

## V-C Commissions More Housing Units For Staff

In furtherance of his determination to tackle the accommodation challenges facing staff of the University, Vice-Chancellor, Professor Joseph Ajenkwa, has commissioned additional four housing units rehabilitated by the Housing Committee headed by Professor Francis Sikoki in conjunction with the Taskforce on the Renovation and Rehabilitation of Staff Quarters headed by Dr Friday Nwafor of the Department of Theatre and Film Studies, Faculty of Humanities reports *Obikar Samuel*.

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## Side Bar

CGRP in collaboration with World Bank, African Centre of Excellence and CPRT held its 3<sup>rd</sup> Int'l Confab last Wednesday. Details next week.  
~Editor



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## Siminialayi Highlights Effects Of Food On Humans

By Humphrey Ogu

Professor Iyeopu Siminialayi of the Department of Pharmacology, Faculty of Basic Medical Sciences, College of Health Sciences, has stressed the importance of always consuming the right kind of food in the right quantity and quality to live a healthy and longer life.

Delivering the 109<sup>th</sup> Inaugural Lecture titled, "That It May Be

Well With Us: Food as Medicine and Poison", at the Ebitimi Banigo Auditorium, last Wednesday, Siminialayi, who is a Professor of Endocrine Pharmacology, defined food as any substance that can be metabolised by an animal to give energy and build tissue, identifying different types of food namely—processed food, junk food and functional food. He noted that although food could be medicinal, it could also be toxic to

the body if not consumed in the right quantity and quality.

"Processed food is made from harvested crops or butchered animal products that have been put through devitalising chemical processes and infused with chemical and preservatives, making them more attractive, marketable and long shelf life products such as canned meat, canned vegetable, amongst

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# FG Announces Scholarships For First Class Graduates

By Othor Samuel

In continuation of its intervention through the Presidential Special Scholarship Scheme for Innovation and Development (PRESSID) for graduates with First Class Honours Degree, which was established in January, 2012, the Federal Government has called for application from suitably qualified graduates to participate in the third edition of the scheme.

Executive Secretary, National Universities Commission (NUC), Professor Julius Okojie is an electronic mail dated 21<sup>st</sup> August, 2014 and obtained by *UniPort Weekly*, stated that interested candidates must be graduates from the 2011/2012 and 2012/2013 academic sessions, who would complete their National Youth Service Corps (NYSC) scheme by October, 2014.

According to Professor Okojie, who is also Chairman of the PRESSID Implementation Committee, prospective applicants must be computer-literate and not more than 30 years of age at the point of entry. They should also be ready to be bonded and to work as academic staff in any public university or research institute for a minimum period of five years on graduation.

Areas of study included: Science (Nuclear Physics, Operations Research, Industrial Chemistry, Quantitative Genetics, Biometrics and Molecular Biology), Medicine (Clinical Sciences, Dentistry, Oncology, Human Genetics, Forensic Medicine, Physiotherapy, Hepatology, Nuclear Medicine, Geriatrics and Ophthalmology), Veterinary Medicine

(Veterinary Parasitology, Theriogenology and Public Health), Basic Medical Sciences (Biochemistry, Physiology, Anatomy, Medical Biochemistry, Human Nutrition, Nursing Science, Anatomical and Molecular Pathology, Biomedical Engineering, Medical Microbiology, Physiotherapy and Pharmacology) and Pharmaceutical Sciences (Drug Formulations, Natural Products, Drug design, Phytochemistry, Ethnopharmacology and Pharmaceutical Microbiology).

Other disciplines are: Accounting/Actuarial Science (Financial Accounting, Management Accounting, Forensic Accounting, Petroleum Accounting, Cost & Management Accounting and Environmental Accounting), Economics (Econometrics, Development Economics, Micro-Economics, Macroeconomics, Applied Economics and Labour Economics), Engineering (Aeronautical Engineering, Mechatronics, Control Systems, Material Science and Production Engineering, Nanotechnology, Process Engineering, Energy Systems Engineering, Refinery Design and Operations, Subsea Engineering, Thermal Power (Gas Turbine Option), Reservoir Analysis, Drilling Optimization, Chemical Process Dynamics & Control, Process Modelling and Simulation) and Computing and Information Technology (Intelligent Robotic Systems, Computer Systems and Software Engineering, Computer Information Systems, Information Technology, Artificial Intelligence and Cyber Security).

"In the case of Medicine, Dentistry, Veterinary Medicine and Pharmaceutical Sciences, candidates must have a minimum of two Distinctions in their Part



Prof Okojie

Executive Secretary, NUC

3 and 4 MBES examinations or in their final results," the statement added, directing interested applicants to visit [www.nuc.edu.ng](http://www.nuc.edu.ng) and click on 'apply for pressid' to complete the application form which would close on 18<sup>th</sup> October, 2014.

## Obio/Akpor LGA Moves Against Illegal Structures On UniPort Land

By Humphrey Ogu

Following the expiration of an earlier ultimatum given to those who encroached upon the University of Port Harcourt land along the East-West Road axis, the authorities of the University and officials from the Works Department of Obio/Akpor Local Government Council are now set to demolish all illegal structures constructed on the land for business purposes.

