TMB-INSIGHT 2018 MAGAZINE

"If you wish to see a beautiful life, then DON'T see with your eyes, but rather with your mind. Whatever the eyes see is deceptive, but whatever the mind portrays is incentive"
TMB

HOW TO LIVE A POSITIVE AND SUCCESSFUL LIFE

BEYOND ACADEMIC EXCELLENCE

HOW TO CONTROL YOUR ANGER

A CHILD WITH MORALS

EDUCATION AND THE WORLD TODAY

THE FAULTS IN OUR STARS

HOW TO BECOME PRODUCTIVE AND SUCCESSFUL



THE MIND BUILDERS

The Mind BUILDERS

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ABOUT THE MIND BUILDERS

The Mind Builders is the brainchild of Yusuff Ademola Adesina. The team is headed by two prolific icons (Mr. Rasaq Shittu and Mr Tanimola Sherif) whose experience and supportive attitudes contribute immensely to the progress of the team. The Mind Builders consist of passionate and dedicated members who are university graduates and undergraduates studying in different fields of education, whose primary aim is to become creative, innovative and productive, and contribute to the growth of the society.

MISSION

The Mind Builders as a team aims to provide quality self-empowerment, development and actualization services and educational talks for everyone around the globe. The team's mission is to be a catalyst for building minds for a better tomorrow.

AIM AND OBJECTIVES

Members of The Mind Builders aim to:

1. Enjoin what is right and forbid what is wrong through educational programs and write-ups.
2. Instil motivation for self-empowerment and development.
3. Empower people with self-actualization knowledge.
4. Facilitate development of ideal personality.
5. Provide basic Islamic moral teachings.
6. Contribute to the growth of the society and humanity.

METHOD OF PROPAGATION

The Mind Builders' activities are basically carried out online. We hope to achieve our aims and objectives by providing online articles or write-ups on self-empowerment, development and actualization, guidance, ideal personality development and basic Islamic moral teachings. We hope on a long run, to organize online seminars, conferences, visit schools and colleges in order to get our services rendered to people who do not have the opportunity to follow our online services.

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"Adorn your inner-self with positive self-talk; speak positively to yourself that you are fantastic and you deserve marvellous things; that you are gifted and you can accomplish your aims, for this positive self-talk fills your mind with high self-esteem and motivation which are needed for being productive and successful"

Yusuff Ademola

"We as individuals need not to be economical with the truth again, that irrespective of the cause of any terrorist organisation, what keeps them in place is technology, now are we to scrap technology so as to win the war over terrorism? No, it is not possible, and never can it be. So, from my perspective as a writer, terrorism can never be curbed but the only unending solution it could attain is reducing it to the minimum bearable."

Malik Ademola

FOUNDER'S SPEECH

I feel exceptionally blessed and fortunate to write this speech. My profound gratitude and appreciation goes to Allah, by whose Favour all good things begin. A special thanks to the members of THE MIND BUILDERS – they are the foundation and pillar holding the team, without whose support and commitment, the team would not exist. Similarly, my appreciation goes to all our followers on social media and blog viewers. Thank you all for your time and support.

It is two years ago now that we launched THE MIND BUILDERS. It was all like a play! I could remember vividly that very cold night, I wanted to sleep but my worries would not allow me. I was so carried away in the thoughts of adding values to the society. I was worried about the situation of the youths in the society because I had found out that there are lots of great minds who are only in need of support and guidance to reach the peak of excellence. Similarly, there are numerous people who have lost their value, confidence and self-esteem to achieve the greatness they aspire. Then, I realized there is need for transformation and real change in our present society, and that very change rests on the shoulders of us youth. I believe together we can initiate the change we aspire. This was how THE MIND BUILDERS came into existence. We reasoned and deliberated together and our vision was set. The team is keen on breeding innovative, creative and productive minds with the belief that a better tomorrow starts with a thoughtful mind.

Having set our vision and mission, we created a blog and recruited passionate volunteers who write motivating, empowering, perspective changing and stimulating articles and poems. In less than a year of operation, we extended our voluntary services to organizing annual E-Seminar.

We held our first online seminar in August, 2017 on the title 'THE ART AND ACT OF WRITING' with 189 Participants from Nigeria and 7 international participants from India, Saudi Arabia, Pakistan and United Kingdom. As at the time of writing this speech, the statistics on our blog display 2462 viewers from Nigeria, 1008 from Russia, 637 from Kenya, 566 from United States and 76 from Germany as the top five countries visiting our blog. This is wonderful!

Proceeding with the annual online seminar, this year (2018), we will be hosting a 2-day e-seminar on PERSONAL DEVELOPMENT, focusing on PUBLIC SPEAKING AND SELF-EMPOWERMENT. In addition to this, we published our first electronic magazine titled "TMB INSIGHTS MAGAZINE". This is a feat that we could only achieve by the Help and

Mercy of Allah (Almighty God), by whose Favour all good things begin and are accomplished.

Although a journey of a thousand miles begins with one step, we have begun our voluntary humanitarian journey and we hope and pray that you will be there to continuously support, partake and be inspired to be the positive change we so dearly need in the world today.

Lastly, it is not sufficient enough to restrict our magazine to electronic format. We would appreciate your kind gesture and financial support as we plan to print and launch this magazine and the upcoming issues (editions) in the nearest future and as we plan to launch a foundation team that visit schools and colleges to inspire the young minds.

Yusuff Ademola Adesina
Founder/Executive Director,
The Mind Builders



MEET THE TEAM

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- Rasaq Oluwafisayo Shittu
- Tanimola, Sherif Olanrewaju

OUR ONLINE SEMINAR FACILITATORS
- Abolore Kazeem
- Yusuf Owolabi
- Yusuf Jimoh Aweda

TEAM MEMBERS
- Yusuff Ademola Adesina
- Nida Usman
- Kolade Malik Ademola
- Mubaraq Abdulwahab
- Abdullahi Munirah Oyiza
- Odewale Hikmah Olayinka
- Miftaudeen Jamiu Olanrewaju
- Sulaiman Tunde Sulaiman
- Olalere, Yusuf Asamu
- Akintunde Sodiq Ayomide
- Azeez Bolaji Quadri
- Amole Sodiq

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OUR TEAM HEADS



RASAQ OLUWAFISAYO SHITTU

Rasaq Oluwafisayo Shittu, whose specialization is Geology, is a former Head of School of Attawheed Schools, Ilawe Road, Ado-Ekiti. He presented students who represented Ekiti state in various national competitions. The success story that brought him to the limelight is not farfetched. His former school won the first two editions of MUSWEN (Muslim Ummah of South Western Nigeria) essay competition in 2010 and 2011. His commitment actually necessitated his invitation by the Board of Directors of Al-Hijrah College, Idi-Ishin Ibadan as Vice Principal, Admin and subsequently the Acting Head of School.

He is also a pioneering Head of Caliphs Schools, Akobo Ibadan and later the Assistant Academic Head of Mimbar Children School, Bodija Ibadan. He is now entrusted with the Monitoring and Evaluation across departments of I-Scholars International Academy, Gwarinpa Abuja by the Board of Directors, having distinguished himself as the Head of the Primary Section and later Junior Secondary Section of the same school for the past sessions.



TANIMOLA, SHERIF OLANREWAJU

Tanimola Sherif Olanrewaju is a graduate of Islamic Studies from University of Ilorin. He obtained a National Diploma in Public Administration at Kwara State Polytechnic, Ilorin. Apparently not satisfied with his then skill set, he underwent trainings in leadership and communication skills as well as sexuality and reproductive health (SRH) at the Development Research and Action Network (DRANET), Shomolu Lagos.

He took a course with the International Project Management Professionals (IPMP) where he became a Certified Project Manager (CPM) in 2015. In recognition of his outstanding contributions to project management, he was honoured as a Certified Project Director (CPD), also 2015.

He served as the Head of Department, Al-Qalam Academy for two years (2016-2018) where he is currently the Head of School. Elatedly, he is presently undergoing a Degree course in Psychology at the Prestigious International Open University (IOU), Gambia.

OUR ONLINE SEMINAR FACILITATORS



ABOLORE KAZEEM

Abolore Kazeem is an International Bestselling Author on Amazon. He is also seasoned and innovative teacher, creative writer, personal effectiveness strategist and the creator, 30 Days Writing Challenge. As a teacher, he has taught at all levels of education but Higher Institution which is his ultimate goal. His book, Write to Stardom became the #1 Best Selling book on Amazon within 48hours of publication. He is a regular contributor to opinions.ng and a ranked moderator on hotproforum.com. He has written many articles that were featured in magazines. His writing is centred on personal effectiveness, innovative teaching and creative writing. He had helped would-be writers through his writing and particularly his 30 Days Writing Challenge to go from having nothing to write to having more than enough to write. When he is not teaching, he is either reading or writing.



YUSUF JIMOH AWEDA

Yusuf Jimoh Aweda is a Network Engineer, System Support Administrator & Analyst, Blog Developer, Web Developer and .NET Programmer at The Icecool Contracts. Victoria Island Lagos Nigeria and Anerley Court, Anerley Park London, the United Kingdom. He is also a Technology Editor and Cartoonist at The Renaissance NG accessible at http://therenaissanceng.com. Despite the foregoing portfolios, Mr. Yusuf is also an on-Air Personality and Creative Writer. He is a recipient of several awards, both local and international. Among his awards are the following:

Nominee, Best Use of Technology, Nigeria Future Award 2009

Member, the 160 most brightest and talented young people in Nigeria, the Nigeria Future Award 2009

Winner of the Innovator of the Year, Under 30 Achievers Award, 2014. He is also a certified professional in the following;

Microsoft Certified Professional (MCP), Microsoft Certified Technology Specialist (Active Directory, Network Infrastructure (MCITP), NCAA Win XP Professional Certified, NCSA PC Basic Certified.

Mr. Yusuf studied Physics and Electronics, Department Of Physics, the University of Lagos, Lagos. Software Developer and programmer, Ibaadah Kit App on google play. Developer/Programmer of the renowned Nigerian made text to speech converter, listed in the Future Africa Award 2013, Award Price in Educational App. Talking Text (www.talkingtext.com.ng). Now on www.gigahertztechnologies.blogspot.com. Mr. Yusuf is the developer of "fiqh forum Nigeria mobile app", the first Nigeria Islamic app on both android (google play) and blackberry app world. Developer of World News Monitor, Dawah Kit.. Both on Google Play too. Television and radio presenter, educational videos have been seen in at least 18 countries in the world, including USA, Canada and Great Britain. He runs an internationally illustrious Islamic Image Dawah Platform. Accessible at www.dpislam.blogspot.com. He is also the director, Center for Human Rectitude.



YUSUF OWOLABI

Yusuf Owolabi is the brain behind the fast growing specialized educational consulting outfit in Nigeria popularly known as The Penmanship Academy. This organization is the first handwriting training centre in Nigeria. It focuses on training and coaching children, adults and educators on how to develop neat, beautiful and legible handwriting style, creative writing and artistic skills. The Pen master, as he is fondly called by many in the education space has taken his penmanship coaching to over 10 states in Nigeria; Katsina, Kano, Rivers, Osun, Ogun, Oyo, Abuja, Ondo, Kaduna, Lagos, Kwara, Anambra and some other cities too. He has been a language instructor (Yoruba & English) for over 13 years of teaching experience. He has taught kids and teens at the nursery, elementary and college level, both in schools and at homes. Coach Yusuf is one of the few online influencers in the education space in Nigeria, championing the campaign of promoting excellent writing and art skills in our society.

