



OUMSA

Newsletter

VOLUME 1

So far with **THE PRESIDENT**



What was the motivation to lead all the medical students in OOU as the president?

There are several motivations behind leading these awesome group of medical students as the president: Some of these include the desire to make a positive impact on the lives and experiences of fellow medical students. It also includes a desire to contribute to the development of the medical community by organizing events, promoting academic excellence, and encouraging leadership skills among peers.

Additionally, serving as the president of OOU medical students also provides opportunities for personal and professional growth, such as developing effective communication and teamwork skills, and networking with other individuals in the medical field.

What is your perception about OOUMSA and how has the position of presidency shaped your view of the association?

My perception of OOUMSA remains the same as the periods before being the President and that is the fact that OOUMSA is a coming together of the best minds that exist. Holding a position as the president of OOUMSA has provided a unique perspective on how the association operates and what its strengths and weaknesses are. As the president, I have been able to get more insight into the association's goals and objectives, as well as the challenges it faces in achieving them. I also now have the opportunity to work closely with other members of the association, therefore giving me a better understanding of their perspectives and priorities.

In this sense, holding the position of presidency has shaped my view of the association in a more positive way, as it has deepened my understanding of its workings and helped me develop a stronger sense of ownership and investment in its success. At the same time, I remain objective and open-minded in my role as president, and to work collaboratively with other members of the association to achieve its goals.

How can you describe your experience so far in the seat?

I can describe my experience as largely awesome. I have been blessed with the best set of executives you can ever think of and they have made the work extremely easy for me. More so, OOUMSAites in general have been wonderful. Their honour, love and cooperation have been massive. Getting to meet with the crème de la crème within the hospital, college and university is another experience that the position has afforded.

Have you faced any challenges so far?

For now, it's been all great except for the fact that we are believing God for financial support from various quarters we look up to.

What is your message to OOUMSAITES?

Dear members of the Olabisi Onabanjo University medical student association, I wanted to take a moment to express my sincere gratitude for all of your hard work and dedication to the association. I am continually inspired by your passion and commitment to making a difference in the medical community.

As you know, the association is driven by a shared mission to advance medical knowledge, promote compassionate patient care, and advocate for the health and wellbeing of all. Your tireless efforts and leadership have helped us make great strides towards achieving these goals, and I am honored to work alongside such talented and dedicated individuals.

Looking ahead, I am excited about the possibilities that lie before us. Together, we can continue to expand our impact and make a meaningful difference in the lives of patients and communities across the globe. I encourage each and every one of you to remain actively involved in our association, to share your ideas and perspectives, and to continue to strive for excellence in all that you do.

Thank you again for all that you do, and for your unwavering commitment to our shared mission. I am proud to be part of such a talented and dedicated team.

What should OOUMSAITES be expecting in the coming months?

In the coming month, OOUMSAites should expect increased fulfillment of everything that we (Myself and other executives) have promised.

We are here to serve you in our best capacity.

THE *Executives*



OGUNLADE Samuel
President



ADU Ayomikun
Vice-President 1



ADEGBOYE Rhamat
Vice-President 2



ADEBANWO Adetola
General Secretary



SHIPE Joseph
Dir., Public Relations



KAKA Toyyib
Dir., Social Services



AKINWUNMI Tofunmi
Asst. General Secretary



AYORINDE Ayotunde
Dir., Welfare Services



FADEYI Nurudeen
Dir., Sports



OJOBARO Adetunji
Dir., Finance

VISIT TO THE CMD, OOUTH

On the 28th of March, 2023, the executive members of the association under the leadership of Astra Ogunlade Samuel, paid the Chief Medical Director of OOUTH, DR(Mrs) Oluwabunmi Motunrayo Fatungase, a visit.

The meeting with the CMD was preceded by a courtesy visit to the Provost of the College earlier on in the month. The CMD showed her dedication to the welfare of the students as she laid out that the association and its students has been a major pillar of the Hospital.

In the course of the meeting, the issues discussed with the CMD includes Access of medical students to hospital facilities and treatment, Connection of the 600 level hostel light to the hospital electricity supply, Release of televisions for student call rooms and so on. Also in attendance were dignitaries from the hospital's governing board and the southwest Regional Director, Aishat AbdulMojeed.



MUSLIMS DURING THE *Month Of Ramadan*

It is no more news that WhatsApp has turned to “Ka’abah” and that our Muslim brothers and sisters are now more cautious of their thoughts, saying and actions from the most fall into, intermingling to the not praying Solah at due time and forgetting dhikr (remembrance of Allah).