A letter signed on behalf of the Vice-Chancellor by the Deputy Registrar in charge of Information, Williams Wodi and addressed to Chairman of Obio/Akpor Local Government Council, Dr. Lawrence Chuku and made available to *UniPort Weekly* read in part: "The authorities of the University of Port Harcourt wish to urgently draw the attention of Obio/Akpor LGA to the worsening incidents of encroachment on land to which we hold Rest Title Documents (RTD), as issued and gazetted by the Rivers State Government for the establishment of the University in 1975.

"Since we last made a presentation to Government on the issue, the spate of encroachment by land speculators has increased to the extent that we fear a violent clash between some staff of the University in residential areas and some people from the host

communities laying claim to portions of land surveyed and handed over to the Federal Government by the Rivers State Government for purposes of establishing the University," it said.

"The situation became so bad that we held a Media Briefing on the issue on 8<sup>th</sup> October, 2012, drawing public attention to the untenable situation in which the University now finds itself. Since we held that Press Conference, some unscrupulous elements from the University's host communities and sundry land speculators, appear to have joined forces to stall further infrastructural development in the University through massive encroachment on our land that now leaves little or no space for infrastructural development," it further stated.

The Letter, which revealed that the University has been compelled to enter into hard bargaining processes with relevant host communities for every metre of land that is earmarked for developmental purposes, said: "we are also compelled to correspondingly pay for economic trees and cash crops on such pieces of land before taking possession, when it is practicable," adding that "there is no gaining saying the fact that this type of institutional relationship is not conducive for the accelerated development of the University in the short, medium and long terms.

"We are, therefore, appealing to Obio/Akpor LGA to come to our aid in this respect. No meaningful development effort can be achieved in the difficult situation in which we now find ourselves in respect of gaining access to land that was statutorily allocated for establishment of the University of Port Harcourt in 1975," the letter said, calling on the Federal Government to pay compensation to the land owners to enable the University develop to its full potential in an atmosphere of peaceful co-existence with its host communities.

"We seem to be currently powerless in efforts aimed at stopping land speculators from grabbing land on Campus without reference to authorities of the University. Notices warning against such intrusion into University land areas are routinely ignored and removed by our host communities, on the pretext that they are yet to be paid compensation for the initial acquisition by the Rivers State Government," the letter said.

Meanwhile, Director of Civil Engineering in Obio/Akpor Local Government Council, Mr. Solomon Adesh, has penultimate Thursday, pledged the Council's support in helping to recover the said land, assuring the University that his office would do everything necessary to ensure that UniPort reclaim the said parcels of land.

Adesh, who led officials from the Works Department of Obio/Akpor Local Government Council to land located along the University of Port Harcourt Teaching Hospital axis, last Monday, disclosed that the inspection team was directed by Chairman of the Council to ascertain the extent of the encroachment, promising that he would report his findings to authorities of the Council for further action. The delegation was conducted round the land by the Deputy Registrar (Information), Williams Wodi and Deputy Security Officer, Mr. John Oghomayya.



Deputy Registrar (Information), Wodi, Director Civil Eng Obio/Akpor LGA, Engr. Adesh, other officials of the Council and DCSO, Oghomayya

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The newly-commissioned housing units included a twin three bedroom flat and another twin two bedroom flat both located at Ghana-Ama, University Park and another located at Degema Street,

respectively, including two sets of service quarters also at Delta Park. Speaking before commissioning the newly-

refurbished Units penultimate Thursday, the Vice-Chancellor, who commended members of the Committee for their commitment in delivering the project, expressed optimism that accommodation challenges facing staff would gradually be overcome with the speed the Committee was proceeding with its assignment.

Professor Ajienka, who encouraged Members of the Committee to continue to discharge their duties with utmost diligence, observed some structural deficiencies he wanted the Architect from the Department of Physical Planning and Development (DPPD) to put into consideration in the design of future residential buildings.

Earlier, Chairman of the Housing Committee, Professor Sikoki, who disclosed that each of the flats was rehabilitated at moderate rates, thanked the Vice-Chancellor for his continued support for the Committee, revealing that there were marked improvements on earlier buildings, which would be reflected in future designs.

It would be recalled that a twin bedroom flat was commissioned last December to flag off the initiative of renovating staff quarters through direct labour to save cost and deliver residential accommodation to staff of the University on schedule.



Chairman Housing C'tee, Prof Sikoki explaining a point to the V-C, Prof Ajienka (arrowed), and others

## Carnegie Fellow Advocates Sustainable Dev Of N' Delta

By Obinna Nwodin

**A** Professor of Geosciences from the University of Missouri in Kansas City, United States, Professor Jimmy Adegoke, has added his voice to the need to develop institutional capacity to address the gaps in the development of the Niger Delta Region on a sustainable basis.

Professor Adegoke gave the advice in an interview with *UniPort Weekly*, last Friday, noting that although Deltas all over the world were difficult to develop, some of the biggest and most beautiful cities of the world were within difficult deltaic areas that benefitted from development anchored on political will and institutional capacity to do the right thing. He stressed that the case of the Niger Delta should not be an exception. People, according to the foremost Climate Scientist, had always found ways and the will to develop such difficult terrains in other parts of the world, calling for the right policy thrust, political will and support of relevant experts to tackle the problems of the Niger Delta on a holistic scale.

