food recipe in your home kitchen or simply a new phone design, trend, software application, or English word. While some emerge as improvements on previous versions, others come as mere first-timers, while some disrupt their industry – they bring a breath of fresh air, bringing with them the unknown and playing unusual tunes. Such was the case with innovations in the past, like the airplane. Imagine how incredible it must have been back in the 20th century, with the Wright brothers envisioning the creation of a human-flying machine and successfully executing it. Talk about silencing the naysayers (and they did have many). The point is that such an innovation was uncommon, and I dare say that the art of “Gen-Z” emulates similar characteristics. Individuals of this Gen Z generation have and continue to break and defy norms, and artists don’t lag in this regard. We primarily remember artists as sculptors, painters, dancers, and the like. However, it’s important to understand that our

content creators, makeup artists (MUAs), actors, influencers, animators, etc., are artists too since art is all about expression. To put it

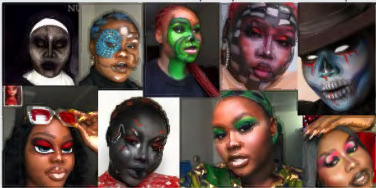
directly, these individuals from the Gen Z generation have created ways to express themselves in seemingly mundane things or

Let’s take makeup as an example – our mini-case-

study. In the past, makeup was primarily for beautification, aiming to enhance natural beauty. But today, faces are living canvases.

A former Covenant University student, Komone Doka-Zoe, is a perfect example of this point (her pictures are above). This is not the norm, and it applies to all forms of art within the Gen Z generation.

Gen-Z individuals have turned the ordinary into art and continue to elicit double-take responses as a result. Doubt it? Just look at the Gen-Z artist next door – you’ll likely find one.



GEN Z ART: TECHNOLOGY INFUSION

Fiyin Shittu

Technology, the ever-changing variable has introduced itself into a new sector of life, Art! It is no news that technology has basically been involved in every area of life because technological tools have been created to makes work easier. However, art has always been a space that prided itself in the use of human skill, like the use of certain type of strokes for a painting etc. During the 18th century art critics looked and approved artworks that were ‘aesthetic’. In the 19th century, works were known for ‘noble simplicity and quiet grandeur’. The criteria for art approval has changed overtime and in the 21st century, the age of the “Gen Zs”, the use of technological materials/tools, elements are one of the things art critics look for when analyzing art in our generation.

Technology has infused itself in art in various forms, there are some arts that only the tools are used in generating the artworks, while some art works are totally generated by technology. For Gen Zs, a way technological tools have been used to create art, is with the use of devices like the iPad. The iPad is one of the apple products, it is said that the iPad opens up a lot of creative

opportunities because of the drawing software on the device called Procreate and the Apple Pencil. A lot of great artworks have been produced by several artists with the use of the

iPad and digital software’s. Jason M. Allen used an artificial intelligence program called Midjourney, a program that turns lines of text into hyper-realistic graphics to win a fair contest for emerging digital artists. His work ‘Theatre D’opera Spatial’ was the first A.I generated piece to win such a prize-Newyork Times.

We see the movement from majorly using canvases, Paint and art brushes to create illustrations, project ideas and feelings to the use of ‘Apple Pencils’, ‘iPad’ to create to do the same thing but in a completely different way; Oh, how times have changed!

However, this change alarming; but when compared to how things were before, it is beautiful and has showcased how technology has helped artists. A lot of artists have testified of how helpful incorporating technology in their works have been. Petra Cotright, an artist who put one of her works created by a computer on aluminum said, “this process allows the artists to make endless modifications until the moment the digital file is translated to real space”. This means that the use of technology in art makes for easy modification of errors, unlike other forms of art where it may prove difficult to make corrections. Another advantage of using

technology in art is the fact that Artworks can be duplicated, artworks done can easily be copied and posted with the use of Ctrl +C unlike traditional media where the artist has to begin from the scratch.

Just like any thing on this earth, the inclusion of technology in art has had some disadvantages. As a result of artist using technological platforms, it has brought about lazy artist who do the bare minimum in producing artworks. This is because at a click of a button or minimal effort artworks are created. This is in great contrast the ancient times where artists but in all their strength to make their artworks perfect. Another disadvantage is that technology is expensive, tools like the iPad, the drawing software’s are very expensive and not a lot of aspiring artists in this generation can afford it.

Technology infusion in art is just at its beginning stage even with the “Gen Zs”, it is almost definite that as the years go by and generations evolve. Technology will more than ever before influence the activities of artists in their creation of artworks.





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Fail? Not Today

ART BY HERRIETA

We are more than just a selfie or a tweet,
More than what the eyes may meet,
Our stories unique, our voices strong,
We sing a different kind of song,
We are a generation of change,
A force to be reckoned with,
Breaking down barriers and walls,
Our unity will never be destroyed or fall.
From climate change to social justice,
Gen Z is leading the charge,
Demanding a world that's kinder,
Our hearts fueled by a fire larger.
Our diversity is our greatest strength,
We celebrate our differences with pride,
Our colors, cultures, and beliefs unite,
A colorful and beautiful sight.
We are young, but we are mighty,
Our potential is limitless and bright,
Ready to take on the world,
Gen Z is a powerful light.
So don't underestimate our power,
We'll shatter every single stereotype, we will not fall
not today, not ever
For we are more than just what meets the eye,
One day, you'll realize.

Artworks and Interpretation

ART BY ANJOLA OLANREWAJU

My dear melancholy,
Lurking in the shadows of my mind,
With every silent sigh,
You make your dark presence remind.
Your touch is cold, your voice is low,
You whisper secrets that nobody knows,
You cling to my soul like a vile foe,
Till every breath is steeped in woes.
Yet, I find solace in your embrace,
In the sadness that you bring,
For you remind me of my own grace,
And the beauty in sorrow hidden deep within.





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The Real Change-maker Medium- Acrylic on paper

My painting depicts women's struggles and problems in life and career paths, their strengths and solutions to those problems.

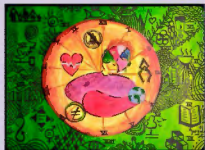
The face of the woman painted in different colours symbolises the beauty of a woman, the undeniable strength a woman has and her ability to survive several circumstances.

The symbols surrounding the woman, represent some of the struggles and problems faced by her some of which are health issues, unemployment, rape, gender inequality, discrimination, and disapproving opinions from people on the career path to choose. Despite all these challenges women go through, they still excel in whatever career path they choose, no matter how easy or difficult, she continues to smile with pride and carries herself with confidence in the world which the baby

wrapped in red shawl represents. The clock symbolises how often the woman strives to become a successful career woman despite the mockery of people.

The Symbols in the background are some solutions to the woman's unyielding plantation, they are the Sustainable development goals. Goals like Goal 5(gender equality), goal 3 (good health and well-being), goal 4(quality education), goal 8, goal 10 and Goal 16 when finally actualized would make every woman with dreams great and need no validation to achieve their goals.

Every Woman has the right to be who or what they want to be, and it is high time we put an end to gender favouritism and celebrate the real change makers.



ART BY BERYL DAVID ▶

Owambe: The flowers are like traditional Gele headwear of Yorubas. These days Yoruba Gen z and some millennial don't tie it traditionally anymore and I thought the different styles and versions are like different flowers.

◀ ART BY MICHELLE EVBOTA



▶ The title is Your Life is a stage

ART WORK BY OLAOLUWA SHALOM

The painting consists of a combination of four different stage masks used in theatres. The masks are used to express certain emotions while hiding the true emotions of the person behind them. In relation to the theme I was given, it has become a trend for many people to live fake lives on the internet and put up a façade of inauthentic emotions.



THE GEN-Z CEO

Featuring Boluwaduro Okunade

By Faith Ogunleye

STREAM: Hello. Kindly tell us about yourself. Who is Mr. Bolu Okunade?

BOLU: I am Bolu Okunade. I am a human being, first of all. I am the second child of my parents, from Ogun State. I am a Covenant University student in my final year, studying Information and Communication Engineering. I own three businesses and I am someone who is really passionate about seeing people become legitimately wealthy.

STREAM: When did you venture into the business world?

BOLU: I started getting into the business world when I was in my 100 Level, which was in 2018.

STREAM: How did you build an entrepreneurial spirit at a young age?

BOLU: Necessity moved me into entrepreneurship. I wasn't someone who said I wanted to change the world. I did not have much money. Coming into school, I always started with 6,000 Naira and I was never sure when the next allowance would come or where it would come from. As an engineering student in 100 Level, I needed 10,000 Naira for a TD Board and 4,000 Naira for course dues. I was always annoyed, so I had to face the reality that I had to work to make money. Necessity sparked the need for me to start selling things.

STREAM: Tell us briefly about one of your companies.

BOLU: I'd like to talk about Zee-Reality. The name is derived from "Gen-Z." Zee-Reality is a company that primarily provides solutions to Gen-Z's property needs. Gen-Z individuals are relatively inexperienced in the property market. At Zee-Reality, we have extensive knowledge, and we connect Gen-Z individuals to major stakeholders, ensuring that all documentation is in order. We help Gen-Z's invest safely and profitably in real estate.

STREAM: What were some of the early challenges you faced in starting that business?

BOLU: One of the major challenges I faced was the prevailing culture in Africa that doesn't expect young people to become wealthy at a young age. Especially with the negative image portrayed by internet fraudsters ("Yahoo Boys"), people tend to be skeptical of young individuals who achieve

financial success. Many didn't believe I legitimately made money at a young age.

STREAM: How were you able to overcome such a challenge as a young person?

BOLU: Trust is closely tied to age, so I realized that I



needed to invest a lot to earn the trust of people, especially older individuals who doubted a young person like myself could legitimately help them with property transactions. Trust is essential in the property market because it involves substantial sums of money. My team and I worked on

“
...there's a dangerous desire for quick wealth because of the misleading images and statuses portrayed on social media platforms like Instagram. Trust the process, and understand that life doesn't work the way it's depicted on social media.”

overcoming this cultural skepticism through our branding, communication, and appearance to give

people fewer reasons not to trust us.

STREAM: How do you set boundaries and ensure you receive respect when working with your fellow Gen-Z's?

BOLU: I have never had a staff member disrespect me in any of my companies. There are objectives and metrics that my staff members are expected to meet. I also carry myself professionally. If a person ever rises to the point of disrespecting me, there is something wrong with them. I also ensure that I don't disrespect my staff members.

STREAM: What are your thoughts on entrepreneurship for young people in an economy where jobs are difficult to find?

BOLU: I used to believe that everyone had to be an entrepreneur, but I no longer hold that view. I've realized that some people are meant to earn money through traditional employment. My advice is that you can think like an entrepreneur but find your unique expression points. Nowadays, we have "intrapreneurs" who have the mindset of entrepreneurs but work within existing organizations.

STREAM: What do you think it takes to be a successful businessperson in a generation like this?

BOLU: Mentorship is crucial. You don't have to start from scratch, make mistakes, and build everything on your own. Mentorship condenses years of experience into moments of learning. It's something I believe people can access. As a young person, you should realize that you can take calculated risks now, but it may become more

challenging later. Invest in knowledge, as they say, "your head is your first head office." Lastly, there's a dangerous desire for quick wealth because of the misleading images and statuses portrayed on social media platforms like Instagram. Trust the process, and understand that life doesn't work the way it's depicted on social media.

STREAM: What would you say to young people struggling to build successful businesses or balance their business lives with other aspects of their lives?

BOLU: I have a formula. In general science, Speed is the division of distance over time. If I need to cover 40 km, and I increase my speed, I will use less time. If I reduce my speed, it will take more time. My advice is to eliminate distractions and become strategic users of social media to make progress in this generation. Being strategic in our social media use helps control our focus, allowing us to accomplish more in less time.

STREAM: Thank you very much for having us today.

BOLU: You are welcome.



"Embracing Unity: *Kalu Gift Nneoma*"

Paving the Way for a World at Peace"

In a world pulsating with boundless energy and endless possibilities, I, a 17-year-old African girl, stand on the precipice of a transformative journey. I dare to imagine a world where peace thrives, not as

a distant dream, but as a living reality within our grasp.

Picture a world where the vibrant hues of diverse cultures blend harmoniously, painting a beautiful masterpiece of unity. As young individuals, we hold the brush that can mix these colors and create a masterpiece that transcends borders. By immersing ourselves in the richness of each other's traditions, we can cultivate empathy, dissolve prejudices, and foster a sense of shared humanity.

Moreover, at the core of a peaceful world lies the invaluable virtue of empathy. It is the ability to step into another's shoes, to feel their joys and sorrows, and to treat them with compassion. As young people, we have the power to cultivate empathy within ourselves and inspire it in others. By engaging in community service initiatives, reaching out to marginalized communities, and amplifying the voices of the unheard, we ignite a transformative ripple effect that spreads empathy and compassion far and wide.

Also, in the pursuit of peace, the power of dialogue cannot be overstated. As young visionaries, we possess the unique ability to communicate and connect across borders, both physical and metaphorical. Let us create safe spaces for dialogue, where individuals from diverse backgrounds can engage in open, honest, and respectful conversations. Through active listening, understanding, and finding common ground, we bridge the chasms of discord, paving the way for reconciliation and peaceful resolutions.

Furthermore, the flame of change burns brightly within the hearts of young people. We are the torchbearers of a new era, lighting hope and inspiring action. By fostering youth leadership and collaboration, we unleash a powerful force for peace. Through entrepreneurship, innovation, and social activism, we demonstrate that age is no barrier to effecting meaningful change and shaping a world that flourishes in peace.

In conclusion, in the tapestry of our shared humanity, this article reflects the vibrant colors woven by a 17-year-old African girl determined to make a difference. Through celebrating diversity, cultivating empathy, fostering dialogue, and empowering youth, we can realize the dream of a world where peace reigns supreme.



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SAFE SPACE



STRUGGLES OF A GEN Z WOMAN

By: Emem Ituen

Gen Z women face struggles everyday,
Trying to find their place in a world that's grey
From pressure to look perfect on social media
To the fight for equal rights, it's so hard to find a medium

They're told to be strong, but not too strong
To speak their minds, but not too loud
They're expected to balance work and home
While still trying to explore and roam

But despite the struggles, Gen Z women are fierce
They're breaking down barriers and conquering fears.
They're fighting for a world where everyone is equal
Where everyone's voices are heard and respected as a sequel

So here's to Gen Z women, strong and true
May they continue to rise and break through
May they inspire future generations to come
To fight for what's right and never succumb



HABAKKUK 2:3

-Emem

I bowed down with my family this morning.
To reflect on God's word and I came upon a verse from the Bible while reading that said;

"This vision is for a future time It describes the end and it will be fulfilled

If it seems slow, wait patiently For it will surely take place, It will not be delayed"

With such optimism, I clung to that word.

Because even though my paths been blurred, I'm still going forward.

With so much understanding afterwards

I said to myself "You're not garbage, a failure, or sad!

Your vision isn't absurd, Your little efforts will be seen in sum.

And in the end, your greatness will surely come





When God Leads

Toluwani Fadumiye Deborah

I am a proud student at Covenant University (I can't believe I'm saying this...it's still so surreal to me), studying International Relations, and here's how it all came to reality.

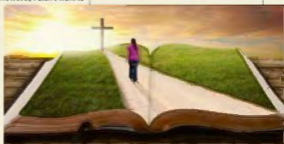
To begin with, everything, down to where and who I am today, is just God's doing. Being a student of Covenant University was a desire of my parents and probably mine. After so many confirmations here and there by God, I was led to apply to Covenant University, with International Relations as my course of study. I came across some form of discouragement from some individuals as they saw the school as "expensive." "How will my parents cope with the fees and all?" "Did God say Covenant University?" was the question I kept asking myself. This made me become Gideon 2.0. However, God kept on confirming what He had told me over and over again in ways unimaginable.

During this period, I applied for the David Oyedepo Foundation Undergraduate Scholarship. Long story short, despite the discouragements, I stood on what God said to me, and glory to God, I was among the 1st batch of students that were

given admission into CU. Till today, I am still in shock at how my fees were paid to resume fully. Two months later after my resumption into CU, I was granted the scholarship! God is indeed Jireh, our Provider.

