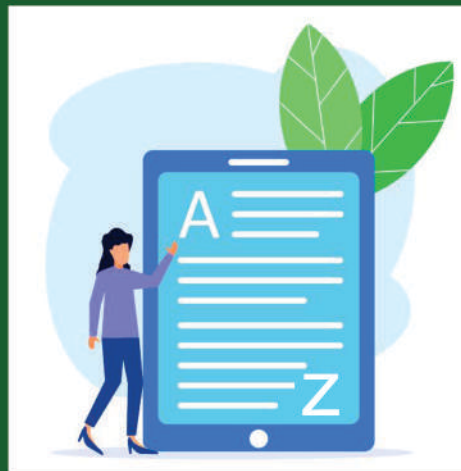




SOW ACADEMY

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Necessity they say is the mother of invention. Out of dire need of top-class all-round education that is driven by flawless Islamic principles, notion to have a college was nurtured and SOW Academy came into being.

SOW Academy is a co-educational day and boarding primary and secondary school. It admits suitably qualified children into all classes in both sections of the college.

Determined to reduce the rate at which Muslim parents do shift ground in quest for first-rate education of their wards moreover, the college adopts British and Nigerian curricula coupled with up-to-date teaching aids and student-centered methodologies handled by competent hands.

In order to professionalize teaching-learning situation and shift from the conventional way of teaching, our mode of instruction is e-learning based as the symbiotic liaison between teachers and students is monitored and covered via CCTV system.

Islamically of course, ample facilities and materials are put in place to ease teaching of Islamic studies, Hadith, Arabic language and Qur'an memorization.

Put simply, having spent the expected or required period of time at either of the sections of the college, the students should have possessed:

- self confidence;
- good knowledge of Islam practically and theoretically;
- sound knowledge to take on internal and international examinations like TOEFL, IGCSE among others;

ABOUT SOW ACADEMY



-leadership charisma .-nurtured entrepreneurial skills and

-high level of physical and mental fitness.

Gorgeously erected in a sedate environment, the college contains well-ventilated classrooms, ICT room, science laboratories, well-stocked library, big school halls, mosque, and hostels for the boarders.

The school field is used for general sporting activities as the school has provision for basketball, table tennis, cycling among others.

SOW Academy believes without trading ethics of Islam off, higher degree of academic excellence is attainable.

OUR MISSION

Committed to providing unalloyed education fitted to withstand life challenges, we will work assiduously towards putting in place the required facilities and hands that can bring about self-development and discovery of learners based on Islamic principle.

OUR VISION

Having an outstanding centre of knowledge capable of groundbreaking academic excellence in the world of science, commerce and humanity so as to produce all-round students guided by Islamic ethics and rules of conduct...

OUR GOALS

Reviving the lost glory of the past Muslim Scholars who were the epitomes in both the Islamic and technological development.

Memorization of the authentic sayings of the prophet (Sallallohu alayhee wa salam)

PROPRIETOR'S SPEECH



....Sow College...the class of '24.

We, as an institution, remain grateful to the Almighty God who made it possible to witness another year of brilliant achievement in the history of Sow Academy.

I am indeed happy that, today, we are celebrating the graduating students who, for these years, have been under our tutelage.

Today we also give recognition to the well deserving students and pupils of the lower years who for their excellent performance will be given various awards.

Over the past few years, we have watched your child(ren) grow and develop in remarkable ways. We are proud of their progress both academically and personally, and we know that their success is a testament to the hard work and dedication that you as parents have instilled in them.

I need to remind you that you should make the best use of life lessons you learned while in school. Your name once built should be your priceless jewel. "A good name is better than Gold or Diamond" If you lose Gold & Diamond, you will secure much more in due time...but If your name is lost everything is lost.

Remember to uphold the good name of your school. For the SS3 Graduand, we shall expect you, in the shortest possible time, to register yourselves in the higher citadel of Learning (Universities). Plan to focus on the success keys by taking the Daily SOW steps. We need you to assist in pursuing our excellence vision wherever you go in life.

To our guests and prospective parents, you are advised to believe in your dream and pursue it tenaciously until it is achieved. As I always say, your complaints can never be too much in respect of your children and never allow anybody or anything to truncate your ambition (for your children).

It is of note to carry the children along while laying their future foundation so as to have a unity of purpose.

As I always say, The best way to overcome obstacles and difficulties is to face them head-on, fight them now, and confront them while they are still small.

Confronting what you need to confront while it's small means that you're not letting your problems get out of control.

You're not ignoring the warning signs or pretending that everything is fine when it's not.

You're facing your problems head-on and dealing with them before they become too big to handle.

You are taking responsibility for your life and your decisions, and you're doing what needs to be done to make things right.

We enjoin you to come with us while we promise you all it takes to take your children to the desired heights with all sense of humility in spirit and manner.

Was sallam alaekum warahmatullah wabarakatuhu.

THE PRINCIPAL SPEECH



You are the author of your life. Be sure to take on every opportunity life presents you. No matter the obstacles which you may come across in life, act with courage! I am incredibly proud of you and congratulate each and every one of you upon your Graduation today.

Students, you have worked very hard this year, growing, not only physically, but also growing in character and in learning. Thank you for representing the school in major academic competitions, and always making us proud. Even in learning, you carried the weak along; you were always helping your classmates. You should feel very proud of yourselves.