Adegoke, who was Chair of the Department of Geosciences in the University of Missouri, also stated that the effects of the 2012 floods in the Niger Delta Region was devastating and had adverse effects on the socio-economic lives of the people, describing the Region as the least developed Delta in the world. He said that it was necessary to muster a strong voice that would advocate for informed knowledge that would focus attention on rescuing the environment, noting that "since the environment provides the means for human survival, there is an urgent need to protect it from further degradation, otherwise we are doing more harm to ourselves than we could imagine. It is in our overall interest to protect our environment for ourselves and posterity."

The renowned Climate Scientist and one-time Executive Director of Council for Scientific and Industrial Research (CSIR), Natural Resources and Environment (NRE) Division, Pretoria, South Africa, said that the institutional capacity of the Nigerian Government to manage climate change-related issues was very weak, adding that "we need to take proactive steps to reduce the vulnerability of our people to these incidents."

Professor Adegoke, who is also a Carnegie African in the Diaspora Fellow, stated that the Fellowship which is funded by the Carnegie Foundation, was aimed at supporting African universities, beginning with 6 countries, amongst which are: Kenya, Ghana, Nigeria and South Africa as pioneers of the programme. He said that the idea of the programme was to enable African scholars in the Diaspora to extend their expertise to these countries and link them to any African university of their choice, adding that the programme involved graduate supervision, exchange of staff and research collaboration, part of which is the establishment of a Niger Delta Global Change Consortium (NDGCC) anchored by the University of Port Harcourt-based Institute for Natural Resources and Environmental Sustainability (INRES).

He said that the Consortium which is made up of different institutes and specialists from diverse fields, would address environmental challenges in the Niger Delta Region. Professor Adegoke said that the collaborating partners were in the process of finalising a Memorandum of Understanding (MoU), noting that it was an opportunity to attract funds that would aid research aimed at addressing the problems of the Region.

Speaking on the 2012 UNEP Report on Ogas, Adegoke, whose research focuses on understanding the relationships between changing land surface processes and diverse indicators of environmental change, commended UNEP for commissioning and funding the investigation. He, however, noted that though the investigation was carried out outside the country, Nigerian universities had the capacity and expertise to carry out such an exercise, pointing out that what may be lacking was the sophisticated laboratory equipment to conduct the analysis of samples.

He stated that the content of the report showed the depth of the situation in Nigeria. According to him, Nigeria needed to have a wider

scope of the assessment of the Niger Delta Region in order to have a holistic view of the challenges bedeviling the environment. "The Nigerian Government has been slow in the implementation of the Report. The Government has not recognized the urgency of the matter; people are dying on a daily basis as a result of the acute pollution problems in the area. It is necessary that the Government does whatever that is adjudged reasonable to mitigate the environmental challenges posed on the people by the activities of multinational oil giants currently operating without regard to the lives of inhabitants of the area," he stated, lamenting that "we have a Government that does not feel that it is accountable to the people that elected it into office."

**O**n the activities of INRES, Adegoke said that the Institute has taken off on a right footing, with the right standards that can proudly be applied anywhere in the world, adding that the partnerships that would stand it out are currently being put in place.



Prof Adegoke

# Omotor, Obideyi, Commend Bamanga Tukur Institute

By Otiakor Samuel

**R**ecognised academics in the economic and financial sectors, Professor Douglas Omtor and Dr. Ghenga Obideyi, have showered encomiums on the progressive activities recorded so far at the Bamanga Tukur Institute of International Trade and Development (BTI) in the University of Port Harcourt.

Professor Omtor, a Director of Training at the West African Institute of Economic and Financial Management (WAIFEM) and Dr. Obideyi, Director of Trade at the Economic Community of West African States (ECOWAS), who are both alumni of the University, stated that the programme run by the Institute met regional and international standards, promising to partner the Institute to enable it gain more international collaborations and expose its students to global best practices. WAIFEM is a regional Institute owned by the West African Regional Central Banks.

Briefing *UniPort Weekly* penultimate Thursday on the latest developments in the Institute, Director of the Institute, Professor Augustus Ghosi, who coincidentally supervised Professor Omtor and Dr. Obideyi for their Masters' and Doctorate degrees in the University, stated that the duo showered the on encomiums on BTI, following disclosure by its Director that the Institute would graduate its pioneer students at the next Convocation of the University, a feat they separately hailed as unprecedented and highly commendable.

In a related development, the Institute has announced sale of form for admission into the 2014/15 session. Director of the Institute, Professor Ghosi said the form which is available online or at the BTI Office at Delta Park, is obtainable on the payment of a non-refundable fee of N25, 500.00 in favour of Fidelity Bank Account No. 4110029257 and U/C Microfinance Bank Account No. 1004970925. Deadline for purchase and submission of form is Friday, 7<sup>th</sup> November, 2014.