Another discouragement came along the way during my first month at CU as I wanted to change from International Relations to Mass Communication. This was because of the politics and history that are entailed in my course of study which I am not a fan of. However, I didn't want to make this decision of my own will. I discussed it with my parents. After comparing the 4-year course outline for both courses, I was so keen on changing to the extent I was willing to do 100L again if it meant studying Mass Communication instead of International Relations. My parents

and I decided to hand it all over to God...I did so. Again, "Lord, your will, not mine" was all I prayed, with Gideon 3.0 activated. God, through a scripture showed me in the book of Revelations and confirmed it to be International Relations. This got me nervous but at the same time was peaceful about it. At this point, Jeremiah 29:11, and Joel 2:27 became my anchor scriptures...and they still are. I decided to continue studying International Relations, and since then I haven't had any regrets, I may not currently be on a 5.0 yet but I am on a First-Class CGPA. All I can say is that God did it. He worked through me, and by His Grace at work in me, will never take it for granted. Indeed, He makes the weak strong, and the small, great.



My Best Friend, My Life

(Amarachi Okoro Ndukwe)

This is not your regular type of friendship. This is a solid relationship that you'll long for when you're done reading this. This is a journey of words to figure out the personality of my best friend. My ultimate soulmate.

My best friend my lover, ND! This is not a sexual relationship, this is a genuine, pure and unconditional love that's why He's, my lover. He said He will leave the 99 to find me. Words are not enough to describe my best friend because when I think he has done the extraordinary HE does another wonder. When I think this is finally the end for me, He makes a way and shines a light so bright that drives darkness into obscurity. I always asked Him why me? Why do you love me? When I reflect on my past and all I've done I don't deserve it. He always replies with the same answer I came to seek and save the lost, Luke 19:10. I remember when I had no reason to live anymore, he found me chose me and gave me a thousand reasons to look forward to the next day because in him I found my purpose.

I count when I failed, failed so much that I

believed that I was cursed and there was no redemption for my kind. Then He found me, I began to see through His eyes and realized those failures were part of His perfect plan for my life. I remember when I struggled with desires I couldn't explain, sexual sins were my life, despite knowing all these He picked me, washed me, cleansed me and gave me a life I'm now proud of and loved me recklessly notwithstanding.

I faced challenges that humanly were impossible to overcome but with Him my impossibilities became possible, I began to do all things through His strength, Philippians 4:13. I told you from the beginning that this is not your regular friendship story. He does not love like a man and no man can love like him because even before I knew Him, He gave it all for me.

This is love that can't be explained. I love my best friend and I will always give my all to Him because

He first loved me. My best friend is JESUS the saviour of mankind. The one who went ahead of us and paid the debt we owe but couldn't pay. All we need to do is surrender and believe. He wants to be in your life, He wants to lead you. This is a reminder to stop running and accept Him today.

Prayer: Jesus I come to you today, confessing my sins, asking for forgiveness and believing that you paid it all for me to be free. I accept you today as the Lord and Saviour of my life. From this day onward I chose to follow you and your will for my life. Amen.



Generation Z (WHO WE ARE)

Written by: **Opara Bonita-Maria Kelechi**
and **Nwodo Mirabel C.**

They call us
Generation Z
The last of 26 alphabets
With miniskirts, partying, addictions
All driven on the fuel of peer pressure
Confused in gender
Making up with features we think we're meant
to have to be better
Natural-living now almost in danger

They call us
Generation Z

That wanting to belong
They tie to us
Diagnosed us with a syndrome
"FOMO" ... the fear of missing out
Is it really the fear of missing out or the problem
of how to stand out?

We actually are
Generation Z-ealous
They forget the greater number of us
That are tech-driven
Innovation focused, creatives
Start-up CEOs, finance gurus
Young legal millionaires

Seeking to Re-write the negative stereotypical
Gen-Z profile citation
Take-off those judgmental glasses and see us for
who we are
Soon to be leaders of many nations
We actually are
Gen-Zealous
Taking over territories in different spheres of life
Boluwaduro Okunade, the forex mogul, CEO Zee
Realities
The LinkedIn guru, Haoma Worgwu
Our social media Oga, Omobolaji Ajibare aka
Bolaaji Billions
The YouTube sensation and culture archivist,
Olarenwaju Eniola aka Korty_00
And of course, not to leave out Nwodo Chioma
and Opara Kelechi
Soon to be media legends.
We are the Gen-z and we are definitely more
than meets the eye.



When we hear the word habits, most of us first think of behavior—what we do regularly, especially what we unconsciously do, well, we are not far from the truth. Permit me to use tips from James Clear's "ATOMIC HABITS", a book of habits itself.

Firstly I will like to declare that I have habits, good habits. These declarations dawned on me as I was sitting down and digesting the book in my hands, I saw this and I was trembling with joy because at that spot I knew I was forming habits, good ones.

But then those voices came suddenly, staring at me almost immediately I was recovering from my excitement, those voices came, whispering doubts and most especially fear, suddenly flashbacks of all those habits I had wanted to form came playing in my head and how I had failed in them. At that moment, I stumbled on my antidote and it was "": "Winners and losers have the same goals" then I went further and I saw what had always caused my failures in forming good habits and goals.

It was my "SYSTEMS"

All I ever thought of was my goals and what I wanted, I never took the steps very important, the systems that needed to be in place so that my habits could remain solid and unshakeable, so even when I fall, I have

Habits

BUILD

**GOOD
HABITS**

BY MAYOMI SUSAN BUNM

my systems to put me at the right spot. Then I became healed from the darkness as I have gained light. I just pushed the voices away and walked away with my sword of light. How victorious did that feel! I made up my mind at that spot to spread light to those that were ignorant, struggling to maintain habits, and also struggling with bad habits. Habits are cultivated, you and I form them and we are the same people that are capable of resisting them. Little are we aware that those little things we do that are done unconsciously are our HABITS and they will contribute a lot to our future and attitude.

SO I put it to you, **WHAT ARE YOUR HABITS?**



Adewusi Joshua Opemipo

Love is a strong feeling of affection. You claim that no one shows love to you right? How about the one my Father showed you?

It's called what? Do you think it's that easy for someone to leave His only Son to die for you?

God has showed you love or didn't you see it in the Bible in John 3:16?

Hmm... even our very close friends that we call our own that we carry on our heads everywhere can not show us this kind of love that has been shown to us by God.

So, how do you intend appreciating this true love that has been shown to you by God?

The only way you can appreciate God is to praise Him, leave sin and do His will.

(John 14:15- "If ye love me, keep my commandments.") Guess what? As you appreciate this TRUE love, you begin to RECEIVE.

Make sure it's "SALVATION" and "BLESSING" you are receiving!

Then, you begin to receive God's blessings from left to right, front and back.

Jesus loves you. God bless you!



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Tightrope Effect

-Balance requires focus.

Oluwayemisi Adegbohunge

"A Christian, student leader, C.E.O of 6 companies, and is currently on a first-class" I watched him in awe as I sat in his office. Finally, I mustered the courage and asked, "Sir how do you balance everything?" He smiled, leaned back in his chair, and replied "Firstly the grace of God, and then focus. You see the problem most people experience is not the lack of time, but rather the lack of focus". Those words hit me hard, and I left that office a changed person.

You see up until that point I always thought I was finding it hard to balance the demands of school because the ratio of work to time was not enough. But my perspective changed that day and I realized that my problem was not time but focus. Time is not lost so it would not be found, rather it is being stolen and must be recovered back. We live in an age of technology, innovation, and commercialized distractions (yes, companies and individuals are making money from you). What's more, it is an age characterized by a widespread scarcity of focus across all age groups, races, and nationalities.

The sorry effect of this focus scarcity is a lack of balance. A lot of people nowadays have trouble balancing the various aspects of their lives, some have even termed it impossible. Some most likely have an aspect or more of their life that suffers, and the individual goes through life stressed and frustrated. And as always time or the lack of it would be blamed because most people believe they would be able to achieve their goals if they had more time. To me saying that, is just like an archer blaming his inability to hit the bull's eye on a shortage of arrows. We both know even if he had all the arrows in the world and he lacked focus, he will still lack results. Let me bring this home, the truth is; even if you have all the time in the world, you will still lack results if you do not have focus.

What is your focus, what is that one thing you want to achieve in all the various aspects of your life? For example, some students like me want balance. So, at the center of my Venn diagram is balance surrounded by the three major aspects of my life. For some others, the center may be growth. Whatever it is, the key is that it spans the most important areas of our life. Then you ask yourself, "What must I

do to attain and sustain this goal (focus) of balance?"

Then your answers help you to create aspects goals, that together would result in the achievement of your main goal. For example, my main goal is balance, in my academics my goal is to read every day, in spirituality- to spend time with God every day, and in relationships to spend quality time every day with my friends.

Next, I plan my schedule to make this possible, I allocate time to each of these areas based on the goal I have for them, for example, I allocate thirty minutes every day for going to the cafeteria with my friends. By doing this I can comfortably achieve my goal of spending time with friends. Doing this helps me to attain balance in the individual aspects that collectively lead to an overall balance in my life. We can determine the outcome of our lives just by our allocations of time.

I leave you with this; Even if your life right now feels like it's spiraling out of control it does not have to stay that way. Be encouraged, take time to define and discover your focus, and as you do I assure you balance will come.





LIFESTYLE

Nigeria Our Country

OSEMWEGIE ETIMOSA ENOCH

I see animals in the woods,
Our peace is troubled, our security in danger.
Our lives are worthy of living, but they treat us
worthlessly.
They say our lives are valued but aren't we just
existing?
Are our rights fundamental or are they just mere
sayings?
Nigeria, a peaceful state of anarchy.

I see shadows in my windows,
Our joy is gone; our happiness is lost,
Our days are numbered, for we can't achieve the best.
They say we are living in liberty but we are under
dictates and fiat.
Are we actually citizens or are we slaves?
Nigerians, are we the best or the worst?

I know a country endowed with vast resources,



Corruption allocating resources, allocations favoring
the few.
Our standard of living decreasing, our cost of living
increasing.
They say we are practicing democracy but we practice
oligarchy.
Are we fit to call ourselves a nation or are we just a
mere society?
Nigeria, an economically blessed disaster!

We were like light in the darkness,
Our rare sadness, our shining light,
Our hopes all high to the sky, but now history
nowhere to be told.
They tell us their plans but they are for their benefits.
Are our dreams true reality like the moon
Or are they just mere desires like bubbles?
Nigerians, is our history worthy to be told?

A country where nationalists fought for independence.
People dying for a nation, families crying day and
night.
Their pains to gain, but wasted by frugal boasts today.
Their labor of yesterday like mustard seeds sown,
They believed it was for the best, but actually for the
worse.
Did our forefathers labor in vain, was their hard work
for this?
Nigeria, a place where nationalists' efforts are wasted!

We were better off as protectorates,
Enjoying the benefits as a colonial state, though some

elements of pain.
Developments were in geometric progression, but our
pains in arithmetic progression.
Yet, it was better off than today, should I blame it on
our nationalists?
Wouldn't it have been better living under boots but
experiencing development?
They could have waited, but they did not know.
Why does luck have to turn its back on us?

A day will come when their evil will fight back,
When the wrath from hell will come for them,
The pains of thousands will be for one,
They will weep and be weary,
But no one will come as help to them!
NIGERIA SHALL ONE DAY BE GREAT AGAIN!

I PLEDGE TO NIGERIA MY COUNTRY,
TO BE FAITHFUL, LOYAL AND HONEST,
TO SERVE NIGERIA WITH ALL MY STRENGTH,
TO DEFEND HER UNITY,
AND UPHOLD HER HONOUR AND GLORY, SO HELP
ME GOD
AMEN!



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An Incomplete Puzzle

By: *Ofuyatan Noel*

In the quiet solace of memories past,
Old friends entwined by a bond that will last,
Love's tender grace in each shared glance,
A timeless connection, a lifelong dance.

Love's essence pure, an endless stream,
A whispered promise, a recurring dream,
A journey shared, hand in hand,
True love's embrace, where dreams expand.

In the silent void where echoes mourn,
Lovers' dreams in shadows worn,
A tale of hearts, entwined yet free,
Embracing love that couldn't be.

Two souls, once entwined in fervent fire,
Now wounded by the flames of ire,
Tender words turned sharp as knives,
Shattered trust in broken lives.

Yet the ache of what might have been,
Their souls connected, though unseen,
A love's lament in destiny's decree,
A timeless yearning that couldn't be.

A world yet unseen, a canvas bare,
Hearts reaching out, yearning to care.



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The Realities of a Gen-Z Parent

Featuring Astra Otuekere

By: Faith Ogunleye

STREAM: Tell us briefly about yourself

ASTRA: My name is Astra Otuekere. I work as a Public Health Officer. I have a lot of hobbies, but some of them are cooking, driving and having fun. I am married, and a mother of three young children.

STREAM: How does it feel to be a mother of this generation?

ASTRA: Wow, it feels really good and great. It has its challenges, of course. Nothing good comes easy in life but in the long run, it's a great feeling to be a mother of this generation.

STREAM: How are you able to manage being married, having children, and engaging in your career?

ASTRA: Wow. Well, what I do is I always have to sacrifice one thing for the other. After having my BSc, getting a job as a Public Health Officer, and getting married, I became pregnant for my first child and had to put a pause to my career. Before getting pregnant for my second children to happen to be twins, I was planning to have a Masters degree. Again, I had to pause getting my masters, gave them little time to grow up before I proceeded for my masters degree. For managing my marriage, I have a support system. My husband is supportive, I have a help too, so it's not really challenging for me. I always have to be with my twins because they are not even up two years. But because of this support system I have, I am able to effectively cope with being a wife, mother, and having a career.

STREAM: What are some of the things in our generation that has made parenting easier for you?

ASTRA: I think the electronic devices and social media. Through social media, I have gotten to learn a few things from some parenting groups on social media that teach things like how to

effectively get your children engaged, the best food and diet combination for children of different ages, and others. Through electronic devices, our generation has developed smartphones, TV's and TV channels with cartoons that can get children engaged and keeps them distracted from me while I get to do other personal things for myself.

STREAM: What are the challenges of parenting in this generation of technology and social media?

ASTRA: While technology and social media has sort of helped me in raising my kids, I will admit, it has its challenges. When parents do not try to pay attention to what your kids watch, censor what children see, that's where the challenge lies. My first child and daughter has a phone and I always have to be alert and to do a parental watch whereby if she wants to go to a particular site, I get notifications on my mail to permit whatever she wants to see or download. Parents have to be conscious, be involved, and deliberate of this. I think the problem of parenting in this generation is that parents are not as involved and deliberate about the things that are exposed to their children. Young parents need to understand that children will always be children, and that what they see sticks to them than what you say to them.

STREAM: What are some things parents of the older generation do different from parents of our generation that you admire?

ASTRA: Parents of the older generation, particularly in Nigeria were very authoritative and showed tough love. Children never saw them as a safe place or haven. Many children were afraid because they were flogged

STREAM: What were some of the things parents of older generations did that you want

to do differently with your kid(s)?

ASTRA: Parents of the older generations, particularly in Nigeria were very authoritative and showed tough love towards their children. Children never saw them as a safe place or haven. Many children were afraid because they were always being spanked and flogged. I understand that many parents of the older generations loved their children, but their way of expressing it was tough, rigid! Many parents of older generations also never related to their children as friends, they related to their children as soldiers and we were scared of them. So what I want to do differently is I don't want to make my children experience tough love. I want them to see me as a safe place, view me as a friend, see myself and their father as people they can run to for anything.

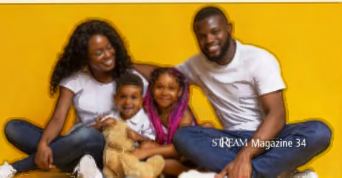


STREAM: What is your opinion about many Gen-Z's who have come out to say they don't want to be married or have children?

ASTRA: That's personal to them. They have one, two, or three reasons for this decision. I don't know their personal stories or their histories, where they're coming from, abuses they might have experienced so they might develop their decisions from this angle. Some Gen-Z girls have also developed their decision from the angle of wanting their bodies to remain as they are and do not want the fat, stomach, or body in general that comes with many pregnancies. Others, probably because of the stories of death during child birth, Post Traumatic Stress Decision, or postpartum depression. Anybody is allowed to make whatever decision they desire. However, in all, motherhood is very beautiful. It is like seeing a replica of yourself in somebody else. Some Gen-Z's also say they don't want to get married probably based on their personal experiences such as abusive relationships. They might also have heard negative things that influenced their decisions so it's personal.

