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## *Celebrate Independence Day:* **NIGERIA @ 65.**

It was more than just independence – this milestone marked our freedom from colonial rule, achieved through the struggles, sacrifices, and tireless efforts of many icons. We've heard of several icons that brought about Nigeria's Independence - Funmilayo Ransome Kuti, Herbert Macaulay and so many others. But there's an icon that often gets sidelined in the story: Chief Anthony Enahoro, who took a bold step in changing the future of Nigeria.

In 1953, at just 30 years old Enahoro stood in the House of Representatives and moved a motion for Nigeria's self-government by 1956. It was the first time anyone dared to call for independence in parliament. The motion didn't pass as he hoped - many argued the country wasn't ready - but it planted a seed that could no longer be ignored.

This was a bold step that set the stage for all the constitutional conferences and political negotiations that followed.

Without his daring move, Nigeria's Independence might have been delayed much longer. He later continued in journalism, politics and activism and died in 2010.

From here, we learn that indeed, lasting change often begins with one voice.

- One person's courage can inspire a nation and shape history.

Nigeria might not be where it's supposed to be, but we believe there is a bright hope and future ahead.

# GET TO KNOW YOUR SRC!



**Hon. Usamot Samad**  
600L



**Hon. Alabi Oluwasomidotun**  
500L



**Festus Emmanuel**  
500L



**Abiola Loveth**  
500L



**Babasola-Joseph King**  
400L



**Ogundepo Dorcas Ajibola**  
Speaker



**Hon. Ajala Testimony**  
300L



**Ayeni Inioluwa**  
400L



**Wumi-Ademilola Adeola**  
Deputy Speaker



**Femi-Ebun Semiloore**  
Chief whip



**Abdrasheed Waliyat**  
300L



**Adeagbo Ruth Oluwatomisin**  
400L



**Adedosu Jesutofunmi**  
Clerk



**Lawal Ibrahim**  
300L



**Bankole Bolaji**  
300L



**Adegbaju Shalom Oluwademilade**  
200L



**Sadiq Faridah Mopelola**  
200L



**Hon. Moses David**  
200L



**Ojo Stephanie Titilope**  
200L



**Olagoke Stephen Inioluwa**  
200L



**Oyeniya Ghalib**  
100L



**Hon. Adeyeye Abdulmalik**  
100L



**Abiodun Oluwadarasimi**  
100L



**Igbayilola Adam**  
100L



**Atilola Fatima**  
100L

# I'D RATHER (NOT).

"Why don't you just kill yourself?", I asked myself as I sat on the bed laying my head against the wall. Why didn't I kill myself, I actually wondered. Oh yeah, my parents and my sibling. They'd probably miss me. I've seen the devastation suicide brings to homes, even to the strictest of parents.

When a person dies, we wish we could bring the person back. When a person takes his or her own life, it's a different kind of pain. \_"How didn't we see it?"\_"What could we have done differently?"\_

Do I want to die? No, not really; but I want to escape so badly. I want to not think about the times I have wasted. I don't want to think about what I could have done better

Yet, every sigh, every word, every memory, every thought reminds me.

If I took a knife, it could fail or it'd be extremely slow and painful.



If I used a rope, nothing could support my weight.  
Do I really want to die like an animal?  
If I used a gun, oh, I do not have one.

The pressure weighs in so much, I am losing  
rationality. What do they all matter?

Then I am reminded: When you die, you  
immediately experience judgement. What will  
your Father in Heaven say - a look of  
disappointment for all eternity?

What of the endless potential harboured within  
you?

What of the success stories?

**What of the fact that a year from now, it'd be a  
memory?** But can I push till then? I'll hold on to  
that promise.

Mummy and daddy aren't helping, what do I do?  
It will all be an old memory soon: And there's so  
much for me to be.

The light in my eyes might be dampened but I'll  
never let the sparks go out.

Yes, I'm holding on to positive ideas as the evil  
ones float around in my head.

I'll hold them all in a smile and try to forge a way  
ahead.

I'll pretend everything is okay till it becomes okay,  
it has to be.

Clarity hits when the news drops: Another student  
takes his life.

\_... sharp inhale...\_  
I don't want to die!