MD Yokogawa Ltd, Mr. Hiraki (right) handing over a copy of the MoU to the V-C, Prof. Ajienka

## UniPort, Yokogawa, Sign MoU On Industrial Training

By Ethel Timi-Johnson

**M**anagement of the University of Port Harcourt has signed a Memorandum of Understanding (MoU) with Yokogawa Nigeria Limited for a six-month Industrial Training programme for students in the College of Engineering.

The MoU also covers a proposed collaboration for a Master of Science (MSc) programme in *Instrumentation and Process Control Engineering*. Receiving the team from Yokogawa, last Monday, in his Committee Room, Vice-Chancellor, Professor Joseph Ajienka, who lauded the Company for the partnership, tasked them on the need to be fully committed to implementing the MoU to the letter. "We want you to be involved in the training of our students and provide capacity building for staff. We can also arrange exchange programmes, short courses, including video conferencing for the benefit of both parties," he added.

In his response, Managing Director of the Company, Kazuo Hiraki, who was accompanied by Human Development Coordinator, Iyiyagu Chukwuebsika, expressed the desire of the Company to provide hands-on training on

*Industrial Automation* to students, that would also include lectures and laboratory sessions. "Yokogawa will also provide the necessary hardware, software, trainers and facilities needed for the programme," he said.

Director, Centre for Information and Telecommunication Engineering (CITE), Professor Monima Briggs, who spoke on the proposed Master's degree programme, disclosed that the course curriculum and content would be jointly developed by the University and the Company. "The programme would be handled by University lecturers and experts from related industries. We hope to establish a Human Resource Centre for Oil and Gas industries in the area of Industrial Automation," he said, adding that it would also comprise exposure to practical training and field trips to Yokogawa workstations.

Acting Head, Department of Electronics and Computer Engineering, Dr. Bourdillon Omijeh, was also present at the event.



Prof Ghosi, Director BTI

## REDEPLOYMENT

The underlisted staff have been redeployed with effect from August, 2014

S/No	Name	Designation	Former Dept/Unit	Present Dept
1.	ALAGDA, Francisca N.	Chief Secretarial Asst	History & Diplomatic Studies	Crap & Soil Science
2.	WACHEUKWU, Gift	Confidential Sec I	Crap & Soil Science	Centre for Logistics & Transport
3.	NWOKE, Emile Chingagom	Confidential Sec I	Centre for Logistics & Transport	History & Diplomatic Studies
4.	OKOGBANGA, Ehire	Confidential Sec I	Library	Dept of Philosophy
5.	WEST, Itinabo Samuel	Technologist I	Elect/Electronic Engineering	Dept of Computer Science
6.	AMADI, Chidinma Anthony	Technologist II	Dept of Pharmacology	Dept of Computer Science
7.	OGBU, Stephen	Chief Supt. Driver	Library	College of Graduate Studies
8.	NWABUEZI, Israel	Chief Supt. Driver	V-C's Office (Pro-Chancellor's Office)	University Demonstration Primary School
9.	LENU, Victoria Dornahari A.	Admin Asst.	UniPort Business School	PAC-GWDS (On relief duty)
10.	EKE, Beatrice	Personal Sec II	Dept of Electrical Engineering	Council/Physical Dev Admin

# Senate Approves New Affiliation, Seeks Higher Ranking

By Obinna Nwodin

**S**enate of the University of Port Harcourt has approved the affiliation request made by the Delta State College of Physical Education, (COPE) Mosogar, Delta State. The decision was reached at the 401<sup>st</sup> Meeting of Senate held at the Senate Chambers, University Park, last Wednesday. Senate also raised concerns over the current ranking of the University in the World University Ranking system known as ICU and Webometric, despite the high level of academic staff, sustained activities and researches going on in the Institution.

In a unanimous decision, at the Meeting chaired by the Deputy Vice-Chancellor (Administration), Professor Uthbert Ndika, Senate approved the affiliation after the presentation of a Report by Chairman of Local Affiliations, Professor Sylvanus Udoidein. Professor Udoidein, who told Senate that on receiving the request, the Unit set up a Committee to assess the level and quality of Programmes offered by the College, added that after a thorough assessment of all the programmes, it was satisfied with what was available on ground at the College to justify the proposed affiliation.

He stated that, "The Academic Planning Unit of the University having assessed the Self-Study Forms, had testified that there were three Departments in the Faculty of Education, University of Port Harcourt, to which similar Departments in COPE could affiliate; that the specified admission requirement is in keeping with JAMB requirements and that the programmes and staff disposition at COPE met Senate and National Universities Commission's requirements," adding that programmes given provisional approval for affiliation to the University are Bachelor of Science (B.Sc) Educational Guidance and Counselling; B.Sc Human Kinetics and Health Education, as well as B.Sc Education/Economics.

Senate also took a presentation by Acting Director of the Academic Planning Unit in the Office of the Vice-Chancellor, Dr Peter Kpovie, following which it resolved that there was an urgent need to build up information on the University on the Website to make the Institution visible in subsequent World University Ranking exercises.