STREAM: Thank you so much for your time.

ASTRA: You're welcome. Thank you for having me.





LIFE STYLE

Building Financial Freedom

PIGGYVEST

by Sharon Bobby-Daniels

In today's world, saving money has become more essential in achieving financial freedom.

Whether you are saving for a particular reason, emergency funds, or whatever your aim is, having a solid foundational saving plan can help build your financial freedom make you financially independent, and help you plan towards your future as it gives you opportunities for future growth.

Piggyvest is a Nigerian-based fintech company that provides a digital platform for people to save their money and invest conveniently both in the short and long term run. It was founded by Somto Ifezue, Odunayo Eweniyi, and Joshua Chibueze and began operations in 2016. It quickly gained popularity in Nigeria and has grown largely over the years as one of the biggest and most trusted online saving platforms for achieving your financial goals. With Piggyvest, users can set up automated saving plans, invest their money, and even earn interest on their savings.

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Forming New Long-lasting Habits

Odusina Oluwaferanmi

Realize that your habits are not individual entities, they are a chain of actions that are responses to different things, perhaps, you lazy around on the bed for hours, it could be because you don't have

a to-do list of things you need to do so it's easy to assume you don't really have anything to do. Maybe you smoke, and it's because of all the stress you go through during the day, no habit is an island, they all have their reasons, find out what the reason is.

Break the chain: now this is where you get to work, perhaps you watch explicit content when you are alone, well then don't stay alone when you have nothing to do, find something else to do, go outside, take a walk, call a loved one to check up on them, you would be shocked to realize that the more you break the chain the more the new habits get intertwined into your life

Remember this "Habits don't get removed, they

get replaced" so find a good habit to replace the negative ones.

Create the Chain: Now habits are daily activities, so create the chain, Start from the very moment you wake up, it can go something like this, I wake up at 7am, I drink a glass of water, I exercise / go to the gym / go for a run, then I have my bath, brush, have my healthy breakfast, and proceed to work for the next few hours, now when I get tired, I'll pick up a book to read, or I'll listen to an audiobook while I lay on my bed, then I'll call my loved ones and whatever you would like to do next, also make sure you write the daily plan in an active tone, also don't beat yourself up if you don't accomplish it that's why you have tomorrow, so you can be better than today. My point is that you should decide intentionally how you want to spend your time or you would fall back into your bad habits,

Habit reformation can be one of the most difficult things you would ever do, this is because the human brain reacts to change the same way it reacts to physical pain, but the reward is worth it.

Whether you believe it or not, we are a sum of all our habits, good and bad, and our habits are responsible for the kind of life we are currently living, it's responsible for your physical health to a reasonable extent, it's responsible for your grades, it's responsible for your self-esteem, So how can you change them, form new ones, I will give you (4) steps for you to form habits and get rid of negative habits.

Write them down:

Get a sheet of paper and write down a list of your habits, both positive and negative, and be very truthful about them, also write the habits you would like to cultivate.

Realize it's a chain:

Skin care is not Magic

by **Oyindamola**

What other sectors does Gen Z choose to invest in? Unless it involves dressing nicely and visiting attractive places. We are aware that the Gen Z places a high value on appearance and devotes a lot of time and money to skincare in order to obtain flawless skin; their investments go beyond aesthetics.

For Gen Z, taking care of their skin is like embarking on a journey. They devote a lot of time, energy, and money to looking their best. When compared to other costs, this generation is more likely to spend on skincare. They have helped people realize the significance of skin tone to both their appeal and



appearance. They frequently look to others for inspiration and ask about the skincare products used by those nearby to get a similar outcome.

Despite the fact that skincare is a popular trend among Gen Z, it's important to understand that there are no overnight miracles in the world of skincare. The need for patience is emphasized by the fact that achieving desired results requires effort and time. As they say, "patience is a virtue," and utilizing skincare products as advised by physicians or consultants requires patience. It's important to avoid frequently switching between products because doing so can interfere with one's skincare routine. Serum, essence, sunscreen, toner, and cleanser are examples of frequently used skincare items.

During a talk about her skincare journey with Edun Eniola Aisha, she discussed her problems and initial misgivings about the efficiency of the products. It took some time for her to see any beneficial changes. Her advice to others is to be patient and consistent when commencing on a skincare journey, as visible results may not be apparent right away. It is critical to maintain commitment and consistency while also being conscious of one's skin type, as not all products are suitable for everyone.

It is critical to recognize that skincare is not a quick fix. "Change is constant," as the saying goes, but obtaining results in skincare demands both patience and persistence while using the prescribed products. If a person is dissatisfied with their development, they should visit a dermatologist.

In essence, caring for your skin is similar to cultivating a fruit. It takes constant care, such as regular watering, to eventually acquire the desired result. Similar principles apply when using skincare products, with consistency being the key to long-term success.



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 - SATURDAY 20TH MAY, 2023
 - SATURDAY 17TH JUNE, 2023
 - SATURDAY 8TH, JULY, 2023
 - SATURDAY 5TH AUGUST, 2023

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SKINCARE ROUTINE

Gen Z skincare should include washing, moisturising, UV protection, and targeted treatments as needed. Here's a basic skincare routine customised to the demands of Generation Z:

Morning Routine:

1. Cleansing:

Start your day with a gentle cleanser to remove impurities and excess oils without stripping the skin of its natural moisture.

2. Toning:

Use a mild, alcohol-free toner to balance the skin's pH levels and prepare it for the next steps. Toners can also provide hydration and remove any remaining impurities.

3. Moisturizing:

Apply a lightweight, non-comedogenic moisturizer. Even if you have oily skin, moisturizing is essential to maintain skin balance. Look for products with ingredients like hyaluronic acid for hydration.

4. Sunscreen:

Always apply a broad-spectrum SPF 30 or higher sunscreen, even on cloudy days. UV protection is crucial in preventing premature aging and skin damage.

Evening Routine:

1. Makeup Removal/Cleansing:

If you wear makeup, start by removing it with a gentle makeup remover or micellar water. Follow this with a cleansing routine similar to the morning, ensuring your face is thoroughly clean before bedtime.

2. Exfoliation (1-2 times a week):

Exfoliate your skin to remove dead cells and promote

skin renewal. Use a mild exfoliator with small, non-abrasive particles to avoid irritating your skin. Don't overdo it; 1-2 times a week is generally sufficient.

3. Serums/Treatments (if necessary):

If you have specific skin concerns like acne, hyperpigmentation, or fine lines, consider using targeted treatments like serums containing salicylic acid, retinol, or vitamin C. These can address various skin issues.

4. Moisturizing:

Apply a slightly heavier moisturizer in the evening to provide deeper hydration and repair the skin overnight.

5. Eye Cream:

If you're concerned about dark circles or puffiness, use a lightweight eye cream to address these issues. Apply it gently with your ring finger to avoid tugging on the delicate skin around your eyes.

6. Hydrating Masks (Occasional):

Use hydrating masks or sheet masks occasionally for an extra boost of hydration and relaxation.

General Tips:

- **Stay Hydrated:** Drink plenty of water to keep your skin and body hydrated from the inside out.
- **Balanced Diet:** Consume a balanced diet rich in fruits, vegetables, and whole grains. Nutrients like vitamins A, C, and E are particularly beneficial for the skin.
- **Adequate Sleep:** Ensure you get enough sleep; it's essential for skin regeneration and overall health.

- **Stress Management:** Practice stress-reducing activities like yoga, meditation, or hobbies you enjoy. Chronic stress can affect your skin's appearance.
- **Avoid Smoking and Excessive Alcohol:** Both can accelerate aging and harm your skin's health.
- **Consult a Dermatologist:** If you have persistent skin issues or concerns, it's a good idea to consult a dermatologist. They can provide personalized recommendations tailored to your skin type and concerns.



Caught Between the Devil's Kerosene and Deep Blue Sea's Cooking Gas

About four years ago, the price of kerosene, Nigeria's most popular energy for cooking, rose astronomically. Nigerians cried out. The problem was made complex by the Covid-19 pandemic. These cries prompted the government to mobilize the citizens for a change over to liquefied petroleum gas (LPG). The switch was huge to the extent that most residents of prominent towns and cities now depend heavily and in some cases solely on gas. Now, the price of gas has soared, making it unaffordable to Nigerians.

One Iyana Iyisi (Ota) resident John Okoghene cried out: "What on earth does the government want from us citizens? Electricity is out of reach, kerosene is out of reach, and now the gas price has risen beyond the heavens. This is shameful. Our politicians are

criminals. They do not feel the pain, so they can't know how it feels. Middle-aged Wuraola Imade also resides in Iyana Iyisi: "It baffles me that the government cannot control inflation. The cost of gas has skyrocketed more than 20 times and these politicians are not doing about it. Shame on all of them. I have decided to switch to charcoal."

Before the advent of Covid-19, a kilogram of gas sold for only N90 which, though costly then, was affordable. This was unlike kerosene which sold for N350 per liter. Shortly after the Covid-19, the price of gas doubled. The user still preferred gas since it appears one to two kilograms of gas equals one liter of kerosene. Between 2020 and 2022, they rose more than ten times, and fast forward to January 2023, a kilogram of gas went for N700! Now it costs some N850 per kilogram.

Filling station owners said the problem is not from their end. "It is what we buy that we sell. If I tell you how small our margin is, you won't believe it. Our margin is less than ten naira on a kilo," according to Majek Lawson, a dealer close to the Mobil Filling station at Obasanjo Junction in Ota. If you go to Mobil over there, the price is about the same. Mine is only about The gas dispenser attendant at the Mobil who did not want his name published because he was not authorized to speak on the matter, confirmed Lawson's narrative, saying that there are more people in the queue in his station because of one or two-naira difference per kilogram compared to that of Lawson.

At a main gas depot of the Nigerian LNG, the

consortium in charge of gas supply, the complaints are similar. An official who preferred anonymity said that the high price gas prices are a result of the devaluation of the naira and foreign exchange pressures, which means that the company pays more to procure spares, service their assets, and pay the expatriate staff who are still in the employ of the company. "I can assure you that when the value of the naira improves, gas prices will deescalate," he said. It appears that Tinubu's administration is sensitive to the situation. The recent crash of the dollar, which brought the naira up to N900 from N1250 in exchange due to the government's efforts is expected to rob off on gas purchases. But until Nigerians experience the change, the struggle continues between the Devil's kerosene and cooking Gas 'Deep Blue Sea.





How Perennial Flooding is Undermining Nigeria's Food Security

A recent Consumer Price Index report released by the National Bureau of Statistics (NBS) shows that inflation peaked at 21 percent in September 2023, one percent higher than the August figures. The average monthly index hovers around nearly 2.0 percent. The inflation onslaught has rendered Nigerians comatose as millions are no longer able to afford the necessities of life. Many factors are responsible for this nemesis. First, is the extremely poor leadership. The Buhari administration which handed power to President Bola Tinubu is regarded as the most incompetent, corrupt, and wicked regime ever, going by the poor leadership, coupled with the Covid-19 tragedy.

Second is the low foreign exchange portfolio which means that too many naira are chasing too few dollars, thereby leading to the current runaway inflation that has taken food beyond the reach of Nigerians in their millions. But there is yet another serious problem that both the government and the citizens are not talking about, and which happens to be the hunger trigger – the perennial flooding that has put many areas on the edge in the country.

Flooding is a cankerworm that is eating deep into the Nigerian fabric. Except for such lucky states as Borno, Benue, and Plateau, no fewer than 32 states of the federation are suffering severe consequences of perennial and calamitous, flooding. These states include Lagos, Ogun, Ondo, Ekiti, Rivers, Sokoto, Zamfara, Taraba, Ebony, Kaduna and Kwara Ibor.

One critical consequence is food insecurity. According to NBS and the International Monetary Fund (IMF), some six out of ten Nigerians do not have enough to eat and the numbers keep growing. IMF has cried aloud that if the calamitous flooding cases in the country were not checked, they would aggravate hunger in the land and escalate food insecurity.

According to Farid Mai of the African Department of IME, his organization was aware of the challenge of the perennial flood and how it had affected Nigeria and its neighbors, especially Chad and Cameroon. Mai noted that the problem is complicated because Nigeria lacks the requisite early warning systems – a reason why the disaster has wreaked havoc on the nation's transportation systems, and

telecommunication infrastructure.

However, the area where it appears all hope is lost in terms of flood control is in agriculture where thousands of farmers are rendered useless as their farmlands have been washed away. There have been cries from several quarters that Nigeria and its Sub-Saharan neighbors are among the most insecure regions in Africa due to their vulnerability to climate change, the most visible ramifications of which are perennial flooding. One of the concerning outcomes is the yearly \$10 billion in food importation that complements the little that is produced locally to feed a population of 210 million people. This population is projected to balloon to nearly 300 in 2050 when Nigeria would have become the third most populous country in the world.

The Minister of Agriculture Dr. Abubakar Mohammed, said in an interview that the government was not unaware of the disaster caused by the perennial flooding, claiming that the government has mapped the agricultural areas and farming settlements that have been affected by flooding and doing everything governmentally possible to ensure they are adequately protected. The Nation quoted him as saying that "the government, through various interventions, is doing everything possible with our development partners to ensure that the floods do not cause food shortage in the country. We are making sure that production does not stop; we are also intensifying effort at dry season farming."

Another issue that makes the flooding problem complex is that the people affected by the flood disaster do not believe that the government is genuinely concerned about the problem. A community leader in Meiran, Lagos, Mr Adeniyi Hassan, told Stream that the government's claim

of genuine concern is not true: "If you notice, they have been saying the same thing for over eight years since Buhari came to power. The situation has not changed with the present Bola Tinubu presidency. They claim they are doing something but in reality, they are doing nothing about the problem.

As a result of the grave issues arising from flooding, achieving sustainable development goals becomes problematic. SDG 1 is about the elimination of poverty, and adequate food provision is one of the critical elimination elements. By washing off agricultural lands and farming settlements, food production sustainability becomes a huge task that remains undone most of the time. The chairman of the Non-Governmental Organization (NGO), Flood Watch (FW), Fila Nelson, notes that the more flooding problem, the worse the food security situation becomes in the country. Therefore, according to him, the achievement of SDG 1 and 2, which is basically about the elimination of hunger and poverty among the teeming populace, cannot be overemphasized.

In the Flood Watch members' discussion with the Stream team on how the perennial flooding problem can be minimized, the following solutions to the problems were arrived at:

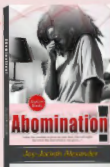
a. Nigeria should work hard to enhance its early warning systems and capability to ensure that flooding wreaks less havoc. Nelson agrees that the current early warning systems of the Nigerian metrological agency need to be revamped to make them useful.

b. Education and enlightenment programs are needed to sensitize people to the problem. Nelson's colleague, Timothy Duro, notes that "it is unfortunate that flood control and improved agricultural output are not prioritized in primary and secondary school teaching. Even in our universities and tertiary education, they are minimized. And what's more, the nation's agricultural training institutes are not doing enough if they do anything at all"

c. A long-term solution is the best approach to

Conclude on Page 71





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	Per 100 g	Per
Energy	288kcal (1209k)	66
Fat (g)	0	0
Carbohydrate	78.4	16.3
Protein (g)	41.8	8.4
glucose (g)	34.8	6.9
Protein (g)	0.4	0.0
Other carbohydrates		
Water (g)	17.5	3.8

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MAKEUP ROUTINE

Creating a makeup routine involves a series of steps to enhance your natural features and achieve the desired look. Here's a basic makeup routine that you can customize according to your preferences and the occasion:

1. Start with Skincare:

- Cleanse your face to remove any impurities and apply a moisturizer suitable for your skin type.
- Apply a primer to create a smooth base for makeup and help it last longer.

2. Apply Foundation:

- Choose a foundation that matches your skin tone. Apply it evenly on your face using a makeup sponge, brush, or your fingertips.
- Blend the foundation well, especially along your jawline and neck to avoid harsh lines.

3. Concealer:

- Use a concealer to cover blemishes, dark circles, and other imperfections.
- Apply it under your eyes in a triangular shape and blend it gently to brighten the eye area.

