



BIOGRAPHY OF OLUWAFUNKE OPEYEMI AKINBULE

Mrs. Oluwafunke Akinbule (Nee OBANLA) is a young academic who specializes in Nutrition and Dietetics. She had a diploma in Food Technology in 2006, had her first and second degree in Nutrition and Dietetics at Federal University of Agriculture Abeokuta (FUNAAB), Ogun State, Nigeria in 2010 and 2014 respectively. She was the first student to obtain a First-Class Honors' Degree in Nutrition and Dietetics in the history of the University. Her passion for Nutrition and Dietetics made her to proceed for her Doctorate Degree in Nutrition and Dietetics in 2015 at the same University she had her first and second degree.

Mrs. Oluwafunke Akinbule joined the services of Federal University of Agriculture Abeokuta in 2012 as Junior Research Fellow in the department of Nutrition and Dietetics, an offer automatically given to First Class students of the University at that time. On completion of her Masters' degree, she was upgraded to the position of Assistant Lecturer in 2014 and became Lecturer II in 2017. She won the Senate Annual Prize for First Class Honors' Graduating Students in FUNAAB in 2010 and Dufil, Prima Nutrition Postgraduate Scholarship Award in 2012.

She served several special assignments within the department and University and attended various local and international training programmes as well as conferences. Mrs. Oluwafunke Akinbule has published ten (10) articles in learned local and international journals and seven (7) articles in referred conference proceedings. She has also supervised 45 undergraduate projects.

Her research interests are: dietary intake studies, food insecurity and associated factors, behavioural risk factors for diet-related non-communicable chronic diseases, food safety and recipe development studies.

Her hobbies include: travelling, reading, cooking

CURRICULUM VITAE

01. PERSONAL

- (i) **Name:** AKINBULE Oluwafunke Opeyemi (Nee Obanla)
(ii) **Place of Birth:** Lagos
(iii) **Age:** 34 years
(iv) **Sex:** Female
(v) **Marital Status:** Married
(vi) **Nationality:** Nigerian
(vii) **Town and State of Origin:** Igbesa, Ogun State
(viii) **Contact Address:** Department of Nutrition and Dietetics,
College of Food Science and Human Ecology,
Federal University of Agriculture,
P.M.B. 2240 Abeokuta.
(ix) **Phone Number:** +2348061241115
(xi) **E-mail Address:** obanlao@funaab.edu.ng

02. EDUCATIONAL BACKGROUND

(i) Educational Institutions Attended (with dates)

<u>Institutions</u>	<u>Dates</u>
Federal University of Agriculture, Abeokuta, Ogun State	2015 – date
Federal University of Agriculture, Abeokuta, Ogun State	2012 – 2014
Federal University of Agriculture, Abeokuta, Ogun State	2006 – 2010
Lagos State Polytechnic, Lagos State	2004 – 2006
Male Comprehensive High School, Igbesa, Ogun State	1995 – 2001
Super Star Nursery and Primary School, Igbesa, Ogun State	1989 - 1995

(ii) Academic and Professional Qualifications (with dates)

<u>Qualifications</u>	<u>Dates</u>
Ph.D. Nutrition and Dietetics	In view
M.Sc. Nutrition and Dietetics	2014
B.Sc. Nutrition and Dietetics	2010
National Diploma, Food Technology	2006
Senior Secondary School Leaving Certificate	2001
First School Leaving Certificate	1995

(iii) Prizes, Honours, Scholarship, National and International Recognition

1. Dufil, Prima Nutrition Postgraduate Scholarship Award, 2012-2014
2. Senate Annual Prize for First Class Honors' Graduating Students: Nutrition and Dietetics Department, Federal University of Agriculture, Abeokuta. January, 2010

03. WORK EXPERIENCE

(a) Academic Experience

i. Lecturer II:

Department of Nutrition and Dietetics,
College of Food Science and Human Ecology,
Federal University of Agriculture Abeokuta Ogun State

September, 2017 –Date

Job Description: Teaching, Research and Extension

ii. Assistant Lecturer:

Department of Nutrition and Dietetics,
College of Food Science and Human Ecology,
Federal University of Agriculture Abeokuta Ogun State

September, 2014 –2017

Job Description: Teaching, Research and Extension

iii. Junior Research Fellow

Department of Nutrition and Dietetics,
College of Food Science and Human Ecology,
Federal University of Agriculture Abeokuta Ogun State