To our parents, It is indeed your faith in the school that we are celebrating today. Your commitment and support was critical in helping our students keep up with their studies. You sat by your children to motivate them. You encouraged them when they felt overwhelmed, or even afraid of the consequences of not turning their assignments. You comforted them when they felt sad. As weeks turned into months, you had faith in the school and her teachers that your children would see light at the end of the tunnel. Today's success did not come by accident. It is the result of students, teachers and parents working harmoniously together towards a common goal.

Finally, dear students, cherish this moment. Look around you and capture some part of this day in your hearts. Be proud that today marks the successful end of one stage in your lives - secondary school - and the beginning of a new stage - university education.

....Sow College...the class of '24.

You will now become our Alumni; a new form of relationship as you continue with your university studies. I love you all and will always keep praying for you. Stay blessed.

Farewell, for now, is an anticipation of future reunions. Here, I want to offer a few words of advice as someone who has helped your seniors lace a new road to lifelong learning:

Cultivate morality and knowledge, unite action and virtue, and grow as a great person.

A "great person" is defined by their "virtue," not their appearance, and they must cultivate a noble and righteous character through self-cultivation, in accordance with nature and Islamic ethics, to be considered virtuous. I sincerely hope that you will continue to temper yourselves and possess the noble character of a "great person," guided only by virtue and righteousness Christened in Islam.

"A person without virtue cannot stand." As young people of today, we are facing unprecedented changes in the world. As the youth of the new era, you should have great aspirations, take on great responsibilities, and become "great people" who shoulder the mission of this era. You should take your dreams, ambitions, and ideals to all corners of the world, contribute your own strength, and embody the Nigerian youth's beautiful pursuits for the new era.

"The harder the battle, the sweeter the victory." –Les Brown.



This feat of achievements couldn't have been made possible if not due to resilience and supportive attitude of our teachers, the non-teaching staffers and largely many of our parents/guardians for being complementary to shape the lives of our innocent ones at the moment for better functioning society and the religion of Islam.

As no man is error-free in view of our daily engagements, the school management of Sow Academy, Ibadan begs for your absolute forgiveness in the areas where we failed to deliver as expected and demands constructive criticism with workable pieces of advice that will uplift Sow Academy to an enviable reputation among its peers. This will in turn be beneficial to every stakeholder that have one thing or the other to do with the school. We should remember a wise saying that "United we stand, divided we fall."

As Sow Academy, Ibadan is forging ahead to maintain its standard, we are not resting on our oars to better the lots of the children under our care.

Once again, we appreciate the Almighty Allah for the successful ending of 2023/2024 academic session without leaving out every individual who made that to be realized. Indeed, we owe you millions of gratitude but what we can simply say is "Jazakumu llahu khairan."

Long live Sow Academy, Ibadan.

Long live Oyo State.

Long live Nigeria.

Maa salaam.

HEADMASTER SPEECH

....Sow College...the class of '24.

In the name of Allah, the Most Gracious, the Most Merciful.

Alhamdu li-Llahi Rabil-ahlam, wa subuhana Llahi tahala. Verily, all praises be to Almighty Allah, the Lord of the whole Universe for His unquantifiable love and protection over every entity be: the school management, the teaching and non-teaching staffers, the parents/guardians and the pupils to witness a hitch free 2023/2024 Academic Session despite all odds. Indeed, we are appreciative.

The 2023/2024 academic year has come to pass. The achievements recorded by the school speak volume in line with its laid down policy of nurturing the future leaders who would be confident to explore their immediate environment and beyond for the overall good of humanity. This assertion is on record and which many parents/guardians testify to in view of the outcomes from different entrance examinations into junior secondary schools of different schools our pupils took part in.

It is not only in the area of academic prowess that we at Sow Academy, Ibadan can vouch for our pupils as confidently, we are breeding kings and queens who would make honesty their hallmark of behaviour. This is a joy for us as it makes us to be proud of who we are at Sow Academy, Ibadan.

"THE FAILURES OF A FAILING GOVERNMENT."

As "government" can simply be defined as a machinery through which the wills of a state (country) are formulated and executed for the smooth running of such state, the impending dooms that might emanate from the failures of any government in power at a particular time are better imagined than experienced.

If taken into consideration, the imminent flaws that a failing government may lead to cut across economic, social and political spheres. For instance, the failures of any government at different levels of economic activities will definitely put the production of goods and services into tight corners which will create unemployment, unregulated, skyrocketed prices of goods and services, production of substandard goods, malnutrition, high rate of mortality among the children and pregnant women and high level of economic sabotage like vandalization of public assets such as pipelines to siphon refined petroleum products and unrefined crude oil.

In the area of politics, the failures of a failing government in this regard will include electoral malpractices to install illegitimate government which does not reflect the wishes of the majority. There will be high rate of electoral offenders who will never get prosecuted because those within the corridor of power are solidly behind them as they are the ultimate beneficiaries. As this happens, many persons with genuine interest of serving their people and the country at large get pushed afar as they can not compete with the criminally-modelled contenders and their mercenaries.

Socially, once the economic indicators and excellent political administration are deficient, the outcomes of these will be uncontrollable social vices which give leeway to criminals to perpetrate their devilish potentials. For instance, many persons have had their lives cut short as a result of nefarious activities of bandits, kidnappers either for ransom and/or rituals, land grabbers, armed robbers, internet fraudsters, human traffickers, drug traffickers to mention a few.

