

OSUMSA

NEWSLETTER

September, 2025 / Vol 1



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THE MIND: SHADOW OF THE BODY

Suzzana has been on books throughout the day and night. Barely going home to rest and take her bath. Going 1-2 days without bathing. She's stuck in a class, reading with her all. Eating junk, taking energy drinks, drinking caffeinated beverages, all because there's a lot to cover up on.

Mentally exhausted, she sat and stared. Stanley passing by looked at her and asked why she appears like that. She voiced out that she has so much to cover up. She's mentally exhausted and emotionally drained, but that's all she could do for now. Stanley said: The mind is the shadow of the body. Once you're mentally exhausted or your thoughts are of intense fear, it has a great effect on your body. Your mind is the reflection of what your body reveals.

He sat with her for 10 minutes, discussing about how her mental health is important despite the examinations she's having. He urged her to take breaks if there's a need to. Sleep when your body demands for it.

Points:

Mindset and mental preparation:

Believe in yourself. You've come this far and you're capable of finishing strong. Be calm. Anxiety is normal, but don't let it control you.

Study strategies:

Have clear plans and break your subjects into daily goals. Revise smartly and focus on core topics. Practice active recall - solve past questions, teach others, practice with flashcards

Well-being:

While preparing for an exam, ensure you eat nourishing meals, it aids assimilation. Try to avoid caffeinated drinks and energy drinks. Also, take breaks when you're experiencing burnouts.

Support system:

Speak your feelings to loved ones when overwhelmed or journal them.

Exam Day:

Sleep well the night before, eat a light breakfast, arrive early and be confident.

After the exams:

Rest before the next paper, don't overanalyze

The God factor:

Put God first - pray and work diligently.

Remember, many have passed; you will too.



"Your mental health matters."

