



## CONFRONTING THE SILENT CRISIS OF HARMFUL ENVIRONMENT IN OGUN STATE



Ogun state is blessed with excellent vegetation and adequate resources that if harnessed can transform the living standard of her people. With the population that is largely entrepreneurial and her strategic location as gateway to the nation's economy, the State is positioned to be the industrial hub centre of the nation having endowed opportunities to harness the full agricultural and industrial potential for sustainable prosperity of its citizenry and a secured creative, friendly and vibrant environment.

The State has large concentration of industries with extensive vast arable land to support development of agriculture. Available data confirm that over 75% of her populations are farmers and as such, having the unique opportunities to build a sustainable agro-based industrial economy to earn her sustainable IGR for massive development of infrastructure and creation of sufficient employment for her teeming population and thus be a leading economy in the Federation.

However, due to inadequate government patronage and funding intervention, agriculture has not been well positioned to make it generally viable for both the farmers and the State income earnings. It therefore means that the environmental advantages of the State have not been fully tapped towards creating an enduring sustainable quality standard of living for her citizens.

The Sustainable Development Goals (SDG) objectives of the United Nations relating to the environment include the following:

SDG6: Ensure access to water and sanitation for all

SDG7: Ensure access to affordable, reliable, sustainable and modern energy

SDG 11: Make cities inclusive, safe, resilient and sustainable

SDG 12: Ensure sustainable consumption and production patterns

SDG 13: Take urgent action to combat climate and its impacts

SDG15: Sustainably manage forests, combat desertification, halt and reverse land degradation, halt biodiversity loss

Ogun State is facing critical challenges in all the listed goals areas of the SDG to create sustainable environment for high quality living standard. Heaps of solid waste in most of the urban centre of the state had been one of the observable negative impacts on the environment and its attendant on economic development. There had not been a viable solution to usher in an improved effective sanitation through modern waste management system capable of creating possible avenues for investment in wealth generation through waste management despite available research findings that over 64percent of the several millions tones of solid wastes are recyclable through modern technology.

The **OLUSEYI BISIRIYU FOUNDATION** recently visited different areas in Abeokuta metropolis, the capital city of Ogun State Nigeria to observe the various environmental and social issues associated with poor waste management system.

The foundation environmental team came back with the report that there are much to be done by the government to enlighten the citizens on the need for cleanliness of environment and enforcement of environmental laws. Their findings and reports were based on waste disposal and drainage management around the metropolis including the walk ways and roundabouts. They visited different areas and streets in Abeokuta such as Ita-oshin, Brewery, Lafenwa, Akin-Olugbade, Quarry, Panseke, Totoro, Ita-Eko, Ogbe, Igbore, Itoku, Ake, Agbeloba, Omida, Isale-Igbehin, Kuto, Imo, Ishabo, Oke-llewo, Iyana Mortuary, Leme NNPC, Ago-Ika, Elegu, Adatan, Abiola way among other places in Abeokuta.

The findings reveals that many of the areas visited lack hygienic waste management system, even in some areas where there is provision for waste disposal containers and bins, it was observed that people still dump their waste recklessly thus causing severe environmental degradation as well as ecological damages that often resulted in flooding anytime there is heavy torrential downpour in the ancient city as well as pollution.

Speaking with one of the waste management workers who were on duty at the time of filing this report, Mr. Ismaheel lamented the bad attitude of the people towards waste disposal. He expressed his dissatisfaction over the deliberate social behavior of not making use of the waste bins provided by the government, he explained further that many passersby are in the habit of throwing refuse from their cars which increase the dirtiness of the main road, the median and the general environment.

At Ita-Oshin and other parts of Abeokuta, it was observed that many of the drainages have been blocked with heavy disposal of wastes. Some group of commercial motorbike riders who spoke to the team expressed disappointments about the wrong attitude of the generality of people concerning improper disposal of waste despite several announcements and appeals by government media to enlighten them of the dangers and effects of an unclean environment.