He started the initiative of coaching teachers in Nigeria on techniques of teaching handwriting skills to children since 2013 up till date. He has organized many handwriting success programs for children to build their self-esteem, self-confidence and their writing skills. Yusuf Owolabi is also the founder of Royal Discovery Library & Yusuf Owolabi Foundation. He is married to Khadijah and they are both happily living in Ikorodu, Lagos.

OUR MEMBERS



YUSUFF ADEMOLA ADESINA

Yusuff Ademola Adesina is a native of the wonderful city of Ibadan. He is a developing writer, motivator and humanitarian. He loves reading, writing, lecturing and blogging. Yusuff holds a Bachelor's Degree in Psychology and Counselling from the International Open University, Gambia. He has keen interest in the field of Addiction and Psychotherapy. As a Researcher, his first comprehensive research work titled, The Effect of Religiosity on Prevalence of Behavioural Addiction under the surpverison of Professor G. Hussein Rassool (Mauritius) and Dr Sharif Ashade (Malaysia) was published on academia.edu in 2017. He has further published another research titled, The Effect of Marital Satisfaction on Divorce Rate.

Presently, Yusuff is a student Doctor of Optometry at the College of Health Science, Bayero University Kano. He is the Founder and Executive Director of The Mind Builders and Al-Furqan Research Consult. He is a freelance writer for Aspiring Counsellors Club, a member of the Eminent Scholars, a member of Writers' Forum MSSN Bayero University, and writer for Association of Muslim Health Students, Aminu Kano Teaching Hospital.

His first article was published on www.moderghana.com in 2014. Subsequently, his articles have been published on numerous websites and magazines. Yusuff is a passionate lover of Football and Lawn Tennis.



AKINTUNDE SODIQ AYOMIDE

Akintunde Sodiq is a 400 level student of Veterinary Medicine at the Premier University of Ibadan. He has keen interest in contributing to the growth and betterment of society. He is a passionate member of The Mind Builders.



OLALERE, YUSUF ASAMU

Yusuf Asamu is a final year law student from the Premier University of Ibadan. He has received many awards and recognitions from both Nigeria and abroad. He was jointly awarded with three others the Advisory Centre on WTO Law prize for Excellent Team Performance at the European Law Students Association Moot held in Nairobi, Kenya last year. Yusuf was a finalist at the Simmons Cooper Advocacy Development Competition organized by a Law firm chaired by Professor Yemi Osinbanjo (Vice President of Nigeria). He was the winner of the Maiden edition of the S.T Hon's National Advocacy Cup and first runner-up of National Association of Students National Oratory Competition held in 2018.

He is a recipient of the Dean of Law Roll of Honours and the University of Ibadan Roll of Honours till date. These are few of his achievements among others.

Yusuf has distinguished himself nationally and internationally as a student mooter and advocate. This earned him the title; Legal Beast in the year 2018.

He was also part of Team UI at the International Moot Court Competition organized by Oxford University. He is a Research assistant and Attorney General at the Faculty of Law, University of Ibadan. He has a keen interest in the growth of the humanity and has worked voluntarily with numerous organizations contributing to the betterment of the youth and the nation as a whole.

He has passion to influence youth minds positively for greater tomorrow and uphold ethics.

He is a keen lover of Table Tennis and enjoys meeting persons of like minds.

Yusuf is the Programme Director of The Mind Builders who works passionately for the progress of the team and gears the members towards accomplishing the team's aims.

NIDA USMAN



Nida hails from Indian Subcontinent yet resides in Jeddah, Saudi Arabia as a non-resident Indian (NRI). She holds a Bachelor's Degree in Psychology from the prestigious International Open University, Gambia. She has had some cultural exposure in countries like India, China, Malaysia, Kuwait, Qatar, Bahrain, UAE and KSA. She is a proficient writer and fluent in English and Urdu. She loves reading self-help books and personality enhancing articles.

Nida is a volunteer admin of Sisters' Community Services in Jeddah. She helps organizes events, gives presentation for the sisters committee and Saturday Youth Club. She emphatically assists mentally ill patients deal with coping stigma with her resourceful, amassed knowledge and avid research on the mental health field under the supervision of Asma Muller, Human Khan and Professor G. H. Rassool. She is editor-in-chief of The Mind Builders and administrator of N.A.A.S.A (North American Schizophrenic Alliance) along with Allen Halsey and Steven Swart. She writes creative, fictional stories in her spare time.



KOLADE MALIK ADEMOLA

Kolade Malik Ademola [broken mirror] is a poet, writer, freelancer and currently a final year student of Electrical Engineering at The Polytechnic Ibadan. He is a campus journalist, and currently the Chairman of The Press Council, The Polytechnic Ibadan. He was two times runner-up of the Bridget Poirson Poetry Contest and top ten finalists of the Albert Jungers Poetry Prize. If he is not found reading or writing, then he is in his cubicle watching movies. He has several poems, stories and articles on his blog – www.malikademola.blogspot.com



ABDULLAHI MUNIRAH OYIZA

Abduallhi Munirah Oyiza is a final year student from Faculty of Agriculture Science, Department of Agric Economics and Farm Management, University of Ilorin. She portrays an altruistic personality for humanity and has flair in writing. She is a practising Muslimah, a developing photographer and blogger.



MUBARAQ ABDULWAHAB

Mubaraq is a graduate of Crop/Soil Science from the Prestigious Usmanu Dan Fodiyo University Sokoto, Nigeria. He is a passionate writer who writes on personal development, inspiration, agrotechnology and poems. He hails from Ilorin, Kwara State, Nigeria.



ODEWALE HIKMAH OLAYINKA

Odewale Hikmah holds a Diploma Certificate in Geological Technology from The Federal Polytechnic Ede. She loves reading and listening to inspirational and motivational talks. She has zeal for personal development and empowerment which geared her passion towards writing inspirational, motivational as well as Islamic articles. She is a volunteer at Al-Hijab Initiative and a member of The Mind Builders.



MIFTAUDEEN JAMIU OLANREWAJU

Miftaudeen Jamiu is a final year student of the prestigious University of Ilorin studying Agriculture Science. He is the CEO of MJ store and a member of The Mind Builders.



SULAIMAN TUNDE SULAIMAN

Sulaiman Tunde is a graduate of Comparative Religious from the University of Ilorin. He hails from Ibadan, Oyo state. He loves writing poems, novels, playing scrabble and meeting great minds.



AMOLE SODIQ

Amole Sodiq is a student of The Federal Polytechnic, Ado Ekiti, Ekiti State to studying Computer Science. He loves Blogging and Graphics designing. He is the founder and Admin of UPDATE24/7 Vibes blog, and erves as IT personnel at The Mind Builders.



AZEEZ BOLAJI QUADRI

Bolaji is a native of the city of Ibadan, Oyo State. He is a Graphic designer, Engineer, a system analyst and a developing web designer. He final year student studying Computer Science in the Gateway ICT Polytechnic Saapade.

He is currently the General Secretary of Nigeria Association of Computer Science Students (NACOSS) Gateway Chapter.

He directs a self-owned technology organisation named “Edge Technologies” which is yet to be registered with the Corporate Affairs Commission. Bolaji is the hand behind the design of this beautiful magazine, he is also engaged in a partnership business with HS Market-Hub and Codecraft Academy.

BEYOND ACADEMIC EXCELLENCE

By Kolade Malik Ademola

I got to ask a group of students what success is, and behold, I was astounded by their responses; the book types replied, having excellent or outstanding academic grades, while the bling bling types replied, using iPhone 7, driving a Jaguar, and living in a mansion. Weren't they right? Of course they'd defined success base on their exposures. Should we hold them accountable for that? No, there's only need to change their orientation. What orientation?



In real conception, success goes beyond having academic grades or possessing the luxuries you desire to live an affluent live, but success as possession of luxuries isn't the topic for discussion today.

In a broader perspective, (success lies) beyond academic excellence, but apparently these days, the procreative minds of individuals have been tainted with the conjecture that all around academic excellence is where success lies comfortably, but could they be right with this perception? In the contemporary world of today, the modern world has been bestowed with plethora of lucrative and prospective careers which may bring about immediate success which only those with good academic grades have a non-disjunction access to it. Paradoxically, these careers are built as a place for increasing tolerance, conflict, inter-personal and skills will overcome the burden, thrive and flourish, not only that they'll be successful but they'll also be able to manage the success. Ironically, the education system of our time do not focus on this phenomenon, but rather it has been concentrated on only achieving academic and professional skills which may of course be beneficial momentarily. How do we incorporate this into the system again? Then students as individuals need to expunge their minds from the misconception and get involved in the activities which will stimulate these skills in them. What activities? Psychological survey has shown that people who partake in extra-curricular activities - tend to be more successful than those who don't.

What impact do these activities have on them? Foremost, it enhances their time management, decision making, and enables them to be multi-tasking. Also these activities will breed essential (personal) life skills comprising of cognitive, psychometric ability relating to intelligence of individuals, and inter-personal relations which help to develop physiological, psychological and social competencies. These skills in addition to academic and professional skills, lead to outstanding development of individuals' personality. In conclusion, "academic excellence may help you get into a career but life-skills help you make success of that career and manage personal success better" - V Pradeep Kumar.

5 Simple Ways to Become Productive and Successful

By Yusuff Ademola A.

Virtually everyone is most concerned about success. However, not everyone can succeed except those who know the secrets behind success! The ponderous contributor to success is nothing but PRODUCTIVITY. This is the reason numerous writers and readers are obsessed with the topic 'Productivity'. In this digital age, staying on task and avoiding distraction have become harder to accomplish. Therefore, it is essential that you get a guide towards achieving productivity in your everyday tasks. Here are 5 simple ways to become more productive and successful:



1. **Focus on yourself in the morning:** Many people begin their day by checking their emails and other social accounts. Be careful of this, perhaps it is a big productivity killer. Start your day with spiritually productive activities –if you are a Muslim, observe the Fajr Prayer and recite the morning Sunnah adhkaar; these are true stress relievers and energy boosters which never fail to make you feel blessed every morning. Do all other needful and get ready for the day work. You may also make a short to-do list. This will ensure you have got the necessary fuel for a productive day.
2. **Tackle your most challenging tasks before lunch:** Everyone knows that brain stays fresh in the morning hours. So, you should knock out your most challenging tasks in these hours. You may schedule all meetings and less difficult tasks in the afternoon. This is a means to create a new and more productive way to manage your time.
3. **Take more breaks:** Give yourself a moment to refresh after long hours of work. Take a walk, grab some snacks or take a rest. This helps you to recharge and get ready for greater efficiency.
4. **Stop multi-tasking:** Get things done more effectively and efficiently by focusing on one task at a time. A research finding shows that changing tasks more than 10 times a day drops your IQ an average of 10 points!
5. **Finally, use social media and emails to your advantage:** Over use of facebook, WhatsApp, mailbox et al are productivity killers and usually constitute distractions from productive tasks. Don't fall into this trap.

HOW TO LIVE A POSITIVE AND SUCCESSFUL LIFE

By Hikmah Odewale

If human opinion is of first importance in every of your attempt, I doubt if you would ever make a progress. Have it in mind that people will always have their views from different angles irrespective of what you do. They will always have a say, come what may, you can never please everyone.