Senate in session

It was resolved that Task Forces be set up at the Faculty and College level to ensure that each Department made relevant information available to be uploaded on the University's Website to create global awareness of the volume of research, teaching and community service going on in the University. Members of Senate, as well as other Academic Staff, were encouraged to ensure that their publications and research activities are up-loaded on the University's Website in compliance with specific guidelines to be met before such materials would be made accessible to audiences outside the University to create visibility and attain better ranking.

Earlier, Senate had adopted a Report on the Students' Disciplinary Committee on examination malpractices, which was presented by the immediate past Dean of the Student Affairs Department, Professor Henry Bell-Gam. The august body decided that all students affected by the Report be treated in line with extant rules contained in the University's Statement of Academic Policy (SAP) to serve as a deterrent to other students, who may wish to copy their bad example.

Senate also took a brief from one of its representatives in the University Governing Council, Professor Ebi Bio Anonwa-Elebo, who clarified the reason for stepping down the confederation of academic staff, who had

passed through the due process phase to join the professoriate.

Chairman of the Senate Business Committee, Professor Anthony Ibe, had informed members of Senate about what he described as the negative impact of withholding students' degree results on the pretext of certificate verification, noting that it was not proper for Departments and Faculties to withhold students' degree results on account of certificate verification, arguing that such a wretched decision rested squarely with Senate as the sole custodian of all academic policies in the University.

He also informed members that despite the abolition of the Pass Degree in the Nigerian University system, the "E" grade remained the minimum pass grade in the University, regretting that some Heads of Department (HoDs) had wrongly assumed that the minimum pass grade under the new system was a "D".

In her presentation, Provost of the College of Graduate Studies, Professor Roseline Konyia, had informed members of Senate that the College had set up an Oversight Committee, which set a final deadline of the end of the First Semester of the current academic session for affected Graduate Students to complete their programmes or risk being thrown out of the College. Responding to the new deadline, Senate directed the College of Graduate Studies to extend the timeframe available to the affected Candidates to the end of the 2013/2014 session to bring it in line with what was approved in the case of Undergraduate Students in that category.

The Provost, thereafter, appealed to Lecturers and Supervisors to promptly graduate such category of students to save them from being caught in the web of the new deadline. According to her, at the expiration of the new timeline stipulated by Senate, all affected students would be summarily de-registered and required to pick up new admission forms to register afresh before they would be allowed to continue their programmes as bona fide students of the University of Port Harcourt.

Senate considered and approved the 2012/2013 degree results from the Department of English Studies (Part-Time) and Regular programme; the august body also approved the 2012/2013 Second Semester Results from the Departments of Foreign Languages and Literatures and Fine Arts and Design. Other results approved by Senate were based on recommendations from the Faculty of Social Sciences, College of Natural and Applied Sciences, Faculty of Education, College of Engineering, Faculty of Management Sciences, Agriculture, Pharmaceutical Sciences, as well as Colleges of Health Sciences and Graduate Studies. Senate also approved appointment of External Examiners, as well as applications for temporary withdrawal from study by some students as presented by affected Departments.

Earlier, newly-appointed Heads of Department and an Associate Dean, as well as Representatives of the College of Health Sciences in Senate, were formally introduced to Senate. The Chairman also announced the presence of Emeritus Professor Otunli Ndika of the Department of Educational Foundations. A Visiting Scholar to the Department of Crop and Soil Science, Professor Michael Ogburn, was also introduced to Senate by Dean of the Faculty of Agriculture, Professor Ekam Wokoma.

## Students' Union Publicity C'ttee Launches Campaign Against Posters

**A**s part of efforts aimed at ensuring a clean and green UniPort, the Publicity Committee of the Students' Union headed by the Director of Information, Umoh Isoro, has launched an aggressive campaign against indiscriminate hoisting of banners and posting of posters on Campus.

Briefing UniPort Weekly on the campaign penultimate Friday, Isoro who led other members of the Committee to the Information, Publications and Public Relations (IPPR) Unit of the University to seek official support for the scheme, pointed out that the Committee would also checkmate other student groups and bodies that peddle false information that cause disaffection on Campus. "The idea is to let the University Community know that we are alive to our responsibilities as the Publicity Committee of the

By Ethel Timi-Johnson

Students' Union," he added.

Disclosing plans by the Publicity Committee to initiate weekly interactive programmes on Faculty basis for students, the Director of Information revealed that the Committee would also commence publication of quarterly and weekly magazines to facilitate information dissemination among students.

"We want to facilitate effective exchange of information between Management and students on issues of mutual interest," he stressed, calling on the students to avail themselves of the opportunity provided by the Committee to provide suggestions and useful information that would move the Union and University forward.



Director of Information, SU Publicity C'ttee, Isoro (arrowed) and other members of the C'ttee

# Siminialayi Highlights Effects Of Food On Humans



Inaugural Lecturer Prof Siminialayi (arrowed) flanked by Registrar, Mrs Nnadin, DV-C (Admin) Prof Ndaka, Provost CHS and Deans

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others," he pointed out, adding that junk food is an informal term for food of little nutritional value that is made from processed food, hydrogenated fats, chemicals and preservatives, which includes anything made with white refined flour, sweet deserts, fried fast food and carbonated beverage.