Here comes Ramadan at a time when we needed it the most. Here comes Ramadan to give us the caution and restrain that we need. Here comes Ramadan to wipe away our sins and inculcate in us etiquettes and morals that we’ve forgotten.

All praises is to Allah who has blessed us with Ramadan, a season in which the reward of good deeds are multiplied and attributed with greater blessings.

Allah says in Suuratul- An’aam Verse 160;

He that doeth good shall have ten times as much to his credit: He that doeth evil shall only be recompensed according to his evil: no wrong shall be done unto (any of) them.

That is, whatever good deed that you do, you’d have the reward in 10 folds. And now, here is Ramadan, a month in which there is a night that is better than a thousand nights.

SubhanaLlah, this is bonanza! This is promo!

Imagine, you’d get to be rewarded with the Maldives with just a dollar. But there is this season that you’d get to see 10 different places like the Maldives, Fiji Island, Seychelles, Tahiti Island, Moorea, Whitsunday Island, Perhentian Island, Belize, Boracay Island and Santorini, Greece with the same 1 dollar. That’s huge! Who won’t want to jump on it?

And the reward of fasting in Ramadan and being among those whom Allah would be pleased with on the Day of Judgement is more and incomparable to those places and there enjoyment— JANNAH (PARADISE)

You’d strive to do that sadaqah, you’d get ten folds of reward and more waiting for you. You’d strive to read that Qur’aan, you have the Qur’aan waiting to intercede for you on the day of Qiyaamah. You’d strive to pray that Solah in congregation, you have your rewards 27×10!

Who would want to miss out in that golden opportunity?
None, except the losers.

Abu Hurairah reported: The Prophet (Peace be upon him) ascended the pulpit and he said, Aamiin, Aamiin, Aamiin. It was said "O Messenger of Allah, you ascended the pulpit and said Aamiin, Aamiin, Aamiin. The Prophet said "Verily, Jubril came to me and he said whoever reaches the month of Ramadan, and he is not forgiven, then he will enter Hellfire and Allah will cast him far away...

(Sahih Ibn Hibban 907)

Aa'uudhu biLlahi min dhaalik(We seek refuge from Allah against that).

Brothers and sisters, let's endeavor to increase in our acts of worship and other good deeds during this Holy Month.

TaqabbalaLlahu Minna wa minkum (May Allah accept it from you and us).

May the peace and blessings of Allah be on the Noble Prophet Muhammad, his household, his companions and those who follow his footpath till the day of Judgement.

Assalamu'alaykum.

Hassanat Kuku.

MSSN OOUTH, SAGAMU.



CMDA

Christian Medical and Dental Association of Nigeria

CMDA Nigeria – Students (formerly NCCMDS) has been in existence as far back as 1981.

Anytime you hear CMDA, there is so much more to us than what you see in the four walls of OOUTH. As at January 2023, CMDA is said to exist in 41 Schools in Nigeria. However, misconceptions have developed over time and the purpose of this write up is to clear the air.

What are we?

We are an association of Christian Medical Students all over Nigeria.

Our pillars include Missions, Academics and Prayers.

We consist of both the Doctors' arm and Students' arm. There is a Doctors' arm in OOUTH as well, of which our esteemed Chief Medical Director is the President.

What we are not.

We are most definitely not a fellowship.

We are not only about praying or going for outreaches, we put in just as much effort towards being academically sound. We are referred to as members of CMDA because we are first, Medical students.

Non medical students are not a part of CMDA however, they can come for our general meetings.

Finally as members of CMDA, we are made to understand that man is more than only the body or the spirit or the soul. Man is a tripartite being and consists of all three.

As Christian Medical Students, we are called to care for the whole man. This explains our motto 'Caring for the whole man: spirit, soul and body (1 Thess. 5:23)'