More reason I would like to advise you not to live your life to please people, if you want to live a positive and successful life, most a time people will take you for granted, making several attempts to manipulate and plan your life for you. In the end, they sympathize with you due to the result of their efforts or worse still leave you to your fate and yet take the blame on you. You ever heard of self-slavery? This is exactly what happens when all your efforts are always seated on people's interests, you end up hurting yourself and worst of all go against Allah's will at some instances.



Often times, we forget that what we need is different from what we want, while trying to please the world we chase what we want while forgetting what we need. We focus on those ahead and neglecting those behind; we kept counting our failures while overlooking our blessings and achievements. No wonder we are yet to take a step forward.

The Almighty gave you legs that are perfectly fine, yet you lament and blame him for not providing you with a car which could probably be a shortcut to your grave! Do you know how many people out there in a car who would wish to walk on their feet freely and perfectly than you do, but then, He deprived them of that favour. Be thankful and take a glance back. We spend our life thinking about what people will say and in the end they sure will say 'إناللهوانااليهراجعون'

After all, what is the essence? Why not live to please Allah and fulfil your desires? Remember you only have this one life to live, if it is worth living at all, do live it well. Once this life is gone, it's gone! Just like the day before, it can never be recovered no matter what and guess what? Your...in this world determines your fate in the life to come. Fortunately, and unfortunately, you would be responsible for your own actions. If you would be requested to go get your reward from the one for whose sake you did yours. Surely, what favour would a prisoner on prosecution render a prime suspect? Everyone will have his own cross to bear.

Actually, we long for what other people have, we ponder on their lifestyle and comfort ability and we be like 'Oh! How I wish '. But, do you know that you shouldn't wish for less than Allah has in stock for you. Just maybe what you were longing after could cause you to fall in a deep pit filled with misery and regrets. Surely, Allah is the best of planners and be sure to believe in His plans for you for He has said 'that you may wish for something but which is bad for you and you could detest something but which is good for you. Everyone has his own destiny destined in such a way that especially suits him.

There we go, biting more than we can chew all in the name of pleasing the world's interest.

May the Almighty ease our hurdles and set our affairs in order, make His Deen the easiest for us and His will our command.

THE VALUE OF POSITIVE SELF-ESTEEM

By Munirah Abdullah

Our self-esteem is instilled in us during our youth. Being constantly criticized by family, friends, and society tends to slowly strip us of our feelings of self-worth. Our low self-esteem strips us of our self-confidence to make even the smallest of decisions.

Improving our self-esteem increases our confidence and it is the first step towards finding happiness and a better life.



Self-esteem is known as an attitude toward the self and is similar to a judgment of oneself. It means to reflect a person's overall evaluation or appraisal of his or her own strength and weaknesses.

Self-esteem encompasses beliefs and emotions. It is self-esteem that provokes the feelings of triumph, despair, pride and shame. The self-concept is what we think about the self. Self-esteem on the other hand, is the positive or negative evaluations of the self, is how we feel about it.

It is the quality (positive or negative) that renders something desirable or valuable, characterized by constructiveness or influence for the better. You yourself, as much as anybody in the entire universe, deserve your love and affection, this is the value of a positive self-esteem to one's self.

Self Esteem and Tawakkul (Reliance upon Allah)

Tawakkul means to depend sincerely in one's heart upon Allah Almighty, for bringing blessings and warding off harms, for this world and the hereafter.

As Muslims, we cannot talk about self-esteem without talking about tawakkul. Tawakkul is very important for self-esteem in Islam. Islam is the concept of one's absolute confidence and trust in Allah, believing and knowing that nothing can happen to us or hurt us unless it is by Will of Allah – The Almighty.

The Qur'aan addressed the Muslims specifically:

"[Then] when you have decided on a course of action, **put your trust in Allah**: Allah loves those who put their trust in Him. **If Allah helps you [believers], no one can overcome you. If he forsakes you, who else can help you?** Believers should put their trust in Allah. [Q3: 159-160]"

Again Allah says:

"Say: Only what Allah has decreed will happen to us. He is Our Master: let the believers put their trust in Allah. [Q9:51] "

Self-esteem plays an important role in self-identity. It can affect the dimensions of our whole life. Trust in Allah and self-esteem is shown in a beautiful Hadeeth Qudsi:

"Anas ibn Malik reported: The Messenger of Allah, peace and blessings be upon him, said: Allah the Exalted said: O son of Adam, if you call upon me and place your hope in me, I will forgive you without any reservation. O son of Adam, if you have sins piling up to the clouds and then ask for my forgiveness, I will forgive you without any reservation. O son of Adam, if you come to me with enough sins to fill the earth and you meet me without associating a partner with me, I will come to you with enough forgiveness to fill the earth."(Sunan At-Tirmidhi 3540, Grade: Sahih.)

Islam teaches us to maintain a state of balance in every aspect of our life. Neither should we think low of our self nor should we become arrogant in our life. Both arrogance and low self-esteem are considered two sides of the same coin; the coins of extremists, since both results from an imbalance in our life style as both are the extreme conditions. So we should develop a state of balance in our life have strong belief on the will of Allah.

How to Value a Positive Self-Esteem

Confidence

Self-confidence can be gained by making yourself comfortable in your life. You can follow few or more steps to develop self-esteem and be confident in your life without being arrogant.

1. Dress Neatly

You should not be extravagant in your clothing, but rather you should dress in a way that makes you feel comfortable. Do not spend too much on your clothing, but buy selected clothes that you think will look good enough on you.

"Certainly He (Allah) likes not the extravagant." (Q7:31)

When you are comfortable in your clothes this will definitely develop a feeling of self-confidence which pave way for positive self-esteem you will feel good to meet people and value yourself before anyone does.

In short, your dressing depicts your personality. Surely when you are neat and tidy it will make it easy to picture the value of being positive self-esteem.

2. Inhale confidence and exhale doubt

As a human, do not be distracted by previous difficult experiences and past failures, because it spoils the little efforts you are putting together and make you look down on what you have achieved of success.

3. Controlling one's behaviour and actions

Controlling one's behaviour and actions is something that the Muslim can do and it is within his capabilities. Part of it is anger; human should have a positive self-esteem that he is able, with the help of his Lord, to rid himself of the evils and bad effects of anger and strive to mend his ways and discipline himself to adhere to the laws of Allah. This is something that is very easy indeed for the one who wants to achieve it, so long as he has a great deal of resolve to complete what he wants to achieve of disciplining himself and purifying his soul.

4. Be positive

Remove your Negative self-esteem; start from within; ignore any and all destructive criticism or insults, including any from your past. Your opinion of yourself is the most important opinion of all, because you know yourself better than anyone else. Many of us have been hurt by others at some time. It is crucial not to internalize that abuse and let them continue to hurt us, because that means the other person wins. If we let go of the past, ignore hurtful negativity and make ourselves happy, then we win.



5. Daily To Do

Create daily affirmations. Make a list of all the things you like about yourself and another for things you can work on. Thank Allaah for all He has done for you and start with small steps to gain confidence. Take small steps and make small choices to gain confidence in your ability to make a decision. Do not always try to please everyone. It is great to be considerate of others, but think before sacrificing your own needs to please them. Bending over backwards for strangers, mere acquaintances or people you do not trust may leave you with the short end of the stick. In short, do not allow yourself to be used.

6. Be your own person

Do not try to copy anyone else. You will be at your best when you are being yourself because of your uniqueness. Strive to be your best and do not criticize yourself if you fall short of your expectations.

7. Avoid negative people

People who have a negative attitude which may rub off on you are not good for you. If you are timid, loud and aggressive people are probably not good for you, and vice versa. Whatever you do, do not compare yourself to others. Just be the best that you can be.

8. Notice Your Progress

Keep track of what you achieve. To keep your motivation up, and to continue to grow your confidence, keep track of your achievements. Over time, you can see your abilities growing and your comfort zone expanding. If you write down your achievements you can tell yourself how much you have achieved in past and how you can struggle hard to achieve more. When you see this pattern repeating in different areas of your life – little steps gradually leading you to greater self-confidence, and greater achievements – it helps you to face new situations. It is important that you should not do this for boosting, these listings of your achievements should be just to bug up your positive self-esteem.

9. Learn to appreciate yourself

Do not try to copy anyone else. You will be at your best when you are being yourself because of your uniqueness. Strive to be your best and do not criticize yourself if you fall short of your expectations.

10. Reward

Reward yourself when you succeed. Treat yourself to something nice in the glow of your successes. Believe in yourself as a Muslim and others will also believe and trust in you. The best thing you can reward yourself with is an extra prostration (Sujūd) in front of your Lord.

INVENT YOUR BRAIN ON INNOVATION



By Miftaudeen Jamiu

Invent your brain on innovation actually refers to the using of our brain on what others could not do, think about what can risk your dignity, think outside the box when people think is abnormal. Think about innovative ideas that people will beg for it in the future for investment. Make lots of experiments, mistake and have funs. Think about what can save you from a recessive life to inflated ones. This reminds me of a quote by Mary Lou Cook which states that:

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes and having funs."

Sometimes, easy means difficulty. Have you ever been assigned an easy task which, for you is actually difficult to perform and may be nobody else? And that is when you experience frustration. I have experienced that when I was learning how to read Quran, it is really difficult because I was taught to breath in some ways which I have never done in my life – of course, that is the secret of a good Quran reader. It is similar to what happens when a boss comes to a meeting and tells you to think innovatively. Come on give me your creative and innovative ideas...think out of the box. I want to hear that... I need innovation. Easy, simple, but actually hard to do .You need to practice .You need to know how to get out of the box, where to go, and how to come back inside the box because that is where we live. We actually live inside the box. So I want to ask these questions as I asked myself. This presentation is a little journey answer; I hope that some of it will resonate with yours.

The first thing is to ask is "WHY". Why should we think innovatively, WHY should we invent our brain on innovation? But we feel safe inside the box! We agree with everybody else. And when we go out, we risk our reputation. We work so hard for a lifetime to build it up, why should we risk it? Is it something which is a luxury, that only few people can do, or is it really a necessity? **Why?** We are really part of a network. We are nodes in a network. We share information in a real time. And at the end, we all possess the same information. That is the end of it and that is a scary thought. If we all possess that same information, what makes a difference between us? Where does our dignity in human beings lie? It really depends on what we generate with that common shared information. It is to think creatively or innovatively, to go out of the box, is not a luxury. It is a necessity for us and for our dignity as human beings.

So WHICH INNOVATION are we talking about? We must have a clear definition, so that we are really talking about something specific. It is not our mind, we cannot think out of our minds. It is a boundary within our minds. The boundary between what we know, and what we have not still or yet thought

about. What is our mind? What is our knowledge structure? It is an emergence out of the complex mechanism, which is **the BRAIN**. We start with initial conditions, our genetic heritage. We have boundary conditions, **THE ENVIRONMENT**. We have indirect experience, years and years in school and university to learn what other people have thought, what other people have discovered what other people have created. Then we have our own direct experience, our success, and our failures that really make what we are. All of this builds the anthills which we live very well in. And whatever we think inside that anthill, that box, we feel safe. Whatever is outside, it is invisible to us. We do not know what is outside the box. That is why it is so risky, because nobody else knows. And so we are faced with something which is necessary to our dignity, but actually it difficult to do.