Siminialayi, who is currently Deana, Faculty of Basic Medical Sciences, explained that "Functional food is a natural or processed food that contains known biologically-active compounds which when taken in defined quantitative and qualitative amounts, provides a clinically-proven and documented health benefit and thus is an important means of prevention, management and treatment of chronic diseases of the modern age," stressing the need for the consumption of functional food as part of normal diet to reduce the risk of diseases.

The Inaugural Lecturer, who noted that "food as a remedy for illness or food as medicine became popular in the mid-1970s following publications by the gastroenterologist, Walter Voeglin and others, adding that "poison, on the other hand, is a substance that causes illness, injury, or death if taken into the body or produced within the body."

Citing a World Health Organisation (WHO) report published in 2003, Siminialayi said that "fruits and vegetables are associated with decreased risk of cancer of the oral cavity, oesophagus, stomach and colorectum" adding that "high alcohol intake is associated with increased risk of cancer of the oral cavity, pharynx, larynx, oesophagus, liver, and breast and increased risk of stroke."

He noted that food can be harmful because it lacks sufficient amounts of macronutrients, micronutrients or because it is too energy dense or contains chemicals that are toxic, warning that "Fast foods or junk foods are harmful because they are made from processed white flour and oils rich in trans-fat."

"When we eat in excess of our bodies' energy needs, the excess is stored in the fatty tissue, skeletal muscle and other sites as fat, and then we become overweight and eventually obese," he explained, adding: "When we eat the wrong kind of food, we may immediately suffer the adverse effects which may manifest as allergic reactions or acute poisoning or when foods contain harmful substances, we may over time increase our risk of suffering from cancer, diabetes, high blood pressure, myocardial infarction (heart attack) and stroke." According to him, consumption of junk food could alter brain activity in a manner similar to addictive drugs such as cocaine and heroin, leading to compulsive eating for pleasure.

According to the Inaugural Lecturer, the prevalence of both high Body Mass Index (BMI) and large waist circumference increased with age and obesity among young adults was more at the urban centres, where people tended to adopt imported lifestyles that compromise their health. He noted that obesity results from eating palatable foods with high caloric density, which are readily available in pre-packaged forms in fast food restaurants and drinking too much soft drinks and beer.

He also blamed increasing cases of obesity, hypertension and other cardiovascular complications on what he

described as a "marked reduction in the physical activity that we used to engage in on a daily basis as a result of labour-saving technology and laziness on our part. Finally, we got here by our indulgence in sedentary lifestyle—increasingly common among children, because of the widespread availability of electronic devices in the home."

To urgently reverse the alarming trend that is costing high medical bills and lives at an alarming rate, Professor Siminialayi recommended adoption of a nutritional plan based on the Paleolithic or Mediterranean diet that are not rich in cholesterol that result in lifestyle diseases that currently ravage Nigerians—especially those living in the urban areas. The Inaugural Lecturer stressed the need to evolve a diet plan that included the health promoting functional foods and adopting a healthy lifestyle that would assist us prevent chronic diseases and live a healthier, longer life. He added, according to the Inaugural Lecturer, can get fat eating a perfectly healthy diet, pointing out that how much we eat is very important, whether it be fruits or vegetables alone or a Paleolithic or Mediterranean type diet.

Commenting on the Lecture, the Vice-Chancellor Professor Joseph Ajienka, who spoke through the Deputy Vice-Chancellor (Administration) Professor Ethelbert Ndaka, commended the Inaugural Lecturer for enlightening the University Community on medicinal and poisonous properties of food, pledging the University Management's willingness to implement some of the recommendations made in the Lecture to enhance good health among staff and students.

It is an effort aimed at improving the quality and broaden the evidence-base for health and development in the University of Port Harcourt, the Niger Delta and beyond, the Centre for Health and Development (CHD), which evolved from several years of international research collaboration, has signed a Memorandum of Understanding (MoU) with Youth PRO-FILE, Port Harcourt to provide Monitoring and Evaluation (M&E) consultancy services on HIV Prevention programmes.

A statement made available to *UniPort Weekly* by the Acting Director, Dr Seyi Babatunde, disclosed that under the agreement, "CHD will provide largely in-kind support on M&E to Youth PRO-FILE for HIV Prevention activities targeting 5,000 out-of-school youths on a World Bank-assisted HIV/AIDS Fund (HAF) for 18 months and for activities targeting 1,332 People Living With HIV (PLHIV) on a SEDHAS (Strengthening Integrated Delivery of HIV/AIDS Services) project in 2014-2016."

According to Dr Babatunde, the World Bank-assisted HIV/AIDS Fund (HAF) project is aimed at reducing

## CHD Signs MoU On HIV Prevention Programmes

By Mercy Adeniji

HIV infection by scaling up prevention intervention and to increase access to treatment, care and support services in Rivers State; while the SEDHAS project is aimed at strengthening the capacity of Youth PRO-FILE and other relevant stakeholders to effectively implement integrated community-based prevention and mitigation activities in their areas of operation. It would also increase community involvement, capacity and participation in maternal health, HIV/AIDS, Sexually-Transmitted Infections (STI) and Tuberculosis (Tb), Sexual and Medical Prevention, Orphans and Vulnerable Children (OVC), Care and Support by June, 2016.