One of the bike riders, David said "we always restrict people from dumping waste here, but they wouldn't listen, they won't do it when we are here, you will only be surprised that they will come when we have closed in the evening to dump their wastes. He called on the government to impose strict penalties on violators of our environment. "Our people need to understand that a clean environment is beneficial to all, while a dirty environment comes with pollution and bad odour that are very injurious to healthy living of the people"



The fact that a good environment supports life, good health and human productivity means that the environment we build and inhabit must be organized and well managed sustainably. Human beings cannot live and survive in a dirty environment. A clean environment that includes clean air, water, land and energy, are essential for human existence, hence our environments must be cleaned regularly to keep them sanitised to remove the health risks .

# OLUSEYI BISIRIYU FOUNDATION BEGINS FIRST BATCH OF YOUTH EMPOWERMENT AND SKILL ACQUISITION PROGRAMME



the lives of youths, promising that the local government authority will also ensure that the beneficiaries make a judicious use of the opportunity.

He made further calls for more philanthropists to also see a reason to invest in the lives of youths, while describing the Ogun State governor, Prince Dapo Abiodun, as a man that cherishes individuals who have decided to compliment government efforts in areas of development in the state.

In his own address, Comrade Abduljabal Ayelangbe, Chairman National youth council of Nigeria, Ogun State Chapter, applauded the Foundation for organizing the empowerment program through the body, saying that the organisation will forever be grateful to the Foundation, and promising to ensure that the program cuts across all the 20 local government areas in the state.

Com. Emmanuel Ojo, the coordinator, National youth council of Nigeria Abeokuta North Local government, expresses his sincere appreciation to the Foundation, and the leadership of the local government, charging the beneficiaries to distinguish themselves at their various areas of learning.

Not less than 50 youths in Abeokuta North Local government in Ogun State, Nigeria, have benefitted in the kick-off phase of the empowerment and skill acquisition programme of Oluseyi Bisiriyu Foundation.

The flag-off ceremony which was held at the Abeokuta North Local Government Secretariat, had in attendance some prominent members of the state government to grace the occasion; while adhering to the government's policy on social gathering and social distancing.

The beneficiaries of the program were people from different towns and communities within the local government area and were specifically allocated to their assigned vocational instructors according to their different areas of interest which include: Fashion Designing, Hair Dressing, Barbing, Shoe Making, and Graphics Designing.

The decision of the Foundation to organize the empowerment program in conjunction with the National youth Council of Nigeria, is due to the fact that the National Youth council of Nigeria is the only institution with a concentration of dedicated youths with ambition in Nigeria—the only conglomeration of youths where youths of various social strata can be found.

Speaking at the event, Hon. (Engr.) Olusegun Kaka, who represented the founder of the foundation, congratulated the youth for having the opportunity to benefit from the first batch of the skills acquisition and empowerment program; while encouraging the youth not to take such opportunity for granted.

Hon. Kaka further assured the beneficiaries that the foundation will not leave them after the completion of the training but also empower them with necessary equipment needed to practice the skills acquired.

Meanwhile the director of Community development and Social Welfare Development, Mr. Dauda Oladele, who represented the local government, lauded the foundation for deeming it fit to invest in

Mr, Kehinde Ademuyiwa, the public Relations Officer of the Foundation, in an interview with news men, explains that It was part of the mission of the Foundation to improve the lives of youths with a vision to make them become self-reliant in the pursuit of happiness for themselves, their families, community, the state, and the country at large.

"We believe that this opportunity will enable the youth to become job creators rather than job seekers" he said.

He further explains that the Foundation will continue to engage in various activities to complement government efforts in order to ensure a decent and a developed society.

One of the beneficiaries, Ibukun Ogunbiyi, who spoke on behalf of other beneficiaries, appreciated the Foundation and the National youth Council for giving them the opportunity to acquire these different skills.

Speaking on behalf of the instructors, Mrs. Aminat Ariyo, promised that the instructors will perform their very best to give the best instruction to all beneficiaries.