HOW do we bring innovation in? How do we do that? What are the mechanisms? Do we need an apple to fall on our heads, or are there some specific techniques? Well, reality is out there for us to perceive it. It is beautiful, you see the flowers. We have a lot of ideas **which is our convergent information, the dominant ideas**. Whenever we need to think about an area, a focused area, we have ideas on how things should be. We have requirements, we have specifications. We know how things are, because that the way they always have been. But if we want to go out of the box, we need to add something more little spice, something which goes the convergent information. Something wrong; absurd which apparently not significant – something which take us far. This is what we call **divergent information**. We need a little bit of that divergent information to cross the border within our minds (to think extensively), from what we know to what we have not yet thought about. This is the essential mechanism that is necessary, and it takes us to a place where we do not really know where to go. We are suspended. It is like the middle game in chess. Where do you go once you are out the box? You have no preset direction. It is a really a potential situation that brings us to a feeling that we should immediately go back (that stop us thinking innovatively). This does not make any sense. Let us go back to safe place. Let us go back inside the box. That is a temptation we need to resist, we need to value long thinking. Normally we talk about brilliant, fast and deep thinking but here we are talking about something different, **long thinking**. What does that mean? It is some thoughts that take us far. It is as if you are reading a poem, you do not judge the writer notes. It is the ensembles that give you a feeling and take you far. We must do the same thing with our concepts. We need to go far which we can use association of ideas, compilation of ideas, and extraction of principles and application of those principles to area where they were never applied before. We need to be open minded, fluent, look for alternatives and not for the correct answers. Because when you think creatively or innovatively, there is no single correct answer. Suppose now that we are lucky, we land upon a new idea in our travel of innovation and creativity. **What is the value of that?**

What is the value of the new idea? How do we assess the value of a new idea? It is very difficult if it is really new, because you have never seen that before. It is as if you land on a new planet, totally undiscovered territory. It is difficult to value the new idea because we do not feel entitled to be inventors. **Continue Reading**

The question comes into your brain: who am I to be the generator of new ideas? These are all natural mechanisms with which we kill with our own ideas. We have to resist that and we have to look for the match between the new idea and our initial drive, our initial focus or evaluate the idea for its own value. And maybe that is something that solves another problem which is not yours, there comes the innovation, ideas and its application. Serendipity happens all the times. We just need to have the eye to see that, to notice the difference. But we are social animals, so think innovatively, bring new ideas is going to challenge that environment.

So when is it a good idea to challenge everybody around you in your working environment? You have a boss and you do not really want to upset him or her. When is it a good idea to think innovatively (think out of the box)? First of all, if the environment punishes mistakes, you will never be really tempted to go out of the box. You will remain safely in a known environment. If you want to stimulate an environment which is creative, you need to allow the existence of divergent information, allow irrelevant information to come and mix and match different

principles. You will have to also use metaphor in the organization. Only in that case, you will allow the environment to be really prone to the generation of new ideas.

So I will like to move to an EXPERIMENT. Let us say I want to bring about an idea on how I can produce a chemical which acts as a fertilizer, herbicide and insecticide all at the same time. The idea would look abnormal to a chemist or a farmer in the sense that how is it going to happen. All I have to do is to get some herbicide, insecticide and fertilizer sample for an experiment, and then I will have to bring a formulation which will match my idea and will not negatively affect the plant nor the soil or some of the beneficial organisms in the soil. The outcome that might happen is either loss or gain my reputation depending on the result: negative or positive. If it is positive, then I become an inventory and my life changes. Let us talk about some inventors which have made it in the path of innovation. A good example is Mark Zukerberg, 23(Facebook founder 2004).

Finally, I will like **to encourage you – my dear readers** – to stop complaining about the government, parents, leaders who have not satisfied you fully to your expectation. It is high time you sat down and think about your own future whereby we are more in need of innovations. Take a look at yourself , you feel tired of using outdated phone and you have brought up an updated innovation, we always want to wear designers shoes, clothes and many more but we have never thought of making just one designer slippers. It is high time we geared up to raise our reputation and wake up from our "sleeping brain", it is time for innovation and investment, time to stop learning corruption but also learning how to get out the box. There will come a time where our money will not be able to buy again but only our brain will be able to assess the market with what we use it for. It will be time when we will only beg for living with our new ideas. **I wish us all a good and innovative future. Thanks for reading**



How to Alleviate the Problem of Drug-Use among Youth

Yusuff Ademola A.

Addiction is an essential concept that serves an important role in explaining why people act in ways which may ultimately cause harm to themselves or others. It is a concept that causes serious damage to the self, families, relationships, schools, workplaces and neighbourhoods. Research studies have shown that the risk of substance-use peaks in adolescence.

A study reports that 13% of 12-17 years old studied reported to have used marijuana, 9.3% used an illegal substance other than marijuana, and about 32% used one of the most widely abused substances, alcohol. The numbers increased dramatically when 18-25 years old were asked, with about 24% having used marijuana, 13% having used an illicit drug other than marijuana, and 75% having used alcohol.

In addition, for generations, public health policies and programs in the United States have attempted to prevent young people from using tobacco products. Laws prohibiting the sale of tobacco products to minors appeared in New Jersey and Washington as early as 1883, in Nebraska in 1885, and in Maryland in 1886. When the health consequences of cigarette smoking became well established in the middle of the twentieth century, the need to prevent youth and young adults from becoming addicted to tobacco products gained a new importance.



Hence, it is integral that how to deal with the problem of drug use among youth is discussed.

To start with, a report shows that nearly 44million adults smoke cigarettes, more than 80% started smoking before the age of 18 and 90million non-smokers are exposed to second-hand smoke. It has been reported that youth who start using drugs are more likely to have longer term drug problems. Therefore, the first measure in dealing with drug is prevention from use. The National Institute on Drug Abuse (NIDA) states that prevention programs are highly effective. One of the ways to prevent drug use is to increase awareness. Orientation programs to educate the youth about the fact and reality of drug use should be organized by schools, community and government organizations with the involvement of the youth's parents. It has been asserted that effective use of public relations and engaging parents can reduce addiction among youth.

As reported in the US, one of the biggest challenges American youth face with teen substance use is not their vulnerability, but lack of awareness in the communities. Hence, parents and representatives from communities need to take active role in increasing awareness on drug use. Increasing understanding of Islam is another way to prevent drug use. Islam encourages self-care and it urges purification soul and striving to reach the peak at which one experiences tranquillity and peace through a disciplined life in obedience to Allah. Islam stops every wrongdoing that debases the soul from its root and commands the Muslims to maintain a middle path, and thereby giving no room to substance-use. Therefore, parents and elders in the community should target providing adequate and accurate formal Islamic education for the youth to let them fully understand that engagement in substance-use is exclusively prohibited in Islam. In addition, youth should be informed that drug use causes addiction which resorts from excessive use and that Islam prohibits all forms of excessiveness. With this, youth will comprehend that engaging in drug use constitute major sin, and thereby refrain. The Quran says:

"O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah, and diving arrows are but defilement from the work of Satan, so avoid it that you may be successful." (Q5:90)

To proceed, it is essential to also discuss how to deal with youth who have started using drugs. The foremost step is to address the problem of stigma, fear and denial. It is reported that drug use, addiction and mental health are stigmatized in most communities, which consequently make it difficult for the addicts to seek and receive treatment out of the fear of shame. It has a profound effect on drug users' lives and represents a significant barrier to recovery. Therefore, members of the community should eradicate stigmatization of the drug users and follow. Efforts need to be made to diminish inflated fears about users and help people to understand that drug users are not simply and solely 'to blame' for their condition.

In furtherance, rehabilitation and treatment facilities should be made available by the communities. Qualified and professional treatment providers should be employed. Drug users should be informed about the ill-effect of their behaviours and Islamic attitudes towards is it. Islam strongly warns against contributing to one's destruction (Q2:195) and prohibits killing oneself (Q4:29). An Islamic treatment program that can be adopted for drug use is the well-known Millati Islami. It is a 12-step sponsorship program for Muslim with addiction problems. It incorporates Islamic principles and has proven effective for Muslims seeking recovery.

Finally, adoption of Islamic Law is another way to deal with tobacco use. Users should be educated that substance-use constitutes a major sin in Islam. Abdullah ibn Umar reported in a Hadith that the prophet equates it to idolatry: "If a habitual drunkard dies, he will meet Allah like the one who worships idols." (Ahmad). Similarly, Shaykh Ibn Taymiyyah commented that:

"Whoever regards it (substance-use) lawful has become kafir (disbeliever). Herefore, persistent involvement of any member of the Muslim community after awareness could be subjected to Islamic punishment of substance-use. It is unanimously established that Shari'ah punishment for consuming intoxicants is 80lashes.

This could help to let the Muslim youth refrain from drug/alcohol use.

A review of the above discussion will lead to the conclusion that tobacco use is one of the most costly and deadly health threats in the world, and youth of nowadays are facing an ever-increasing number of dilemma among which is drug use. Hence, it is important that every member in community take responsibility towards prevention of drug use, for it is described as being appalling, despicable and hateful. In fact, it is considered as "the mother of all evils and atrocities".



The Cause and Solution to TERRORISM

By Kolade Malik

Over the years, technology has rendered to human, one of the greatest supports of living one could ever imagine, it made life easier and worthy of living, it solved the problems we never thought we had in ways we do not understand and none whatsoever of the things we enjoy now would not have existed without technology. Not only do we enjoy every benefit that technology has brought us, but we exploit it also. Consequently, the exploitation of technology led to what we can refer to in today's language as TERRORISM; which has posed and will continue to pose great threats to the security of the world if treated with an indifferent attitude.

We might not accede to this, but our entire way of life depends on electricity. So what would happen if it just stopped working? Well, like a switch turned off, the world will suddenly thrust back into the dark ages. Planes fall from the sky, hospitals shut down, and cars stop working, communication altered and life, back to what it once was long before the industrial revolution: no carbon monoxide contaminating the air, no depletion of Ozone layer by some gases, no weapons of mass destruction, no threat to life, and people living in quiet cul-de-sacs. When the sun set, lanterns and candles were lit, when the need for transportation arose, legs, donkeys, horses, and camels were used, when the need for communication surfaced, pony expresses were used, life was sweet then and also very slow.



Again, before the industrial revolution took place, many countries traded with political network, but after the era of industrialisation, many countries started having in possession, powerful weapons and massive steam boats, which aided them in their conquest of conquering other parts of the world. The industrial revolution brought along improvement in the standard of living of an individual as some economists stated, life became enjoyable and less stressful as the old ways of living has been replaced with new ones, so also the security being bridged and fear of being imperialised evolved among the less powerful nations.

By 2000s, the future of technology sounded so promising. Unprecedented advances in computing, robotics, artificial intelligence, genetics and biotechnology held the potential to radically transform our world for better and create abundance and sustainability for all. But the aggressive use of technology for information management, communication and intelligence has ignited terror activities which caused a great setback of the revolution. Technology has made perilous weapons to be readily available, and the ready availability of trained personnel to operate it for any client with sufficient cash allows the well-funded terrorist organisations to equal or exceed the sophistication of counter measures laid down.

Almost all the tidings that technology brought about has good and bad effects. One of the greatest of all is MEDIA. It sounds naïve that media is performing a very paramount role in proliferating terrorism, and it is not being noticed, how? Major media compete for ratings and also the subsequent revenue realised from the increase in the audience size and share has provided a platform for terrorists to increase the impact and violence of their actions having taken the advantage of the sensationalism. Terrorism now requires a greatly increased amount of violence or novelty to attract the attention it requires with which technology (MEDIA) has provided them the medium. It is no doubt we are at the dawn of an exponentially advancing technological arms race between people who are using it for good and those using it for bad. As stated that the battle to counter terrorism has started since the beginning of time, but what has changed in this pace of innovation? Nothing, as technology proliferates terrorism at an exponential pace and despite the adequate measure deduced, terrorism has grown unabated. We as individuals need not to be economical with the truth again, that irrespective of the cause of any terrorist organisation, what keeps them in place is technology, now are we to scrap technology so as to win the war over terrorism? No, it is not possible, and never can it be. So, from my perspective as a writer, terrorism can never be curbed but the only unending solution it could attain is reducing it to the minimum bearable.