As far as Nigeria is concerned, all the aforementioned failures and their likes are so evident and can be factually verified. For instance, the removal of fuel subsidy has brought untold hardships to Nigerians due to inability of the past governments and the present to have fixed the country's existing refineries to be performing at optimum level which could have halted importation of refined petroleum products from neighbouring countries that are not as materially and humanly endowed as Nigeria, the "giant of Africa" by mouth but not by action is. In view of that fuel subsidy removal, many small and medium-scaled businesses have collapsed while those that are still struggling to be productive are doing so at the expense of the poor masses who are being forced to pay exorbitant prices for goods and services they need to access for their well-being on a daily basis.

As many multi-national companies could no longer continue to operate, there are evidence of high rate of job losses which have made the labour market to become highly saturated and this have given rise to undignified search for jobs to keep body and soul together. This ugly scenario put the teeming unemployed population at the

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mercy of the wicked entrepreneurs especially within the private sector to pay peanuts to their workforce with a strong belief that if any of the members of their workforce demands for better working condition, such request will be inhumanely rejected. This is due to the fact that there are lots of desperate job seekers who are ready to take such peanuts despite groaning as debt strangles them from different angles.

As many become jobless, they are highly susceptible to engage in criminal tendencies such as: armed robbery, kidnapping, bunkering, drug trafficking, human trafficking, drug abuse, cattle rustling, prostitution, land grabbing, internet scam, production of substandard goods and lots more.

It is high time the components of leadership of our dear nation at different levels of administration see that good governance is what the Supreme Being subject to whom they believe in will demand from them to account for on the Day of Judgment. We should have it at the back of our minds that power is transient, that is, any position we are holding at present is temporary. If we use such position to enmesh public wealth for our own selfish gains, the repercussions of such devilish acts will manifest sooner than later. It is a pity that many of our religious leaders who are very close within the corridor of power in our country at different levels of administration continuously fail to tell them the real situation of things across the country just because they have become sycophants like the political associates of those in power.

At this juncture, I will like to advise every Nigerian irrespective of our societal standings to have a change of attitude and try to make our beloved country a peaceful entity which every peace lover will be proud of. Many of us like travelling to European and the Asian countries which we consider as safe haven but we should always remember that those making such fascinating environments possible are human beings like we Nigerians. If the way we take governance in this country of ours is the way they do things in such places, I know, we will not be that comfortable to visit such countries let alone to work there and or even secure residential permit.

A stitch in time saves nine provided we are ready to let it be for the good of the current and unborn generations. It should be noted that creating conducive environment for living irrespective of one's societal status is a function of intellectual, resilient, responsive and responsible leadership not the rulership in charge.

Written by: **Onaolapo Kazeem A.**

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TRIBUTE TO THE AMAZING PROFESSORS - TEACHERS!

Teachers are indeed mini angels, and their rewards extend far beyond heaven. They receive tangible rewards here on earth, often when they least expect it. Today, I witnessed a moment that filled my heart with immense pride and joy. One of our former students, whom I had the privilege of teaching and guiding during her formative years, was inducted into the medical profession.

I vividly remember those days when we instilled morals, values, and Islamic beliefs in them, though it was challenging to make them receptive to instructions and training. Today, Dr. Z and her classmates have become accomplished young men and women, Maa Shaa Allaah!

As I looked around at her classmates gathered to celebrate this milestone, I was amazed at how much they've grown and achieved. Some are now wives, mothers, and degree holders, excelling in their respective endeavours. This is unquantifiable reward.

Though teachers are among the most underpaid workers in this country, we're the most blessed profession, getting to see our efforts bear fruits and manifest in the lives of our students is indeed a blessing.

Teaching may not be lucrative, but its impact on young lives is enormous. It's a fulfilling and life-changing profession that allows us to plant seeds in our students' minds and hearts, which germinate and bear fruits that surpass our wildest expectations.

I'm grateful to be part of these amazing youngsters' stories, watching them thrive and succeed and I beseech Allaah to bless all teachers and continue to crown their efforts with success.

I'm thankful to be a teacher and excited to continue making a difference in my students' lives.

Are you?

Let's continue the good work, Allaah is aware, He'll repay us with good bi'idhniLlaah.

Written By: Baseerah Ribigbe

A reminder to do more!

#fabricatedfreedom

THE VIRTUE OF MODESTY IN ISLAM: A PATH TO SPIRITUAL GROWTH AND SOCIAL HARMONY

Introduction

Modesty is a fundamental virtue in Islam, encompassing humility, reserve, and self-awareness. It is a quality that is deeply ingrained in the religion's teachings and is considered essential for spiritual growth and social harmony. In this article, we will explore the concept of modesty in Islam, its significance, and how it is manifested in various aspects of a Muslim's life.

Modesty in Islam

In Islam, modesty is referred to as "haya" or "al-haya," which means shame, shyness, or modesty. It is considered one of the most important virtues in Islam and is mentioned in the Quran and Hadith (Prophetic traditions). Modesty is not only limited to physical appearance but also encompasses behavior, speech, and intentions.

Significance of Modesty

Modesty is significant in Islam for several reasons:

1. **Spiritual Growth:** Modesty is a means to attain spiritual growth and closeness to Allah (God).
2. **Social Harmony:** Modesty promotes social harmony by fostering respect, empathy, and understanding among individuals.
3. **Protection from Sin:** Modesty serves as a shield against sin and immoral behavior.
4. **Beauty and Dignity:** Modesty is considered a beauty and dignity in Islam, as it reflects a person's humility and self-awareness.