4. Set with Powder:

- Set your foundation and concealer with a translucent or tinted powder to prevent creasing and control shine.
- Focus on the T-zone (forehead, nose, and chin) where most people tend to get oily.

5. Eye Makeup:

- Eyebrows: Fill in your brows using a pencil, powder, or gel to define their shape.
- Eye Shadow: Apply eyeshadow primer to ensure your eyeshadow stays in place. Then, apply your desired eyeshadow colors. Use lighter shades on the lid, a slightly darker shade in the crease, and a highlighter shade on the brow bone.
- Eyeliner: Apply eyeliner close to your lash line to define your eyes. You can go for a subtle line or a dramatic wing, depending on your

preference.

- Mascara: Curl your lashes and apply mascara to add volume and length. You can apply multiple coats for a more dramatic effect.

6. Blush and Bronzer:

- Apply blush on the apples of your cheeks for a healthy flush of color.
- Optionally, use bronzer to contour your face. Apply it on the hollows of your cheeks, along your jawline, and on the sides of your forehead for a natural-looking shadow.

7. Highlighter:

- Apply highlighter on the high points of your face, such as the cheekbones, the bridge of your nose, and the cupid's bow, to add a subtle glow.

8. Lips:

- Line your lips with a lip liner that matches your lipstick shade to define your lips and prevent the lipstick from feathering.
- Apply your favorite lipstick or lip gloss. You can also add a touch of lip balm for a natural, glossy look.

9. Setting Spray:

- Set your makeup with a setting spray to help it last longer throughout the day.

Makeup is an art, and you can experiment with different techniques, colors, and products to find what works best for you. Additionally, always remove your makeup thoroughly before going to bed to keep your skin healthy and prevent breakouts.



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Generation Z: Taking The World By Storm



It is easy to glance at this generation and think we have nothing at all to offer humanity or be contributors to development and growth in any way. It is easy to term us 'lazy', 'incompetent', 'irresponsible' and write us down as beings that are all words and no action. I am here, today, to help you unlearn that mindset, get rid of that belittling opinion and take on something much more fitting of a generation such as ours: we haven't come to play in the slightest and whether it is clear now or not, we are causing a revolution never before seen on the planet.

Let me first establish the fact that members of Generation Z are the most educated the world has ever seen.

Both in fields of study and college majors, and digital skills that are needed in the workplace, plus access to technology that makes learning all the better and easier for us, and then having to be able to implement all of this knowledge and make ideas reality—even I am afraid of how much impact my generation is yet to make. Still think we are all bark and no bite?

Let's now talk about how our imprints in different spheres of life that might be looked upon as not enough, but they are undeniable. Individuals of the Generation Zoomers or Gen Zs as they are fondly called are spreading their wings into different industries and fields across states and nations, and birthing ideas that are serving as lasting solutions to problems across the planet. Is it Fintech, Blockchain and Web3, Cryptocurrency, Investments, Real Estate, Agriculture, Tech, Climate Change, the Sustainable Development Goals, Medicine and Health, Media, Startup Ventures, Science and Engineering or even Education. Name whatever field you want and you can trace indelible marks by Gen Zs there. Of course, some fields more

prominent and pronounced than others, but as I said before, you cannot deny it.

There's more. Gen Zs are changing the future of work and labour—this means that we get to be paid and valued in equal proportion to how much we deliver, which doesn't make us lazy in any way and we understand what it means to live happier and healthier lives and keep a healthy work-life balance, and not work for hours unending every day, then go on to experience mid-life crisis or burn outs frequently. We are also choosing to be different from other generations by putting ourselves and our well-being first, all the while getting things done and delivering value when needed. We are young, talented, capable, elastic, up to the task and can therefore demand better working conditions.

Generation Z has offered and still has a lot to offer. We aren't slowing down anytime soon, too; blazing trails and finding paths is not an easy task. Like the biblical end time army, we are not breaking our ranks and every man is running their own race.

I am Fortune, a member of Generation Z, a cohort of young adults born between 1997 and 2012. I do hope I have changed your mind, or at least in the process of.

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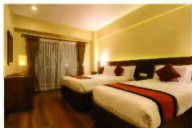
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Release of Eagles 2023

**Covenant University Convokes 1,379
1175 Undergraduates, 147 Masters & 57 Ph.Ds**

Covenant University has convoked a total of 1,379 persons for graduation in the 18th edition of the Release of Eagles held on its campus on September 29, 2023. The College of Leadership and Development Studies (CLDS) has 15 Masters and eight PhDs, the College of Management and Social Sciences (CMSS) has 34 Masters and 15 PhDs, the College of Engineering (CDE), has 27 Masters and 13 PhDs while the college of science and technology (CST) had 71 Masters and 21 PhDs.

In the case of undergraduates, CLDS had 157 out of which 21 had a first class, 87 2nd, 47 2nd, and 2 3rd. CMSS had 59, 198, 60, and 6 respectively. CDE had a whopping 129, 200, 48, and 9 while CST had 74, 171, 59, and 5 respectively. The best students in this year's graduation are CLDS Oluwatoyin AKinjola of International Relations with a CGPA of 4.88, CMSS Teriola Morinsola of Accounting with the CGPA of 4.90, CDE Nelson Elijah Hechukuwu of Electrical and Electronic Engineering with 4.90, and

CST Sogunle Rosemary of Computer Science with the CGPA of 4.97.

The Chancellor and Chairman of the University's Board of Regents, Dr. David Oyedepo reiterated the emphasis and commitment to the promotion of the man-child model of education, which means making men out of children, stirring accelerated maturity intellectually and spiritually through custom-built programs. He stressed the highflying success of the graduates emerged from the foundation of the institution's core values of spirituality, integrity, possibility mentality, capacity building, responsibility, diligence, and sacrifice.

The Pro-chancellor, Bishop David Abioye congratulated the graduating class, their parents and guardians as well as the family members present at the occasion and admonished them on a few things. He advised the graduates to start small in life and rise through the ranks to be successful in life. "While your brain is allowed to think great, and

your mouth to talk great, starting small is non-negotiable," he said.

The Vice-Chancellor, Prof. Abiodun Adebayo said the university's mission is to transform students into expert thinkers, innovative managers, and resourceful technocrats in all fields of learning, thereby restoring relevance to university education in Africa. He had the opportune time to reel out the accomplishments of the university in the past year which include the emergence of the university as the first in Nigeria, first in West Africa, and seventh in Africa in the 2023 Times Higher Education (THE) Sub-Saharan rankings. "Also, in 2023 Times Higher Education (THE) World Universities Rankings, ... Covenant ranked top 800 globally out of over 21000 universities in the world. Covenant is the only private university among all the Nigerian Universities in the 2023 Rankings, making it the best private university in Nigeria and Africa," he added.



Mass Communication Department Starts Unbundling

The Mass Communication Department of Covenant University now has a new head. She is Dr. Stella Arriaguzo, an associate professor. She joined the University on September 1, 2003. The department has also commenced the unbundling of the mass communication program. This is following the directive of the National Universities Commission (NUC). Four years ago, the commission in conjunction with the United Nations organized a series of conferences,

training, and workshops to determine how the omnibus Mass Communication would be split into different disciplines.

After the COVID-19 pandemic, the commission announced the Core Curriculum and Minimum Academic Standards, CCMAS, that Mass Communication has been split into eight different disciplines namely Journalism and Media Studies, Broadcasting, Advertising, Public Relations and Strategic Communication, Development

Communication Studies, Strategic Communication, Film and Multimedia, Information and Media Studies, and Mass Communication. In the case of mass communication, the discipline was massively scaled down and it is nothing compared to the omnibus one from where it was extracted. The Mass Communication Department inaugurated the unbundled regime with the shortened version of mass communication.

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Release of Eagles 2023

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- 2 AAKIN-ADENIYI Ayonide John

M.Eng Civil Engineering (Water Resources and Environmental Engineering)

- 1 KAKILANGA Nivigine

M.Eng Computer Engineering

- 1 ISIRE Olsameka Fredrick
- 2 OBIASI Oghorhokuyem Onitoke
- 3 OGBODO Isaac Elers
- 4 OLARIYOLA Joy Oluwakotola
- 5 OMOITOYE Kikamun Adedisa
- 6 OMIWU Oghenetsga Chinedu

M.Eng Electrical and Electronics Engineering

- 1 ANAGORI Kingsley Onoja
- 2 ANYIM Tochukwu Justus
- 3 ESISSO Emwasti Faith
- 4 OKYE PETERS Victor

M.Eng Information and Communication

- 1 AKINOLA Damila Gordon
- 2 ALAO Babatunde Adekunle
- 3 EWEJABI Philip Adekunle
- 4 JOACHIMI Noticker
- 5 MUGHOLE Kalmumbalo Daniela
- 6 NWOKOLO Innocent Ozuonye
- 7 ONWINDI Samuel Ayodeji
- 8 SALAVI Faith Isidola
- 9 SOMERUN Comfort Tibayo

M.Eng Mechanical Engineering

- 1 AKIMOLAFI Marvelous Isewola

M.Eng Petroleum Engineering

- 1 AWELEWA Ketinde Emmanuel

Engineering

- 2 KIBAFE Sylvia
- 3 SAAMEL Ifeanyi Tochukwu
- 4 UZODINMA Odara Bassey

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- 2 TAGBO Olatunji Chika

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- 2 CAPATAN Pilemon Mbalajun
- 3 OGDUNO Willem-Arynate
- 4 OGABA Moses

M.Sc Business Administration

- 1 EPEGBUDU Jy Ogheniyenza
- 2 FOLORUNSO Flourish Boluwale
- 3 OMOREGBE Michael Ete

M.Sc Economics

- 1 AGRULLA Kenny Mark
- 2 HAKGAT Ajisa Temitope
- 3 OMIERE Mercy Chidera

M.Sc Banking and Finance (Finance)

- 1 ABOWO Oghenetsga Winner
- 2 ADURIBOOLA Temitope Elizabeth
- 3 NWANKWO Anastos Ndidi
- 4 ONWH Emeka Emmanuel
- 5 OMIWU Esther Olatunji

M.Sc Industrial Relations and Human Resources Management

- 1 OLANREWAJU Kofoworola Mestral

M.Sc Marketing

- 1 AKINLEKE Wunmi Omotara

M.Sc Mass Communication

- 1 ADULOGU Doxinsola Ayokanmi
- 2 ADULOGU Fumi Michael
- 3 OGUNDOWO Oluksola Johannah
- 4 OHAPOGOWU Ujunwa Chidera
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M.Sc Sociology

- 1 OLUGBUYEGUN Damilola Omowumi

MBA (Business Administration)

- 1 AKINMO Oluwaseun Olanrele
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- 3 JONAH Ebuka Precious

MBA (Finance)

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MBA (Industrial Relations and Human Resources Management)

- 1 AKINBOLA Olatunji David
- 2 AYORINDE Peter Jesudun
- 3 DANESI Fatima Iyokhobge
- 4 ENAI Emmanuel Ebinmobe
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- 3 AJAYAKU Prince Ajibola
- 4 AKINLOYE Prince Oluwakunle
- 5 ANOKRE Deborah Festoye
- 6 BALAM Zippa
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- 2 BELLA-OMUNJAGE Mercy
- 3 CHIKERE Bruno Nnaemeka
- 4 ELUGBOLE Temitope Mojola
- 5 MAMUDU Ojurovwa Collins
- 6 OKAFOR Esther Ogechi
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- 5 SALAGERI Emmanuel Oluwakotabi
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- 7 Stephen Iyemiran BABAKEMI
- 8 OMOREGBE Miracle Oluwasehin
- 9 OGBEGBE Oluwakotabi Hannah
- 10 OMOGBI Paul Jesemiran
- 11 Samuel Keesi Towah OMIWU-ANSAH
- 122 I SHEKARI Abidego

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- 2 FOLORUNSO Favour Solade
- 3 KINCHI Olayo Benedict
- 4 KINAJI Uche Joseph
- 5 ODOTOLA Anzer Opeyemi
- 6 OGUNSOLA Opeyemi Rachael
- 7 OKUJO Davie Lovelady
- 8 OLANPEKUN Okikioluwa Samuel
- 131 ONITAN Iyana-Oluwa Christopher

M.Sc Estate Management

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- 2 NYERENDA Lambert Bonda

M.Sc Industrial Mathematics

- 1 AZU-NWOSU Vincent Ebubechikwu

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- 1 AYI-AKABE Olatunwa Adedapo

M.Sc Management Information Systems

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- 4 EZE Chidera Prince
- 5 OMOREGBE Emmanuel Chibuzor
- 6 OGWENI Temilayo Olatunji
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- 8 UDOKI Christabel Nigidi

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175 2 IHAYERE Oseghale Baryl

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177 4 OJAFOR Victoria Isabella
178 5 USAHY Beoyel Jeremiah

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180 2 JEJEDJE Wurasta Piumi

**Ph.D Industrial Relations and Human
Resource Management**

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Ph.D Mass Communication
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185 2 ACETORO Oluwunmilayo Comfort
186 3 AKI NOLA Adedotun Oyeboia
187 4 OLAGUNLA Olaniyi Oghenemawo

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189 2 CHKE-OKUNGHÉ Amasachi
190 3 LEMO Ayodeji Oluwatamilore
191 4 OKESOLA Mary Abiola

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196 2 ADURI Stephen Ayodeji
197 3 GUEMBE Blessing
198 4 USAKA Millicent Nainika

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ENGLISH

CLASS: First Class Honours
1 FASORO, Oluwabunmi Eniola

**CLASS: Second Class Honours
Upper Division**

- AKOR, DOOSE JOY
- EHIOROBO, Osayamen Byllon
- MATHIAS, David Atiriborn
- OLALEKAN, Mayowa Veronica
- DLATUNDE, Oluwatobi Rebecca

**CLASS: Second Class Honours
Lower Division**

- ADIGWE, Uchechukwu Nmesoma
- AKINDELE, Temitope Favour
- CHUKS-UGURU, CHARISMA Sopuruna
- EGEDE, Melody Obiaderi
- ISHOLA, Oluwasegun Victor
- ODETOLA, Faith Precious
- SALIFU, Bright Enyo-ojo
- UDEH, Chiecherem Dfnakachukwu

CLASS: Third Class Honours
1 KONYEFA, Naiemi Joan

International Relations

CLASS: First Class Honours

- ADESOYE, Oluwasfayomi Mary
- AKIN-JACOBS, Ibukunoluwa Lilian
- AKINUGBA, Oluwatansin Susan
- CHARLES, KingDavid
- CHIDEBERE, Chiamaka Susan
- EGBUNU, Grace Uredo
- NGWU, Favour Chibugo
- OUNKUMAYI, Oreluwawosipi Oredofeoluwatomi
- QJO, Feyisola Daisy
- OKORAWO, Favour Ezinne
- TOYOSI, Praise Oluwatobiloba

**CLASS: Second Class Honours
Upper Division**

- ADEDEJI, Tejumade Blessing
- ADEDOYIN, Adedwura Phoebe
- ADEPTAN, Oluwalatanmi Deborah
- ADEYOYIN, Boluwatife Tioluwalope
- ADIGUN, Christianah Oluwapelumi
- ALDOJAE, Jasmine Ekiofume
- ANENE, BENJAMIN ANWANOSE
- ANUCHA, Queenesther Onyinyechi

- ASHAOLU, Olumide Afolabi
- ASOM, CHISOM PEACE
- AYOJOLE, OLUWAPELUMI THERESA

- AZUBUINE, Princess-Sharon Oluomachukwu

- BAWO-OTERI, Utseoritselaju Praise
- BELLO, Ifeoluwa Sofiat mojisola
- CHLORU, Ajuri Ofego
- CHUKWUMA, Onyedikachi Mary-Ann

- DADA, Ifeoluwa Oluwabukolami
- DANIEL, Irena Daniel
- DANIELS, Danileta Omone
- ECHENDU, Chisomaga Stephanie
- EGBUNU, Glory Ufedo

- EKOME, Isabella Isicema
- ENEBI, VICTORIA UNEKWU
- EBUJOMWAN, Osato Mercy
- EZE, Favour Chinemere
- EZEH, Blessing Mgesochukwu

- EZENNA, Samuel Chiemerie
- GBAYE, Naomi Oluwatamilore
- HEAGWAN, ANDREW
- JULIUS, Comfort
- MORONKEJI, Pipeloluwa Peace