Having Good Opinion of ALLAH

By Naila's Diary

Have you ever thought that you don't deserve Allah's Mercy? Did you ever mess up 'big time' and think that Allah will never forgive you? Have you ever stopped making du'a to Allah thinking that He will not accept it anyway? What really comes to your mind when you think of Allah? Do you think good of Him or otherwise?

Husn udh-dhann billah means having a good opinion of Allah. It refers to, being certain of receiving only good from Him, to have positive thoughts about Him, believing that He will deal with us in the best of ways.

Allah says, ***"I am as my servant thinks I am".*** *(Bukhari)*

That is, in order for us to expect something good from Allah we have to truly believe that He is Capable of giving us that good. Thinking well of Allah is a fundamental aspect of our worship. How can we worship Him the way He deserves to be worshipped when we are not aware of His Attributes or when we think that He is akin to the people around us?

One of the main causes of lacking *husn udh-dhann billah* is our comparing Allah and His Attributes to those of humans, wrongly assuming that Allah will not be good to us because we ignored Him; or that He is One who takes pleasure from our sufferings and will not listen to our pleas because we disobeyed Him (*na'udhubillah*); or that since we have indulged in the worst of sins, He will put us in the blazing hell-fire, wondering why will He even consider us for *Jannah* (Paradise) as there are so many pious people that already exist! All such thoughts indicate that we do not know who Allah actually is or how Just and Merciful He is.

In order to avoid all these negative thoughts, we need to study and know the Attributes of Allah. Allah is nothing like any of His creation. He is free of defect and deficiencies. His Promise is always true and He never forgets. Even the tiniest of our deeds does not escape His Attention. He is never too busy to ignore us. Neither drowsiness overtakes Him, nor sleep. He always remembers us no matter how many times we forget Him. We need to firmly believe that Allah answers our duas, forgives us and that He is enough for us. Count all your Blessings and ponder over your past, recounting all the moments that Allah never let you down.

This lack of education on our part helps *shaytaan* play with our minds and heart. This creates hopelessness in us and we begin to despair the Mercy of Allah.

I will share two great examples of this from the Sunnah of Prophet Muhammad (peace be upon him).

Example 1:

Prophet Muhammad (peace be upon him) set out of his home with Abu Bakr (may Allah be pleased with him) as his companion to migrate to Madeenah, while the Quraysh were conspiring against him. They hid in the cave of Thawr, and Abu Bakr (may Allah be pleased with him) said to him (peace be

upon him) "If one of them looks down at his feet he will see us." He (peace be upon him) said, "What do you think, O Abu Bakr, of two, the third of whom is Allah?"

This is an example of nothing but having a strong conviction that Allah is the Most Powerful and the One in control of everything. Allah mentions this historical event in the Quran:

"If you do not aid the Prophet – Allah has already aided him when those who disbelieved had driven him out [of Makkah] as one of two, when they were in the cave and he said to his companion, "Do not grieve; indeed Allah is with us." And Allah sent down his Tranquility upon him and supported him with angels you did not see and made the word of those who disbelieved the lowest, while the Word of Allah – that is the Highest. And Allah is exalted in Might and Wise." *(Quran, 9:40)*

Example 2:

Prophet Muhammad (peace be upon him) was having his mid-day sleep under a tree, with his sword hanging on one of the branches. A Bedouin suddenly came and took the Prophet's sword. **The Prophet (peace be upon him) woke up and the Bedouin asked him, "Who will protect you from me?" He (peace be upon him) replied, "Allah". The sword fell from the bedouin's hand and the Prophet (peace be upon him) took his sword.** (Bukhari)

Benefit of Having Good Opinion of Allah

It makes life **easy** and **productive**. When we have *husn udh-dhann billah,* we have a sense of peace and inner calm which pushes us to do good with the belief that Allah will reward us and grant us success.

Husn udh-dhann billah also increases our ***tawakkul*** (trust) where we do our best and then leave the result up to Allah. If we had a bad opinion of Allah (*soo'udhann billah*) then we wouldn't strive hard in life, nor would we wish to achieve anything because we would not expect anything good to happen to us.

We also need to keep in mind that good opinion has to be followed by good actions. We can't be mean to people or disobey Allah and then expect that He be kind to us.

"And whoever fears Allah – He will make for him a way out and will provide for him from where he does not expect. And whoever relies upon Allah – then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent". *(Quran, 65:2-3)*



1) Making *du'a* with Certainty

Making *du'a* is not only action of the lips but also includes the intention in one's heart. People may raise their hands in making *du'a* but may not be *sincere* in asking Allah. They either make their minds up that Allah is never going to answer, or they preoccupy their minds so much with worldly thoughts that making *dua* becomes merely a ritual.

*Prophet Muhammad (peace be upon him) said, "**Call upon Allah when you are certain of a response, and know that Allah does not accept any supplication from a heart that is unfocused and distracted."*** *(Tirmidhi)*

2) The Intention of Our Deeds

Performing deeds solely for Allah's Pleasure and having firm belief that Allah will accept them and reward us in the best way is another way of imbibing *husn udh-dhann billah*. Else, we would never attempt at anything good or we may easily give up half-way questioning ourselves, '*why bother when our actions are not bringing instant results or the way we want them to turn out?*'

3) Belief in Allah's Promise

Husn udh-dhann billah also refers to believing that Allah always keeps His Word and will Grant us all that He Promises. For instance, if He Promises ease with every hardship, then indeed we will have that ease. If Allah Promises us increase in our sustenance if we spend in His way, then we must have firm belief in that too.

4) Repenting & Seeking Forgiveness

Allah says, **"O My servants, you commit error night and day and I am there to Pardon your sins, so beg pardon from Me so that I should Grant you Pardon."** (Muslim)
This teaches us to sincerely repent and seek forgiveness from Allah with the hope that He will accept our repentance and forgive us. If we did not have this certainty in our hearts, then we will never seek forgiveness and perhaps will keep on sinning. Not expecting Allah to Forgive us or Grant us what we ask him is despairing of His Mercy and not believing in His Word.

5) Trials & Tribulations

The most crucial stage to have a good opinion of Allah is when calamity falls upon the believer. It is very easy to complain at that time, lose hope and be in the worst state of negativity. But a believer knows that trials occur only due to Allah's infinite Wisdom, and to purify and increase us in closeness to Him. We might not understand why we are suffering but being positive in those times will help us to accept Allah's Decree and make us realize that tests from Allah are in our best interest which we may comprehend only later.

The Prophets and Messengers of Allah had pinned all their hopes onto Allah, most especially when all odds were stacked against them. The fire was cooled for Prophet Ibrahim (peace be upon him), Prophet Yunus (peace be upon him) came out of the belly of a fish and Prophet Zakariya (peace be upon him) was blessed with a child even though he was old and his wife barren. Why? Because they knew that Allah would respond to their pleas and get them out of every situation no matter how impossible they seemed.

"Indeed, no one despairs of relief from Allah except the disbelieving people." *(Surah Yusuf: 87)*

6) At the Time of Death

Finally, we are encouraged to remember and remind others of Allah's Mercy & Forgiveness on our/their death beds so that when we leave this world, we are hopeful of meeting our Lord.

Three days before Prophet Muhammad (peace be upon him) passed away, he said:

"No one of you should die except thinking positively of Allah". *(Muslim)*

Husn udh-Dhann Billah and Positive Thinking

Having good opinion of Allah has one major byproduct – it makes us positive about life itself. This positive mindset will help us in keeping calm even during turbulences and help us get rid of pessimistic thoughts.

Having a positive outlook is the most important thing to bring ease in life especially when everything around us seems unbearable. It is the good belief that Allah is the Most Powerful, the Giver, our Savior & our Provider which will stop us from fearing people, and fear Allah instead. It will help us be consistent in our worship and teach us to ask from Allah alone rather than tiring ourselves in struggling to gaining acceptance from people. It frees us from the need of other human beings, and liberates us from following *shaytaan* and all those who follow him.

This positive thinking about Allah arises from our firm belief in *tawheed*. Knowing that Allah is one and alone, He doesn't have any partners who will help us. Allah is the most Merciful, Powerful, Forgiving, the best Planner & Controller of everything. He alone we should expect & ask from. If we truly recognize Allah's Majesty only then will we believe that He alone deserves this unshakable certainty.

You may wonder: What if you did not experience success even though you worked hard and had good opinion of Allah?

Well, remember that what seems like failure to us now will in fact bring only the best – even much better than what we had initially anticipated. It might be that Allah is saving us from something not in our knowledge. So we have to do our best in everything and accept His Divine Will that whatever we get is in our best interest, and be thankful to Allah.

"But perhaps you hate a thing and it is good for you; and perhaps you love a thing and it is bad for you. And Allah Knows, while you know not." *(Quran: 2:216)*



THE FAULT IN OUR STARS

By Kolade Malik

The tower of life; higher than our reach,
And the battle for survival is fierce,
That many lost, smouldered in the air,
Even before the inception of the duel for life.

Ignorantly, they had got along,
To birth generations of offspring,
But unconcerned of the peril that comes
As the foetus trudges to life

Now my world, no, our worlds are our antagonists
Without ammunitions, they fight us,
Depriving us of a little prosperous life,
That may be gone even before we arrive.

Our archenemy, they make,
The "illness" we brought not unto ourselves,
Cum their advocacy of a world free of us,
We live as a ghost that only make up a population.

What are imminent to them and us - love, family?
Are what they get with buoyancy?
But lecture us on the peril of tasting it,
To be something as grave as our "death"

Unless you raise placards above the chimney tops,
And your voices echo miles beyond the seas,
And your marches of awareness beat drums of survival,
A world free of us will be a reality that concentrates on illusory,

When the night is calm and restful
I'll sit it down and chat with it
And tell it how our world has treated us
And whisper to it ears, the fault in our stars.

Epilogue
This is a poem that focuses on the stigmatization faced by the patients of Sickle cell anaemia. They are rare people unlike everyone, battling to get a win from a war they didn't start. They need a voice to prevent others' pitfalls and raise them as well, above the shore of the mirage of life.



HOW TO CONTROL YOUR ANGER

By Yusuff Ademola

Anger is a normal, healthy emotion. It is neither good nor bad. It is a means of conveying a message, telling others that you have been wronged, threatened, oppressed…So, it is perfectly normal to feel angry. However, anger becomes a problem when you express in such a way that it harms yourself or others. Chronic explosive anger has serious consequences for your relationships, your health and your state of mind, and could impair your productivity level – thereby you become destructive and less successful due to your hot temper. For this reason, it is essential that you learn how to manage your anger.

1. Think before you speak: the easiest thing is saying something you would later regret in a heated situation. Take a few moments to gather your thoughts before uttering anything and allow others to involve.
2. Express your anger in a calm situation: once your thoughts are clear, express your frustration in an assertive manner. State your concerns clearly without hurting others.
3. Get some exercise: it has been proven that physical activity can help reduce stress that can cause you to become angry. Take timeout, go for a brisk walk or spend time doing pleasure physical activities.