Manifestations of Modesty

Modesty is manifested in various aspects of a Muslim's life, including:

1. **Dress Code:** Modest dress is a fundamental aspect of Islam, with both men and women expected to dress humbly and avoid excessive display of wealth or status.
2. **Behavior:** Muslims are expected to exhibit modest behavior, avoiding boastfulness, arrogance, and excessive display of emotions.
3. **Speech:** Modest speech is essential, with Muslims encouraged to speak truthfully, kindly, and avoid gossip or slander.
4. **Intentions:** Modest intentions are critical, with Muslims expected to perform actions solely for the sake of Allah, without seeking praise or recognition.

Conclusion

Modesty is a vital virtue in Islam, encompassing humility, reserve, and self-awareness. It is a quality that is deeply ingrained in the religion's teachings and is essential for spiritual growth and social harmony. By embracing modesty, Muslims can cultivate a deeper connection with Allah, foster respect and understanding among individuals, and promote a more harmonious society.

Written By: Babatunde Aliyah

CHILD ABUSE FROM AN ISLAMIC PERSPECTIVE

Child abuse is a grave violation of human rights and a critical social issue that transcends cultural, geographical, and religious boundaries. From an Islamic perspective, child abuse is categorically condemned. Islam places a high value on the protection, care, and nurturing of children, and any form of abuse is considered a severe transgression against the principles of justice, compassion, and mercy that are central to the faith.

Islamic Teachings on the Treatment of Children

Islamic teachings provide comprehensive guidelines on the treatment of children, emphasizing their rights and the responsibilities of adults towards them. These guidelines are drawn from the Quran, the Hadith (sayings and practices of the Prophet Muhammad, peace be upon him), and the broader Islamic jurisprudence.

1. ***Rights of Children*:** Islam grants children numerous rights, including the right to life, the right to be nurtured and cared for, the right to be protected from harm, and the right to education. The Quran explicitly condemns the killing of children, a practice that was prevalent in pre-Islamic Arabia. Surah Al-Isra (17:31) states, "And do not kill your children for fear of poverty. We provide for them and for you. Surely killing them is a heinous sin."

2. ***Compassion and Kindness*:** The Prophet Muhammad (PBUH) was known for his kindness and compassion towards children. He said, "He is not one of us who does not show mercy to our young ones and respect to our elders" (Tirmidhi). This Hadith highlights the importance of treating children with mercy and compassion.

3. ***Education and Moral Guidance*:** Islam places a strong emphasis on the moral and spiritual education of children. Parents and guardians are entrusted with the responsibility to raise their children with good morals, teaching them to differentiate between right and wrong. The Prophet Muhammad (PBUH) said, "A father gives his child nothing better than a good education" (Tirmidhi).

Addressing Child Abuse in Islamic Communities

Despite the clear Islamic teachings against child abuse, instances of abuse do occur within Muslim communities, as they do in all communities worldwide. Addressing this issue requires a comprehensive and multifaceted approach:

1. ***Education and Awareness*:** It is essential to educate communities about the Islamic teachings on the rights of children and the severe prohibition against abuse. Religious leaders and scholars play a crucial role in spreading this knowledge and correcting any misconceptions that may exist.

2. ***Support Systems*:** Developing robust support systems for children who are victims of abuse is critical. This includes providing safe environments, counseling, and legal assistance. Islamic institutions should collaborate with child protection services to ensure that abused children receive the care and protection they need.

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3. ***Legal Frameworks*:** Islamic law (Sharia) includes strict penalties for those who harm children. Muslim-majority countries and communities should ensure that their legal frameworks protect children effectively and hold abusers accountable.

4. ***Promoting Healthy Parenting*:** Premarital and marital counseling can help parents understand their roles and responsibilities from an Islamic perspective. Encouraging positive parenting techniques that emphasize love, respect, and patience can prevent instances of abuse.

Misinterpretations and Cultural Practices

It is essential to distinguish between cultural practices and Islamic teachings. In some cultures, practices that are abusive or harmful to children may persist, but these practices are not rooted in Islam. Any form of child abuse, whether physical, emotional, or neglectful, is incompatible with the principles of Islam. Misinterpretations of religious texts should be addressed by qualified scholars to ensure that harmful cultural practices are not mistakenly attributed to the faith.

Conclusion

Child abuse is a grave sin and a significant social issue that Islam unequivocally condemns. The teachings of Islam emphasize the rights of children to be loved, protected, and nurtured. Addressing child abuse within Muslim communities requires a combination of education, robust support systems, and legal protections. By adhering to the true spirit of Islamic teachings, which prioritize compassion, justice, and mercy, Muslims can work towards eradicating child abuse and ensuring a safe and nurturing environment for all children.

Written by: **Laniyan Olamidun Nimotallah**



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CHEMISTRY: THE ESSENCE OF LIFE

Chemistry is often thought of as a complex and abstract science, but in reality, it is the very essence of life itself. From the air we breathe to the food we eat, chemistry plays a crucial role in every aspect of our existence. In this article, we will explore the profound impact that chemistry has on our daily lives and why it is truly the foundation of life.

At its core, chemistry is the study of matter and the changes it undergoes. This may sound like a dry and academic pursuit, but in reality, it is the key to understanding the world around us. For example, the chemical reactions that take place in our bodies are what allow us to breathe, move, and think. Without these intricate processes, life as we know it would simply not be possible.

One of the most fascinating aspects of chemistry is its ability to transform one substance into another through chemical reactions. This is evident in everything from cooking a meal to producing medications that save lives. The development of new materials, fuels, and technologies all rely on the principles of chemistry.

