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**First Semester 2016/2017 Academic Session**

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| **S/N** | **Dates** | **Activities** |
| 1. | Saturday, December 17, 2016 | 2016/2017 Pre-Admission Examination |
| 2. | Friday, January 13, 2017 | 1st Semester Lectures Commence (Old and Fresh Students) with Payment of Fees and Registration. |
| 3. | Friday, February 10, 2017 | University – Wide Quiz/Assignment (Old and Fresh Students). |
| 4. | Friday, February 17, 2017 | Orientation for Fresh Students |
| 5. | Friday, April 14 – April 20, 2017 | Eater Break |
| 6. | Saturday, April 22, 2017 | End of 1st Semester Lectures/Revision (Old and Fresh Students). |
| 7. | Friday, April 28, 2017 | 1st Semester Examinations Commence (Old and Fresh Students). |
| 8. | Saturday, June 17, 2017 | 2nd Semester Examinations End (Old and Fresh Students). |
| 9. | Monday, July 21, 2017 | Moderation and submission of 1st Semester Results |

**Second Semester 2016/2017 Academic Session**

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| **S/N** | **Dates** | **Activities** |
| 1. | Friday, June 23, 2017 | 2nd Semester Lectures Commence (Old and Fresh Students)  |
| 2. | Friday, July 14, 2017 | University – Wide Quiz/Assignment |
| 3. | Saturday, October 7, 2017 | End of 2nd Semester Lectures/Revision  |
| 4. | Friday, October 13, 2017 | 2nd Semester Examinations Commence |
| 5. | Saturday, December 2, 2017 | 2nd Semester Examinations End |
| 6. | Friday, December 10, 2017 | Project Defence |
| 7. | Friday, December 14, 2017 | Moderation and Submission of 2nd Semester Results |
| 8. | Friday, December 14, 2017 | Submission of Degree Results |
| 9. | Friday, December 23, 2017 | Long Vacation Commences |

Safety and maintenance have been described as a basic priority in every establishment. The Vice-Chancellor, Nnamdi Azikiwe University, Prof. Joseph E. Ahaneku, FAS gave this indication when members of the Governing Board of the Institute of Safety Professionals of Nigeria paid him a courtesy call to kick start the 35th Professional Development Conference/AGM of the Institute.

Prof. Ahaneku in his welcome remark emphasized that the importance of safety in the institution, corporate organization and other establishments cannot be over-emphasized. He described safety as a discipline that cuts across every field of human endeavour and challenged members of the Board to set up necessary advocacy that will drive other professionals into the body.

He thanked members of the Board for the privilege given the University to partner with the Institute.

He however encouraged members of the Institute to contribute their quota to the development of the University.

The National President of the Institute who led the delegation, Dr. Nnamdi Ilodiuba in his response expressed appreciation to the Vice-Chancellor and the University Management for the support given to the Institute.

He stressed that the Institute is geared towards offering opportunity to members to advance their knowledge, share expertise and experience, exchange ideas, keep up with new developments and gain recognition for professional achievements through periodical conferences, seminar symposia and other activities. The group was accompanied by the immediate past Dean, Faculty of Environmental Sciences, Prof. Joel Igbokwe.

The Institute of Safety Professionals of Nigeria is a professional body created to solve all human problems. It is an institute that cut across different discipline. The Vice-Chancellor, Prof. Joseph E. Ahaneku, FAS made this known at the 35th professional Development Conference, held at the University Auditorium on Thursday, 24th November, 2016.

In his welcome address, the Vice-Chancellor said the Institute has built a reputation of priority with professional academic bodies and stressed that the theme captures all socio-economic activities in the country. Prof. Ahaneku also spoke on the current challenges facing the health sector. He added that the Institute is a problem solver to great security challenges such as armed robbery, kidnapping and boko haram.

Prof. Ahaneku urged all hands to be on deck in order to maintain the integrity and unity of this sovereign nation. Also, to actualize this lofty aspiration, Prof. Ahaneku harped on the need for all to rally round to form a formidable partnership.

In his welcome address, the National President, Institute of Safety Professionals of Nigeria, Dr. Nnamdi Ilodiuba expressed appreciation and welcomed all especially the founding fathers of the Institute on the turnout to this year’s conference.

Dr. Ilodiuba gave a brief history of the Institute that was established 36 years ago which is geared towards the safety of the country. He said that ISPON is aimed at creating an enabling environment for content developers to thrive locally and internationally.