4. Point out possible solution. It is unarguable that anger won't fix anything but rather make it worsen. Instead of focusing on what caused your anger, identify possible solution on resolving the matter.
5. Avoid criticizing others and do not hold grudge: do not attack people. State your problem clearly, be respectful and specific. Remind yourself that forgiveness is a powerful tool. You could only learn from a situation and strengthen your relationship if and only if you could forgive others.

Additional Tips for Muslims

A man came to the Prophet (May peace and blessings of Allah be upon him) and asked him (Peace and blessings be upon him) for advice. He (Peace and blessings be upon him) said,

“Do not become angry.” The man repeated his request for advice, and each time, the Prophet replied with this one phrase that sums up all good attitudes and behaviour: “Do not become angry.” (Bukhari)

Islam is great religion that deals with every aspect of our life. It does not leave out anything that will benefit; neither does it leave out anything that will harm us without giving way out to the problems. The following are some of the ways to the limit the effects of anger as described by the beloved Prophet of Allah:

1. Seeking refuge with Allah from Shaytaan: The Prophet (peace and blessings of Allah be upon him) said: "If a man gets angry and says, ‘I seek refuge with Allah,’ his anger will go away."
2. Keeping mute: The Messenger of Allah (peace and blessings of Allah be upon him) said: "If any of you becomes angry, let him keep silent.”

Not moving: The Messenger of Allah (peace and blessings of Allah be upon him) said: "If any of you becomes angry and he is standing, let him sit down, so his anger will go away; if it does not go away, let him lie down.

An Epistle to the Braggart

By Mubaraq Abdul-Wahab



The blameworthy stance
The wont of Iblees
That impedes the voyage to utopia
Intrinsic in Man till date

The braggar who braggs
The defamer that defames
The brangler who brangles
The babbler that babbles

Allah's Apostle warns
Never will a person with atom's weight
Of pride enter Jannah - Paradise

Remember the trampling of doomsday
Before making your sojourn a waste
Reminisce the Punition of your Lord
Mull over your end in the line
Modify your ways in haste
Before the pang of death
An inevitable smatch for all



THE FAMILY AS THE BEDROCK OF A CORRUPT-FREE NATION

by Tanimola, Sherif Olanrewaju

INTRODUCTION

It is unanimously affirmed among scholars that the family is the primary social unit which recruits new entrants into the larger society. The family, apart from its role of ensuring and sustaining the human race through procreation, has the responsibility of educating its members for spiritual awareness, moral consciousness and intellectual development.

Consequently, whatever the quality of values, norms of behavior, habits etc. that a child acquires from his family reflect greatly on the society. This is so because the first point of socialization is undoubtedly the family. Thus, social malaise such as corruption wallows in a nation where the family is unresponsive. The thrust of this paper, therefore, is to cogently discuss the family as the bedrock of a corrupt-free nation.

Family conceptualized

According to the US Census Bureau, a family is seen as two or more people who are living together, related by blood, birth, marriage or adoption. The family is also defined as a fundamental social group in society, typically consisting of one or two parents and their children. Irrespective of the structures of families, what they all have in common is that there appears a feeling of affection among the members.

Corruption conceptualized

According to Huntington (1968), corruption is the 'behavior of public officials which deviates from accepted norms in order to serve private end'. Smith Abdullah (1976) defines it 'as diversion of material wealth intended for effective achievement of socially desirable ends into the pocket of individuals'.

Corruption is nomenclature in several ways in the Glorious Qur'an– it is seen as evil, mischief, hateful deeds etc. The Qur'an says: "Evil has appeared on land and sea because of what hands of men have earned, that He (Allah) may make them taste part of which they have done, in order that they may return." (Q 30: 41)

Causes of corruption

The causes of corruption are legion; however, we shall briefly talk about a representative few. The first cause of corruption is a squalid change in the value system and ethical qualities of people. People's orientation about ideal values of morality, service and honesty has reached its nadir. It seems corruption is gaining official recognition in world societies today, especially in Nigeria. Hence, its perpetrators are not remorseful about the sleaze. The cases of Goodluck Jonathan who said 'stealing is not corruption'; Andrew Yakubu who called the jaw-breaking sum of $9.8 million and £74,000 uncovered from where he hid it a gift justify our point here. To this, the Prophet said that Allah does not like those who take delight in making open their sins after He has screened them.

Illiteracy, poverty and poor economic infrastructure are also responsible for the height of corruption today. Observation reveals that some uneducated fellows partake in corrupt practices, such as electoral malfeasance, because they are unaware of its consequences. This is same in the case of spiritual corruption resulting from being oblivious of the might of Allah. Yet, some others indulge in itas a result of the untold hardship which poverty has wrecked on them.

The ever-increasing love of this world and its glittering is also identified. In an attempt to gratify their cravings for ostentatious life-style, people corruptly amass wealth with a sharp disregard for their sojourn on earth. Allah says: 'The mutual rivalry (for piling up of worldly things) diverts you, until you visit the graves.' Q 102: 1-2.

Effects of corruption

The effects of corruption on people, society and the economy are alarming. We shall restrict ourselves to highlighting its effects on each of the above mentioned categories.

People:

1. Unemployment
2. Lack of quality of goods and services
3. Social injustice
4. High rate of immorality
5. Failure of genuine research on human progress

Society:

1. Tattered societal image
2. Disregard for due process
3. Disrespect for constituted authority
4. Civil unrest
5. Aversion for joining the posts linked to corruption by honest individuals. This makes corruption to grow stronger in the society.

Economy:

1. Lack of development/growth
2. Decrease in foreign investment
3. Rise in poverty
4. National crises

The family as a panacea to a corrupt-free nation

"…My family and I make a decision not to sit idly and be part of the problem, but rather, part of the solution. I am the most proud father having taught my children that integrity, honour, faith and, your values and beliefs should never be sold or bought – no matter the cost." (www.tfac.orgfree.com/mypageindex.html).

The above excerpt is rich in moral fiber. It portrays the kinds of lessons that should be taught in an ideal family. This should be demonstrated to the letter by all families in order to nip corruption in the bud.

The family has good weaponry to exterminate corruption. The anti-graft agencies installed by successive governments in Nigeria to rein in corruption - such as War against Indiscipline and Corruption (established, 1984), Economic and Financial Crimes Commission (established, 2003) have been performing below expectation. It is but logical; therefore, to try our hands on the solutions inherent in the family before the cancerous practice annihilates us all.

In furtherance, families should teach their members religious values such as consciousness of God. A particular emphasis must be laid on spirituality much more than religiosity. This is because the former gives one the wherewithal to guard against evil whisperings such as corruption, while the latter is a garb under which people hide. This explains why some so-called religious leaders are found wanting of corrupt practices.

Parents who are the drivers of each family must be able to live above board by withstanding the temptations of corruption. Bearing in mind that all that glitters is not gold, each family should cultivate the habit of the proverbial maintaining a good name is better than wealth. Allah admonishes us in Q 2: 268 thus:

"Shaitan (Satan) threatens you with poverty and orders you to commit Fahsha' (evil deeds, corruption, sins etc.) whereas Allah promises you forgiveness from Himself and bounty, and Allah is All-Sufficient for His creatures' needs, All-Knower."

Leadership by example also goes a long way in serving as a bulwark against corruption. This should be demonstrated by every family head. Children tend to internalize whatever that is showcased to them - either good or bad. This is because they are mentally incapacitated to separate the wheat from the chaff. The hadith of the Prophet is instructive here and it reads: 'Every one of you is a shepherd and is responsible for his flock'. (Reported by Bukhari and Muslim)

Conclusion

There have been concerted efforts, through different anti-graft agencies, in the battle against corruption in many societies; however, the desired result is yet to be achieved. Since corruption is the consequence of the total breakdown of moral values, the family through the proliferation of moral values can bring about a corrupt-free nation.

HOW TO DEAL WITH

DIVORCE AND BROKEN RELATIONSHIP

By Munirah Abdullahi

Merriam Webster defines the word 'Divorce' as 'to dissolve the marriage of (a spouse) by judgment or decree of divorce'. The word shockingly sinks into my brain each time I meet a new friend or a stranger and get to discover, after getting affectionately glued to each other, that his/her parents are divorced.

To be honest, I hardly see that glimpse of happiness in their eyes. It is far removed from the feelings that will naturally envelope one when one hears of his mum being delivered of a baby, or the news of a wedding ceremony. The countenance and expression on their faces appear stale like 'it happens, that's life'.

In this era of gigantic world civilization compounded by feminism, women tend to perceive themselves as being equal to men, regurgitating expressions such as 'what a man can do, a woman can do better.' This has undoubtedly made the percentage of divorced people to be astronomically high. Although, there is no available statistical record to support this, yet the rate remains alarmingly pathetic!

What happened to that happily married couple who married for better for worse, in sickness and in good health, in poverty and in richness, in struggle and in victory? What goes wrong? At what seconds, minutes or hours does the table turn around? And why? No doubt, the scourge of divorce has become a monster which is hell-bent on the continual dissipation of smooth marital relationship. In an attempt to end the malaise, many writers have, over time, proffered avalanche of solutions to it. Regrettably, however, the problem still persists.

It will get hot at some point in every marriage; we just have to understand that. The challenges become tougher when there are offspring to look after, decision-making becomes a puzzle, because there are sacrifices to be made. It will not always be a fantasy, but just like the weather after the storm, comes the clear sky. At times you will disagree to agree, only if you don't back out and know that what you have is worth fighting for. Hence, it takes two to make a marriage work when the going gets tough and the tough gets going.

This 21st century marriage has a lot of fairy tale beginning with a handsome man and a remarkably beautiful woman who want to build a structure without due consideration for its foundation. One feels a heartbreak when all the words they uttered while looking into each other's eyes, when they were about to tie the knot; with smiles become a bunch of lies. I lament when I hear that people so dear to me have their marriage dissolved, or even anyone. Why, why, why?

Is the heat that much or is it selfish interest? Is it that we can't tolerate one another, or simply because we can't endure? What do we need to fix?

If only you know that those children from divorce homes at some points in their lives face myriads of challenges that take toll on their social cum psychological wellbeing, you wouldn't have considered it in the first place. Questions such as: who was at fault? Whose order should I follow? Who should I visit? And ultimately, whose responsibility should I carry out first? Occupy their thoughts.

My religion Islam strongly discourages divorce which is called talaq as evident in the glorious Quran [al-Baqarah 2:229] which reads:

"And if he has divorced her (the third time), then she is not lawful unto him thereafter until she has married another husband. Then, if the other husband divorces her, it is no sin on both of them that they reunite, provided they feel that they can

keep the limits ordained by Allah. These are the limits of Allah, which He makes plain for the people who have knowledge."

Summarizing [al-Baqarah 2:230], Islam from the teaching of its glorious book doesn't support outright divorce; a pronouncement of the formula for divorce must be made to the other partner three times. After this, if the partners still feel the same way they can always come back together. This shows us how united Allah wants the marriage to be, but do we even have the patience nowadays to give room for forgiveness so we can work things out again?

Not to forget that some people opt for divorce because their lives are at stake. I wouldn't forget to mention that. Of course, I respect your decisions like they say 'when there is life, there is hope.' I believe that there is, obviously, a critical state when divorce will be inevitable, but realistically it doesn't get close to the critical state nowadays before both partners give up.