The Acting Director described the Youth

PRO-FILE for HIV Prevention as a Non-Governmental Organization with over 17 years of experience in providing tailor-made Sexual and Reproductive Health interventions for communities, in-school and out-of-school youth in particular, stating that the organization evolved from a John D. and Catherine T. MacArthur Foundation-funded project under the auspices of the Liverpool School of Tropical Medicine and University of Port Harcourt in 1997.

He disclosed that the two projects are being implemented in six Local Government Areas in Rivers State namely: Andoni, Ogburnia/Ndoni, Gokana, Abiodun and Elemo Local Government Areas, respectively, explaining that the MoU was signed with the Programme Coordinator, Youth PRO-FILE, Port Harcourt, Mr. John Umo-Otong.



Community Volunteers training on the SEDHAS Project in Khana, Bari. Inset: Ag. Director, Dr Babatunde

## SECURITY TIPS AGAINST TERRORISM

In view of the current security and terrorist threats in some parts of our country, the Nigeria Police Force is calling on the citizens to stay vigilant and join hands with the security agencies in making Nigeria a safer place.

♦ In the unforeseen circumstances of a bomb blast, stay away from the blast scene. Avoid the temptation of rushing to the scene (except you work with any of the Security or Emergency Management Agencies). Remember, terrorists often detonate secondary explosives in order to harm innocent bystanders and on-lookers.

♦ Always report suspicious persons or movements within your neighbourhood to the Police or other security agencies through available means of communication.

## GUIDEPOST

## APPOINTMENT

**Professor Dulu Appah**, College of Engineering, re-appointed *Provost of the College*. The two-year re-appointment terminates on 5<sup>th</sup> April, 2017.

**Professor Matthew Wegwu**, Department of Biochemistry, Faculty of Chemical Sciences, College of Natural & Applied Sciences, re-appointed *Director, Special Projects, Vice-Chancellor's Office*. The two-year re-appointment which takes effect from 18<sup>th</sup> June, 2014 terminates on 20<sup>th</sup> June, 2016.

**Professor M.L. Godwin-Egein**, Department of Crop & Soil Science, Faculty of Agriculture, appointed *Director, Community Service Programme*. The two-year appointment which takes immediate effect terminates on 15<sup>th</sup> August, 2016.

**Dr O.N. Nwagwu**, Department of Agricultural Economics and Extension, Faculty of Agriculture, appointed *Coordinator of the Department*. The one-year appointment which takes immediate effect terminates on 21<sup>st</sup> August, 2015.

**Dr Ganiyu Adekola**, Department of Adult and Non-Formal Education, Faculty of Education, appointed *Acting Head of the Department*. The two-year appointment which takes immediate effect terminates on 22<sup>nd</sup> August, 2016.

## RENEWAL OF APPOINTMENT

**Mrs. Roseline Efiawere**, Exams & Records Unit, Registry Department, granted a one-year *Renewal of Contract Appointment*, effective 24<sup>th</sup> November, 2014 to 23<sup>rd</sup> November, 2015.

**Mrs. Agnes Enaohwo**, Exams & Records Unit, Registry Department, granted a one-year *Renewal of Contract Appointment*, effective 27<sup>th</sup> November, 2014 to 26<sup>th</sup> November, 2015.

**Mrs. Caroline Iro**, Local Affiliation and University-wide Accreditation Centre, granted a one-year *Renewal of Contract Appointment*, effective 2<sup>nd</sup> January, 2015 to 1<sup>st</sup> January, 2016.

**Mr. Chizé Josi**, Department of Physical Planning and Development, Vice-Chancellor's Office, granted a one-year *Renewal of Contract Appointment*, effective 22<sup>nd</sup> January, 2015 to 21<sup>st</sup> January, 2016.

## --- BRIEFS FROM OTHER VARSITIES ---

## PAN-ATLANTIC UNIVERSITY TEAM UNDERSTUDIES AUN SOFTWARE

A three-member team from the Pan-Atlantic University has visited the Yola Campus of the American University of Nigeria (AUN) on a fact-finding mission aimed at studying the operations of the Open Enterprise Resource Planning (ERP) module, an information management system that integrates the different departments into a single software, thus improving flexibility in management and administration system in use at the University. The Open ERP module was an innovation that was successfully implemented by the trio of Daniel Barber, Michael Njoku and Tesin Komolafe, all graduates of AUN's globally-rated School of Information Technology and Computing (SITC) in the Department of Computer Science.



**Mallam Ibrahim Shekarau**  
Minister of Education

## OGUN SHUTS VARSITY OVER THREAT TO PEACE

To forestall a possible breakdown of law and order, the Ogun State Government has ordered the immediate closure of the Obafemi Owolabi University (OOU), Ago Iwoye. The Government also advised all parents whose wards are students of the University to call them to order, warning that Government will not tolerate any act capable of disturbing the peace being enjoyed by the people of the State.

The statement added that the decision to close the Institution was taken in the overall interest of peace and order, as the students have continued to issue threats, while rejecting entreaties and concessions made by the Government on their various demands concerning the recently announced reduction of School fees.