SUICIDE PREVENTION DAY  
SEPTEMBER 10, 2025

**CHANGING THE  
NARRATIVES  
ON SUICIDE**

**Some walk into lectures with  
weary eyes,  
Carrying battles no one sees.  
Books in hand, yet minds  
elsewhere—  
Quietly lifting hearts grown  
heavy.**

**Pressure builds in silent ways:  
Sleepless nights, relentless  
days.  
"I'm fine," they say while  
hope wears thin;  
Exams outside, but storms  
within.**

**And when the weight  
becomes too much,  
The soul may long for quiet  
escape.  
It wonders if the end is peace  
—  
A way to numb the ache at  
last.**

**But pause. Just one breath  
more.  
There is life beyond this ment.  
You are seen — by colleagues,  
mentors, friends,  
And by a God who counts your  
tears.**

**This is not the end of your  
story.  
Strength is not always loud;  
Sometimes it is simply  
choosing to stay.  
Darkness does not get the  
final say.**

**So if today feels hard to bear,  
Reach out — there is help,  
there is care.  
Let this be a gentle reminder:  
You are not alone. You are  
held. Take heart.**

# OSUMSA NEWS ROOM

*In Case You Miss It (ICYMI)*

## OSUMSA: Questions in the Air, Silence on the Ground. **A CALL FOR TRANSPARENCY**

In what appears to be an unexpected twist of events within OSUMSA's current administration, many students have expressed surprise and concern over recent developments. If governance at the student level mirrors what we see in higher tiers of leadership, one cannot help but wonder – what then becomes of accountability when no one is watching?

The student body is asking important questions that deserve clear answers. Who is our current president? Have the results or processes of our last election been rendered invalid? What becomes of the souvenirs and welfare packages from the Health Week – contributions every OSUMSite paid for in good faith?

Beyond the confusion lies a deeper question: are we still operating under the constitution that binds our association, or has it quietly been pushed aside?

We believe the time has come for transparency. Whoever occupies the office of the President at this moment owes OSUMSites a statement – or, at the very least, a call to dialogue. If the SRC remains functional, this is the time to step up, interpret the constitution, and ensure every member understands the state of affairs. OSUMSites deserve clarity, communication, and accountability. If indeed our leaders love this body and its people, now is the time to show it – through action and honest engagement.



**THERE IS NOW A NEW HIKE IN THE TUITION FEE OF OUR DEAR UNIVERSITY. WE IMPLORE YOU ALL TO KEEP CHECKING YOUR PORTALS FOR UPDATES.**

## Dear Future Healers, the brilliant Evegnsis Giatroi,

Congratulations on your outstanding success! You've crossed a major milestone and officially stepped into the esteemed 300 Level of your medical journey. 🎉 Take pride in how far you've come; you've truly earned this victory. Stay resilient and still keep your eyes on the goal. The world of medicine awaits your excellence. 🌟

## To our esteemed 300-level MBBS Students, the future Ikanoi Giatroi,

As you stand before your first professional MBBS exam, we celebrate your dedication and strength. This 1st MB marks a defining step in your medical journey—a transition from learning science to thinking like a doctor. The knowledge of Anatomy, Biochemistry, and Physiology you've gained forms the solid foundation upon which your entire medical career will stand. We know it feels overwhelming, but remember—you've been preparing for this from day one. Every lecture, study session, and late night has shaped you for this moment. Trust your preparation, stay calm, and walk in with confidence. You've done the work, and success is yours to claim. The wards await your brilliance—go and conquer!



The Global President of Osun State University Alumni Association, Comrade Olokuta Abdulbasit, will be live on Rave FM by 11:30 a.m, (October 6th) to address the issue of exorbitant hostel prices and discuss other pressing matters concerning our Alma mata. Kindly tune in and stay informed!

### BREAST CANCER AWARENESS MONTH.

Breast self-examination should be conducted once a month by all women starting from 20 years of age. Clinical Breast Examination (CBE) is recommended every 3 years for all women from the age of 20 to 40 years. Women aged 40 or over, CBE is recommended annually.

**breast self-exam?**  
**Manual breast self-exam while standing**

Use your right hand to examine your left breast, then vice versa. Feel for any lumps, thick spots or other changes. A circular pattern may help you make sure you hit every spot.

With the pads of your three middle fingers, press on every part of one breast.

Use light pressure, then medium, then firm. Then, press the tissue nearest your armpit.

Be sure to check under your areola

### As an osumsite, your heart matters.

Definitely not the one you're guessing, I'm talking about the organ- heart. lol.

It was World Heart Day 🍷 on (Sept 29th) And the theme for 2025 is "Don't Miss a Beat."

A beat skipped is a life at risk.

Heart disease remains the leading cause of death worldwide. This year's theme is a reminder that our hearts are not just symbols of emotion, but engines of life.

- ◆ Major risk factors: hypertension, obesity, diabetes, smoking, high cholesterol, stress, and physical inactivity.
- ◆ Common warning signs: chest pain, shortness of breath, palpitations, dizziness, or fainting.
- ◆ Prevention is key:

- Eat balanced, heart-friendly meals (reduce salt & trans fats).
- Stay physically active (minimum 30 mins brisk activity daily).
- Monitor blood pressure and blood sugar regularly.
- Seek medical help early when symptoms arise.

Your heart beats over 100,000 times a day – protect it. Don't miss a beat.

Follow "First Aid Hub" on instagram for more life saving updates



Osumsites volunteers at OSUN WORLD HEART DAY WALK 2025 at Freedom Park, Osogbo on Saturday, 27th September organized by THE FOLD