- NDUBISI, Faith Chidera
- NKIRE, Faith Ayomide
- NNAEMEKA, Whitney Chimdalu
- NNODUQO, Chidima Elizabeth
- NWKEKE, Chioma Bethel

- OBIEREFHO, Covenant Omozeh
- OBISHILI, David Chukwuebuka
- OBUZOR, Disinct Imaka
- OGBORINAYA, Chiruamogwu Chibuckem

- OGBU, Favour Onahi
- OGUNTOYINBO, Victoria Damilola
- OKOGBUE, Chiamaka Olivia
- OLADYE, ORELUWANI OYETEJU
- OLUWATIMLEHIN, Temitayo Judah

- ONYIA, Chioma Sombto, Jessica
- ONYIADORAH, Mmesoma Mitchel
- ORODGU, Adeeze Princess
- OSUJCHUKWU, Danileta Chironso
- SOTU-PETERS, Oghenemega Ranor

- STEPHEN, Oluomachukwu Anita
- UMOH, Yakidara Enobong

- OGBO, Obarbenju Majesty Oluka
- NWABUEZE-ORU, Ikenna Michael
- OBAMI, Jael Ohunne
- OBIBI, Ewemaoghene
- OGWU, Daniel Chukwuka
- OKECHI, Gift Chinenwo
- OKPENYI, Churchill Chinedu
- OKWUJOSA, Izundu Daniel
- ONI, Blessing Adedoyin
- ONFADE, Ibukunoluwakitan Omotayo
- OTIHOHIMURPHY, Oboesata Cynthia
- OYEBAJUQO, Olubukola Omotayosi
- PAUL, Isreal Otiel
- TINUBU, Anjolaoluwa Joshua
- TOLLHI, Temiloluwa Oluwatololoba
- UKAEGBU, Akunna Amanda

- OGBO, Obarbenju Majesty Oluka
- NWABUEZE-ORU, Ikenna Michael
- OBAMI, Jael Ohunne
- OBIBI, Ewemaoghene
- OGWU, Daniel Chukwuka
- OKECHI, Gift Chinenwo
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- OTIHOHIMURPHY, Oboesata Cynthia
- OYEBAJUQO, Olubukola Omotayosi
- PAUL, Isreal Otiel
- TINUBU, Anjolaoluwa Joshua
- TOLLHI, Temiloluwa Oluwatololoba
- UKAEGBU, Akunna Amanda

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Lower Division**

- ADEWUSI, Dorcas Oreluwa
- AUGU, Omerni Ozavize
- AZEKWOH, Rita Ijebusuma
- BARATUNDE, Busayo Faith
- BOLUWADE, Opeyemi Christianah
- CKER, Laughter Oriren
- DADA, Fiyntoluwa Tioluwanimi
- ECHERIJE, Deborah
- IGWE, Chinzao Grace
- INUOGH, Ifunanyachukwu Laura
- LEGHEMO, Princess Grace
- MADAKI, Amzya Sara

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- NWABUEZE-ORU, Ikenna Michael
- OBAMI, Jael Ohunne
- OBIBI, Ewemaoghene
- OGWU, Daniel Chukwuka
- OKECHI, Gift Chinenwo
- OKPENYI, Churchill Chinedu
- OKWUJOSA, Izundu Daniel
- ONI, Blessing Adedoyin
- ONFADE, Ibukunoluwakitan Omotayo
- OTIHOHIMURPHY, Oboesata Cynthia
- OYEBAJUQO, Olubukola Omotayosi
- PAUL, Isreal Otiel
- TINUBU, Anjolaoluwa Joshua
- TOLLHI, Temiloluwa Oluwatololoba
- UKAEGBU, Akunna Amanda

CLASS: Third Class Honours

- AYENI, Samuel Maclin

Policy and Strategic Studies

CLASS: First Class Honours

- IDOWU, Faith Eniola

CLASS: Second Class Honours

Upper Division

- IWUZE, Miracle Chimidinna
- NNAJIKE, Rachael Mmesoma
- OKAM, Jones Chukwuma
- ORIZI, Chibulke Uzoma
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CLASS: Second Class Honours

Lower Division

- ONYEMA, Sean Kamsiyochi
- OWEL, Paula Isa

Political Science

CLASS: First Class Honours

- ASHIRU, Otiade Otajumoke

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Psychology

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- ADEGOKE, Feykemi Hilda
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- GBENGA OLUSANYA, Ademidoyin
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- ISAAC-AGBETUNSI, Tirimoluwa Bukota

9 NARAVE, Benedicta Msuogh

10 MANGVEEP, Kyennet Luka

11 OGUNMOLA, Orefe Faith

12 OLAYIWOLE, Oluwasen Temitope

13 OLUWAGBEMIGA, Blessing Busolemi

14 ONAKUNLE, Grace Toluwalepe

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- JOE-COBHAM, Delight Deborah
- SANYAQU, Israel Toluwani
- SODORUN, Oreluwa Olubummi
- SOLARIN, Oluwatobiloba Iyoluwa

Accounting

CLASS: First Class Honours

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- AKINJOGBIN, Ibukunoluwa Abiola
- KPOJAWOVO, Oghenetaga Grace
- ANGARO, Esther Dauda
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- ELEANY, Ogechukwu Joan
- FADAHUNSI, Toluwalepe Emmanuel

9 NDUBIASI, Ugochi Treasure

10 NWOSU, Onyinye Mesoma

11 OBIEKWE, Nkemdirim Chimdi

12 ODDODO, Moses Elijah

13 ODUBANJO, Oluwatobiloba Mary

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- UMAFU, Favour Ojochege

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 - AWELEWA, Opemipo Oluwale
 - EGBIREMOHEN, Marcel

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- IDOWU, Omigbolahan Oluwatimihin
- IKE-JONAH, Shalom Sopunuchi
- JOSEPH, Jason Anekzan-Abasi
- ODIDI, Theophilus Temitope
- OLADOTUN, Oluwakorede David
- ONMADEWU, David Ehi'k'owoicho
- ORDOR, David Somari

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- BIOLKAT, Kormaan Emmanuel

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- DIBA, Favour Chukwudum
 - GEORGE, Naomi Chinesey

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 - CHIFORTA, Chidinma Gladys
 - EGSUCHEM, Funnanya
 - ELEKWA, Mercy Chimgozirim
 - GABRIEL, John Ebikabowol
 - HENRY-OMADUYE, Etere Eunice
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 - NWABUEZE, Tobechukwu Mario
 - OGONNA, Chiamaka Francisca
 - OGWUDE, Ofafe Ochechuku
 - UDU, Godson Chukwumwike

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- OKONKWO, Ugochinyere Amarachi

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- ADEWOLE, Kehinde Ahmed
 - ILDH, Dumebi Clare
 - OKOYE-NNAEZE, Chidera Divine
 - UMEZINNE, Chinonye Grace

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- ADEDARA, Emmanuel Oluobodun
 - ADELE, Chinwe Emmanuela
 - AKINYEMI, Olanide Grace
 - ALLAGH, Awusee Zarah
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 - OJEDOKUN, Faith Adenike
 - OKUDU, Desire Tamaramoemomi
 - SOBOWALE, Deborah Bukunmi
 - WORLU, IRIBAMA ROWLAND

16 YUSSUFF, Adebisi Ralati

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 - ADEWAKUN, Tolulope Opeyemi
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 - ARCHIBONG, Idongest Etiong
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 - MICHAEL, Jesse Chiumem
 - MUDGBO, Harrison Chinecherem

- Industrial Relations and Human Resource Management CLASS: First Class Honours**
- ALEGIEUNG, Jemima Anosi
 - IBIWOYE, Love Esther
 - OGUNTASE, Bekunoluwa Olukunbi
 - OLA-THOMAS, Gabriela Bukola

- CLASS: Second Class Honours Upper Division**
- ADEGBENRO, Abiola Esther
 - ADEOLA-DADA, Taiwo Oluwadamilola
 - ANYAWU, Praise Munachimso
 - ARIYO, Adeyoin Oluwalafisoyomi
 - EKUPUNGBI, Chioma Precious
 - EMURESE, Maro Michael
 - ENEGHALLI, Miracle Adatze
 - NWOSU, Ijeoma Serena
 - OPF-EWE, Morolazaye Oreoluwa
 - UWA, Etorobang Inokung
 - WELEKWE, Praise Oguchi

- CLASS: Second Class Honours Lower Division**

- ATTOH, Natasha Chizokam
- OLISEMENDGOR, Sarah Rechukwuyintun

- Marketing CLASS: Second Class Honours Upper Division**
- ABIJOYE, David Oluwatimihin
 - AGOFURE, Deborah Etobore

- CLASS: Second Class Honours Lower Division**
- OLUBELLO, Dare Oluwasun
 - OMODAMWEN, Michael Esosa

- CLASS: Third Class Honours 1**
- EBOH, Richard Nkeoyasua

- Economics CLASS: First Class Honours**
- AGSOLA, Oluwatobi Peace
 - AKHATOR, Samuel Ogbada
 - ARINDE, Oluwasoyi Hannah
 - AYOSEH, Honey Mipomawu
 - DEMEHIN, Tolakepe Cynthia
 - ESI-URHE, Kirsten Oghenarokwe
 - IGBOKWE, Oryinyechi Sybil
 - IKOH, Queen Chidinma
 - KATO-ONWUKE, Charlene Osoke
 - LADAPU, Okwagberrisoza Ruth
 - MAYOMI, Susan Sunmi
 - NUJUKI, Chidubem Michael
 - OBKE, Stephanie Chidinma
 - OLUWAFEM, Obanga David
 - OMDELE, Oluwadara Favour



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16 AWAWUSI, Orolowa
Imbabawabawo

**CLASS: Second Class Honours
Upper Division**

- 1 ADEGBITE, Popofolowa Orotanwa
- 2 ADELORO, OgoOluwakitan David
- 3 ADEOLA-DADA, Kehinde
Oluwadamilare
- 4 ADESANNA, Agbolade Deborah
- 5 AFDLABI, Ogunwa Kayode
- 6 ALEJE, Desire Gift
- 7 AYOBIROKDMA, Otemabo
Jemimah
- 8 AWETO, Humphrey Oranfe
- 9 AWOYUNSI, Victoria Fajanaiki
- 10 AYO OGUNKEYE, Oluwalafayo
Ayemiposi
- 11 OLI, Testimony Chioma
- 12 ESPHAULO, Chidera Trust
- 13 EZEH, Precious Chinezi
- 14 EZURIKE, Chiemerie Stephanie
- 15 FALAYE, Olawozayo Asekunola
- 16 FELIX-NGIDE, Chukwafestem
Favour

- 17 IBITAYI, Oluwatomisin Enikowale
- 18 IDOWU, Oluwatoyin Oluwatomi
- 19 IRORANYA, Smith Chikwato
- 20 INAGEL, Jesse Kostasochukwu
- 21 JEGEDE, Oyindamola Christiana
- 22 LAWSON, Joseph Betema
- 23 MBONJI, Victor Chukwukadibia
- 24 MIKE-OWEIKE, Olatina Marvellous
- 25 NWANINURU, Victory Nnesomachi
- 26 ODUTAYI, Oyinokasola
Oluwatunmise
- 27 OHERI, Neda-kate Ani
- 28 OKPE, Joy Ochangy
- 29 OKURA, Chidinma Sylvia
- 30 OLADIPU, Oyindotayo Terriola
- 31 OLATONA, Olesari Kehinde
- 32 OMOJUGHARE, Blossom Eke-
Oghene
- 33 OTENAKE, Oluwatomiwo Deborah
- 34 OWALJE, Mofeyose Adunolowo
- 35 OWOLABI, Ibadogbo Faraday
- 36 SALAU, Adebola Deborah
- 37 UBAH, Fawaz Chibube
- 38 UDESHEET, Ransome Udoak
- 39 UKATU, Chukwuebuka Anthony
- 40 UKWUJE, Vincent Chigide
- 41 UTORI, Onosotekase Marian

**CLASS: Second Class Honours
Lower Division**

- 1 ADAKA, Oghenstoga David
- 2 AGWU, Ugochukwu
- 3 AKINROTIMI, Sarah Tobibola
- 4 AYODELE, Ayomipo Michael
- 5 DARAMOLA, Fiyinfolowa Esther
- 6 EKO, Obalimwe Ubu-Olu
- 7 MAFENI, Praise Rabome
- 8 NSEK, Edkan Uko
- 9 NWEKE, Chisom Stephanie

- 10 OBASEKI, Emmanuel Osaibowo
- 11 OGBASELU, Haruagboluwale
Daniel
- 12 OGUNBIYIDE, Oluwatomi Isiah
- 13 OGBUNWOKUJU, Oluwatomi
Ayokunle
- 14 OPUFOJU, Oyinkeptayo Joshua
- 15 OSHO, Odugbomisola Pitsicola

CLASS: Third Class Honours

- 1 UGOCHEKWI, Ebuchekwu

Mass Communication

CLASS: First Class Honours

- 1 ADEFUNYI, Ayo-Oluwa
Motopeloluwa
- 2 BISI-ADEWALE, Praise Adedayo
- 3 EGIDI, Precious Orewaghe
- 4 MYRON, Oluchi Eunice
- 5 NELSON, Favour Ataiji
- 6 OJUKO, Oluwabamide Adebola
- 7 OWOLABI, Mary Oluwakaryinsole
- 8 PATRICK, Francisca

**CLASS: Second Class Honours
Upper Division**

- 1 ABAH , AGBENU MARY
- 2 ABRAHAM, Mercy Toluwanini
- 3 ADEBISI, Tamunboma Adelfunke
- 4 ADEPOJU, Oluwatomi Esther
- 5 ADESIPU, Israel Adedapo
- 6 ADETUNDE, Blessing
Oluwadarasimi
- 7 ADEYEMO, Ake Anuoluwapo
- 8 AGBETUYI , Oluwadamilola
Fredricka
- 9 ALAMU, Oluwamayowa Adetola
- 10 ALUEYBOSE, Goodness
Anjoatolawa
- 11 AMUNYA, Samuel Onyekachi
- 12 ATIBA, Mayimolowa Elizabeth
- 13 AWODERE, Oluwasoun Omiola
- 14 BIETY-IRANJU, Benita
Chimeluru
- 15 DURUJAIYE, Oluwatobiloba
Omolu
- 16 EDWIN, Jemimah Oghenefejro
- 17 EYOH, Progress Dominic
- 18 EZENNWOYE, Francis Etkua
- 19 HAMS, Jemimah Ushyel
- 20 FEDORA, Divinefortuna Chibuo
- 21 IGHOFOSE, Etemena Stephanie
- 22 IKE-AGBO, Christabel
Odnachukwu
- 23 JOHN-DAMISA, Joy Ikhanosime
- 24 KAYODE, Toluwanini Testimony
- 25 KOLAWOLE-EMMANUEL, Nacham
Olatunde
- 26 LAWL, Oluwadamilola Deborah
- 27 MALUKI, Adebisi Aishat
- 28 MARTINS, Johnson Oluwatunmilola
- 29 MAYOMI, Sonie Bukola
- 30 MIEBI, Debby Doere
- 31 NWAFOR, Nita Anarachi

- 32 NWAOGU, Peace Somtochekwu
- 33 OBIESAN, Oluwalomi
Hephzibah
- 34 ODELEYE, Mosopekiowa Esther
- 35 OJO, Oluwasun Caroline
- 36 OKAFOR, Ifeoluwa Mirabel
- 37 OKEDI, Tochi Chrysal
- 38 OKORO, Joy Annorise
- 39 OLANNI, Joseph Adebola
- 40 OLUJIDE, Solalito Oshimola
- 41 OSEHON, Christabel Eghonghon
- 42 OSO - OLA , Precious Funke
- 43 SAMUEL, Oluwatofemi Opeyipo
- 44 SOKURUBI, Testimony Oyindamola
- 45 UJARA, Ejiroghana Orotokoro
- 46 UKACHUKWU, Ifeanyi Michelle