April 2012 – Sept., 2014

Job Description: Research Assistance, Extension and Tutorials

iii. Nutritionist/Dietitian (NYSC):

General Hospital, Zing, Taraba State

March 2011 – Feb., 2012

Job Description: Counselling, Diet Prescription and Nutritional Management of Diseases

University Teaching

Area of Specialization: Nutrition and Dietetics

University Courses taught:

Course Title	Course Code	Units	Contact Hours /Week	No of Students	No of lectures	Individual contribution
Introduction to Nutrition and Dietetics	NTD 103	2	2	250	7	14%
Human Anatomy and Physiology I	NTD 205	3	3	110	4	20%
Basic Anatomy and Physiology II	NTD 206	3	3	110	4	20%
Introduction to Clinical Nutrition	NTD 214	2	2	110	2	50%
Student Industrial Experience	NTD 300	6	6	80	7	14%
Student SIWES Seminar	NTD 302	3	3	80	7	14%

Student SIWES report	NTD 304	4	4	80	7	14%
Student SIWES Visitation	NTD 306	3	3	80	7	14%
Principles of Food Analysis and Experimental Techniques	NTD 311	3	3	86	7	14%
Recipe Development and Sensory Evaluation	NTD 401	2	2	147	1	100%
Public Health Nutrition	NTD 411	2	2	83		33%
Nutrition Seminar	NTD 419	2	2	83	7	14%
Institutional Food Production and Management	NTD 429	3	2	78	1	100%
Seminar I	NTD 497	1	1	78	7	14%
Seminar II	NTD 498	1	1	78	7	14%
Final Year Project	NTD 499	4	1	13	1	100
Human Anatomy and Physiology	NTD 701	3	3	12	3	33%
Introduction to Nutrition and Dietetics	NTD 705	3	3	33%	3	33%

(b) Professional / Research Experience

- i. **Trainer**, Studies on Nutritional status and Nutrient Intake of school children and rural women in Odeda Local Government Area, Ogun State, Abeokuta.

Job Description: Training of Data collectors on taking anthropometric measurements and administration of the 24-hr recall questionnaires and data collection supervision
June, 2012 – October, 2014

- ii. **Industrial Attaché**, Premier Hotel, Mokola, Ibadan, Oyo State.

Job Description: Participation in Food and Beverage Production Activities (Preparation of general and vegetarian meals, cleaning and conditioning) Dec. 2009 – Feb. 2010

- iii. **Industrial Attaché**, University College Hospital, Ibadan, Oyo State.

Job Description: Participation in Ward round, Diet Counselling and Nutritional management of diet related non-communicable chronic diseases, participation in preparation of both normal and therapeutic diets, participation in bread, cake and pastry production in bakery unit.
Sept. – Nov., 2009.

- iv. **Industrial Attaché**, Ragolis Water Limited, Lagos – Ikorodu Road, Ikorodu, Lagos.

Job Description: Participation in Physicochemical analysis of water (conductivity, pH, chlorine test, colour, turbidity, alkalinity, acidity, total hardness, calcium), ozone test, microbiological analysis, control of packaging materials, washing of bottles and bottling of water.
August - November, 2005

04. SPECIAL ASSIGNMENTS/COMMUNITY SERVICE

- i. **Departmental Part-time Coordinator,**
Department of Nutrition and Dietetics
October, 2018 - Date
- ii. **Course Adviser,**
Nutrition and Dietetics Department,
Federal University of Agriculture Abeokuta.
April 2019 – Date
- iii. **Departmental SIWES Coordinator,**
Department of Nutrition and Dietetics
April, 2017 – Date
- iv. **College Representative,**
University Sports Committee
May, 2017 – Date
- v. **College Representative,**
Centre for Innovation and Strategy in Learning
and Teaching (CISLT)
Jan 2016 – April, 2017
- vi. **100 level Course Adviser,**
Nutrition and Dietetics Department,
Federal University of Agriculture Abeokuta.
April 2016 – Date
- vii. **Vice President 1,**
National Drug Law Enforcement Agency (NDLEA)
NYSC Drug Free Club, Taraba State.
March, 2011 – Feb., 2012.
- viii. **Bible Study and Financial Secretary,**
Nigeria Christian Corper Fellowship,
Zing, Taraba State.
March, 2011 – Feb., 2012.

