

# FUHSI Bulletin

A publication of Federal University of Health Sciences, Ila Orangun, Information Unit

JANUARY 2024 EDITION

## FUHSI LECTURER URGES PROPER FOOD PREPARATION FOR OPTIMAL NUTRITION

The Head of the Department of Human Nutrition and Dietetics at the Federal University of Health Sciences, Ila-Orangun (FUHSI), Dr Ifeoluwa Pele, has emphasised the importance of proper food preparation in achieving optimal nutrition and wellness.

Speaking at a faculty workshop organised by the Faculty of Allied Health Sciences, Dr Pele advised members of the university and the host community to pay close attention to how their meals are prepared. He noted that cooking methods can significantly impact nutrient retention and overall health outcomes.

The workshop titled “*Human Health and Wellness: The Interconnectedness of Food, Nutrients, and Diet*,” was held to raise awareness about the critical role of nutrition in human health. Dr Pele's presentation focused on how food combinations and preparation techniques can either enhance or reduce the nutritional value of meals. He encouraged participants to be mindful of not just what they eat but also of how they prepare their food.

Also speaking at the event, the Provost of the College of Medicine, Prof. Akibu Oyelami, highlighted the importance of a balanced diet, particularly the regular intake of fruits and vegetables. He stressed the roles of a balanced diet in preventing chronic diseases and maintaining long-term health.

He further encouraged participants to plant green leafy vegetables and trees within their compounds. He noted that such practices contribute to cleaner, hazard-free air and a healthier environment.



**Dr. Ifeoluwa George**

While appreciating participants' active engagement in the session, he applauded the audience for asking questions and sharing personal experiences related to food and dietary practices.

Professor Oyelami reiterated that the workshop has served as an interactive platform for community learning, with attendees gaining practical insights into healthier eating habits.

According to him, the event underscores FUHSI's ongoing commitment to public health education and research, and the University's dedication to wellness across its campus and surrounding communities.

## FUHSI REJOICES WITH CHIEF BISI AKANDE AT 86



**A cross-section of students participating in the 86<sup>th</sup> birthday celebration of Baba Bisi Akande at the front of the University Gate House on the Permanent Site**

The Federal University of Health Sciences, Ila-Orangun (FUHSI) on January 15<sup>th</sup> 2025 honoured its benefactor, Chief Bisi Akande, with a series of events to mark his 86th birthday.

The celebration which drew over 300 participants, including students, teachers, school proprietors, and members of the host community, celebrated the enduring legacy and pivotal contributions of Baba Akande to the growth of the Institution. The programme featured a guided tour of key facilities, an exhibition in honour of Chief Akande, and a student-centred interactive session to promote education and leadership.

The day began with a facility tour led by the Director of Works, Engr. Saheed Mohammed. Attendees visited the University Health Centre, Teaching Hospital, and various faculties, where they were introduced to FUHSI's commitment to academic and healthcare excellence..

A major highlight of the day was a special exhibition titled *"The Legacy of Baba Bisi Akande at 86"* held at the University Library. Anchored by the University Librarian, Mrs Bukky Asubiojo, the exhibition showcased Chief Akande's instrumental role in the establishment and development of FUHSI. She urged students to emulate Chief Akande's vision, dedication, and pursuit of excellence in their academic journeys.

The interactive sessions that followed provided students with the opportunity to explore career aspirations, engage directly with educators, and reflect on the values of perseverance and academic focus.

The event concluded with gift packs which were distributed to students to add a festive touch to the educational experience.

The event not only celebrated Chief Akande's legacy but also reinforced FUHSI's mission to promote academic excellence, inspire future leaders, and deepen its impact within the community.



**The University Librarian, Mrs. Bukky Olufemi Asubiojo, addressing the students during the exhibition at the University Library in commemoration of Baba Bisi Akande's 86<sup>th</sup> Birthday**

## TETFUND OFFICIALS INSPECT ONGOING PROJECTS AT FUHSI PERMANENT SITE



Officials from the Tertiary Education Trust Fund (Tetfund) visited the Federal University of Health Sciences, Ila-Orangun (FUHSI), on Monday, January 13, 2025, to inspect ongoing projects funded by the scheme.

The inspection was to ensure that the infrastructural developments in the University agreed with the academic and healthcare mission of the University and the Federal Government of Nigeria

The Tetfund delegation visited key facilities including the University Teaching Hospital, the College of Medicine (Phases I and II), and the Student Hostel.

These projects are central to FUHSI's goal of delivering top-tier health education and producing skilled healthcare professionals.

During the inspection, the Vice-Chancellor, Prof. Akeem Olawale Lasisi briefed the Tetfund officials on the status and progress of the projects. He noted that the ongoing developments represented significant milestones for the Institution.

Professor Lasisi expressed appreciation for Tetfund's consistent support. According to the Vice-Chancellor, "the facilities will strengthen FUHSI's capacity to offer quality training and services in the health sector".

The visit offered the Tetfund team a first-hand view of how their interventions are positively utilised for the University's growth. It also highlighted the value of sustained collaboration between funding agencies and educational institutions in building an effective learning environment.

Professor Lasisi remarked that "as FUHSI continues to expand its physical infrastructure and academic offerings, the Tetfund partnership remained a critical pillar in its development strategy."

He added that "the completion of these projects is expected to elevate the standard of healthcare education and contribute meaningfully to national development.

The inspection concluded with Tetfund and FUHSI committing themselves to stronger partnerships to ensure the continuous provision of quality education and improved healthcare delivery in Nigeria.



## PHOTOS AT BABA BISI AKANDE'S 86TH BIRTHDAY



**The DVC, Professor Monsuru Adeleke (in blue native attire), addressing the students and guests before the commencement of the tour around the University as part of the programmes marking the 86<sup>th</sup> birthday of Baba Akande**



**The DVC, Prof. Monsuru Adeleke (R), the CMD of FUHSI Teaching Hospital, Prof. Owonikoko(L), and the University Librarian, Mrs. Bukky Asubiojo (M) at the Lecture held in honour of Baba Bisi Akande's 86th birthday ceremony**



**The Pro-Chancellor/Chairman of the University's Governing Council, Prof. Wale Sulaimon and the University's Principal Officers on a courtesy visit to Baba Bisi Akande during his 86th birthday celebration**