**CLASS: Second Class Honours
Lower Division**

- 1 ADEGBUN, Oluwatamini Eriola
- 2 ADMORAH-OKORUKWO, Chisara
Emmanuel
- 3 AJIDAHUN, Temidayi Precious
- 4 AMODU, Okwasegen David
- 5 ARINZE, Hunanya Udoaka
- 6 ENEANYA, Kamayochukwu
Jedidah
- 7 JOHN, Gladys Chika
- 8 KAYODE-ONFADE, Omotolawo
Opeyipo
- 9 NIWICHEBELU, Emmanuel Chisara
- 10 OGBOGO, Sulah Opatia
- 11 OGBUJIO, Oluchi Pinksosa
- 12 OKPEYOND, Kestanna Paula
- 13 OLADOKUN, Olabiyi Iyola
- 14 OLUGBOHUN, David Okwajoku
- 15 OLUWOLE-WASE, Sharon Damilola
- 16 UBANI, Faith Chioma
- 17 USMAN, Divine Dakiso

CLASS: Third Class Honours

- 1 BOLAJI, Joseph Omotosho
- 2 OGUNNIN, Raphael Timilehin

Sociology

CLASS: First Class Honours

- 1 CHURUGUMA, Mercedes Diamond
- 2 EDET, Eunice Ubongabasi
- 3 IMIRHE, Oghanetajiri Joy
- 4 OKOTIE, Apenlehin Doodin

**CLASS: Second Class Honours
Upper Division**

- 1 ABAJA, Arthonia Nneka
- 2 ADI , Daniel Onyika
- 3 ADEBAYO, Pelumi Adesola
- 4 ADEYER, Monikawa
Oluwasayodotun
- 5 ARUNDUNE , Laurita
Okawawotolu
- 6 EPELUMI, Precious Oshola
- 7 NEJI, Precious Nnabukaranne
- 8 NJUKI, Chioma Mary
- 9 OBIREZE , Chinyerwusa
- 10 OBOGIDE, Shalom Osoni
- 11 OKOYE, Ann Chiswa
- 12 OLATUNBI, Boluwatife Odetokere

**CLASS: Second Class Honours
Lower Division**

- 1 ADEYANJU, Adeyinka Mathias

- 2 EZEJUI, Wilson Chigazem
- 3 KASSIM, Toluwani Esther
- 4 OBAKPOLOR, Love Ejro
- 5 OKULE, Chukwadu Frank
- 6 OPUTE, Deborah Dighoghoma
- 7 OZUJUEZ-NJOKU, Ngazichukwu
David

Chemical Engineering

CLASS: First Class Honours

- 1 ADEKORA, Oluwatamimere Henry
- 2 ADEWALU, Oluwadayomi
- 3 AGBATI, Iredolu Oshimide
- 4 AGEYEGBE, Anita Gift
- 5 ALERI, Osereman Tiffany
- 6 ANENH, Anita Iofenomen
- 7 CHARLES, Daniel Chris
- 8 DADA, Joyful Oyindamola
- 9 GISAMIN, Oluwasun Fikayomi
- 10 OCHI, Marypeace Chizaram
- 11 OFUL-UGO, Chidera Nwando
- 12 OGUNLEYE, Christine
Oluwatamire
- 13 OLATUNDE, Victoria Olatide
- 14 OMOREGE, Eriayo Raphael
- 15 TIM-DEGHE, Erica Esoshe
- 16 UKJEI, Esther Uguchi
- 17 UPOKA, Naomi Okwuwamaka

**CLASS: Second Class Honours
Upper Division**

- 1 AJIBEWA, Mojajesu Praise
- 2 AJIBOLA, Ajironke Opeyemi
- 3 AMADI, Chukwuebuka Lawrence
- 4 ELUMAFIO, Adebola Lydia
- 5 ENECHI, Chinelo Favour
- 6 FMMJAGUR, Emmanuel
Oluwasun
- 7 FATIMEHN, Victor Ayokanni
- 8 IYORAH, Ejean Wendy
- 9 JOHNSON, Ruth Inima
- 10 KEHINDE, Faith Oluwapelumi
- 11 MELARIRI-OKWU, Godspower
Chukwueka
- 12 OBIWE, Chike Kingsley
- 13 OFUJETI, Onyeka Mmesoma
- 14 OGEDENGBE, Toluwase Adebola
- 15 OKEDGHENE, Eloho Peace
- 16 OMUGBE, Daniel Ertobor
- 17 SHOROYE, Modisola Esther
- 18 SHOWURMI, Mofeyifoluwa
Ibukunoluwa
- 19 SNYDER, Ehvina Egwuono

**CLASS: Second Class Honours
Lower Division**

- 1 OJOMI, Peter Ayomide

CLASS: Third Class Honours

- 1 OBAYEM, Jawon Israel

Civil Engineering

CLASS: First Class Honours

- 1 ABSOUBRIN, Olatosi Samuel
- 2 ADELAJA, Caleb Toluwani
- 3 AMUWA, Amaka Anna
- 4 EZENDUKA, Chukwutkum
Raphael
- 5 IBITAYI, Oluwaseyi Samuel
- 6 MUKORIG, Agneta Precious

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- 7 NOBIS-ELENDU, Chibezé AUSTEN
- 8 OGIDAN, Saheed ADEYI
- 9 OKU-ASUGBO, Ima Rachel
- 10 OKUNSIANYA, Obelahan ROTIMI
- 11 OPARA, Samuel BACHINWA
- 12 OYENYE, Boluwafé Mokupe

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Upper Division

- 1 ADEYEMI, Adeniran AYOYINKA
- 2 ADBAZA, Oghenemaro CHARLES JY
- 3 ADI, Favour IBANJOCHUKWU
- 4 AJAYI, Ademola OLUWALIMIKIN
- 5 AKANG, Prince UTOBO
- 6 APUYE, Urenska PLUS
- 7 ASU-OBI, Joseph ACHUA
- 8 BELLO, Abdulmalik MOSEPELUSWA
- 9 BEYIDUKU, Richard DYDARIKI
- 10 CHUKWUA, Priestly CHINNONO
- 11 DKE, Lizzy-Pros CHIBUWAM
- 12 DURU, Chigoan MICHAEL
- 13 EGENA, Daniel ENENCHI
- 14 EYO, Mabsobong SOLOHE
- 15 FAKRE, Oluwafemi DANIELA
- 16 JAYOLA, Michael OLUWASESH
- 17 JOHN-AFRICA, Dimiri JOHN
- 18 KNUDCH, Daniel NWAHIO
- 19 KUBI, Eymola OMOLEKOLE
- 20 OUB, Oluwafemi DAVID
- 21 OKI, Daniel TOLUNMI
- 22 OKORI, Doris EYIKO
- 23 OLUPTAN, Oluwafemi ESTHER
- 24 OLUKADA, Michael TEMIDAYI
- 25 OLUYEMI, Oluwadara DERELOE
- 26 POLYCARP, Wisdom MAMUOH
- 27 SUJADE, Oluwaseun OLUOTAPO
- 28 SODENDE, Ayodeji CHINNONO
- 29 UDEAGBULU, Angel CHINYEYINWA

CLASS: Second Class Honours

Lower Division

- 1 GEDE, Tamarawotrinade VICTORY
- 2 OSIMOKUN, Oluwatobi OLUYINKA
- 3 USIN, Aizerosa IDAHWA EMMANUEL

Computer Engineering

CLASS: First Class Honours

- 1 AGBAJE, Daniel EYIAYO
- 2 BAKOLA, Oluwatobinke AKORODI
- 3 DUMAYWE, Dornstair Chamberlain
- 4 EGBAOKU, Victor EHYETOJI
- 5 LEMOHA, Chigozie DOROTHY
- 6 NONGYELU, Chikwetauka DAVID
- 7 NOTTIDGE, James OBEI
- 8 NWAGBE, Ishekwu EMMANUEL
- 9 ODUKUN, Isukan DEBORAH
- 10 OLUKASIA, Raphael Chikwunoyim
- 11 OKPHEIFURU, Caleb Okefenom
- 12 OLUJGBA, Oluwaseyi OLUWATHTYMS

- 13 OMOKHUALE, Odansem
- 14 OMI, Oluwatobinke ABOLEOLA
- 15 OPEYEMI, Daniel IKOLAWA
- 16 OSADOLA, Oluwagbolunmi EYIYAYO
- 17 OSINBERO, Ayemika VICTOR
- 18 OSINPURI, Oluwafemi Oluwafemi Oluwafemi
- 19 OLUWABI, Olorunsayo TOLAN
- 20 SOMUYI, Oluwale OLUWAWA
- 21 SOMUYIWA, Temidayi Samuel

CLASS: Second Class Honours

Upper Division

- 1 ABRAHAMA, Esther ERIE
- 2 ADEYIWO, Eyiakope OLUWATHTYMS
- 3 ADEGBAZE, David ADAKWA
- 4 AGHEDO, Emmanuel OGBANSE
- 5 AJAYI, Emmanuel OLUWALIMIKIN
- 6 AKINYEM, Awololu EMMANUEL
- 7 ANETO, Eghenephene DAVID
- 8 AYIN, Oluwafemi IYANCKWA
- 9 AZEEZ, Oluwatobi JOY
- 10 BABALOLA, Precious JERBYOSE
- 11 BANK-OLEMOH, Nifemi ERIKLE
- 12 EDUOK, Inyem USUN
- 13 ENEBELL, Enoch JASOSAKA
- 14 ETUK, Jesse IRECH
- 15 JOHN, Joseph AB
- 16 KALU-UCHI, Rejoice ANONZA
- 17 MATTHEW, Victor WALE
- 18 MODOLO, Victoria IBANJOCHUKWU
- 19 NKANGA, Anokan ESSIAN
- 20 NMOU, Kemiyo CHIKWA ANTOCHUKWU
- 21 MAWANA, Saporuchukwu NABOR
- 22 OREH, Precious EKAN
- 23 OKPOKETE, Esaiaba
- 24 OJURA, Gaku CHIKO
- 25 OPRAH, Pearl SOLOCHI
- 26 OWAGIDE, Sennago GRACE
- 27 SAMUEL, Joshua
- 28 UDOUMOH, John DAVID

CLASS: Second Class Honours

Lower Division

- 1 ADESIPE, Ayemika MOSES
- 2 HERBERT, Akachi GOODACK
- 3 MADUMORAH, Chom Mmoroachukwu
- 4 OISHA, Pius EBOCHUKWU
- 5 OIKHOKHAI, Mabel AINOKHAI
- 6 ROBINSON, Olayinka KENNETH
- 7 SATI, David BAKA

CLASS: Third Class Honours

- 1 ADIWE, Emmanuel CHIKWEMKI
- 2 NKENKA, Chikwura EDWARD
- 3 NIACHUKWU, Evans DAVID

Electrical and Electronics

Engineering

CLASS: First Class Honours

- 1 ADETOLA, Oleyemi OLUWASEKIN
- 2 AJANI, Abraham OLUWASEYI
- 3 AKINBALE, Favour ADARAGBEMI
- 4 ARANSOLA, Oluwafemi
- 5 BABALOLA, Paul TOLAWALE
- 6 EGBANWA, Oluwafemi VICTOR
- 7 ELELE, Ebene ANASTASIS
- 8 GALACHA, Israel ZAKARI
- 9 HENRY, Joseph CHUKWUDI
- 10 KHIDE-SOLODOR, Emmanuel
- 11 NUKOM, Miyo ASUPU
- 12 KALAZI-GREEN, Temunimim EMMANUEL
- 13 NELSON, Elijah ISHUKWU
- 14 NALLUE, Favour CHINYEYIN
- 15 NWANOKWU, Stephanie ADAROT
- 16 ODESANIN, Femiokunle AYOKUNLE
- 17 ODOGUN, Emmanuel OGHENEMATO
- 18 ODUFUN, Toluwani HOPHUBAH
- 19 OGBURE, Favour OLUWATHTYMS
- 20 OKARO, Nafachi MIKA
- 21 OLUYIN, Richard OLUWABO
- 22 OLUWASEKIN, David AKOLADE
- 23 ORI, Oluwaseun OLUWOTI
- 24 OSORUN, Ronald DREW
- 25 OTIGER, Favour URMAGO
- 26 SOYIBO, Anasokwoko DEBORAH
- 27 TAYO, Adarokunle OLUOTAPO
- 28 UNWAI, Bertrand CHUKWUYEM
- 29 UTM, Etejobi BASSY

CLASS: Second Class Honours

Upper Division

- 1 ADEBO, Eymike PATRICK
- 2 ADEBAYO, Mayowa SOLOMON
- 3 ADEBAYO, Itokunle RANDEKUN
- 4 ADEGWE, Chikwetauka PETER
- 5 AGAAN, Joel IKI-OJI
- 6 AGBO, Joshua IBANJOCHUKWU
- 7 ANANYO, Stephanie ESHE
- 8 AJAYI, Mojiyemika AYEMIKA
- 9 AJOSE, Oluwole AYEDOKUN
- 10 AKANDE, Tolukunle MICHAEL
- 11 BOSAN, John CHIBUWAM
- 12 CAMPBELL, Oluwatobi OLUWASUN
- 13 EGWUE, Oghenemaro CHRISTOPHER
- 14 ENEBELL, Edmond IGBEBUKI
- 15 ESSIER, Albert MIAN
- 16 EWO, Thoma ADANWA
- 17 HERRY-OMADUYE, Oso DAVID
- 18 IGE, David BAKOLA
- 19 IRABE, Oshun RUFUKUN
- 20 ISAAC, Somtochukwu EMMANUEL
- 21 MAEKODUNMI, Eunice IMAKHAWA
- 22 NWAFOR-EZELUE, Chikwudumebi PATRICK
- 23 NYIKOLO, Paul CHIKWAKA
- 24 OBAR, Israel ENESI
- 25 OFOCHI, Omine JOSHUA
- 26 OGBOGORU, Constance ELOH
- 27 OJAYAGBEGA, Samuel AYEMIKE
- 28 OJEBUYOGBH, David UJIALI
- 29 OKEREKE, David CHUKWUMIKA
- 30 OKOJURA, Damiudani
- 31 OLAMI, Oluwatimile ADIJOYE
- 32 OLALEYE, Adzola PAUL

- 33 OLOTU, Kevikwa OGHENESKIN
- 34 OLUFUNDE, Oluwatimileyn GADZAWA OLUWAKO
- 36 OMOGBIN, David OLUWATOBII
- 37 OYURU, Karlo PERABE
- 38 SANUSI, Favour OLUOTAPO TEMILAKUNLE
- 39 OOKH, Utokobesi OLUOTAPO
- 40 UMOH, Floyobun PATERICK PATRICK

CLASS: Second Class Honours

Lower Division

- 1 AGBARHE, Oboghene
- 2 ELEGHA, David CHIBUWAM
- 3 NDOHLAS-OKAFOR, Chikwud JOSHUA
- 4 OMOGBAH, Mathias UBOCHUKWU
- 5 PHILIP, Jecorah EKENE DITACHUKWU

CLASS: Third Class Honours

- 1 OZORE, Ewomasghere CHIKWEMKI

Information and Communication Engineering

CLASS: First Class Honours

- 1 EGWARI, Michael CHUKWUYEMKI
- 2 FAKHAWO, Oluwafemi OLUWAKI
- 3 FASANI, Wokwawokunle KOKKWA
- 4 MWOLELO, Babson CHUKWAKI
- 5 OLU-AJAYI, Oluwatimile Samuel
- 6 OLUWUNMA, Anni

CLASS: Second Class Honours

Upper Division

- 1 AGU, Nelsona DUEBUBUCHUKWU
- 2 ANSA, Samuel KOLAWA
- 3 ANYEBUNAM, Kenneth KEVIN
- 4 ANYAMWA, Amarah EMMANUEL
- 5 BAFOR, Emmanuel ESSAN
- 6 BEYIDUKU, Smart OLUWASEYIWA
- 7 CHIBUKU, Chiduro SHARON
- 8 EGHAREVBA, Assasa MARYISSA
- 9 EXPENYONG, Marvel IOKU
- 10 EKWUEKE, Ogochukwu WENDY-MARIA
- 11 ELUWA, Jomitchael AYEDJI
- 12 ENO, Kabejose UBO-OLA
- 13 ETUBORI, Uyiakwai EXCELLENCE
- 14 EZEAFI, Chikwura CHUKWATIKWA
- 15 IBE, Emmanuel CHINROSO
- 16 IBILEKE, Samuel BOKAWOBI
- 17 IFUNE, Lemuel ISSAI
- 18 LOUIS, Kimberly ANIKA
- 19 NWAKEZE, David RECHUKWU
- 20 NWEKE, Chinedu EMMANUEL
- 21 NWAODIE, Super THAOPIHUS
- 22 NWALU, Goda OLUYIYECHI
- 23 OROHO, Victor IFA
- 24 OLANIRAN, Joseph OLUWALIMIKIN
- 25 OLUWUNMA, Favour JUSUTIMILAN
- 26 OKOMAKA, Ogheneseun JUNE
- 27 OYSEGORU, Chikwetauka DIKHE
- 28 ORESAWA, Joshua MOYINKWA
- 29 OYADIRAN, Janet OLAMIKO
- 30 SEGUN-FANU, Marjory FEMI
- 31 TUDYO, Blossom UWARERANSIJE