The President added that ISPON, as a foremost safety professional body is looking towards partnering with other institutions as to establish a safety commission which will help provide guidance in the formulation of the country’s safety.

Highlight of the occasion was the conferment of ten persons with fellowship award among them were, His Excellency, Chief (Dr.) Willie M. Obiano, Executive Governor of Anambra State, Hon. Minister of Labour and Employment, Sen. (Dr.) Chris N. Ngige, Prof. Joel Igbokwe among others.

NDLE – university community interactive session on drug abuse is scheduled to hold as follows:

**date:**  6th of December, 2016

**Time:**  10.00 a.m.

**venue:** university auditorium

The Institute of Safety Professionals of Nigeria (ISPON) has collaborated with the Federal Road Safety Commission (FRSC) and other safety agencies in ensuring safety of lives and properties in the country. This assertion was made by Corps Marshal and Chief Executive, Federal Safety Corps, Boboye Oyeyemi at the 35th Professional Development Conference of the ISPON held at the University Auditorium recently.

In his remark, the corps marshal represented by the Deputy Corps Marshal, K. A. B. Lawal emphasized that security of lives should be priority to all Nigerians and enjoined all present to join hands with FRSC in ensuring safety in the road by obeying traffic rules and regulations. He called on all stakeholders to make safety of lives their watchword.

also speaking, the Commander, Civil Defence, Commander G. O. Omarege said that now is more appropriate for the conference and its theme. This is because the country is faced with numerous security challenges. He therefore implored all to form allies with the quest in ensuring safety of lives and properties in the country. He expressed optimism that at the end of the Conference, proffer solution to the security challenges facing the country, will be realized.

Healthcare service is of paramount importance to all Nigerians, and as such more commitment should be given to health care system amidst all other laudable goals in the country. The system is faced with so many challenges which cut across funding, remuneration, insecurity and threat to lives of health care professionals, poor welfare facilities, environmental challenges and poor working environment amongst others in the sector. This was made known by the President, Nigerian Medical Association, Dr. Mike Ozovehe Ogirima while delivering a keynote address at the ISPON 35th Professional Development Conference held in UNIZIK on Thursday, 24th of November, 2016.

Dr. Ogirima stressed that the Conference will proffer solution on safety of lives and property of the Nigerian citizens which has posed great challenges on the government and other policy markers.

The Commissioner for Health, Anambra State, Dr. Joseph Akabuike at the end of the talk, appreciated the speaker and the Institute on the choice of the theme and added that safety in an environment and work places is of paramount important to the government. He also said that the government is looking forward in collaborating with the Institute in ensuring safety of Ndi-Anambra. Dr. Akabuike commended ISPON on the fellowship award given to the amiable Governor, His Excellency, Chief Dr. Willie Maduabuchukwu Obiano.

The Chairman, Nigeria Medical Association, Anambra State Chapter, Dr. Jude Emejulu, represented by Dr. Umenweke appreciated the speaker and the Institute on the choice of the theme and for choosing UNIZIK as the venue for this year’s Conference. According to him, the conference will give new look in the development of health industry in the country.

Nwajagu Emmanuel Sunday of the Department of Civil Engineering, Nnamdi Azikiwe University has been offered scholarship by NNPC/Shell Nigeria Exploration and Production Company (SNEOCO) following a National University Scholarship selection test. The Scholarship will take effect from 2016/2017 academic session. The Vice-Chancellor, Prof. Joseph. E. Ahaneku, FAS has since congratulated him on this feat.

Holy Family Youth Village, amansea invites the University Community to the Pastoral visit and the opening of the 2016/2017 Academic year by his Lordship, Most Rev. Dr. Chidi Dennis Isizon.

**The event is scheduled to hold as follows:**

**Date:**  Sunday, 4th of December, 2016

**Venue:** Holy Family Youth Village Amansea

Pontifical Mass commences by 10.00 a.m.

Nnamdi Azikiwe University Women Association invites the University Community to her end of year programme/Christmas party.

***The event is scheduled to hold as follows:***

**Date:**  14th of December, 2016

**Venue:** University Auditorium

Members of Nigerian Association of Teachers of Technology (NATT) recently admitted Prof. Kelechi R. E. Okoye of Vocational Education Department, Electrical /Electronics Unit into the Fellowship of NATT.

The event took place on the 18th of October, 2016 at the 29th Annual National Conference of the Association held in Minna, Niger State.