-CMDA EDITORIAL BOARD

Health TIPS

- 1. TAKE REGULAR BREAKS:** As a Student, you often spend long hours studying, which can lead to mental fatigue and burnout. Taking regular breaks can help refresh your mind and improve your productivity. Take a 10-15 minute break every hour or so to stretch, walk around, or do something relaxing.
- 2. USE BLUE LIGHT BLOCKING GLASSES:** Blue light from electronic devices can disrupt sleep and cause eye strain. Consider using blue light blocking glasses or screen filters to reduce the impact of blue light on your eyes and improve your sleep quality.
- 3. GET ENOUGH SLEEP:** Getting enough sleep is essential for physical and mental health. Aim for 7-8 hours of sleep each night to improve your concentration, memory, and mood.
- 4. AVOID PROCESSED FOODS:** Processed foods are often high in sugar, salt, and unhealthy fats, which can lead to weight gain, chronic diseases, and low energy levels. Try to eat whole foods such as fruits, vegetables, and lean protein sources instead.
- 5. STAY CONNECTED WITH FAMILY AND FRIENDS:** University can be an isolating experience, and staying connected with family and friends can help improve your mental health and overall happiness. Consider scheduling regular phone calls or video chats with loved ones who are far away, or joining clubs and organizations to make new friends on campus. Don't be alone. Loneliness can kill.

Health
is
Wealth

Broken Or Not, COLOUR!

I was told to write an article for OOUMSA NEWSLETTER on the 14th of March and I was told the deadline for submission is slated for 24th, tomorrow. Here I am, sitting in Dr Adekoya's surgery class at the back seat because I came to class late and as much as I do love to listen and write notes in class, I'm not writing, or maybe I am.

About two months ago, someone pleaded that I help write a business plan for him, an activity that normally would have sparked every bit of excitement in me. As I write this piece, I have only written three paragraphs of the business plan. Everytime I pass through Adiewo-coat, I look over my shoulders because I don't want the man to see me. Imagine me avoiding someone who cannot beat me... Or maybe he can, he's my gym instructor.

With the first two paragraphs, I hope I haven't started painting a picture of Dundun in depression, I sincerely hope I haven't because I do not want to add depression to the list of "responsibilities" (Please read the responsibility in Yoruba, "*Bùkátà*") that I have to bear. I'll love to state that I'm not depressed. In the meantime, I don't feel, act or talk depressed; but can I really beat my chest that I am okay?

Just before picking my pen... My phone actually... to write, I went through a ten minute reflection session to analyse how I am currently feeling, and I came to the conclusion that I am, beyond every shred of will that I have, tired of school! I'm tired of having to choose a shirt and a trouser every morning, sit on wooden benches for hours listening to lecturers whose voices bore you out with concentration-rending monotony. I'm just tired.

During the three weeks election break, I called a friend who schools in a private university. She mentioned that she's in 600L. I just smiled and in my mind I said "I'll never be broke in this life". Reason being the fact that we both were in 400L when we met on twitter. As much as I'd have loved to sweep the feeling under the carpet under the "*na me fuck up*" guise, I really cannot take all of the blame for this.

The public education system in the last set of years is skillfully crafted to stretch and break even the strongest fellows beyond their breaking points; and have you seen me? I was probably able to convince God to give me enough muscles to carry my bones. I'm in no way close to Bruce Lee! Regardless, I've helplessly been placed in the hands of ASUU, Buhari and COVID 19... Oh I saw yesterday that NLC might strike next week... Omoooo!

With the student in me is dying piece by piece; and with me losing flair for the activities I love to engage in, I cannot but imagine how many other OOUMSAite feel exactly how I feel - senior or junior. The only option I'm left with is pleading with all of us to bear in mind that giving up is not an option. A little more push is all we need... *E go soft.*

Even if you break, know that it might take a little longer to sharpen a broken bit, broken crayons colour notwithstanding.

Happy resumption to you!

Olorundunsin Ikuesan

March 2023.



5

ways you can elevate your look and appear more attractive when you dress up as a man.

As a guy, your corporate outfits or any outfit at all could come out either as **NORMAL**, **BORING** and **UNATTRACTIVE** or it could be **EXCITING**, **EYE-CATCHING** and **FASHIONABLE**.

Do you want the latter?

Here are 5 simple things you could start doing to your outfits as a man:

1. PRESENT YOURSELF AND YOUR OUTFITS APPROPRIATELY:

The first step to looking more fashionable, stylish and confident with your outfits is appearing neat and clean. As a man, you can't and shouldn't go about with your outfits appearing shabby and unkempt. Properly wash, dry and iron your outfits. Tuck in when necessary and use handkerchiefs to keep you from sweating too much.

2. LAYER YOUR OUTFITS:

Outfit-layering could massively upgrade your outfit from **ORDINARY** to **ELEGANT**. The extra layer could be a well-fitted waist coat, jacket or sweater. To keep it simple, I stick with waist coats most times. *(When I'm dressing corporate)*

3. WEAR PROPER FOOTWEAR:

The importance of a good, presentable footwear for your outfits can never be over-emphasized. Good footwear could salvage bad outfit, but bad footwear could cripple a seemingly good outfit.