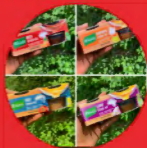
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CLASS: Second Class Honours Lower Division

- 1 ABDULSALAM, Anso John
- 2 AGBASIERE, Ifechukwa
- 3 CHIBUEZE, Chiamaka Hursanya
- 4 EBOMA, Japhet Chukwusonso
- 5 NWACHUKWU, Jasper Ulorunnya
- 6 ODOMI, Isokwa President
- 7 OMONIKHUA, Divine Ekeozon
- 8 ONYAH, Ugochukwu Bright
- 9 ORIERO, Ogbazino Olatayo
- 10 OSADOLOR, Prince Oamamide
- 11 OTUSHEMADE, Oluwatobi. Jestha
- 12 OTUJU, Oghenemairo Great
- 13 SAMSON, Elemen Divine
- 14 UDO, Ifekasibi Edet
- 15 USWAN-ADIGI, Joshua Enejo
- 16 WILSON-NASELE, Oshiekenta Ehemem

CLASS: Third Class Honours

- 1 ANYANWU, Ebuchekwu Favour
- 2 ALATA, Ngozi Nkamdilim
- 3 SBAAAM, Oluwayinka Courage

Mechanical Engineering

CLASS: First Class Honours

- 1 ADESOKAN, Adesayo Joseph
- 2 ADETUN, Favour Toluwannis
- 3 AJETUMOBI, Ifeoluwa Olutoba
- 4 AKANDE, Alexander Oluwatobiloba
- 5 ALE, Abisola Ifeoluwa
- 6 BABALOLA, Johnson Olatunle
- 7 ECHEBMA, Uzoma David
- 8 EDWARD, Joshua Abesayo
- 9 EGBA, Daniel Onyeka
- 10 EH-OKOEBOR, Clifford Ojelto
- 11 ELEGBEDE, Precious Joshua
- 12 EPHIMAH, David Chimdi
- 13 GEORGE, Deemi Tamunotunbo
- 14 KRISTIFERE, Jadediah Oluwayinka
- 15 MORONKEJI, Agbaradawo Emmanuel
- 16 MOZEA, Ugochukwu Donald
- 17 NWACHUKWU, Emmanuel Chiamara
- 18 OFORUM, Sonia Hursanya
- 19 OGBURGO, Ischukwu James
- 20 OGUNLEYE, Ademola Emmanuel
- 21 OLAGBEGI, Isola
- 22 OLMOLA, Enokwa Oluwadunshin
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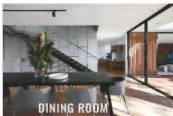
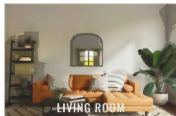
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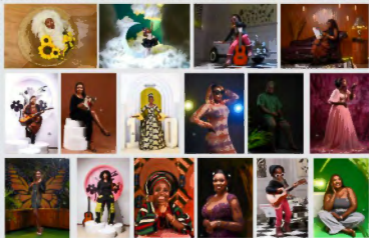
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Perennial Flooding...

resolve the issues of flooding in the country, especially in the context of food security. According to Duru, this involves the following:

- Reliable policies should be reworked and vigorously implemented. One such policy is the one that tackles the menace of waste dumping. Flood control cannot succeed if people continue to disobey the rules that take care of the environment.

- Construction of underground drainages. Since the money to do this does not come cheap, the government should have a budgetary allocation each year for the construction of functional drainages. The residents of the Imota community in the Ikorodu area of Lagos State which plays host to Africa's largest rice mill, are already calling on the Lagos government to construct proper drainage to ensure that the rice milling complex does not go down the drain. The nation's drainage systems, whether at the federal, state, or local government levels, are nothing to write home about at present.

- The government and the relevant agencies should have the proper programs in place to check the spread of diseases from flooding. The International Rescue Committee (IRC) and United Nations Children's Fund (UNICEF) have, over the years, been craving the government's attention on the need for these programs. This is the time to act.

The focused discussion panel also agrees that the climate change priorities of the government must be reworked. Investigations show that Nigeria contributes less than 1 percent of the global greenhouse emissions while the countries of the Global North are the main cause of more than half. The Nigerian government should begin to press these countries for support since their disastrous emission troubles are chief triggers of the climate change that causes the perennial flooding. They should be told to take responsibility for their ruinous activities.

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How to Get Local Government Roads in Ota Paved

Ota, the industrial town bordering Lagos to the west, is the capital of the Ado Odo-Ota Local Government, and one of the subdivisions in Ogun State of Nigeria. The town is one of the most industrialized in Nigeria. It houses the largest church service building – Faith Tabernacle built by Winners Chapel of the Living Faith Church Worldwide. What is more, Ota has the largest concentration of higher institutions in Ogun State with at least three universities. Ota is the traditional capital of the Awori, a Yoruba ethnic group. One thing has reduced the town to insignificance – bad roads. The poor condition of roads in this ancient is such that people residents and commuters are frustrated as they have to use those bad roads to go to their houses and

met in my life. Do you know that these people have lived with bad roads for decades and none has ever thought of coming up with solutions to the problem; none! All they rely on is the allocation from the federal government which they claim to spend on clearing drainages and other irrelevant things that are meaningless to commuters.

The article is not about complaints. It is to enlighten local government officials and residents on how resources can be mobilized and channeled towards the construction of those roads in the custody of local government. There are three categories of roads in Ota namely Federal,

Before prescribing what can be done to significantly improve the conditions of the local government roads, it is important to warn that if the local government officials do not change their orientation about grassroots development, which means thinking out of the box, nothing will change concerning the roads. These officials should note that government is not the only source of funds for grassroots development. They should know that there are several other ways resources can be mobilized to construct roads. One of these is PPP – Private Public Participation. PPP is proof that government is incapable of constructing goods



roads and that private sector participation is critical to the development of these roads.

Several local government roads can be constructed on the PPP model. This paper zeroed in on two of them. One of the Bells University Road which starts from the The Bells Junction bus stop down to the Ilogbo Swamp and from there to the Ilogbo town. Builders and real estate developers say that a bridge should be constructed in the swamp to be tolled. There are already alternative roads that lead to Ilogbo which makes it easier for those who do not want to use the tolled bridge to get to their destination.

Close to this is Tipper Garage-Ilogbo-Ijako Owode road. The 20-kilometer road is fully matured for the PPP. Besides the more than two alternative routes that are available for motorists who prefer them, the residents of the area said they are more than willing to pay anything between N100 and N1000 toll fees depending on the type of vehicle. According to Segun Aigseg, an automobile technician, "we are already to pay the toll. The toll is nothing compared to the amount that people spend on car repairs. We are ready to give the constructors all the support they need to succeed." But the question remains, are the local government officials ready to change their current unproductive thinking pattern?

workplaces. For example, people have to go to such places as Covenant University, The Bells University, Crawford University, Winners Chapel's Canaan land, African Leadership Forum, African Distilleries, Nestle, President Paints, Nigeria Navy School of Music, Veepee Industry, De United Foods (makers of Indomie), Honda Manufacturing Limited just to mention a few, as these places are the sources of their livelihood.

It is not unusual to see people fagged out and splashed with dirty flood water when resuming in the morning as going back home at the close of work becomes a nightmare. The condition of the roads is so bad that the famous singer Idris Abdulkareem sang a song that went viral about how the Governor of Ogun State, Dapo Abiodun, is collecting so much revenue from tax but using the proceeds to develop other areas in the state. Many Ota residents believe that this narrative is part of the alleged discrimination against the Awori people. Idowu Olofinde said: "We shouldn't be surprised. This is part of the gang-up to frustrate Ota and its environs."

What is more troubling, concerning the poor roads in Ota, is that the local government officials lack the initiative to proffer solutions to the problems. One Awori man said: the LG civil servants are the most unreliable and irresponsible set of people I have ever

State, and Local Government. Federal government roads include Sokoto Road, the Ota-Idi Iroko road which is dualized from the Sango Under Bridge up to the Canaanland – where the gigantic worship place-Faith Tabernacle is situated, and the Atan-Agbara Road that links with Badagry Expressway. State roads include Itete Road, Old Ota Road, Iyana Iyessi Road, Lamaco Road, and Olawole Street. Every other road is in the domain of the local government.



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Demistifying Multitasking As A Gen-Z Featuring Chidubem

By Faith Ogunleye

Chidubem is a living proof that contradicts the notion that Gen-Zs have a multitasking problem as a result of distractions. As a young lady who has four arms, Chidubem has been able to effectively manage her career life and found her path to be successful in her academics.

STREAM: Hello. Please tell us briefly about yourself.

DUBEM: My name is Chidubem. I am a 20-year-old Content Creator, Educational Enthusiast, and a student studying in Covenant University in my fourth year. I am just a young girl with big dreams, basically.

STREAM: Kindly give us the details of what you do.

DUBEM: Well, I am a Content Creator. I create educational and fun contents, I make education really fun for students and my aim is to show everybody my journey. I want people learn and be encouraged from my journey from 100 Level to Final Year. I also give amazing tips about how to be successful in school academically, financially, emotionally and in all endeavors. I am also unashamed of the gospel, I share the gospel on my platform and also create creative content for people, and young people in general.

STREAM: How have you been able to find a balance in being a writer, YouTube, Content Creator and a student?

DUBEM: As a writer, student, content creator and YouTube, it's not easy job to be honest. It is something that you need to have like a motivation, something that keeps you pushing. One thing that keeps me pushing is the fact that I am impacting lives, I am teaching, and I am also learning, and I am also putting smiles on people's faces and providing them with information they hardly find online. How I have been able to balance it is that I have been really consistent with planning. I am such a great planner. I plan almost every activity and every single aspect of my life, and I also know when to stop and when to start. I know that it can't be equal attention that I give to every aspect of my life, so I know when to give one more attention, and to give the other less.

STREAM: How much of a priority is your academics amongst these other activities you engage in?

DUBEM: My major priority is literally my academics. My academics is my number one because I know how much my parents are putting to put me out there. I just want to do something with my course by the time I am done with university, and to further my course in the later parts of my education. So, it is very important for me. I feel education is very important to the point that even as content creators, business owners, we shouldn't back away or back down because we are earning money. Once you have an education, so many doors can open for you so it's a number one for me.

STREAM: What is your criteria in determining what your priorities are and what are not of priority?

DUBEM: The biggest criteria for determining my priority is Passion. I know I have passion for helping students, I know I have passion for education and to impact lives through making education fun and interesting for students. This is what I have come to understand of myself. I can wake up early in the morning, help or encourage someone to keep studying, give them tips on how to study more, how to get better grades. Passion has to be the major thing to figure out my priorities.

STREAM: How well or poorly would you say multitask?

DUBEM: I feel like I am the greatest multitasker. I don't mean to brag though, but I really do two or three things at the same time and it has really helped me.

I feel like that is one thing God has actually graced my life with because I can do multiple things at the same time and make sure they are executed properly. So yeah, I would say I am a great multitasker.

STREAM: What challenge(s) have you faced as someone that has other activities besides academics?

DUBEM: In my 100 Level, I started content creation and I was entering into a new environment, a new school, and I put my content creation as my main priority. I wasn't reading much and I got my lowest result in my 100 Level. This is to say that I wasn't able to balance it at that point so one thing I know is that it isn't easy to balance academics and outside things that you do, whether it's business, or content creation. You have to actually condition your mind that you are in school and that is your number one priority so that moment of my life in 100 level really made me realize that "Dubem, you have to actually focus on what your parents paid for, first before you can do any other thing."

STREAM: How were you able to overcome these challenge(s)?

DUBEM: One thing I have been able to understand is that you cannot totally balance everything. 50-50. There are sometimes I give one part of my life more than I give the other part and I think it's okay for us to understand that, I also understood the person I am when my brain is active. I am more active during the day, so I make sure during the day, I study and do my academic activities, then in the evening, I engage in my content creation. It is all about understanding yourself. Also, prayers really work. Not just prayers for most important things, but prayers for every single thing. When I lack direction or I am stressed, I just pray and I become settled.

STREAM: Congratulations once again on your 5.0 GPA in the February 2023 exams. How were you able to achieve such?

DUBEM: All I can say is the GOD Factor. I carried God on top of my head, and God carried me on top of His head because I feel like it wasn't me, it was just grace, totally grace. I also was determined to get it. I studied and read, but that doesn't match up to God's grace upon my life.

STREAM: What would you say could be a problem of effective multitasking in this generation?

DUBEM: Gen-Zs are laid back, and also, social media. Social media in terms that when we are on it, we are very focused on whatever it is we are doing. When you say you want to spend two minutes on social media, you could end up spending an hour. So social media is really taking a turn on the way we work, the way we multitask. So, we keep on scrolling, and scrolling, and scrolling, until we are scrolled over. "laughs"

STREAM: What tips do you have for young people who struggle to find a balance between their academics and other activities or careers they have to engage in?

DUBEM: You need to take it easy. Do not rush, understand the kind of person you are, your body, and who you are in Christ. Also do the things that you love, because it will all go easy for you. Also understand that everything cannot be equally balanced so there are times when one thing needs more priority than the other, and it is good to know when one needs more priority.

STREAM: Thank you for your time, Chidubem.

DUBEM: I feel so honored to be a part of this.



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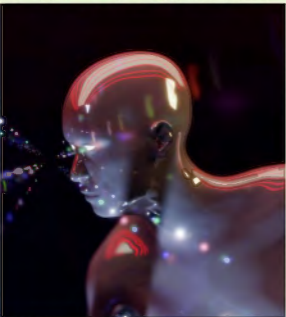
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ALL Ai

By: Aduroja Seyi



Have you ever felt like your research from Google was never enough? Or needed an explanation in your own words? What if you needed things done but in a unique different way? Right now the trending solution is the AI.

Artificial intelligence, or AI, was developed by Jhon McCarthy and other scientists on August 31, 1955. This is a tested and applied theory for the construction of computer systems that can carry out operations that would typically need human intelligence, such as speech recognition, visual perception, decision-making, and language translation. Its accessibility is made possible by the use of mobile devices and the internet, which is now available everywhere. Over these current times we've seen people provide answers to some phenomenal tasks; from self driving cars to automated robots having conversations, now enhancing peoples pictures and even singing like your favourite artists.

To be completely honest, the rate at which it's escalating makes its development alarming. Even internet giants like Snapchat and Telegram have integrated AI into their software, enabling users to communicate with it and profit from it (depending on the media format). Because they respond to queries, all of these online chatbots are also regarded as having a certain level of artificial intelligence. An intelligent conversation or even conversation suggestions can be had after that. The newest trend at the moment is to have AI sing lyrics written by someone else using someone else's voice. This has been seen on a national, international, and cross-national level. Although the government is making efforts to regulate them in case of cybercrime, given its frightening development,





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Wearable Technology And The Oura Ring

Faith Ituen



Wearable technology has come a long way in recent times ranging from smart watches to fitness trackers, wearable technology has become increasingly popular and the Oura ring is a great example of how these devices are changing the way we monitor our health. The Oura ring is a small lightweight device that you wear on your finger just like a ring. It's designed to track your sleep, heart rate and other important health metrics.

One of the key features of the Oura ring is its sleeping tracking abilities. The device uses advanced sensors to monitor sleep patterns, how many times you wake up during the night, and how much deep and REM (Rapid Eye Movement) sleep you get. In addition to sleep tracking, the Oura ring also monitors your heart rate, body temperature, and activity levels. This data can help you understand your body and how it responds to different activities and stressors.