**A Decade of Excellence: Faculty of Pharmaceutical Sciences Holds 10th Anniversary Celebrations/Symposium on Phytomedicines**

As part of its 10th Anniversary celebrations slated for 8th & 9th of December, 2016, the Faculty of Pharmaceutical Sciences will hold a Symposium/Workshop on Phytomedicines on 8th of December, 2016 (9 am to 6 pm).

***Schedule of Events:***

**9: 00 - 9: 45 am**: Lecture 1: Basic Methods in isolation and structural elucidation of Phytomedicines – Dr. F. B. C. Okoye

**9: 45 -10: 30 am:** Lecture 2: Formulation, standardization and stability of phytomedicines – Prof. I. S. Okafor

**10: 30am -11: 00 am:** Flag off of exhibitions (HRH Chief Prof. T. Omon Oleabhiele, National President, National Association of Nigerian Traditional Medicine Practitioners, assisted by the Anambra State chapter chairman)

**11: 00am: -11: 10 am:** Discussant 1(Prof. F. K. Okwuasaba)

Cultivation, harvesting, processing and preservation of phytomedicines

**11: 10 am-11: 20 am:** Discussant 2

Prof. J. C. Aguiyi: Development of phytomedicines from research lab to therapeutic use

**11: 20am -11: 30 am:** Prof. J. I. Ogaji: Transition from research to industry

**11: 30am -11: 40 am:** Discussant 4

Prof. C. O. Esimone: Quality Assurance of phytomedicines

**11: 40 am - 11: 50 am:** Discussant 5:

Dr. H. C. Ogbunagafor: Functional Foods

**11: 50 am-12: 20 pm:** Tea break!!

**12: 20 pm-1: 00 pm:** Panel Discussion

**1: 00 pm-2: 00 pm:** Experiential Lectures on Phytomedicines in disease management

HRH Chief Omon, Pharm. Ekenna Elikee (Ekenna Natures Limited), Pharm. Ben Amodu (Jasmin Herbals)

(Each to give between 5 and 10 most interesting healings recorded in their practice with phytomedicines, in 10 minutes for each speaker)

**2: 00 pm – 6: 00 pm:** Hands-On: Hands-On training: Extraction, fractionation, TLC (Dr. F. B. C. Okoye & Prof. I. S. Okafor)

**Venue of Workshop:** Faculty of Pharmaceutical Sciences Auditorium, Agulu Campus

**Keynote address will be delivered on 9th of December, 2016, by Professor Maurice Iwu (President, Bioresources Development Group) by 12 noon.**

**Venue:** Faculty of Pharmaceutical Sciences Auditorium, Agulu

**Highlight**: Launching of N2.5 billion Excellence Fund

Workshop registration fee is N7, 500 (workshop only) and N10, 000 (workshop plus hands-on), and covers registration pack and lab necessities (for hands-on). All students can pay a flat rate of 5, 000 provided they have a valid identification. All researchers in Biological Sciences, Health Sciences & Technology, Medicine, Basic Medical Sciences and Chemistry are encouraged to attend.

**Account Number:** 1200067659

**Account Name:** Consultancy Services, Faculty of Pharmaceutical Sciences, UNIZIK

Please scan payment slip to unizikpharma@gmail.com

All members of the University Community are invited to the anniversary celebrations holding on 9th of December, 2016, at Agulu campus.

The 45 traditional rulers of Old Aguata Union (OAU) will confer Chieftaincy title on our Vice-Chancellor Prof. Joseph E. Ahaneku, FAS on 17th of December, 2016 at Aguata Local Government Headquarters by 10am. Well-wishers are requested to send in their goodwill messages to PRO, OAU Professional, UNIZIK Chapter.

***The advert rates are as follows:***

Inside front page - N50, 000

Inside back cover - N50, 000

Back cover page - N80, 000

Centre spread - N100, 000

Full page - N20, 000

Half page - N10, 000

Quarter page - N5, 000

All correspondence to PRO, OAU Professionals.

Nnamdi Azikiwe University Alumni, Awka Branch invites the University Community to her 2nd Symposium and 2016 Award.