05. TRAINING PROGRAMMES ATTENDED (with dates)

	Organizing Body	Title and Purpose of Event	Date
i.	Wageningen University and Research. The Netherlands.	Three weeks Short Course on Food Systems for Healthy and Sustainable Diets.	3 rd – 21 st June, 2019
ii.	Africa Behavioural Research (ABeR) Centre, Prostate Cancer Transatlantic Consortium, University of Ilorin, Kwara State	Didactic Training on Principles of Behavioural Research, Community Engagement Research, Research Ethics, Grant	4 th – 17 th Nov., 2018

	and Sheraton Hotel, Lagos, Nigeria	Writing and Oncology Project Development	
iii.	Prostate Cancer Transatlantic Consortium (CaPTC) in Conjunction With American Society of Clinical Oncology (ASCO), Synlab Nigeria Ilupeju – Lagos, Nigeria	Pre-Conference Workshop of Global Congress on Oncology Clinical Trials for Blacks on Cancer Genomics in Medicine and Health: Essential Knowledge for Precision Public Health	13 th November, 2018
iv.	World Bank Centre of Excellence In Agricultural Development and Sustainable Environment, Federal University of Agriculture Abeokuta in Conjunction with Excel Educational Global Consult Limited, Houston Texas, USA	A five-day International Workshop on the 21 st Century Innovative Instructional methods, tools and techniques	13 th – 17 th Aug., 2018
v.	International Life Science Institute, University of Ghana, Federal University of Agriculture, Abeokuta	Training Course on Food Safety For Nutritionists and other Health Professionals	6 – 10, Nov., 2017
vi.	World Bank Centre of Excellence In Agricultural Development and Sustainable Environment, Federal University of Agriculture Abeokuta	Training Workshop on Food Processing and Value Addition Programme. International Scholars' Resource Centre, Federal University of Agriculture, Abeokuta	13 th – 17 th Nov., 2017
vii.	Federal University of Agriculture Abeokuta, Centre for Innovation And Strategy in Learning and Teaching (CISLT), EU/AU Tuning Africa Programme	One Day Capacity Building Workshop on Improving the Assessment of Learners' Competencies in Agricultural Courses	24 th October, 2017
viii.	Nutrition Society of Nigeria, UNICEF	Pre-Conference Workshop of the Annual General Meeting and Scientific Conference on Monitoring and Evaluation: Application in Nutrition Project/ Programme Implementation and Management	19 th – 23 rd Sept., 2017
ix.	College of Food Science and Human Ecology, Federal University of Agriculture,	One Day Food Safety Awareness Workshop on Promoting Food Safety Culture Among Stakeholders	3 rd August, 2017

	Abeokuta	Along the Food Chain: Farm to Fork	
x.	University of Florida, Federal University of Agriculture Abeokuta and The Prostate Cancer Transatlantic Consortium	Prostate Cancer Transatlantic Consortium (CaPTC) Research Training Workshop. Postgraduate School Auditorium, Federal University of Agriculture, Abeokuta, Nigeria	8 – 9 th March, 2017
xi.	Federal University of Agriculture Abeokuta	Training Workshop on Advanced Digital Appreciation Programme for Tertiary Institutions	29 th February - 4 th March, 2016
xii.	Centre for Innovation and Strategy in Learning and Teaching (CISLT)	Two day workshop on Modern Methods of Teaching and Learning in Higher Education	25 – 26 Jan, 2016
xiii.	African Women in Agricultural Research and Development (AWARD)	AWARD Women’s Leadership and Management Skills for Career Development Course Safari Park Hotels and Castle, Nairobi, Kenya.	8 - 12 February, 2016
xiv.	African Women in Agricultural Research and Development (AWARD)	AWARD Mentoring and Orientation Workshop, Federal University of Agriculture Abeokuta, Nigeria	24 March, 2015 –28 February, 2016
xv.	Nutrition Society of Nigeria Federal University of Agriculture, Abeokuta, Nigeria	National Training Workshop on Sports Nutrition. Nutritional Goals and Dietary Strategies for Athletes, Scholars’ Centre, FUNAAB	28 Nov. – 1 Dec., 2012
xvi.	Federal University of Agriculture Abeokuta, Nigeria	Training Workshop on Fund Sourcing, Proposal Writing, and Project Management	3 – 5 Dec., 2012
xvii.	University of Maryland and Federal University of Agriculture Abeokuta	Training Workshop on Food Safety Risk Minimization, Scholars’ Centre, FUNAAB.	29 Oct. –9 Nov., 2012