Furthermore, chemistry plays a crucial role in addressing some of the most pressing challenges facing our world today, such as climate change and pollution. By understanding the chemical processes that drive these issues, scientists can develop innovative solutions to mitigate their impact and create a more sustainable future for all.

In conclusion, chemistry is not just a subject to be studied in a classroom; it is a fundamental part of our everyday lives. By appreciating the role that chemistry plays in shaping our world, we can gain a deeper understanding of ourselves and the world around us. So next time you take a breath of fresh air or enjoy a delicious meal, remember that it is all thanks to the wonders of chemistry.

Written by: Mrs Abdulraheem Maryam

THE FUTILITY OF ANXIETY

In our daily lives, it's easy to become consumed by worry and anxiety about the future. Whether it's fretting over upcoming deadlines, anticipating the outcome of important decisions, or fearing the unknown, anxiety often stems from a desire to control circumstances beyond our reach. However, let me remind us that regardless of how much we fret or agonize, the inevitable will unfold according to its own rhythm.

This notion can be both liberating and challenging to accept. On one hand, it invites us to relinquish the illusion of control and surrender to the flow of life. Instead of exhausting ourselves with futile attempts to manipulate outcomes, we can cultivate a sense of trust in the unfolding of events. This doesn't mean passivity or resignation but rather an active engagement with life that is grounded in acceptance and presence.

On the other hand, confronting the futility of anxiety requires a shift in perspective, one that acknowledges the inherent uncertainty of existence. While we may make plans and set goals, the future remains fundamentally unpredictable. This realization invites us to embrace the uncertainty as an integral part of the human experience, rather than something to be feared or avoided.

The assumption that anxiety is a necessary or productive response to uncertainty can be misplaced. In fact, excessive worry not only fails to alter outcomes but can also detract from our ability to engage fully with the present moment. By dwelling on future scenarios that may never materialize, we risk missing out on the richness and beauty of life as it unfolds before us.

Instead of succumbing to the grip of anxiety, we can cultivate practices that promote mindfulness, resilience, and inner peace. Whether through meditation, mindfulness exercises, or simply taking time to connect with nature, we can learn to quiet the incessant chatter of the mind and find refuge in the present moment. In doing so, we may discover a newfound sense of clarity and perspective that enables us to navigate life's challenges with greater ease and grace.

Conclusively, by embracing the inherent uncertainty of life and letting go of our need to control outcomes, we can cultivate a deeper sense of peace and contentment. Instead of allowing anxiety to dictate our experience, we can choose to approach life with openness, curiosity, and resilience. In doing so, we may find that the truest path to peace lies not in trying to control the future, but in learning to embrace the present with open arms.

By: Busari, Funmilola Ashiat (Mrs)

IT'S YET ANOTHER STEP

بسم الله الرحمن الرحيم

It's said that man is predestined to encounter stage by stage of challenges in this life as well as in the hereafter. (Qur'an 84:19). This is a pointer to the fact that man and challenges, encounters, issues, etc are inseparable, as they are supposed to be a stepping stone to the next level. Without these encounters, moving on to a better, higher and greater state and realising dreams in life would be ordinarily nightmarish.

Moreso, starting from our creation to our termination and resurrection, we are challenged. In other words, the birth to death and afterlife of man is greatly challenging based on the number of steps and levels one takes and successes one records in life. For instance, making the right choice of spouse, fulfilling marital responsibilities, producing and raising children and above them all getting one of the best career opportunities to achieve one's goal in life pose a humongous challenge to humans.

Therefore, dear graduands of this session and others! Be circumspect, for the days are evil and life is becoming more and more challenging and energy sapping. Be adequately prepared come what may in your journey to succeed; build good character; embrace positive change, develop right attitude to life; periscope opportunities in everything and everyone you come across; avoid pessimism and pessimists; activate sincerity of purpose, do not allow any circumstance to weigh you down, and try to be moderate in everything, for too much of everything is bad, though some things can not be overdone. So, identify those that cannot be overdone and do as much as you can.

Furthermore, an indispensable ladder through which one is elevated to success and it is maintained is prayer (duā'). Allah says: "Say (O Muhammad saw)! My Lord would have been less concerned about you if not for your supplications, for you have disbelieved, and it (the consequences of such disbelief) shall be binding upon you." (Qur'an 25: 77)

It is on the basis of this that it has been established that the significance of supplications in attaining success, moving on to the next level as well as taking another fruitful step can not be overemphasized. In other words, fervent prayer is key to attaining greatness in life and eternal bliss in the hereafter, the one that eases one's affairs, tranquilizes and put one's mind in peace and consoles the soul.

In a nutshell, great future leaders! Work so hard that we may be proud of you; be good ambassadors of your respective homes, Sow College, country and above all, Islām. Dear students, do not forget that your life choices and decisions today determine to a very large extent what tomorrow holds in stock for you, as whatever you are and wherever you may be today is largely determined by your choices, steps, actions and inactions of yesterday.

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Moreover in the words of our noble Prophet (peace be on him) to Abdullah bn Mas'ūd (may Allah be pleased with him): "You are one of the fortresses of Islām, therefore, Islām should not be denigrated through you." This apparently implies that as Muslims, we are like borders to Islām, and we should not be porous so that Islam would not be misconstrued, distorted and desecrated through our actions and inactions.

