

UNIMED *titbits*

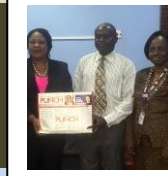
*Updated Edition



A bi-monthly bulletin of the University of Medical Sciences, Ondo City, Ondo State.

**KBF USA hosts
Okonofua,
others**

**PUNCH
donates to
UNIMED**



**UNIMED students
resume, celebrate
movement to Odosida**

EXCLUSIVE NEWS

Balogun for UNIMED 2nd Distinguished Lecture

A distinguished Professor of Physiotherapy at the Chicago State University, United States of America, will on Monday, May 15, 2017 deliver the 2nd Distinguished Guest Lecture of the University of Medical Sciences, UNIMED, Ondo. The lecture titled, “The case for a paradigm shift in the education of health care professionals in Nigeria” is slated for the main auditorium of the university inside the Odosida campus. The UNIMED Annual Distinguished Lecture was instituted in 2016 with the first lecture delivered by a renowned Professor of Obstetrics and Gynaecology, who is a former Vice-Chancellor of the University of Port Harcourt, Prof. Kelsey Harrison, currently based in Finland. Prof. Balogun is a renowned academic leader, strategic planner and educator with more than 20 years of success in designing, implementing, and evaluating high quality academic programs, policies, systems, and services for major United States and international universities around the world. Ondo state Governor and Visitor to UNIMED, Arakunrin Oluwarotimi Akeredolu, SAN, is the distinguished guest of honour. The Ondo State Deputy Governor, Hon. Agboola Ajayi, the Secretary to the State Government, Hon. Ifedayo Abegunde and other top government functionaries are also expected at the event.



Prof. Joseph Balogun

The Vice-Chancellor, UNIMED, Prof. Friday Okonofua has on behalf of the Governing Council, Senate, Staff and Students of the University requested the presence of more than 40 other Vice-Chancellors from different parts of the country. According to the Deputy Registrar (Academic), UNIMED, and Secretary of the Ceremonial Committee, Mr Adeyinka Adekalu said that Vice-Chancellors, Provosts, Rectors, and Chief Executives and Registrars of regulatory bodies such as the National Universities Commission (NUC), the Medical and Dental Council of Nigeria (MDCN), the Joint Admission and Matriculation Board, the National Postgraduate Medical College of Nigeria have been invited to the event. The Osemawe and Paramount Ruler of Ondo Kingdom, HRM Oba Dr. Victor Adesimbo Kiladejo, Jilo III, and other eminent dignitaries and traditional rulers from within and outside the State have also been invited to the event. Notable friends of the University, including High Chief Isaac Akintade, the Saibi Gogou of Ondo Kingdom are also expected to grace the occasion.

Biographical Profile

**Joseph Abiodun Balogun, PT, Ph.D.,
FACSM, FNSP, FAS**

Joseph A. Balogun is a tenured Distinguished University Professor in the Department of Health Studies at Chicago State University (CSU). He earned his Bachelor of Science (Honors) degree in physiotherapy from the University of Ibadan and his master's and Ph.D. degrees from the University of Pittsburgh. Prior to CSU, Professor Balogun has held faculty and administrative positions in several universities globally: Russell Sage College, Obafemi Awolowo University, Ile-Ife, University of Florida, Texas Woman's University (TWU), and State University of New York Health Science Center at Brooklyn (SUNYHSCB). He is well-suited with key strengths in the areas of instructional programming, course design, and interdisciplinary curriculum development for traditional and non-traditional students. He combines educational administration expertise with a history of accomplishment in operations management, grant procurement and administration, and transformational leadership. He is a hands-on team leader, able to mentor and motivate employees and students to peak performance.

KBF USA hosts Okonofua, Akintade, others

The Vice-Chancellor, University of Medical Sciences, Prof Friday Okonofua, said the university would continue to set the pace for other Nigerian universities in devising self-sustenance means. Okonofua spoke with **UNIMED titibits** on the sideline of an ongoing international conference in New York, United States.

The conference is being hosted by the King Baudouin Foundation to sharpen the fund raising skills of Nigerian universities and other organisations.

Founded in 1976 on the occasion of the 25th anniversary King Baudouin's reign, the KBF is an independent, pluralistic foundation working in Belgium and at the European and international level. It seeks to change society for the better and invests in inspiring projects and individuals. To support its international goal, the KBF set up a US public charity and an office in New York City.

Also attending the ongoing conference is UNIMED's Director of Advancement

and Documentation, Prof Abimbola Akintade. Akintade's office is in charge of galvanizing the fund raising efforts of the university.