4. WEAR JEWELRY/ ACCESSORIES:

A few pieces of nice jewelry would elevate your outfit. Instead of leaving your wrists and neck plain, get yourself a bracelet, watch or necklace. You could also use an extra piece of clothing like a pocket square. Tie clips are also important for keeping your ties in place and acting as an extra piece of jewelry.

5. WHATEVER YOU DO, WHEREVER YOU GO, SMELL NICE:

No matter how good your outfits look, no matter how expensive they are, and no matter how much of a great stylist you are, if you are not intentional about smelling good, you could be an automatic turn-off. Use deodorants, body sprays or even perfume oils. As a man, smelling nice gives you an authentic aura and it generally makes you feel good about yourself.

Side note: As a man, you need to wear your make-up regularly. Yes, you read that well. Your make-up as a man is your haircut. A nice and neat haircut can elevate and transform your look just as a make-up can transform a woman's appearance.

Also, since the first thing anybody notices about you is your face, why not keep it as beautiful as possible?

You can start by getting into the salon and having a nice haircut.

Cheers.

- Akpene Oghenetega

Sports Corner

Based on a recent survey conducted on the OOUMSA FOOTBALL GROUP to know what OOUMSAITES think on the fate of the 22/23 Champions league.

Manchester city leading with a 65% probability of lifting the trophy, I hope they don't bottle it this time around.

Napoli follows close behind with a 59% probability, I'm not really sure of the plausibility of this following the defeat of the Seria A giants in the first Leg of the tie.

The reigning champions follow behind with a 43% probability, after cruising in the first leg of their tie at the Stamford Bridge.

Bayern Munich come fourth in the list, with a probability of 25%, only few people believe the German Machines could end up lifting the trophy, especially after the humbling defeat at Etihad in the first Leg.

The Milan twins, Benfica and Chelsea remain at the bottom of the list, with only few people believing that the teams have what it takes to lift the trophy and maybe some Magicians wishing that the London cowboys might actually lift the trophy.

As much as I love my kinsmen opinions, lets not forget that this is football and one unique thing about it is SURPRISE and UNCERTAINTY.

Fun Facts

1. Boanthropy is the psychological disorder in which patients believe they are a cow.
2. Camels have three eyelids
3. The world's termites population outweigh the world's humans about 10 to 1.
4. The Hawaiian alphabet only has 12 letters.
5. The human nose can remember 50,000 different scents.
6. The only animals that don't sleep are bullfrogs
7. It took the creator of the Rubik's Cube one month to solve the cube after he created it.
8. Tigers have striped skin, not just striped fur. The stripes are like fingerprints—no two tigers have the same pattern.
9. Despite its hump, camels have straight spines.
10. You share your birthday with at least 9 million other people in the world.

- OOUMSA Quiz Klub

OOUMSA *Gallery*







Cibum Cerebrum *Review*

The alchemist taught me a lot of things about life and gave me a different orientation also. Thanks to the person, I picked up my reading habits and I am glad I did.

- Thecla, 100L

I've heard so much about The Alchemist from my friends and nothing really pushed me to read it. I am grateful for Cibum Cerebrum.

- Oyinoluwa, 200L

I think it's an amazing initiative and a definite plus to the association. It's mentally stimulating and gives us something to look up to.

- Jokotade, 500LB

It is actually a beautiful innovation, and I enjoyed reading every article. I particularly enjoyed "The Mirror neurons", "The Immortal Jellyfish" and the riddles.

- Olumide Bankole, 500LB

I am actually really impressed with the content, I love the riddle section a lot.

- Testimony, 600L

The March edition was a bang, I loved the interviews part most especially.

- Abolade, Faculty of Law, OOU

Who knew you'd get more computer viruses on religious sites than on porn sites, that had me laughing. Jokes aside, its so informative... ike you can't not learn anything.

- Titobioluwa, Babcock.

The magazine is awesome, I went through it and I loved it, the idea is brilliant and the contents are top-notch.

- MedZoneTV

Pre-Clinical *Trip*



OLABISI ONABANJO UNIVERSITY
MEDICAL STUDENTS' ASSOCIATION

PRESENTS

A trip to **ERINJESHA WATERFALL**

DATE

29TH APRIL, 2023

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POWERED BY:



GOLDEN EXCHANGE



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