06. COMMENDATION: Nil

07. MEMBERSHIP OF PROFESSIONAL BODIES

- i. Member, Nutrition Society of Nigeria (NSN)
- ii. Member, America Nutrition Society (ANS)

iii. Member, The Nutrition Society (NS)

09. PUBLICATIONS

(i) DISSERTATION AND THESIS

1. **Obanla O.O.** (2006). Comparative Studies of Some Sweets in Lagos Market with the one produced in the laboratory (FOX). National Diploma Project, Department of Food Technology, Lagos State Polytechnic, Ikosi Ketu pp 1-69.
2. **Obanla O.O** (2010): Snacking and its effects on energy intake and body weight among Undergraduates of University of Agriculture Abeokuta. B.Sc Thesis, Department of Nutrition and Dietetics, Federal University of Agriculture, Abeokuta, Ogun State, Nigeria pp 1-56.
3. **Obanla O.O** (2014): Fatty Acid and Dietary Fibre Contents of Some Nigerian Standardized Soups and Dishes. M.Sc Dissertation, Department of Nutrition and Dietetics, Federal University of Agriculture, Abeokuta, Ogun State, Nigeria pp 1-96.

(ii) Journal Articles in Print

1. Fabunmi T.M., O.O. Onabanjo, E.B. Oguntona, O.O. Keshinro, J.A. Onabanjo, **O.O. Obanla** and O.O. Oyawoye (2013). Nutrient Intakes and Nutritional Status of Mothers and their Under-Five Children in a Rural Community of Oyo State, Nigeria. *International Journal of Child Health and Nutrition*. 2: 39-49. Available online at Published by Life Science global Publication, Canada. Available online at <http://dx.doi.org/10.6000/1929-4247.2013.02.01.7>
2. Onabanjo O. O., S. A. Sanni, W. A. O. Afolabi, O. O. Oyawoye and **O. O. Obanla** (2014). Lipid composition of some commonly consumed traditional Nigerian dishes. *Journal of Human Nutrition and Dietetics*. 27: 367–376. Published by The Association of UK Dietitians. Available online at [doi:10.1111/jhn.12157](https://doi.org/10.1111/jhn.12157)
3. Afolabi W.A.O, Oyawoye O.O., Sanni S.A., Onabanjo O.O and **Obanla Opeyemi. O** (2015). Portion size, Micronutrient Content and Nutritional Quality of Fast Foods Sold in Abeokuta, Nigeria. *International Journal of Health and Nutrition*, 6(1): 1-8, Published by Academy Publication Inc., USA . Available online at <http://www.academyjournals.net>.
4. Oladoyinbo C.A; **Akinbule O.O.** and Awosika Isreal (2015) Knowledge of Food Borne Infection and Food Safety Practices among Local Food Handlers in Ijebu-Ode Local Government Area of Ogun State. *Journal of Public Health and Epidemiology* 7(9): 268-