A major project of the office has been the establishment of the Friends of UNIMED Fund. The FUF, launched on July 7, 2016, has a target of enrolling at least one million friends for the university. The friends are required to donate a minimum of N1000 to the funding of the pioneer medical university in Nigeria.

Responses under the scheme have been overwhelming.

Participants at the conference would engage in interactive sessions with leaders in the field of fund raising as well as explore creative solutions to broaden funding for their institutions.

Also attending the KBF conference is the VC of University of Port Harcourt, Prof N.S. Ale; VC, Ahmadu Bello University, Prof Ibrahim Garba; and VC, Adekunle Ajasin University, Akungba-Akoko, Prof Igbekele Ajibefun, among other participants.



L-R: Director, Advancement & Documentation, UNIMED, Prof. D. A Akintade; VC ABU, Prof. Ibrahim Garba; VC, Adekunle Ajasin University, Prof. Igbekele A. Ajibefun; VC University of Port Harcourt, Prof. Ndowa Sunday Ale; VC, UNIMED, Prof. Friday Okonofua; and Rector, University of Maroua, Cameroon, Prof. Edward Oben Ako at the KBF conference in New York, USA...on Tuesday, May 9, 2017.

ICT'll aid UNIMED visibility--Olajuyigbe

The Director of Information and Communications Technology Centre, University of Medical Sciences, UNIMED, Ondo, Mr Ebenezer Olajuyigbe has said that the visibility of the University to the global world is based on provision of relevant contents on the website.

He stated this during the 10th academic research seminar of the university held at the UNIMED main auditorium, Odosida campus.

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A cross-section of participants during the UNIMED 10th research seminar held at the Odosida main auditorium of the university

Students resume, celebrate movement to Odosida

Students of the University of Medical Sciences, Ondo, have resumed academic activities after a one-week break to mark the end of the first semester of the 2016/2017 academic session. The 100 level students are especially in high spirit as they are resuming for the first time to the Odosida campus for their lecture.

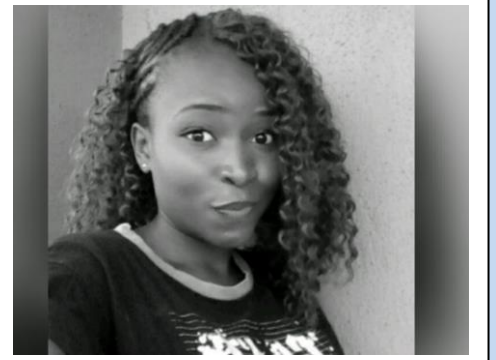
In an interview with **UNIMED titbits** Chief correspondent, Temitope Oluwatayo, some students spoke about their experience in UNIMED and expressed delight with the facilities available at the new campus.

Awoniyi Lynda Olamide.

Department: Chemistry Level: 100

My being in UNIMED has been a great experience so far. It really feels so good to be in this great and wonderful school of medical sciences with brilliant lecturers who are teaching us to the best of their abilities. The school has been a very conducive place of learning with accommodating students around. I am excited by the movement to the new Odosida campus.

Just a semester has changed my life positively. Kudos to the school administration for the good works they have been doing. They should keep it up. Long live UNIMED!!!

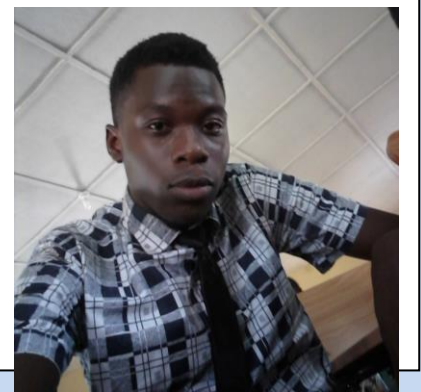


Ajibade Benjamin

Department: Dentistry Level: 100

After our hectic and work-filled first semester I believe we wouldn't just have a new location for lectures but also be relieved in stress, with conducive environment and comfortable facilities such as fixed well-illuminating projector, properly effective sound system, large and attractive lecture theatre, above all its comfortability is so innumerable that we have about 10 air-conditioners in a hall.

I can't wait to experience the most adorable means of lecture provided for we students. Its a place to be.



Obadare Blessing

Department: Anatomy Level: 200

Coming to UNIMED has been a whole lot of adventure for me. I love my stay in UNIMED, though it has been a very busy semester and we just have to work hard. The Lecturers are approachable and the environment is friendly.

Our new campus at Odosida is so awesome because it is bigger and there are more lecture theatres. I am glad to be here and I won't trade it for anything in the world.