Now everything happens so fast, children learn so fast and so smart, whatever you as a parent do, if you do notice, that's what they would do too. And sometimes when you try to correct them, they would tell you straight away that you're guilty too. So, when we are all talking about a better tomorrow and a beautiful future, it all starts with you parents.

If the society is bad, the community going astray and the country not in shape, it's the parents. Did I hear you say why? Now listen, your family and mine make a society and our activities either give meaning to or remove it from the society. Therefore, those who make or mar a society are products of one family or the other, either as a parent or a child. Think twice. But oh my beloved father and mother! I want you to make your research, read history, listen to stories or myth, there is no such thing as a perfect marriage. Those marriages that you called perfect have been through difficulties, challenges from families and friends, but they didn't give up. I will say that, it takes two people to break up and trust me; it takes two people as well to make a marriage work out. No single mom is truly and honestly happy to the core that she has to act like a mom and a dad, vice-versa!

So my dignified readers, divorce is not my home, divorce is not your resort, divorce is hard, divorce is bitter, divorce is not the answer to marital questions, it shouldn't be the only solution. You don't have to work hard; you just need to act smart.

This is a writing I would really love to go far and wide, to reach the heart of broken homes, to bring together what has broken, to forgive and forget the past, to create chance if there is, for life and earth wouldn't have been possible with just a man and vice-versa.

EDUCATION AND THE WORLD TODAY

by Mubaraq Abdul-Wahab

When I was a teenager numerous quotes and sayings were sung into my ears. Statements like "Education is the best legacy" and "Children of today are leaders of tomorrow" were some of the frequent ones.

However, now that I'm grown I am not convinced that these sayings or quotes are true, especially after all the old people of our country have turned leadership to their assets. The Youth are not encouraged to work hard academically, others who want to work hard are impeded due to numerous factors.

Few weeks back, there was a TV show which was characterized by immorality and indecency in which all sorts of shameful, terrible and ungodly habits were being displayed worldwide on TV by some lads and lasses. After the so-called TV show, the winners were honored with very huge amount of money worth about 45 Million naira!

In the world of yesterday, people who are innovative, creative, intelligent and hardworking are the most commonly celebrated, whereas today, there is nothing of such! Immorality is something Nigerians were against in the past. Today, however, winners of immoral shows are being celebrated and revered by people. To such an extent that one would

think that these individuals have achieved some laurels and awards for innovation or have introduced a new sophisticated technology that could help solve the people's problem.

What baffles me the most is the ordeal of many outstanding students who are performing excellently in their various centers of learning? Imagine the best graduating student of a higher institution being offered ₦10,000 as a reward. After four or five years!

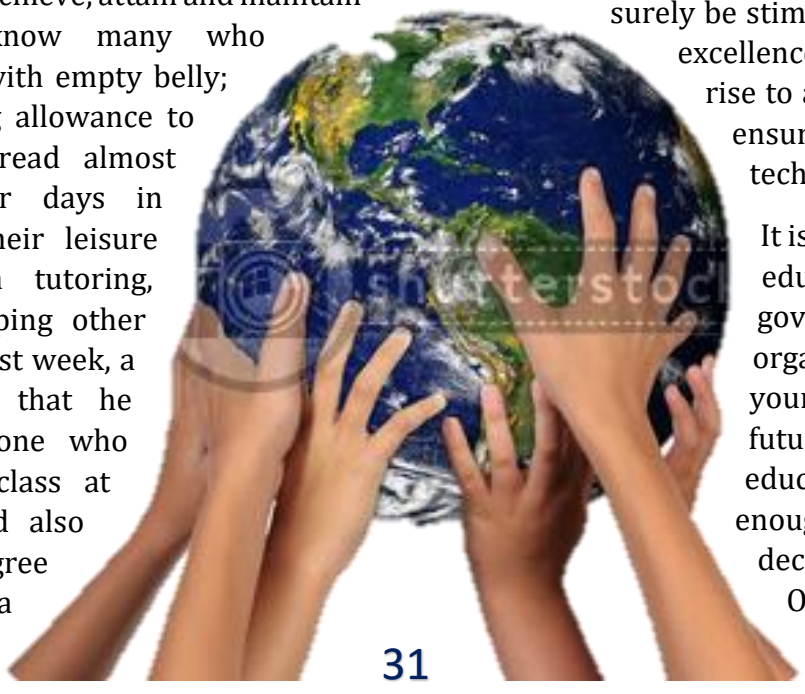
Some, from a particular university, won themselves ₦1,000 each after graduating as the best students in their department. There is very little encouragement in the Nigerian educational sector.

Students who have worked hard to graduate with excellent results, indeed deserve better treatment for their laborious meritorious efforts towards study. However, the world of today is not so.

The reality is that these individuals have crossed uncountable hurdles, bottlenecks, barriers, limitations, challenges before attaining or being the best graduating student. University scholars and outperforming polytechnic graduates must have made numerous sacrifices before achieving that for at least 4 years.

They must have invested greatly in their academics solely to reach the dreamland they have been told over the years to attain. However instead, today a young man will display porn without shame and in a month earn millions of naira.

One major characteristic of high performing student in this country is their astonishing endurance and perseverance to achieve, attain and maintain excellence. I know many who undergo nights with empty belly; use their feeding allowance to buy textbooks, read almost throughout their days in school, spend their leisure time mostly in tutoring, guiding and helping other students free. Last week, a friend told me that he knows of someone who bagged a first class at degree level and also has a master's degree but receives only a token sum of N12,000 monthly as a teacher. This is truly an indication of the state of the dwindling interests in education in the society of today, what will make the students convinced that if they study hard they will have a brighter future when the fact is immorality is being celebrated at the expense of education.



What about the work published by many students who conducted researches and whose results will be beneficial to mankind in its entirety but ended up in the bin due to lack of support? What about the talented young engineers who with their innovative ideas were able to invent something revolutionary; who is there to support them? In fact, their dreams which they have sacrificed their money, time, energy and resources for were wasted, brushed under the table due to lack of support and being wasted.

As a saying goes, "good deserves good," I am of the view that such individuals who have performed wonderfully and excellently in their academics should be venerated and honoured by the society than shameless individuals flaunting on promiscuous shows. In the absence of such, the educational system would languish in the limbo of forgetfulness. One key to attainment of success in life is motivation. It plays a major role in stimulating people to get into action, work hard and achieve success. It initiates, controls, guides, maintains and stimulates goal-oriented behaviours. Hence awarding promiscuous individuals will, accordingly, drive and stimulate the youth as well as the potentials to indecency and immorality.

If students who perform brilliantly are motivated by receiving meritorious awards, support to proceed with their education, the upcoming generation will surely be stimulated to work hard and attain excellence academically, which will give rise to a hopeful future with scientists ensuring the sustainability of technology.

It is thus high time that support for education became intensified by government and nongovernmental organizations. So as to make the younger generation prepare for the future and make them believe in education. Indeed, enough is enough. Enough of this moral decadence and degeneracy. Otherwise, future generations will suffer from our actions.





FIVE EASY STEPS TO WINNING AN UNDERGRADUATE SCHOLARSHIP IN NIGERIA

Many students today have lamented that access to funds, lack of adequate support, lack of motivation etc. have been the chief causes of failure in their academics. It has impeded many students from being the "shining star" they ought to be. This is because finance plays a critical and pivotal role in determining one's success in school. However, there is an alternative to getting finance in school apart from support from family and friends which is scholarships. Scholarship and bursaries have been one of the most important sources of funds for many students, especially the high performing ones. In Nigeria for example, many organizations as well as the federal government usually seek for application from qualified students annually. Yet some students may qualify for any of these scholarships but won't have access to information even after meeting the requirements. There are many reasons why you should apply and win any of these scholarships as scholarship plays critical roles in the life of a tutee. In fact, once someone wins this scholarship for the first time then as long as one maintains his CGPA, the awardee (scholar) keeps receiving this pay annually until he or she graduates. It becomes like a salary that comes once in a year as long as one maintains a particular CGPA (4.0-5.0 on a 5.00 scale). Winning a scholarship is an amazing feat, you will be earning while being an undergrad hence improving your productivity. The following are steps you need to take to achieve this.

1. HAVE A GOOD ACADEMIC RECORD: Absolutely! To win a scholarship in Nigeria is not an easy task, there are numerous brilliant folks out there with good academic performance (Both past and present). To win, you must be exceptionally good. If your past academic performance is not as required, it's not late; you can start now at least it can change your class of degree and increase your chances of securing other scholarships with lower requirements. It also increases your chances of securing scholarships in the future.

2. USE THE INTERNET WISELY: The internet has been one of the important tools for youths to achieve or attain excellence. Today, it has helped many positively and did the opposite to many. Each year, there are more than 10 advertorials on scholarships invite on various dailies seeking for qualified candidates. Why use your data subscription for only social networks? Search Google with regards to applications available. Create an account on scholastic. Visit nigeriauniversityscholarships.com regularly, join platforms that share helpful information about scholarship, apply those available and you are on your voyage to clinching and start benefitting from this national cake. It is important that one checks his/ her mail regularly as it helps one to be updated.
   -The internet keeps you updated with all that's happening around you

3. ENDURE AND USE THAT OPPORTUNITY: Applying for any scholarship may be challenging as many usually require signatures of the institutions officials (such as professors, H.O.D's, Registrar etc.) of the institution you are studying in. Many students feel it is tiresome and stressful to go to these officials to sign. It may be challenging but one needs to do the needful so as to get to the dreamland. I know many students who refused applying for scholarships due to the stress. A quote goes thus "A negative thinker finds difficulty in every opportunity while a positive thinker finds opportunity in every difficulty." One must learn to endure all these challenges so as to be able to win those laurels.

4. PREPARE: After applying for scholarships, students are selected and shortlisted for a pre-selection exam. After this exam, the final list will be released. This clearly shows that to win, one must cross several hurdles. To win, one must be well

prepared to perform excellently so as to be among those to be merited among the thousands application. Hence, once one receives a mail stating that one has been invited for the scholarship exam, one must prepare properly and adequately! It is often said "by failing to plan, one is planning to fail'. Always remember the POWER principle. Prepare, Organize, Work, Evaluate and Re-evaluate. It is important to note that there is no cut off mark as there is fixed number of persons that must get the scholarship. That is, the candidates determine the cut off mark. Work hard and prepare smartly, get the sample past questions for the scholarship and then practice. With this, you will surely win the scholarship!

5. IMPROVE AND MAINTAIN YOUR CGPA: Now, after winning the scholarship, to keep receiving your scholarship consistently (annually), it is imperative and critical that you maintain and if possible increase your CGPA so that you will always be alerted annually. Remember, that if this keeps coming you will be able to take care of yourself academically. It also motivates and increases the number of awards/ academic prizes and boosts your profile. Having the end in mind plays a key role in instigating you to work hard to win any scholarship you wish to win. In Nigeria, the following are scholarships one can apply for!

Scholarship Award

MTN ----------	₦200,000
Agape ----------	₦100,000
Addax Petroleum ----------	₦100,000
SNEPCO ----------	₦150,000
NLNG ----------	₦100,000
Chevron/Agbami ----------	₦200,000
Shell Ng. ----------	₦75,000
Federal Scholarship board (FSB)	₦150,000
Exxon Mobil ----------	₦70,000
Total Elf ----------	₦150,000



THE ‘APRIL FOOL’ PRACTICE: THE ANSWERS OF THE LAW.