THE EXEMPLAR ADMINISTRATION

2025/2026



**EKUNDAYO AYOMIDE
PRESIDENT**



**MUYIBI YUSUF
VICE PRESIDENT**



**OWOADE EZEKIEL
GENERAL SECRETARY**



**OYEGOKE HALIMAT
ASSISTANT GENERAL
SECRETARY**



**ADEDOYIN HANNAH
ADEBOLA
CHIEF PRO**



**AKINWUMI GOODNESS
DEPUTY PRO**



**AMIN AFEEZ
DIRECTOR OF SPORTS**



**OGA GODWIN CHINEDU
DIRECTOR OF WELFARE**



**ONYEISHI RAPHA
DIRECTOR OF SOCIALS**



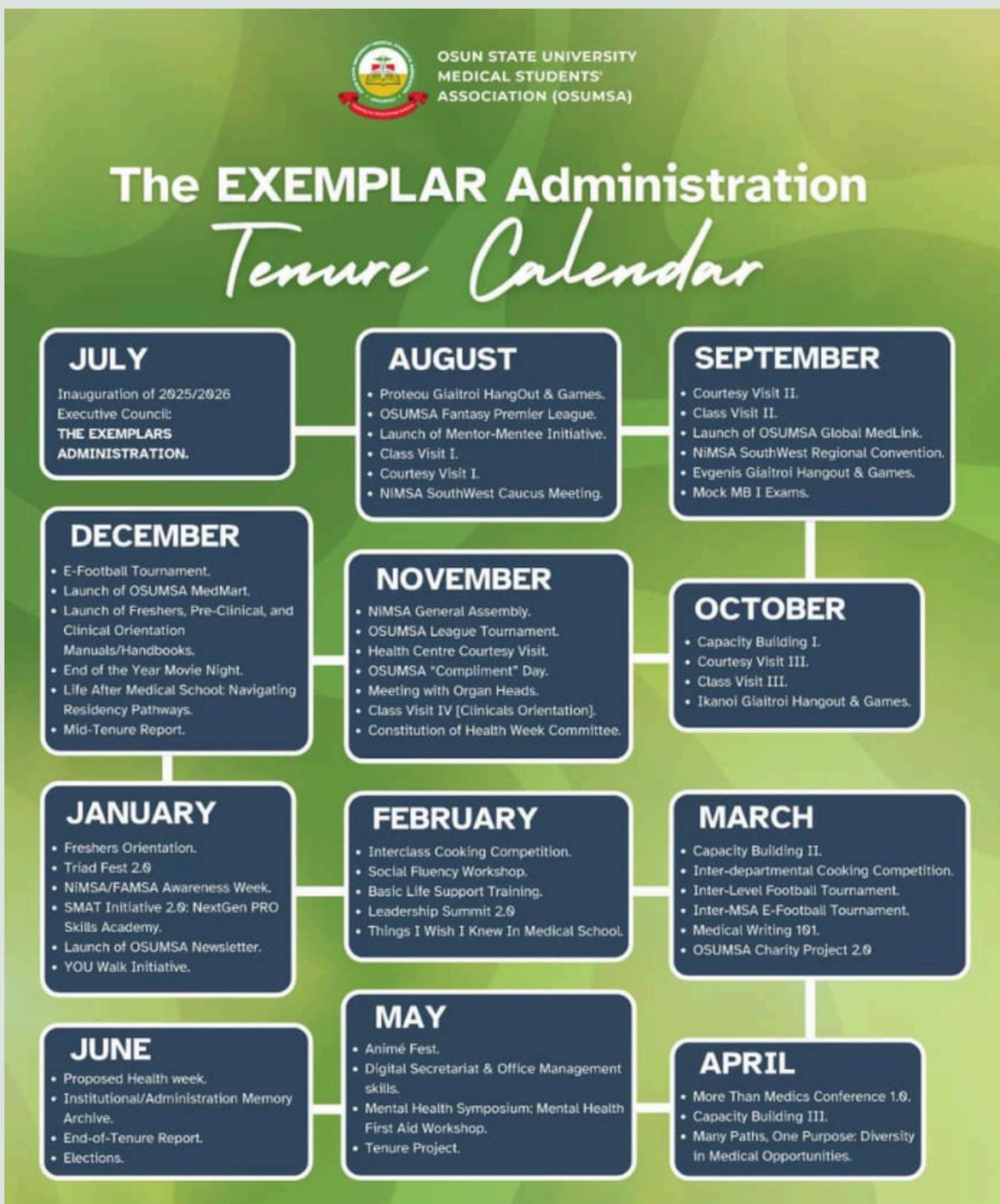
MUHEEB MARIAM
DIRECTOR OF
ACADEMICS



DOSUNMU ESTHER
FINANCIAL SECRETARY



ADEPOJU OLUWATONI
MOTOLANI
TREASURER





The great white agbádá

“With this great white agbádá comes immense responsibility”

You might have faced fear and it might have faced you. Call it anything, anxiety, overwhelm, worry about the future.

We all know that feeling.

The fear of being laughed at for not knowing the right answers to questions asked by a lecturer, getting below the marks needed to move into the next class, or even something as crazy as killing a flying cockroach. They are witches in disguise if you ask me.

Medical school certainly helps with the first two fears and places it right before our very eyes.

Lecturers ask questions in class in a way that suggests you should know everything and hardly anyone tells you can get distinctions in all your courses.

They all say, “get your 50s and pass”.

Somehow, we have surrounded ourselves with thoughts that keep us grounded. What if I do not pass? What if I actually fail? Would I ever finish this bulk of slides? What if I never remember this information?

**On the other hand,
What if you do succeed? What if things actually work out?
Quit studying only because you are afraid of failing.
How about you think this way instead?
I have already passed but I am going to give my all to make sure I do more than just that.**

Medical school is not just for you to save lives. You save yours first, by believing being here is not some anomaly no matter what your grades have said.

You have to trust that with this white agbádá comes a responsibility not to lose yourself in the pool of low-self esteem and dwindling confidence.

So, study like your life depends on it. Pray like it does too.

If you have not read like you felt you should have before the exam, then read now.

Ask questions, do past papers, join group discussions, challenge yourself and most importantly, believe in you .

Interview with Academic Director

Firstly, would you mind letting us know who you are?

My name is Muheeb Mariam and I currently serve as the Academic director of Osun state university medical students association

What was your main motivation for running for this position?

My main motivation was the desire to make academics less overwhelming and easier for my colleagues

What are your plans for Osumsites upcoming exams and what are the short-term goals you have in mind for the Academic Directorate in the coming months?

We've been able to organize an orientation for the 2001 students preparing for their comprehensive exams, we're also planning on mock exams for both 200 and 300 level students against their upcoming exams. My Goal is to make academic support more consistent and accessible

Is the Mentor-Mentee initiative a program spearheaded by your office?

Not really, it doesn't involve just academics as some students would also need mentorship in other aspect besides academics

Are there any new programs or resources you're considering for students to improve their academic performance?

Yes, something like a telegram channel where we can have textbooks and slides for each level



MUHEEB MARIAM

How do you plan to incorporate student feedback into future academic initiatives?

We will get feedback from students to see what worked and what didn't and review our program accordingly

How do you balance the demands of your personal academic life with your duties as Academic Director?

Well, God is helping

What message do you have for students who may be struggling academically?

To every student finding academics difficult, I want you to know that struggling is not a sign of weakness it's part of the learning process.

Do not give up, reach out, ask questions and make good use of the resources you have. You're capable of more than you think.

Most importantly, don't measure your worth by one exam or one grade growth takes time, and every small improvement is a victory.

Picture Splash



**Southwest Region
Lagos State University
Medical Students Association**

X @southwestmsas

THEME:
**NEXT GENERATION
OF HEALTHCARE:**
Getting Involved, Staying Ahead &
Building Tomorrow

REGISTRATION FEE

REGULAR 35K (Early Bird) 40K (Late Payment)	VIP (limited) 45K (Early Bird) 50K (Late Payment)	No Accommodation 20K
<ul style="list-style-type: none"> • Three night shared accommodation for 3 to 4 persons. • 7 Meals. • Access to all events. • Souvenirs. 	<ul style="list-style-type: none"> • Three night shared accommodation for 2 persons. • 7 Meals & Drinks. • Access to all events. • Souvenirs. • Premium Dinner Seats. 	<ul style="list-style-type: none"> • 4 Meals. • Access to all events. • Souvenirs.

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NIGERIAN MEDICAL STUDENTS ASSOCIATION SOUTHWEST REGION

Bank Name: **Polaris Bank.**
Send receipt of payment to: 08125656288 (Adawumi).

SEPT. 25-28, 2025. **Lagos.**

Payment Deadline: 10th of September, 2025.

Registration link: <https://forms.gle/xQp8ZFbqr8DeQGac9>

September is

BLOOD CANCER

AWARENESS MONTH

RIDDLES

1. I have a crown but never wear a hat, I help you chew and crunch on that. What am I?
2. I carry your body like a frame, Without me you'd be quite lame. What am I?