On a final note, to avoid regret, guilty conscience, colossal failure and calamitous landing after a self-acclaimed achievement due to wrong decisions in life, right choices and meticulous steps coupled with relentless prayers are sacrosanct. Therefore, carefully look before you leap; beware of extremes on both sides, that is, neither overdo nor fall short in your efforts to attain greatness, for this is yet another step.



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THE RISE OF ROBOTS AND ARTIFICIAL INTELLIGENCE: TRANSFORMING OUR FUTURE

Introduction

The advent of robots and artificial intelligence (AI) marks a significant turning point in human history. From enhancing productivity to revolutionizing healthcare, AI and robotics are reshaping industries and society at large. This article explores the development, applications, and potential future of these transformative technologies.

The Evolution of Robots and AI

Robotics and AI have evolved from simple automation and basic decision-making systems to highly sophisticated technologies capable of learning, adapting, and performing complex tasks. Early robots were designed for repetitive tasks in manufacturing, while AI began as rule-based systems. Today, advancements in machine learning, neural networks, and sensor technology have produced robots that can navigate environments autonomously and AI that can process and analyze vast amounts of data.

Applications Across Industries

1. **Manufacturing**: Robots have long been integral to manufacturing, enhancing efficiency, precision, and safety. Modern AI-powered robots can collaborate with human workers, adapt to changes on the assembly line, and perform quality control checks.
2. **Healthcare**: AI and robotics are revolutionizing healthcare by improving diagnostics, treatment, and patient care. Robots assist in surgeries with precision, AI algorithms analyze medical images for early disease detection, and robotic exoskeletons aid in physical rehabilitation.
3. **Transportation**: Autonomous vehicles, powered by AI, promise to transform transportation by reducing accidents, easing traffic congestion, and providing mobility solutions for those unable to drive. Drones are also being used for deliveries and inspections in hard-to-reach areas.
4. **Customer Service**: AI-driven chatbots and virtual assistants enhance customer service by providing quick, accurate responses to inquiries and handling routine tasks, freeing human employees to focus on more complex issues.

5. **Finance**: In the finance sector, AI algorithms analyze market trends, detect fraudulent activities, and offer personalized financial advice. Robotic process automation (RPA) streamlines operations by automating repetitive tasks such as data entry.

Ethical Considerations and Challenges

The rise of robots and AI brings forth several ethical considerations and challenges. Key concerns include:

1. **Job Displacement**: The automation of tasks previously performed by humans raises concerns about job displacement and the need for reskilling the workforce.
2. **Privacy**: AI systems that collect and analyze personal data pose significant privacy concerns. Ensuring data security and establishing clear guidelines for data use are paramount.
3. **Bias and Fairness**: AI algorithms can perpetuate biases present in their training data, leading to unfair outcomes. Efforts to ensure transparency, fairness, and accountability in AI systems are crucial.
4. **Safety**: Ensuring the safety of AI and robotic systems, particularly in critical applications like autonomous driving and healthcare, is essential to prevent accidents and malfunctions.

The Future of Robots and AI

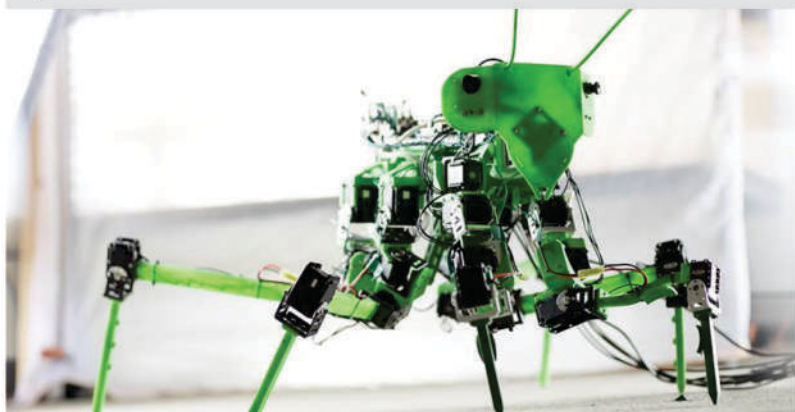
The future of robots and AI holds immense potential. As technology continues to advance, we can expect:

1. **Enhanced Human-Robot Collaboration**: Robots and humans will increasingly work together, with robots handling repetitive tasks and humans focusing on creative and strategic roles.
2. **Personalized AI**: AI systems will become more personalized, providing tailored experiences in education, healthcare, and entertainment.
3. **AI in Scientific Research**: AI will play a crucial role in scientific discoveries, analyzing vast datasets to uncover new insights in fields like genomics, climate science, and materials research.
4. **Smart Cities**: AI and robotics will contribute to the development of smart cities, optimizing energy use, improving public transportation, and enhancing urban living.

Conclusion

The integration of robots and AI into various aspects of life is transforming how we live, work, and interact with the world. While challenges and ethical considerations must be addressed, the potential benefits of these technologies are vast. By harnessing the power of robots and AI responsibly, we can create a future that is more efficient, equitable, and innovative.

By: Usman Paul



Local News:

Sow Academy pioneer Walimatul Qur'an held on 28th July, 2024 with 20 Graduands. The event took place in the school compound and with the attendance. In attendance was the Proprietor of the school Alhaji Laniyan, the Chairman and Vice Chairman of the Parent Teacher Association in person of Mr Alebiosu and Alhaji Hamzat respectively.