PUNCH donates books to UNIMED

The Punch Nigeria Limited, publishers of *The PUNCH*, *Sunday PUNCH* and *Saturday PUNCH*, has donated three sets of books to the University of Medical Sciences, UNIMED, Ondo. The Deputy Manager, Adverts and Corporate Liason officer of *The PUNCH*, Mrs. Kemi Ogungbemi made the presentation during a courtesy visit to the University.

The books are compilations of articles on personal finance and management, published in the widely read newspaper between 2004 and 2009.

"We thought that the books may be the much needed elixir for troubled business and for those seeking re-direction in life as a result of unemployment," Ogungbemi stated.

She said the Punch is giving the books to all universities in Nigeria.

The Deputy Vice-Chancellor, Academics, Prof. Adeseye Arogunjo and the Registrar, Dr.(Mrs) Olufunke Oyebade received the PUNCH gifts on behalf of the university. Arogunjo commended the PUNCH and pledged UNIMED partnership with the newspaper house.



L-R: Director, Public Relations, University of Medical Sciences, Mr. Ademola Babalola; Deputy Manager, Adverts and Corporate Affairs, Punch Nig. Ltd., Mrs.Kemi Ogungbemi; Deputy Vice Chancellor, (Academic), UNIMED, Prof. Adeseye Arogunjo; Registrar, Dr. (Mrs) Funke Oyebade during the PUNCH visit to UNIMED...on Wednesday, May 10, 2017

ICT'll aid UNIMED visibility--Olajuyigbe

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Olajuyigbe said widespread adoption of web applications and web services are important as institutions are shifting from traditional models to cloud-based and grid models.

“ Increased internet usage among institutions and individuals has influenced the way things are done and I call on all Staff of the University to become champion for change being witnessed as a result of ICT,” Olajuyigbe stated.

HEALTH CORNER

10 ways to prevent Heart Attack

You want what's best for your heart. And it's simpler than you might think. These 10 lifestyle changes can help prevent a heart attack and heart disease.

- 1. Eat for your future.** Add plenty of fruits and veggies, grains, and foods high in omega-3 fatty acids like fresh tuna or herring to your diet. Eat less salt, saturated fats, sweets, and red meats. Avoid trans fats. Avoid food with “hydrogenated” or “partially hydrogenated” ingredients. Variety in your diet is a good way to get all the nutrients you need.
- 2. Take it easy.** Find a relaxation method that works for you. Yoga, meditation, dedicated time to unwind after work -- these can help keep your stress levels down. Stressful emotions such as anger and hostility may also lead to heart attack risk, so keep calm and be cool.
- 3. Ban smoking.** If you never started smoking, kudos! If you already quit, excellent. If you still smoke, stop. Talk to your doctor to find out what method will work best for you. Even people who smoke fewer than five cigarettes a day can have early signs of heart disease. Start now. In just 1 year you can reduce your risk of a heart attack.

To be continued...

Visit www.unimedondo.edu.ng for this edition of UNIMEDtitbits and previous editions.

UNIMED May Birthdays

Students		
Ilemobola	Opeyemi	May 3
Terry	Ayubaere	May 4
Adara	Motunrayo	May 6
Ishola	Risikat	May 7
Salami	Tioluwani	May 9
Bello	Adebanke	May 9
Osamor	Ugochukwu	May 9
Akinpelumi	Akinyemi	May 11
Alade	Samuel	May 12
Ohonbamu	Uyioghosa	May 15
Sarimakin	Joy	May 15
Balogun	Oluwafemi	May 19
Eyefia	Jemima	May 20
Adufe	Abimbola	May 23
Ajabaluku	Olusola	May 23
Babatunde	Sunkanmi	May 25
Ojo	George	May 26
Fola-dara	Funmilayo	May 27
Oyedele	Ifeoluwa	May 29



Staff

Mr Achor	Obioha	May 1
Ms Ogundairo	Oluwatosin	May 2
Mr. Ibeka	Chikezie	May 5
Mr. Osadolor	Gabriel	May 15
Prof. Dennis	Akintade	May 17
Mrs. Adamsom	Oluwakemi	May 20
Mr. Edebiri	Ogbemudia	May 21
Mr. Adeyemi	Adewale	May 23
Mr. Tuweke	Solomon	May 23
Mr. Atoyebi	Adewale	May 25
Mr. Olajuyigbe	Ebenezer	May 26
Mr. Olabode	Kehinde	May 27

About UNIMEDtitbits

- UNIMED *titbits* is a bi-monthly news publication of the Public Relations Department.
- Heads of Departments/Units, Deans and Principal officers of the university are hereby encouraged to carry the PR dept along in the planning of events related to the University .

Call for Articles

Articles of not more than 250 words in electronic format are welcomed for publication from both staff and students of the University

For comments / enquiries, please contact the PR dept.

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4 *Edited by: Ademola Babalola*