

## Covenant University Holds 37th Public Lecture

*As part of the activities to mark the 60th birthday of the Chancellor of Covenant University, Dr. David Oyedepo, the institution on September 26, 2014, held its 37th Public Lecture. The lecture, delivered by Professor Amos Alao, with the theme, 'FOSTERING PSYCHOLOGICAL ADJUSTMENT: PATHWAYS TO NATIONAL WELLNESS,' started at 2pm and was graced by dignitaries from all works of life.*

While making his remarks at the event, the Chancellor of Covenant University, Dr. David Oyedepo, represented by the Resident Pastor of Faith Tabernacle, Pastor Ntia Ubong, said, "Without a doubt, the lecturer of today has done justice to the subject. Speaking of what needs to be done at the individual, family, community and national levels to bring about wellness as an outcome of psychological adjustment."

Quoting the Chancellor, Pastor Ntia said, "The outcome of your life depends on what you do with the opportunities that present themselves to you." He cited the story of the Prodigal Son, in Luke 15:11-32, and explained that the prodigal son had to do a psychological adjustment, in order to bring himself back to wellness after deviating from what was supposed to be his lot.

In his opening address, the Vice-Chancellor, Professor Charles Korede Ayo, appreciated the guests for coming and expressed his excitement that the University was able to package a lecture with such topic as to properly represent all that the Chancellor stands for. The Vice-Chancellor said the lecture was a good way to honour the Chancellor at his 60th birthday, considering his immeasurable contributions to the education of mankind.

The Vice-Chancellor further said, "There is need for national adjustment, for continuous search for relevance and advancement. Therefore, it is important to note that until there's a change within, there cannot be a change without. It is on this note, I welcome you to the public lecture of psychological adjustment that has great potentials to improve the general well-being of our community and the nation in general."

In his welcome remarks, the Registrar of Covenant University, Dr. Olumuyiwa Oludayo, described the lecture as an advancement of knowledge for life applicable reconstruction of our well-being for our national growth. He encouraged the participants to pay attention as the lecture would be intellectually challenging.

While delivering his lecture, Amos Alao, a Professor of Counselling Psychology, and Deputy Dean, School of Human Resource Development, in the College of Leadership Development Studies of Covenant University, stated, "This lecture intends to discuss a "bottom-up" approach of exploring national wellness, beginning at the individual level of human existence, to associations at the marital, family and community levels and how these associations and relationships have consequences for the larger and more complex associations, relationships and interactions in the larger human polity known as the nation."

Defining the concept of wellness, Professor Alao said, "The term wellness focuses on wellbeing and the quality of life enjoyed by an individual. The World Health Organization (2006) published a review of glossary terms that defined wellness as an optimal state of health in individuals and groups. Emphasis on wellness can be on two perspectives: firstly, as the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically; and secondly, as the fulfilment of one's role expectations in the family, community, place of worship, workplace and other settings (Smith, Tang, & Nutbeam, 2006)."

In conclusion, the erudite scholar stated that ensuring wellness in the nation must begin with ensuring wellness at the individual level, in interpersonal relationships between two individuals and at family and group levels, in the community and in the society.

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