National News:

Oyo State government set to recruit more than 10,000 workers into its education system: Oyo State Governor Gov Seyi Makinde announced the recruitment process for the teachers into Primary Schools (SUBEB) and Secondary Schools (TESCOM) and the recruitment exercises took place from 22nd of July to 31st of July 2024. Over 55,000 candidates applied for the job of which around 10,000 will be employed.

Protest:

Nigerians set to protest against government of the federation headed by President Bola Ahmed Tinubu.

Nigeria changed its national anthem to the one used immediately after independence.

July 5th 2024 saw a renewed hope in UK as Rt Hon. Keir Starmer of the Labour Party defeated his opponent of the Conservative Party, Rishi Sunak as the Prime Minister of United Kingdom ending decades of dominance of the Conservative.

Peaceful Protest against the bad governance in Nigeria took place across the country but some states like Kano, Nasarawa and Yobe turned it to *Piss full* protest after looting and destruction of government properties.

Sport News;

Spain won the Euro 2024.

Argentina won Copa America 2024 but lost its magician.

Nigeria women lost its first two games at the Olympic 2024 with a very close range of a goal to nil in both.

Canada women aiming to qualify for the quarter finals of 2024 Olympic despite starting with a deduction of 6-points

EPL sets to start the 2024/2025 season on August 16th with Manchester United opening at home against Fulham.

Sport News in full;

Spain won the Euro 2024 after defeating the runner up of the 2020 edition with two goals to one courtesy of Nico Williams and Mikel Oyarzabal for Spain and Cole Palmer for England. Spain's Lamine Yamal won the young player of the tournament with an amazing three assists and an amazing goal against France in the semi final to see the Spanish off to the Final.



....Sow College...the class of '24.

Argentina won the 2024 Copa America in the USA after the hard earned victory against Columbia. Lautaro Martinez scored an extra time winner against the Columbians after being subbed on to win the golden boots with Six goals. The Argentines won the match but lost their Talisman Lionel Messi to an injury at the Sixtieth minute which doesn't look very like a simple injury. Former Madrid star James Rodriguez won the best player of the tournament despite playing in Brazil for Sao Paulo.



HEALTHY LIVING

Question & Answer

....Sow College...the class of '24.



This is a chat with Dr. Abdullahi Oluwalogbon (heart and utility specialist). The transcript of the chat is given below. Useful for everyone.

Question 1: What are the thumb rules for a layman to take care of his or her heart?

Answer:

1. Diet - Less of carbohydrate, more of protein, less oil
2. Exercise - Half an hour's walk, at least five days a week; avoid lifts and avoid sitting for a longtime
3. Quit smoking
4. Control weight
5. Control BP - Blood pressure and Sugar

Question 2: Can we convert fat into muscles?

Answer: It is a dangerous myth. Fat and muscles are made of two different tissues - fat is fat, ugly and harmful. Muscle is muscle. Fat can never be converted into a muscle.

Question 3: It's still a grave shock to hear that some apparently healthy person gets a cardiac arrest. How do we understand it in perspective?

Answer: This is called silent attack. That is why we recommend everyone past the age of 30 to undergo routine health checkups.

Question 4: Are heart diseases hereditary?

Answer: Yes

Question 5: What are the ways in which the heart is stressed? What practices do you suggest to de-stress?

Answer: Change your attitude towards life. Do not look for perfection in everything in life.

Question 6: Is walking better than jogging or is more intensive exercise required to keep a healthy heart?

Answer: Walking is better than jogging, since jogging leads to early fatigue and injury to joints.

Question 7: Can people with low blood pressure suffer heart diseases?

Answer: Extremely rare.

Question 8: Does cholesterol accumulate right from an early age (I'm currently only 22) or do you have to worry about it only after you are above 30 years of age?

Answer: Cholesterol accumulates from childhood.

Question 9: How do irregular eating habits affect the heart?

Answer: You tend to eat junk food when the habits are irregular and your body's enzyme release for digestion gets confused.

Question 10: How can I control cholesterol content without using medicines?

Answer: Control diet, walk and eat walnut.

Question 11: Which is the best and worst food for the heart?

Answer: Fruits and vegetables are the best and oils the worst.

Question 12: Which oil is better - groundnut, sunflower, olive?

Answer: All oils are bad.

Question 13: What is the routine checkup one should go through? Is there any specific test?

Answer: Routine blood test to ensure sugar, cholesterol is ok. Check BP, Treadmill test after an echo.

Question 14: What are the first aid steps to be taken on a heart attack?

Answer: Help the person into a sleeping position, place an aspirin tablet under the tongue with a sorbitrate tablet if available, and rush him or her to a coronary care unit, since the maximum casualty takes place within the first hour.

Question 15: How do you differentiate between pain caused by a heart attack and that caused due to gastric trouble?

Answer: Extremely difficult without ECG.

Question 16: What is the main cause of a steep increase in heart problems amongst youngsters? I see people of about 30-40 years of age having heart attacks and serious heart problems.

Answer: Increased awareness has increased incidents. Also, sedentary lifestyles, smoking, junk food, lack of exercise in a country where people are genetically three times more vulnerable for heart attacks than Europeans and Americans.

Question 17: Is it possible for a person to have BP outside the normal range of 120/80 and yet be perfectly healthy?

Answer: Yes.

Question 18: Marriages within close relatives can lead to heart problems for the child. Is it true?

Answer : Yes, co-sanguinity leads to congenital abnormalities and you may NOT have a software engineer as a child.

Question 19: Many of us have an irregular daily routine and many a times we have to stay late nights in office. Does this affect our heart? What precautions would you recommend?