***Theme:*** Surviving the Present Economic Situation in Nigeria, the role of the University and Alumni.

***Chairman:*** Prof. Emeka Ezeonu (Vice-Chancellor, Hezekiah University)

***Guest Lectures:***  Prof. Emma Okoye

***Special Guest of Honour:*** Prof. Joesph E. Ahaneku, FAS, Vice-Chancellor, NAU, Awka.

***Date:*** Friday, 2nd December, 2016

***Time:*** 12noon Prompt

***Venue:*** University Auditorium

***For advert, Goodwill/Congratulatory Message,***

Full Page - N10, 000

Half Page - N5, 000

Inside Back - N25, 000

Back Page - N40, 000

Inside Front - N35, 000

University of Ilorin in collaboration with the Society for the Preservation of Phytofuel and Sciences invites the Vice-Chancellor NAU, to her 6th International Conference (JATROPHA 2016).

***Theme:*** Roadmap to increase JATROPHA Production and Investments of Higher Value-

added products.

***Chairman:*** Maj. Gen J. A. Omosebi

National President Jatropha Growers, Processors and Exporters Association of Nigeria

**Guest Lectures:** Dr. Kabir Abdulkadir

 Founder and National Coordinator Greenshield of Nations Abuja

***Date:*** 27th of November – 30th of November, 2016

***Time:*** 10am daily

***Venue:*** University of Ilorin

**CORRECTION OF NAMES**

The UNIZIK bulletin Vol.9 No. 41, table 2 No.11 of November 7, 2016 note that the name is Dr. Elizabeth Onyedinma Ezenweke and not Ezewude.

**Readers**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **S/N** | **Name of Staff** | **Department** | **Faculty** | **Rank**  |
| 11. | Dr. Elizabeth Onyedinma Ezenweke  | Religion and Human Relations | Arts | Reader |

"Healthy living" to most people means both physical and [mental health](http://www.medicinenet.com/mental_health_psychology/article.htm) are in balance or functioning well together in a person. In many instances, physical and mental health is closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental "healthy living."

All humans have to eat food for growth and maintenance of a healthy body, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults. For example, infants may require feeding every four hours until they gradually age and begin to take in more solid foods. Eventually they develop into the more normal pattern of eating three times per day as young kids. However, as most parents know, kids, teenagers, and young adults often snack between meals. Snacking is often not limited to these age groups because adults often do the same.

**Tips:**

* Eat three meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.
* The bulk of food consumption should consist of fruits, vegetables, whole grains, and fat-free or low-fat milk products.
* Choose lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts).
* Choose foods that are low in saturated [fats](http://www.medicinenet.com/fat_and_fats_quiz/quiz.htm), trans fats, [cholesterol](http://www.medicinenet.com/cholesterol_management/article.htm), salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients.
* Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.
* Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive [weight gain](http://www.medicinenet.com/weight_gain/symptoms.htm).
* Avoid sodas and [sugar](http://www.medicinenet.com/sugar_addiction_pictures_slideshow/article.htm)-enhanced [drinks](http://www.medicinenet.com/drinks_and_beverages_quiz/quiz.htm) because of the excessive calories in the sodas and [sugar](http://www.medicinenet.com/sugar_quiz/quiz.htm) drinks; [diet](http://www.medicinenet.com/diet_plans_and_programs/article.htm) drinks may not be a good choice as they make some people hungrier and increase food consumption.
* Avoid eating a large meal before sleeping to decrease gastroesophageal reflux and weight gain.
* If a person is angry or [depressed](http://www.medicinenet.com/depression/symptoms.htm), eating will not solve these situations and may make the underlying problems worse.
* Avoid rewarding children with sugary snacks; such a pattern may become a lifelong habit for people.
* A [vegetarian](http://www.medicinenet.com/vegetarian_diet_pictures_slideshow/article.htm) lifestyle has been promoted for a healthy lifestyle and [weight loss](http://www.medicinenet.com/weight_loss/article.htm); vegetarians should check with their physicians to be sure they are getting enough [vitamins](http://www.medicinenet.com/vitamins_and_calcium_supplements/article.htm), [minerals](http://www.medicinenet.com/vitamins_minerals_and_nutritional_supplements/article.htm), and iron in their food.
* Cooking foods (above 165 F) destroys most harmful bacteria and other pathogens; if you choose to eat uncooked foods like fruits or vegetables, they should be thoroughly washed with [running](http://www.medicinenet.com/running/article.htm) treated (safe to drink) tap water right before eating.
* Avoid eating raw or undercooked meats of any type.

The immediate past Registrar of the University Barr. C. C. Okeke invites the University Community to the marriage ceremony between her daughter Miss. Ijeoma Vera Okeke and Mr. Chidi Kenneth on Friday 30th of December, 2016 at Church of Pentecost Anglican Communion beside Government House, Awka at 12noon. Reception follows immediately at Suncity Exclusive Hotel (Hall of Honour) Awka by Regina Caeli Junction.