# WILDLIFE UTILIZATION: ALTERNATIVE TO TREATMENT AND MANAGEMENT OF VIRAL DISEASES

By  
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In this period of COVID-19 pandemic, people have propounded many theories and solutions towards the treatment of the Corona virus infection just as USA, UK and some developed countries are battling with insufficient test equipment, space and availability of vaccines to tackle the pandemic. There is a compelling need to develop home-grown solutions to this scourge, especially considering that our physiology and environment differ from those of other temperate regions, such that it might require that we factor the components of local flora and fauna into attempts at resolution. Some of the prescriptions given may however appear dated, having been successfully employed in stalling some epidemics, especially the 1919 flu epidemic in India. Some of the herbs and wild-life products like honey and other hive by-products are useful in curing, while some can be used for either prevention or to build up immune system to produce antibodies against diseases.

With derived knowledge from research and experience in Wildlife utilization (wild medicinal plants and animals and their derivatives), one would like to suggest/prescribe some plants/animals or their derivatives that have been of tremendous use in treating and preventing common flu and boosting immunity in humans which should also be very useful in this period of the dreadful COVID-19 pandemic.

Some of them are useful in the treatment of some of the symptoms of common flu and Corona virus infections, while some are for immune boosting. The typical symptoms are usually respiratory related issues. These can include sneezing, coughing and more severe wheezing. In some cases, infected patients may experience a shortness of breath or tightness in their chest that impacts their ability to breathe. Fever is another signifier to look out for. Fever and respiratory issues can lead to fatigue and high level of exhaustion if left untreated. They can degenerate into pneumonia. However, fairly mild symptoms like a light cough or a runny nose can be, by and large, dealt with at home with some herbs and over the counter medications for the symptoms. After these, it is better to stay home and not risk being further exposed or spreading the virus to more people, if your symptoms worsen, seek help, contact a doctor or call Nigerian Centre for Disease Control (NCDC) to prevent the worsening symptoms from developing into pneumonia or resulting in organ damage.

Hence, some of the prescriptions being proffered will be focused on attacking the symptoms with herbs and wild animal products and by-products. For better understanding, the symptoms will be taken one after the other with probable treatment procedure explained.

## DRY COUGH/SORE THROAT

The dry cough (symptom) can be treated using pure honey and *Garcinia kola* (bitter kola)

The bitter kola can be chewed and the honey licked thereafter, or the kola can be ground and pure honey added to make a syrup/paste which can be taken 3 or 4 times daily. Hive by-products like propolis also has antiviral and antibacterial properties (Osmonagic, 1978). Royal jelly (a by-product of honey) is also a primer of the immune system.

A decoction of the whole plant of *Phyllanthus amarus* combined with honey is also used as cough suppressant and to counter sore throat.

## COLD

The leaves of *Andrographis paniculata*- King of bitters (Ewe-Eje) is used for the prevention and treatment of cold and flu; likewise *Annona muricata* Soursop (Igo Ekute). Those two plants also cure cough

Usage: Boil clean leaves and drink half cup thrice a day.

## SNEEZING /RUNNY NOSE

Boil the leaves of *Andrographis paniculata*, *Phyllanthus amarus* and *Annona muricata* in water, pour in a bucket and cover the head with thick clothing to inhale the steam coming from the contents of the bucket for 3 minutes (a little bit of menthol balm, e.g Kando, Aboniki, Robb, etc can be added). Repeat this two times a day, preferably early in the morning and late in the evening...This will also take care of cold and sneezing.

## FEVER

The bark and leaves of Guava (*Psidium guajava*), Mango (*Mangifera indica*), lemon grass (*Cymbopogon citratus*) and lemon Orange could be boiled and drunk (½ cup thrice a day). A glass of bitterleaf juice is also a strong herbal medicine to reduce the effect of fever.

## ANTIVIRAL PROPERTIES OF SOME PLANT/ANIMAL BY-PRODUCTS

- (1) *Phyllanthus amarus* is a broad spectrum medicinal plant. It is called Iyin olube or fehinbisowo in Yoruba land and Ebebenizo in Benin.
- (2) *Cassia fistula*(Purigin cassia)
- (3) Propolis (a by-product of beehives)

All these can be used to treat and prevent viral infections.