273. Published by Acedemy Publication Inc., USA. Available online at <http://www.academicjournals.org/JPHE>

5. **Obanla O.O.**, Onabanjo O.O, Sanni S.A, Adegunwa O.A, Afolabi W.A.O, Oyawoye O.O and Lano-Maduagu A.T (2016). Fatty Acid Profile and Dietary Fibre Contents of Some Standardized Soups and Dishes Commonly Consumed in Nigeria. *Nigerian Journal of Nutritional Sciences*. **37(1): 20-18**. Published by the Nutrition Society of Nigeria.
6. **Akinbule O.O.**, Oladoyinbo C.A, Omonhinmin H.I and Omidiran A.T (2018). Street food Consumption Score and Nutritional Status of Staff of Federal University of Agriculture, Abeokuta, Ogun State. *Nigerian Journal of Nutritional Sciences*. **39(1):96-103**. Published by the Nutrition Society of Nigeria.
7. Omidiran A.T, Aayi O, Sobuola O.P and **Akinbule O.O** (2018). Evaluation of Nutrient and Functional Properties of Doughnut Made from the Blends of Wheat, Unripe Banana and Ginger Flours. *Nigerian Journal of Nutritional Sciences*. **39(1):123-133**. Published by the Nutrition Society of Nigeria.
8. Oladoyinbo C.A., Ede E.K., **Akinbule O.O.**, Sobo A.A., Maxwell Y.M.O. 2019. *Comparison* of heavy metal content of selected vegetables grown with organic and inorganic fertilizers. *Nigerian Journal of Nutritional Sciences*. **40(2): 23-29**. Published by the Nutrition Society of Nigeria.
9. Oladoyinbo C.A., Abiodun A.M., **Akinbule O.O**, Okeke I.U and John E.B. 2019. Modifiable Risk Factors for Overweight and Obesity among Traders in Abeokuta South Local Government Area, Ogun State. *Afr. J. Biomed. Res.* Vol. 22: 127- 133.
10. Oladoyinbo C.A., **Akinbule O.O.**, Bolajoko O.O., Aheto J.M.K., Dagne G., Mohamed F., Bassey I.E, Odedina F.T., Agaba R., Askins N., Ogunlana O.O., Ogunsanya M.E., Suleiman A.M., Anyanwu S.O., Gali E.M., Kaninjing E., Nkegoum B., Omonisi A., Sowunmi A.C., Jibrin P., Iweala E.E., Fatiregun O.A. and Popoola A.A. 2019. Risk factors for prostate cancer in West African Men: The Familial Cohort Study. *Cancer Health Disparities*. **e1-e11**. Published by Company of Scientists.

(iii) **Journal Articles Accepted for Publications:**

(iv) **Book: Nil**

(v) **Chapter in Book: Nil**

(vi) **Edited Conference Proceeding**

- i. **Akinbule O.O.**, Okekhian K, Omidiran A.T and Oladoyinbo C.A. 2019. Nutrient adequacy ratio, blood pressure and anthropometric status of Women of child-bearing age in Odeda Local Government Area, Abeokuta Ogun State. 49th Annual General Meeting and Scientific Conference on Nutrition Society. Published by Nigerian Journal of Nutritional Sciences.
- ii. **Akinbule O.O** and Animola K. 2019. Contribution of Snacks to Nutrient Intake and Anthropometric Status of Adolescents attending Secondary Schools in Abeokuta. 49th Annual General Meeting and Scientific Conference on Nutrition Society. Published by Nigerian Journal of Nutritional Sciences.
- iii. **Akinbule O.O.**, Oladoyinbo C.A, Oyebola and Adeboye T.K (2017). Percieved Stress, Eating Behaviour, Nutrient Adequacy and Body mass Index of rural women in selected communities in Odeda Local Government Area in Abeokuta. **Proceedings of Nigerian Women in Agricultural Research and Development (NIWARD)**
- iv. Oladoyinbo C.A. and **Akinbule O.O** (2015). Maternal Mortality in Nigeria: A Review. **Proceedings of an International Conference; Gender in the Post 2015 Development Agenda.** Odeyinka Simisola, Amole Dolapo and Soetan Funmi (Eds.) 248 – 255. Published by the African Journal of Gender and Development (AJGD), Centre for Gender and Social Policy Studies OAU Ile-Ife
- v. Onabanjo O.O., **Akinbule O.O.**, Adeyemi K.D and Olaopa A.T (2016). Nutrient contents and sensory evaluation of wheat, soybean, orange fleshed sweet potato composite flours chinchin. 1st Annual *International Conference of Food Science and Human Ecology & Safety Enhancement of Edible Products, Legislation, Analysis and Management (ICOFHEC & SELAMAT)*, Oguntuase J.A, Shittu T.A, Afolabi W.A.O, Obadina A.O, Sobukola O.P and Adebowale A.A (Eds.) 10. Published by College of Food Science and Human Ecology, Federal University of Agriculture, Abeokuta, Nigeria.
- vi. Afolabi W.A.O, **Akinbule O.O.**, Sanni S.A, Onabanjo O.O., Olayiwola I.O., Oladoyinbo

C.A, Bolajoo O.O, Ogundipe G.T and Durosinmi O.J (2016). Contribution and consumption pattern of cassava and its products among under 5 and school children in FUNAAB mandate communities. 1st Annual *International Conference of Food Science and Human Ecology & Safety Enhancement of Edible Products, Legislation, Analysis and Management (ICOFHEC & SELAMAT)*, Oguntuase J.A, Shittu T.A, Afolabi W.A.O, Obadina A.O, Sobukola O.P and Adebowale A.A (Eds.) 10. Published by College of Food Science and Human Ecology, Federal University of Agriculture, Abeokuta, Nigeria.