Overall, the Oura ring is a great example of how wearable technology is changing the way we monitor our health. With its advanced sensors and easy to use designs it's a powerful tool for anyone who wants to optimize their sleep and overall health.

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Tibbits

Gen Z: More than What Meets the Eye

Gbolade Oluwadamilola

Generation Z, born between the mid-1990s and the early 2010s, often finds themselves at the center of discussions regarding the future. This tech-savvy and socially conscious generation is proving to be a driving force of change in various aspects of the society. I will be taking this moment to share with you what I found out and why it is so.

A Shift in Values: Compared to their predecessors, Gen Z brings with them a distinct set of values and priorities. Previous generations have witnessed significant advancements, but Gen Z has grown up with these advancements as the norm. This has led them to focus on social and environmental issues, demanding accountability and driving change. They prioritize inclusivity, diversity, and equality, championing causes such as climate change, mental health awareness, and gender rights.

Harassing Technological Fluency: Gen Z is the first generation to have grown up entirely in the digital era. They possess an inherent understanding of technology and its potential, utilizing it as a tool for communication, creativity, and activism. Through online activism, they have effectively mobilized communities, raising awareness and

pushing for policy reforms.

Creative Expression and Entrepreneurship: Gen Z exhibits an entrepreneurial spirit and a drive for creative expression. The availability of online platforms has provided them with an outlet to showcase their talents, leading to the rise of influencers, content creators, and young entrepreneurs.

Notable Talents, Thoughts, and Perspectives: Gen Z has witnessed remarkable individuals who have made a significant impact across various fields. Young activists like Greta Thunberg have galvanized global climate action, while others, like Malala Yousafzai, advocate for girls' education and human rights.

In conclusion, the generation Z represents a formidable force of change, challenging traditional norms and driving progress in numerous domains. Their unique values, technological fluency, global connectedness, and entrepreneurial mindset empower them to make a tangible difference in the world.

COREY SEEMILLER
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The Role of Sports in Reducing Mental Health Issues among Youths

The World Health Organization (WHO) reports that a startling 10-20% of children and adolescents worldwide suffer from mental health disorders. In 2023, mental health issues have become a significant concern among youths worldwide. Unlike the stigma that came with discussing the topic many years ago, the prevalence of mental health issues, such as anxiety and depression, has been a major area of research and discussion among psychologists and experts, with statistics backing up the urgent need for effective intervention. The impact of mental health issues on young individuals cannot be understated. The consequences range from affecting their overall well-being and academic performance to distorting their social relationships and their perception of themselves and the world. Unable to deal with these issues on their own, many youths have turned to drugs, pornography, excessive gaming, etc., as a means of coping with their anxiety or depression. Many harmless ways of helping youths in this struggle have also been developed, and in recent years, researchers and experts have turned their attention to the potential role of sports in reducing mental health issues among youths. Engaging in sports serves as a multifaceted method for



enhancing mental health. First off, it is widely accepted that physical activity is a potent tool for managing mental health. Regular exercise, including playing sports, has been shown in studies to significantly lessen the symptoms of anxiety and depression. It promotes endorphin release, which naturally elevates mood and enhances emotional well-being. Additionally, sports have been proven to contribute to the development of self-esteem and confidence among those who actively participate in them. By setting goals, overcoming challenges, and experiencing personal growth, athletes gain a sense of accomplishment and pride in their abilities. A higher sense of self-worth as a result of this sense of accomplishment lowers the likelihood that the person will experience mental health problems linked to low self-worth or body image disorders. Sports also provide a valuable platform for social interaction and support. Being a member of a team, training, winning, and occasionally, losing with that

team creates a sense of belonging and companionship. Youth athletes develop meaningful relationships with both their teammates and coaches and form a support network with like-minded individuals. The emotional support derived from these relationships acts as a protective factor against mental health issues, most notably loneliness and social isolation. In conclusion, research from reputable authors and empirical evidence both emphasize the importance of sports in preventing or, at the very least, reducing the rate of mental health problems among young people. By encouraging physical activity, fostering self-esteem and confidence, fostering social interaction and support, managing stress, and developing life skills, sports offer a holistic approach to mental well-being. Young people should be encouraged to actively participate in sports because it strengthens their physical and mental health, and this will, in turn, produce a generation of happier and healthier people.

Drop your phone! Go offline! And go outside!

Ebunoluwa Aderinto

In today's "global village", in our hyper-connected world, it has become increasingly challenging for us to detach ourselves from our digital devices. Smartphones, laptops and most prominently, the Internet have revolutionized the way we communicate, do business, learn, and entertain ourselves. This ever-increasing digital dependence, however, has been proven to have detrimental consequences on our mental and physical well-being. So, it's important, now more than ever, for us as human beings to disconnect and re-engage with the world around us.

Now, going offline doesn't necessarily connote the complete rejection of technology altogether. Instead, it's more about finding the right balance between the digital and physical worlds. When we unplug from our devices for a period of time, it allows us to reconnect with ourselves, rediscover our interests, and engage in activities that truly nourish our souls. Going offline presents to us an opportunity to be present in the moment, engage in face-to-face conversations with friends, colleagues, and family, and fully appreciate the beauty of the world around

us. I'll admit that disconnecting from our devices can be daunting, especially for those accustomed to constant virtual engagement. There's this innate FOMO that many active social users have been said to experience, and for those into business and entertainment trends, missing just a minute of the action can be scary. However, the rewards of doing so are profound. One of the most significant benefits of going offline is the chance to reconnect with the people around us once again. By engaging in face-to-face interactions, we can foster stronger relationships, empathy, and understanding with

friends, family, or classmates. Through activities like a friendly sports match, a picnic, movie, or game nights, we can create shared experiences that will bring about lasting memories and strengthen bonds far beyond the digital realm. So today, start by setting aside specific times each day to go offline, even if it's just for a short walk or a meal without distractions. Then gradually extend these periods to spend more time outdoors, engaging in physical activities, or pursuing hobbies that don't involve screens. Then in time, you can extend this time periods to be shared with friends and loved ones. It's important for a healthy balance to be struck between our virtual and physical realities and it is crucial for our well-being and personal growth. So, let's drop our phones, go offline, and venture into the great outdoors to reconnect with ourselves, others, and the beauty of the world around us. The benefits are endless, and the experience is well and truly liberating.



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Healthy Drinks

Nigeria, like many other countries, offers a variety of healthy and traditional beverages. Here are some healthy drinks commonly consumed in Nigeria:

1. Zobo Drink:

Zobo is a popular Nigerian drink made from dried hibiscus petals. It is rich in antioxidants and vitamin C. The drink is often flavored with ginger, cloves, and sometimes pineapple, giving it a unique taste.



2. Kunun Aya (Tiger Nut Milk):

Kunun Aya is a nutritious milky drink made from tiger nuts, coconut, dates, and sometimes spices like cloves. It's a good source of vitamins, minerals, and healthy fats.



3. Fruit Smoothies:

Blend local fruits like mangoes, pineapples, watermelons, or oranges with yogurt or milk to create delicious and healthy smoothies. You can also add vegetables like spinach for an extra nutritional boost.



4. Kunu (Millet or Sorghum Drink):

Kunu is a popular Nigerian drink made from grains like millet or sorghum. It's rich in fiber and various nutrients. Kunu can be served as a cold or hot beverage and is often flavored with spices like ginger and cloves.



5. Coconut Water:

Fresh coconut water is a natural, low-calorie drink that is hydrating and packed with electrolytes. It's readily available in Nigeria and offers a refreshing alternative to sugary beverages.



6. Fruit Infused Water:

Create healthy and refreshing drinks by infusing water with slices of fruits like lemons, limes,



oranges, and cucumbers. This provides a subtle natural flavor without added sugars or calories.

7. Moringa Tea:

Moringa leaves, known for their high nutritional content, can be used to make a healthy tea. Moringa tea is rich in antioxidants and can be consumed hot or cold.



8. Soy Milk:

Soy milk is a dairy-free alternative that is rich in protein. It can be found in stores or made at home and is suitable for those who are lactose intolerant or following a plant-based diet.



9. Lemon-Ginger Tea:

A classic combination of lemon and ginger steeped in hot water makes a soothing and healthful drink. It's believed to have various health benefits, including immune-boosting properties.



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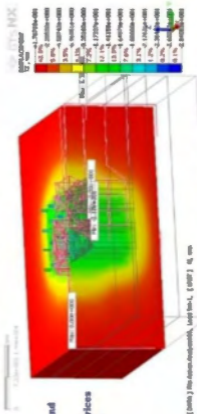
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HEALTH

Gym Exercises

Upper Body:

1. Push-Ups:

- Target Muscles: Chest, Shoulders, Triceps
- How To: Start in a plank position, lower your body towards the ground, then push back up.



2. Dumbbell Bench Press:

- Target Muscles: Chest, Shoulders, Triceps
- How To: Lie on a bench, hold dumbbells above your chest, and press them up and together.



3. Dumbbell Shoulder Press:

- Target Muscles: Shoulders, Triceps
- How To: Grip a bar with hands shoulder-width apart (pull-ups) or closer (chin-ups) and pull your body up.

4. Pull-Ups/Chin-Ups:

- Target Muscles: Back, Biceps
- How To: Grip a bar with hands shoulder-width apart (pull-ups) or closer (chin-ups) and pull your body up.

5. Dumbbell Rows:

- Target Muscles: Back, Biceps
- How To: Bend forward at the hips, hold a dumbbell in each hand, and row them to your hips.



Core:

1. Plank:

- Target Muscles: Core (Abs, Obliques)
- How To: Hold a push-up position with your body forming a straight line from head to heels.

2. Russian Twists:

- Target Muscles: Obliques
- How To: Sit on the ground, lean back slightly, lift your feet, and twist your torso to touch the ground beside you with your hands.



3. Leg Raises:

- Target Muscles: Lower Abs
- How To: Lie on your back, lift your legs upward without bending your knees, then slowly lower them back down without letting them touch the ground.



4. Bicycle Crunches:

- Target Muscles: Abs
- How To: Lie on your back, lift your legs, and alternately bring your opposite elbow towards your knee as you cycle your legs.



Lower Body:

1. Squats:

- Target Muscles: Quadriceps, Glutes, Hamstrings
- How To: Stand with feet shoulder-width apart, lower your body as if you are sitting back into a chair, then return to standing position.

2. Lunges:

- Target Muscles: Quadriceps, Glutes, Hamstrings
- How To: Step forward into a lunge position, then return to the starting position and repeat on the other leg.



3. Deadlifts:

- Target Muscles: Hamstrings, Glutes, Lower Back
- How To: Hold a barbell or dumbbells in front of your thighs, bend at your hips and knees to lower your body toward the ground, then return to a standing position.

4. Calf Raises:

- Target Muscles: Calves
- How To: Stand on the edge of a step or a raised surface, lift your heels as high as possible, then lower them below the step.



It's essential to use proper form and start with appropriate weights to avoid injuries. If you're new to these exercises, consider working with a fitness trainer to learn the correct techniques. Also, always warm up before exercising and cool down afterward to prevent injuries and enhance flexibility.



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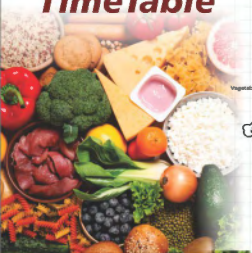
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Balanced Diet TimeTable



Vegetable Stir-fry

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MEAL PLANNER



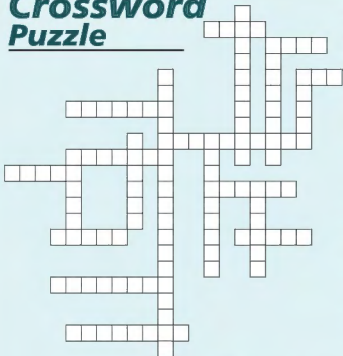
SUN	Breakfast: Cereal	Lunch: Rice and Beans served with Fried Plantain and Grilled Chicken	Dinner: Fried Fish and Calalote
MON	Breakfast: Yam and Egg Sauce Fruit Salad	Lunch: Efofuro Soup Grilled Chicken	Dinner: Vegetable Stir-fry
TUE	Breakfast: Bread and egg or stew	Lunch: Ogbono Soup with Pounded Yam or Semolina	Dinner: Spaghetti Stir-fry
WED	Breakfast: Cereal	Lunch: Vegetable Soup (Shwedu or Okra) served with Omo or Efofuro	Dinner: Ofele Rice and Akaaka Sauce (Iriaso / Pepper Sauce) with Grilled Chicken
THU	Breakfast: Fried Plantain and Egg Sauce	Lunch: Banga Soup with Starch	Dinner: Yam Porridge
FRI	Breakfast: Toasted bread with egg	Lunch: Atang Soup with Okra or Fufu	Dinner: Ofele (Grilled Bango / Shwedu / Okra) with Bread and Pepper Sauce
SAT	Breakfast: Akara Omelet	Lunch: Jollof Rice Efofuro Plantain	Dinner: Moini



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Crossword Puzzle



Across

- Who killed Sisera
- son of Kish
- who shut the door of the Ark
- an animal mentioned in the Bible
- last book in the bible
- first book in the bible
- David's father

Down

- the oldest man in the bible
- books in the bible
- The longest word in the Bible
- the 1st color mentioned in the Bible
- longest book in the Bible
- husband of Naomi
- name of Elisha's servant
- a new testament book
- the shortest reigning king
- what Adam and Eve ate
- Middle book of the Old Testament
- wife of Moses
- language most of the Old Testament originally written

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PUZZLES



Across

3. A term used to describe the fear of missing out
6. A popular social media app known for its professional networking features
7. A popular social media app known for its photo-sharing feature
9. A term used to describe the trend of using environmentally friendly products
10. A popular social media app known for its disappearing messages
13. A popular dating app known for its swiping feature
14. A popular music streaming service
15. The generation born in the mid-1990s to the early 2010s

Down

1. A popular video conferencing app that became widely used during the COVID-19 pandemic
2. A popular video game that has taken the world by storm
4. A term used to describe the trend of using technology to make financial transactions
5. A term used to describe the trend of eating healthy and unprocessed foods
8. A popular online marketplace known for its handmade and vintage items
11. A popular social media app known for its short-form videos
12. A term used to describe the trend of using technology to improve sleep



Faces at the **QS Africa Forum 2023.**

'Education Africa 2023 and Beyond- Sustainability and Social Impact in African Context.'

1. Chancellor covenant university Dr David Oyedepo declaring the programme of events of Africa forum-2023 open and also delivering his address. 2. Dr. Ashwin Fernando Executive director Africa middle east and south Asia QS Group/Quintessentially Synergos United Kingdom giving his welcome remarks. 3. Director center for learning resources Dr Ada Peter making her contribution to the debate. 4. Chancellor Dr. David Oyedepo and members of covenant university management. 5. Vice chancellor Professor Abiodun H. Adebayo presenting an award plaque to Dr. Ashwin Fernando executive director Africa middle-east and south Asia QS Group/Quintessentially Synergos. 6. Director African leadership development Centre Add Dr Larre amoda making announcements of the event. 7. L-R founder and-president of Ashesi university Ghana Dr Patrick Awuah former executive secretary Nigerian universities professor peter Okeabakola Dr Ashwin Fernando. 8. Vice chancellor-professor Abiodun H. Adebayo making his point during the debate. 9. Vice chancellor professor Abiodun H. Adebayo presenting an award plaque to the principal consultant and chairperson-QS Group/Quintessentially Synergos United Kingdom MS Veronica. 10. Eng. Jethwa Fatoye an alumnus of Covenant University also making his contribution. 11. Former executive secretary national universities commission professor Peter Okeabakola giving his valedictory speech. 12. group-photo of participants at the Africa forum 2023. 13. Vice-chancellor professor Abiodun H. Adebayo receiving an award from the president University of Mansoura Tunisia Professor Hadj Bel Hadj Salah. 14. The principal consultant and former chairperson QS Group/Quintessentially Synergos United Kingdom MS Veronica Dimesi giving an overview of the conference. 15. vice chancellor landmark university Drsa Arua-professor Kalewale Ajanaku supporting the motion moved by vice chancellor covenant university-professor Abiodun H. Adebayo. 16. vice-chancellor-professor Abiodun H. Adebayo also receiving another award-from the president Egypt University of Informatics Egypt.





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