## WE NEED MORE RESEARCH -

## LAUTECH V-C

Vice-Chancellor of the Ladoke Akintola University of Technology (LAUTECH), Ogbomoso, Professor Adeniyi Gbaderu, has stated that the best way to combat the Ebola Virus Disease (EVD) is for people to exercise restraint in the way they live, while researchers get more proactive in the conduct of their business. The V-C noted that it was time for researchers to venture into the study of socio-economic, as well as cultural implications of the deadly ailment on the people of Africa.

Gbaderu, who also stated that it was inexcusable for any scientist or researcher to be caught unaware because Ebola has been in existence since 1976, charged the various arms of Government to commit themselves to providing necessary tools for researchers to combat the scourge.

## OAU RESUMES ACADEMIC ACTIVITIES

Academic activities have resumed in Obafemi Awolowo University (OAU), Ile Ife, after two months and six days closure, following students' protests over hike in charges. The announced resumption date was contained in a statement by the Public Relations Officer of the University, Abiodun Olanrewaju, following the outcome of an emergency Senate meeting held on 15<sup>th</sup> August, after a similar meeting was held between authorities of the University and the Students' Union leaders. It would be recalled that the institution was closed on Wednesday, June 18, over protests by students against an increase in their charges.

DEPARTMENT OF GEOGRAPHY AND ENVIRONMENTAL MGT  
WEATHER OBSERVATORY

FOR PORT HARCOURT AND ENVIRONS FOR SUNDAY, AUGUST 31-SATURDAY, SEPTEMBER 06, 2014

DATE	TEMPERATURE HI (°C)	TEMPERATURE LO	HUMIDITY (%)	WIND DIRECTION	RAIN (mm)	SUNRISE AND SUNSET (am) (pm)	SUMMARY
SUNDAY, 31 AUG, 2014	31.0	24.0	72	E	24.4	6:25 06:39	Strong thunderstorm expected mostly cloudy day forecasted
MONDAY, 1 Sept., 2014	30.0	24.0	70	E	14.3	6:26 06:38	Thunderstorm expected. Mostly cloudy and warm day forecasted.
TUESDAY, 2 Sept., 2014	28.0	23.0	73	NE	-	6:26 06:38	Partly sunny and partly cloudy day expected
WEDNESDAY 3 Sept., 2014	29.0	23.0	74	N	-	6:26 06:37	More cloud than sun expected. Warm day expected.
THURSDAY, 4 Sept., 2014	28.0	23.0	66	NE	12.5	6:25 06:37	Thunderstorm expected early in the day. Partly sunny and warm day predicted
FRIDAY, 5 Sept., 2014	27.0	23.0	53	N	2.5	6:25 06:36	Showers expected late in the day. partly sunny and warm day forecasted.
SATURDAY 6 Sept., 2014	28.0	22.0	72	NE	-	6:25 06:36	More cloud than unforecasted. Day is expected to be warm

DR GLADYS EMEKIKE  
ACTING HOD

PROF SAMUEL AROKUYI  
DIRECTOR, ICDROMSI

## SERVICOM CORNER

SERVICOM is a mechanism put in place to check attitudinal excesses in service delivery in our great institution.

When service delivery fails in UNIPORT, the University fails in achieving the set goals and objectives for which it was established.

The future suffers when our students become half-baked and wallow in self-pity. You can brighten the future by improving service delivery today.

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You can reach us via:  
servicom@uniport.edu.ng;  
08033400064, 07038650174, and  
08063358445.

## UDPS Graduation/Prize Giving Ceremony

The University of Port Harcourt Demonstration Primary School (UDPS) held her graduation ceremony for pupils of the School on 1<sup>st</sup> August, 2014 at the Ebitimi Banigo Auditorium, University Park. The event also featured an exhibition by the pupils tagged: *From Waste to Wealth* and an award-winning drama titled: *Say No to Child Abuse*. Pictures by our Cameraman, **HEADMAN ALU** show highlights of the event.



Chairman of the event, Dr Nigeti Odu (left), welcoming V-C, Prof Joseph Ajienka



V-C, Prof Ajienka, DVC (Admin), Prof Elibert Nduka (2<sup>nd</sup> & 1<sup>st</sup> right), Chairman of the event, Dr Odu (center), Chairman Board of Governors, Mrs Dorcas Odu and OSC Chaplain, Rev Saturday Nteta rise for UDPS Anthem



Chairman of the event and Ag. Executive Director of the University of Port Harcourt Foundation, Dr Odu giving her Address



UDPS Administrator, Dr Dhorinka Kosemami making her remarks



The graduating pupils giving a presentation



Representative of the graduating class, Miss June Omega giving the Valedictory speech



Miss Omega handing over her copy of her Address to the Chairman, Dr Odu



Prof Ajienka leading others to an Exhibition stand



Pupils exhibiting their works



Pupils display soaps produced by them



A cross-section of the pupils



Representative of the Dean of Faculty of Education, Dr Ojinnke Nduke handing over trophies donated to the school by the Faculty to Mrs Odu



A drama scene at the event