## IMMUNE BOOSTERS

Fruits, especially those rich in Vitamin C, e.g. citrus like lemon, grape and sweet orange, pawpaw, pineapple, carrots and many varieties of vegetables, especially water leaf (*Talinum triangulare*) coriander (*Coriandrum sativum*) - ebolo, Dandelion (yanrin) etc.

Honey is equally good for boosting immunity in humans, especially royal jelly (hive by-product).

The curative properties of honey and other hive products have been reported by numerous researchers. The holy books also confirmed this: The holy Bible (Proverbs 16 verse 24) and The holy Quran (chapter 16, Verse 68)

Natural remedy is the best curative method for humans, but however, it is said that prevention is better than cure. Hence, during this period it is better and advisable to follow healthy habit tips in order to prevent coronavirus attack. It's better to:

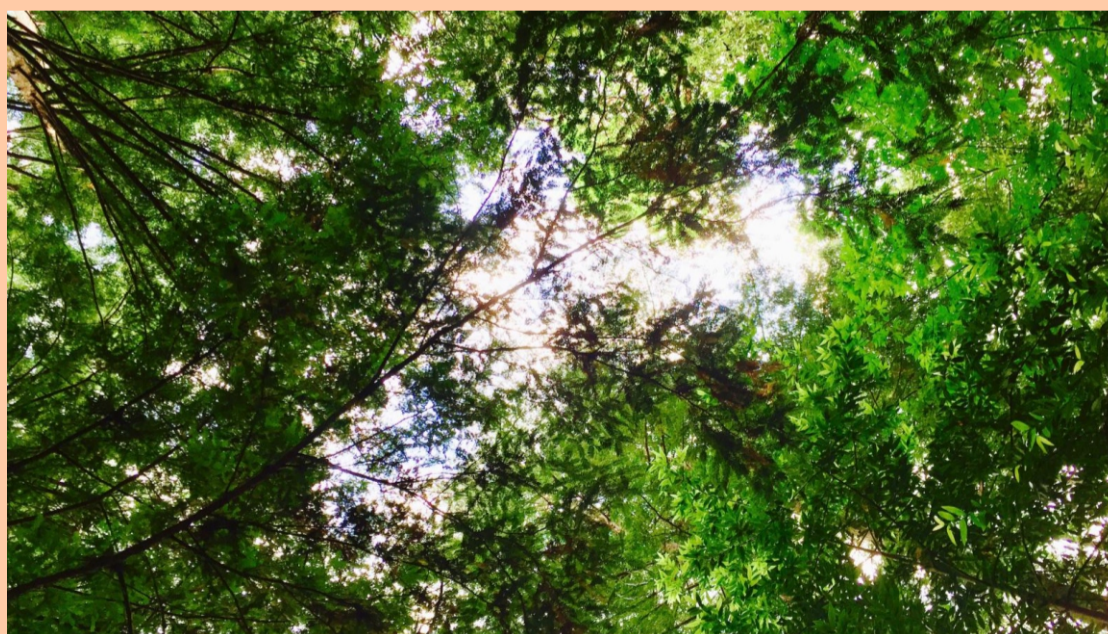
1. Wash hands regularly with soap and water at least 20 seconds
2. Use hand sanitizer regularly
3. Ensure social distancing
4. Keep the environment clean
5. Support the immune system by:
  - a. Having enough rest each day- at least 7 hours of sleep so that the body will have the strength to fight any viral attack. If you have difficulty in sleeping (insomnia), there are various herbs that can be

used, e.g. Mistletoe (*viscum-album*), bitter leaf (*vernonia amagodalina*), etc. Boil the leaves and drink. Honey is also good for curing insomnia by taking one or two spoonful every night.

- b. Diet plays a vital role in boosting the immune system. Take diet which should include fruits and vegetables.

By following all these steps, we will be able to stay healthy and safe during this period of coronavirus.

Please stay home and do not risk being further exposed. If your symptoms



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