(vi) **Technical Reports:** Nil

10. MAJOR CONFERENCES ATTENDED WITH PAPERS READ

- i. **49th Annual General Meeting and Scientific Conference of Nutrition Society of Nigeria** on Promotion of Nutrition for Sustainable Development: Current Trends and Innovations. Held at Plot 496 Ahmadu Bello Way, Opposite Deeperlife Junction, Kado, Abuja 10-13th September, 2019

Paper Presented:

Nutrient Adequacy Ratio, Blood Pressure and Anthropometric Status of Women of Childbearing age in Odeda Local Government Area, Abeokuta, Ogun State by Akinbule O.O, Okekhian K, Omidiran A.T and Oladoyinbo C.A

Poster Presented:

Contribution of Snacks to Nutrient Intake and Anthropometric Status of Adolescents Attending Secondary Schools in Abeokuta by Akinbule O.O., Animola O.K, Oyesanya B.A and Olurin T.K

- ii. **2018 Global Congress on Oncology Clinical Trials in Blacks** held at Sheraton Hotel, Lagos, Nigeria 14th – 16th November, 2018
- iii. **5th Biennial Science of Global Prostate Cancer Disparities Conference** on Roots of Prostate Cancer Disparities: Genetics X Environmental Roots in Men of African

Ancestry held at University of Ilorin, Kwara State, Nigeria 7th – 10th
November, 2018

- iv. **48th Annual General Meeting and Scientific Conference of Nutrition Society of Nigeria** on Nutrition Challenges: What Action for Sustainable Development? Held at Ambrose Alli University, Edo State, Nigeria

17th to 22nd September, 2018

Poster presented:

Standardization, proximate and mineral contents of selected indigenous soups in Southwest Nigeria by Akinbule O.O, Oladoyinbo C.A, Onabanjo O.O, Onaneye I.I, Oloyede A.A and Sulaiman, R.O

- v. **47th Annual General Meeting and Scientific Conference of the Nutrition Society of Nigeria** on Controversies in Nutrition: Separating Facts from Fads and Fallacies, held at International Conference Centre, University of Ibadan, Oyo State 19th – 2rd Sept., 2017

Poster presented:

Street Food consumption, Food Consumption score and nutritional status of staff of Federal University of Agriculture, Abeokuta, Ogun State by Akinbule O.O, Oladoyinbo C.A, Omonhinmin I.H and Omidiran A.T

- vi. **National Conference/Exhibition and Annual General Meeting.** Nigerian Women in Agricultural Research and Development (NIWARD) on Diversity and Inclusiveness in the Agricultural Transformation. Park Inn Hotel and Suites, Kuto, Abeokuta

13th – 15th Sept., 2017

Poster presented:

Percieved Stress, Eating Behaviour, Nutrient Adequacy and Body mass Index of rural women in selected communities in Odeda Local Government Area in Abeokuta Akinbule O.O, Oladoyinbo C.A, Bolajoko O.O, Oyebola I.D and Adeboye T.K

- vii. **International Conference on Food Science and Human Ecology (ICOFHEC) & Safety Enhancement of Edible Products, Legislation, Analysis and Management (SELAMAT) on Delivering Innovative Approaches in Food, Health and Well-being for sustainable Livelihood.** International Conference Centre, Federal University of Agriculture Abeokuta 20th – 25th Nov, 2016

Paper presented:

Snacking behaviour, body weight perception and Nutritional status of undergraduates of Federal University of Agriculture Abeokuta by Akinbule Oluwafunke, Oguntona Clara C.R.B, Oladoyinbo C.A and Onabanjo O.O.

- viii. **45th Annual General Meeting and Scientific Conference of the Nutrition Society of Nigeria** on Nutrition Outlook Beyond 2015 MDGs. Held at Anchor Events Centre, and Centre for Management Development, Lagos. 15th – 19th Sept., 2015

Poster presented:

Snacking and Its Effect among students of University Of Agriculture Abeokuta, Ogun State, Nigeria.

11. EXTRA-CURRICULAR ACTIVITIES: Reading, singing, cooking, travelling and networking

12. REFEREES

- 1) **Dr. O. O. Onabanjo**
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- 3) **Professor Tolu Eni-Olorunda**
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Home Science and Management Department
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