OLALERE, Yusuf Asamu

INTRODUCTION

Hey you! Have you ever wondered that there could be legal implications in what most persons see as expensive jokes? A trite principle of our law is expressed in the Latin maxim, ubi jus ibi remedium meaning where there is a wrong there is a remedy. But the question remains, do I have a right when certain expensive jokes are made which have made me to alter my position to my detriment? Does the law provide a remedy in such a situation having regards to another trite principle expressed in the Latin maxim, de minimis non curat lex meaning the law does not concern itself with trivial matters? After all, the party making an assertion to me was joking and that’s how we joke in our country…lol!

This article seeks to see what answers the law provides in circumstances that arise at the beginning of every fourth month of the year, ‘April fools’ day. There have been several reports of damage done through this seemingly innocent act of April fool. For instance, it was reported by the Sahara reporters that where it was alleged that President Muhammadu Buhari collapsed during a press conference[1]. Though this was promptly refuted by the Personal Assistant to President on News Media, Bashir Ahmaad, this could have made a case[2]. Also, it was reported[3] that in Stellenbosch, South Africa, four masked men entered a bank, aimed water pistols at the staff, and declared, "This is a holdup. Hand over the cash." and when the terrified teller handed over the money. The alarm went off. Then the men threw the cash back and shouted "April Fool" and fled the scene in a car. Could the acts of those persons possibly have consequences in law? This article shall succinctly addressed legal issues that may crop up from such acts by first defining what April fool day is with examples and an analysis of the answers that the law proffers in such cases. This will end with conclusions and recommendations to every prank maker.

What is April Fools’ Day?

April Fools' Day is an annual celebration in most European, African and Western countries commemorated on April 1 by playing practical jokes and spreading hoaxes. Though intended to created humour, on some occasions this act has been exceeded in such a way that it has led to damage on the person on whom such pranks are being played. The joke made and the victims are both April Fools. This act could be positive where the perpetrator, knowing well of the falsity of his statement, tells the victim that something of benefit or positive nature has occurred to him, for instance On April 1, 2005, a California woman thought that she had won a new Hummer from KBDS-FM. But, when she showed up to collect her prize, she was handed a toy replica. When she realized it was all a prank, she sued the station for $60,000—the cost of a new hummer.[4] It could also be of damning effects when you are tell a person that their loved ones died when in actual fact to your knowledge, this is false.

The Answers of the Law

Having explained the nature in which the practice of April fool may take above, the appropriate interventions that may be made by the law to prevent such practice, though intended to be fun, from degenerating into an instrument of chaos in the society will be analyzed as follows. It should however be noted that the following approaches are not mutually exclusive[5] in the sense that they may be adopted concurrently by the victim so far

[1] https://www.vanguardngr.com/2016/04/april-fool-top-jokes-posts-day/ as retrieved on the 30th May, 2018

[2] Probably sedition

[3] http://hoaxes.org/af_database/permalink/prank_robbery as retrieved on the 30th May, 2018

[4] http://www.ohiolawstudents.com/uncategorized/5-april-fools-day-pranks-turned-court-cases as retrieved on the 30th May, 2018

[5] See the abolition of the rule *Smith vs. Selwyn (1914) 3 KB 98 in* **SS.6(6)(b), 17(2)(e), 46(1)** and **315(3) of the Constitution of Federal Republic of Nigeria as amended; S.8 (2) of the Interpretation Act, ibid, and the case of** *Veritas Insurance Co. Ltd vs Citi Trust Investment Ltd (1993) 3 NWLR pt 281*;

the requisite facts can be affirmatively pleaded before the court

1. **<u>The Defamation Approach</u>**: This may be criminal[6] or tortuous and according to the court in Olorunwa v Akindun[7] per Akinbami, J.C.A., defamation as a tort whether libel or slander is defined to encompass imputation which tend to lower a person in the estimation of right **thinking members of the society generally and thus expose the person so disparaged (Plaintiff) to hatred, opprobrium, odium, contempt or ridicule.**'

Looking at the above definition, it is clear that publishing of false statements about a person either orally or through written media may constitute criminal liability and/or tortuous liability.

2. **<u>The rule in Wilkinson v Downton Approach</u>**

The approach here is also within the realm of civil law. This head of tort was first recognized in the case of Wilkinson v Downton[8] where the defendant, who knew it to be untrue, falsely told the plaintiff that her husband had been seriously injured in a motor accident. Due to this news, the claimant had a nervous shock which subsequently inflicted physical illness on her. The court held that she had a cause of action. Wright J held:

'The practical joker in this case itself was liable on the basis that he had willfully done an act calculated to cause physical harm to the plaintiff on the basis of the Protection from Harassment Act 1897.'

The court further gave three requirements for an action under this rule. First, there must be conduct that is outrageous or extreme. Second, there must be actual or constructive intent to cause psychological harm. Third, the victim must suffer from actual harm resulting from the defendant's conduct. This tort has also been recognized in other jurisdictions as intentional infliction of emotional harm[9] and this rule has been adopted and applied in plethora of cases among which were Janvier vs Sweeney[10] and Belitski v Obadiak[11]

Since this rule was made in 1897 which was before the reception date for English law in Nigeria[12] it is applicable in Nigeria. Thus, the practice of April fool in Nigeria may bring about a liability under this rule where the words used are outrageous and caused the victim nervous shock. The basis of such liability will be that an intentional act is never too remote and a man is taken to intend the natural consequences of his action. Thus, since the false statement will be made intentionally with knowledge of its falsity, such perpetrator may be liable under this rule and asked to pay compensation thereof.

Tort of Deceit and Negligence Approach

This is also within the realm of civil law. The tort of deceit is a type of legal injury that occurs when a person intentionally and knowingly deceives another person into an action that damages them. This tort is also called tort of misrepresentation. This was established in the case of Derry v. Peek,[13] and subsequently widened to include negligent misstatements in the case of Hedley Byrne & Co. Ltd V. Heller & Partner[14] where it was held that a person who makes a careless misstatement to another may be liable to that other person in negligence for the loss suffered as a result of reliance on that misstatement.

In order to succeed in the tort of deceit generally, the plaintiff must show that, the defendant made a representation on of fact by words or conduct; that the defendant intended that the representation be acted upon by the plaintiff or by a class of persons including the plaintiff; that the plaintiff did act upon the representation and suffered damage and that the defendant knew the representation to be false or at least had no genuine belief in its truth.

No doubt with the description of the nature of the practice of April fool above, it is clear that the prank maker may be liable under these heads of tort too once the above are affirmatively proved. However, for negligence, unlike deceit, the damage caused as a result of the act must be reasonably foreseeable. Thus, for instance, if a person tells another that a well-known market is on fire and that another rushes to the scene because he has brothers and sisters there and sustains damage, the perpetrator of the prank may not be liable to compensate him for such damage if he (perpetrator)

[6] See Section 373 of the Criminal Code Act

[7] (2016) LPELR-40866-CA; See also: Nitel Vs Togbiyele (2005) AFWLR (Pt.246) 357; BPPC Vs Gwagadawada (1980) 4 NWLR (Pt.116)439

[8] EWHC 1 (QB), [1897] 2 QB 57

[9] https://en.wikipedia.org/wiki/Intentional_infliction_of_emotional_distress#cite_note-Cusimano-1

[10] (1919) 2 KB 316 CA;

[11] (1922) 65 DLR 625 SC (Canada); see also Stevenson v Basham (1922) NZLR 225 CA (New Zealand); Bunyan v Jordan (1937) 57 CLR 1 (HC Australia); Cant v Cant (1985) 49OR(2d) 25 Canada)

[12] See Section 32(1) of the Interpretation Act CAP I23 L.F.N. 2004 provides that, *the common law of England and the doctrines of equity and the statutes of general application which were in force in England on 1st January, 1900 are applicable in Nigeria, only in so far as local jurisdiction and circumstances shall permit*.

[13] (1889) LR 14 App Case337

[14] (1964) Ac 465,

does not know that the victim has siblings in the market since such damage will not be reasonably foreseeable by a reasonable man in the circumstances. However, reasonable foreseeable of damage is not a requirement for deceit.

Conclusion and Recommendation

Based on the foregoing discussion, the nature of the practice of April fool has been discussed and it can be deciphered that it is originally meant to create humour but in certain circumstances, persons may take such jokes too far in such a way that it may affect adversely the victim and orderliness in thee society. The law has risen to this occasion by the provision of several mechanisms such as the Defamation approach, the rule in Wilkinson v Downton approach, the tort of deceit and tort of negligence approach. In all these approaches, the law aptly provides remedies. However, since our law does not concern itself with trivial matters, where such jokes are not outrageous, the court may not lend its aid or else, social life will be made inconvenient. Conclusively, it is recommended that prank makers, though intending humour, should know the bounds of their jokes so as not to face the wrath of the law.



A CHILD WITH MORALS

By Faatimah Muhammed

The society plays an enormous role in the life of every individual, and our character defines who we are. Every individual passes through the stage of childhood, and it is renowned that the most effective way for a child to be well mannered and to become a better individual lies in such child's background. Today in our society; schools, places of work and social gatherings, we will realize that every self-standing person is directly or indirectly influenced by his or her childhood. And this can be linked to the family and upbringing by parents.

Many individuals lack good manners and etiquettes, having a good mannerism is now seen as archaic; immorality is now seen as a norm in the society. The rate of corruption increases drastically and we do not find the sweetness in our cohabitation. This is because individuals are morally lacking. To amend the loop holes in our society, it has to start from the family. Indeed the family is the basic and smallest unit of the society, if the family structure is not good, how do we build a good society?

A child, who is raised on a solid foundation of good etiquettes, morals and the fear of Allah in his heart, will become an upright individual in the society. The notion of following the trend and the evil norms will not interest such a child, as the family's impact on the child will be obvious. The prophet peace be upon him taught us everything about our religion even the proper way of using the toilet. These lessons taught by the prophet should serve as the basis of educating every child in every home. If every parent instils good morals and attitude in their children, then the next generation to come may be fortunate to find themselves in a better state. It is an instruction from the Most High that every Muslim should follow the teachings of the Prophet just as He also instructed us to desist from every act of immorality and corruption. To have a society full of goodness and absolute projection of good etiquettes, every individual must partake in building his or her home first, and with that we will have a morally upright generation.

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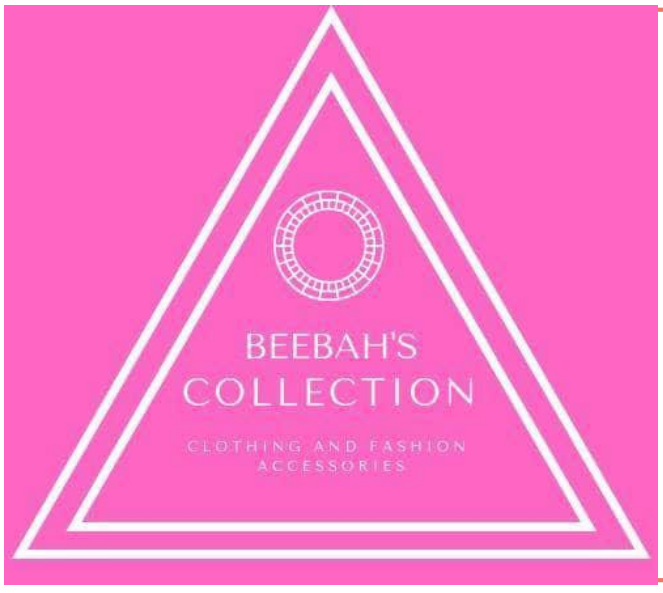
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