**Traditional marriage** ceremony takes place on 27th of December, 2016 at Barr. C. C. Okeke’s compound Umunnealam, Umudim, Nnewi, Nnewi North Local Government Area Anambra State.

 UNIZIK High School Principal , Lady Chibuzo Onyejike, invites University Community to the Wedding ceremony of her Son Darlington Nnamdi Onyejike on 3rd of December, 2016 @ Archbishop Patterson Memorial Chapel, Bishop Crowther Seminary (BCS), Awka by 9.00am. Reception follows immediately at Numac Hotels (Behind BCS, Awka).

**🎔Wedding Bells🎔**

* Pst. Chinafumnanya Noble Ani of Physical Planning Unit (PPU) is set to tie knot with his heartthrob, Sis Chiamaka Loveth Ngwu on 3rd of December, 2016 at Deeper Life Bible Church Region Headquarters, K/M 42 Onitsha/ Enugu Expressway, Awka at 10am. Reception follows immediately after the service at the same venue.
* Mrs. Iyida Eucharia, a staff of Medical Centre UNIZIK, Awka invites the University Community to the marriage ceremony between her daughter Miss. Chekwube Juliet Iyida and Mr. Ikechukwu Michael Omeh on 3rd of December, 2016 at Corpus Christi Cathedral Kaduna Street, D/Line, Port Harcourt at 10am. Reception follows immediately after Mass at Randolph Hotel and Resorts Old Aba Road, Rumuogba, Port Harcourt.

Former Dean, School of Postgraduate Studies, Prof. Norbert Okoye is dead. He died on 1st of November, 2016 at the age of 83. The Professor of Psychology retired in 1998 but remained in contract until 2013. His burial activities will commence on 21st of February and run through 25th of February with interment at Ozubulu on 24th of February, 2017.

Works Services Department, UNIZIK, has lost one of its staff Mr. Samuel Chukwurah Ekwunife. Until his death, he was a driver attached to Geology Department. His burial has been scheduled to take place on Monday 12th of December, 2016.

Faculty of Education, UNIZIK has lost one of its staff Dr. Lady (Mrs.) Eyiuche Ifeoma Olibie (Nee Udechukwu). She died on Monday, 24th of October, 2016 at the age of 44. Until her death, she was a lecturer at the Department of Educational Foundations. ***Burial Arrangement:*** Tuesday 29th of November, 2016: 10.00am- Mass at Basilica of the Most Holy Trinity, Onitsha. **1.00pm**- Commendation Services @ University Auditorium. Thursday 1st of December, 2016: 5.00pm – Vigil Mass at her home town, Ukpo. Friday 2nd of December, 2016: 10.00am – Burial Mass by His Lordship, Bishop Paulinus Ezeokofar at St. Simon Catholic Church, Ukpo. Saturday 3rd of December, 2016: Condolence visit by friends and family. Sunday 4th of December, 2016: Outing Mass.

**Bereavement**

The Vice-Chancellor, Prof. Joseph Ahaneku, FAS regrets to announce the demise of:

* Dr. Valentine Uneojo Omoja who died at the age of 39. Until his death, he was the husband of Omoja Uzochukwu Chioma a lecturer in the Department of Physics and Industrial Physics. ***Burial Arrangement:*** Thursday 1st of December, 2016- 5pm: Vigil Mass at his compound, Abukaka Quarters Owelle, Anambra West L.G.A. Friday 2nd of December, 2016-10am: Burial Mass at his compound. 4th of December, 2016- Thanksgiving at Vincent De Paul Catholic Church Owelle/Ukwalla.

* Mrs. Catherine Oyidi Okeke, who died on 23rd of September, 2016 after a brief illness. She will be buried on 10th of January, 2017 at her husband’s compound, Umubele Village, Awka, Anambra State. Until her death, she was the mother of Justina Ify Okeke of Records Unit and Mr. Osondu Okeke of the Mechanic Section of Works Services Department, UNIZIK.

**VICE – CHANCELLOR’S SECURITY LINES**

Please if you have any information on any matter bothering you ranging from extortion of money, sexual harassment, intimidation or bad work habit. Kindly send a **text** to the following numbers **08136006205, 08063786022** and the Vice-Chancellor will investigate and take action. Confidentiality is assured.

***This Bulletin is printed and published by the Directorate of Information & Public Relations (DIPR) of the Vice – Chancellor’s office.***