Answer : When you are young, nature protects you against all these irregularities. However, as you grow older, respect the biological clock.

Question 20: Will taking anti-hypertensive drugs cause some other complications (short/long term)?

Answer : Yes, most drugs have some side effects. However, modern anti-hypertensive drugs are extremely safe.

Question 21: Will consuming more coffee/tea lead to heart attacks?

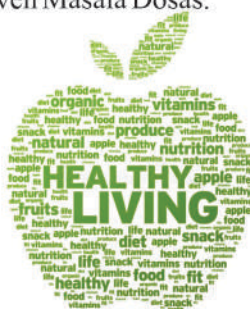
Answer: No.

Question 22: Are asthma patients more prone to heart disease?

Answer : No.

Question 23: How would you define junk food?

Answer : Fried food like Kentucky, McDonalds, Samosas, and even Masala Dosas.



HEALTHY LIVING

Question & Answer

....Sow College...the class of '24.

Question 24: You mentioned that Indians are three times more vulnerable. What is the reason for this, as Europeans and Americans also eat a lot of junk food?

Answer: Every race is vulnerable to some disease and unfortunately, Indians are vulnerable for the most expensive disease.

Question 25: Does consuming bananas help reduce hypertension?

Answer: No.

Question 26: Can a person help himself during a heart attack (Because we see a lot of forwarded e-mails on this)?

Answer: Yes. Lie down comfortably and put an aspirin tablet of any description under the tongue and ask someone to take you to the nearest coronary care unit without any delay and do not wait for the ambulance since most of the time, the ambulance does not turn up

Question 27: Do, in any way, low white blood cells and low hemoglobin count lead to heart problems?

Answer: No. But it is ideal to have normal hemoglobin level to increase your exercise capacity.

Question 28: Sometimes, due to the hectic schedule we are not able to exercise. So, does walking while doing daily chores at home or climbing the stairs in the house, work as a substitute for exercise?

Answer: Certainly. Avoid sitting continuously for more than half an hour and even the act of getting out of the chair and going to another chair and sitting helps a lot.

Question 29: Is there a relation between heart problems and blood sugar?

Answer: Yes. A strong relationship since diabetics are more vulnerable to heart attacks than non-diabetics.

Question 30: What are the things one needs to take care of after a heart operation?

Answer : Diet, exercise, drugs on time, Control cholesterol, BP, weight.

HEALTHY LIVING

Question & Answer

....Sow College...the class of '24.

Question 31: Are people working on night shifts more vulnerable to heart disease when compared to day shift workers?

Answer: No.

Question 32: What are the modern anti-hypertensive drugs?

Answer: There are hundreds of drugs and your doctor will choose the right combination for your problem, but my suggestion is to avoid the drugs and go for natural ways of controlling blood pressure by walk, diet to reduce weight and changing attitudes towards lifestyles.

Question 33: Does aspirin or similar headache pills increase the risk of heart attacks?

Answer: No.

Question 34: Why is the rate of heart attacks more in men than in women?

Answer: Nature protects women till the age of 45. (Present Global census show that the Percentage of heart disease in women has increased than in men)

Question 35: How can one keep the heart in a good condition?

Answer: Eat a healthy diet, avoid junk food, exercise everyday, do not smoke and, go for health checkups if you are past the age of 30 (once in six months recommended).

Very Important, Check yourself Regularly.

Culled from Whatsapp



A CREED FOR THOSE WHO HAVE SUFFERED.

I asked Almighty Allah for strength that I might achieve,

I was made weak that I might learn humbly to obey.

I asked for health that I might do great things,

I was given Infirmary that I might do better things.

I asked for riches that I might be happy,

I was given poverty that I might be wise.

I asked for power that I might have the praise of men,

I was given weakness that I might feel the need of Almighty Allah.

I asked for all things that I might enjoy life,

I got nothing I asked for but everything I had hoped for.

Almost despite myself ; my unspoken prayers were answered.

I am among humans most richly blessed !.

STEADFASTNESS OR ISTIQAMA

Steadfastness or Istiqama means remaining firm on your Imaan (faith) in times of difficulty and staying patient whilst trusting Allah. Istiqama can also mean to remain constant in good deeds, by performing them regularly. Allah, the Exalted, has said: O ye who believe, be steadfast and strive to excel in steadfastness (Q3:201). We will surely try you with somewhat of fear and hunger, and loss of wealth and lives and fruits, then give glad tidings to the steadfast (Q2:156). May Almighty Allah ease and direct our affairs. Aameen.

2. Abu Huraira reported God's messenger as saying that if anyone says a hundred times in a day, "There is no god but God alone who has no partner, to whom dominion belongs, to whom praise is due, who is omnipotent", he will have a reward equivalent to that for emancipating ten slaves, a hundred blessings recorded for him, a hundred evil deeds obliterated from him; it will be a protection for him from the devil all that day till evening, and no one will bring anything more excellent than he brings, except a man who has done more than he has. (Bukhari and Muslim.)

3. None of you should abuse Time for it is Allah Who is the Time, and none of you should call 'Inab (grape) as al-karm, for karm is a Muslim person.

4. "The Prophet (S.A.W) and his wife would take a bath from one vessel, but neither of them would have a bath with the leftover water of the other." (Daif)

5. The Prophet (S.A.W) said, "When a Muslim spends something on his family intending to receive Allah's reward it is regarded as Sadaqa for him."

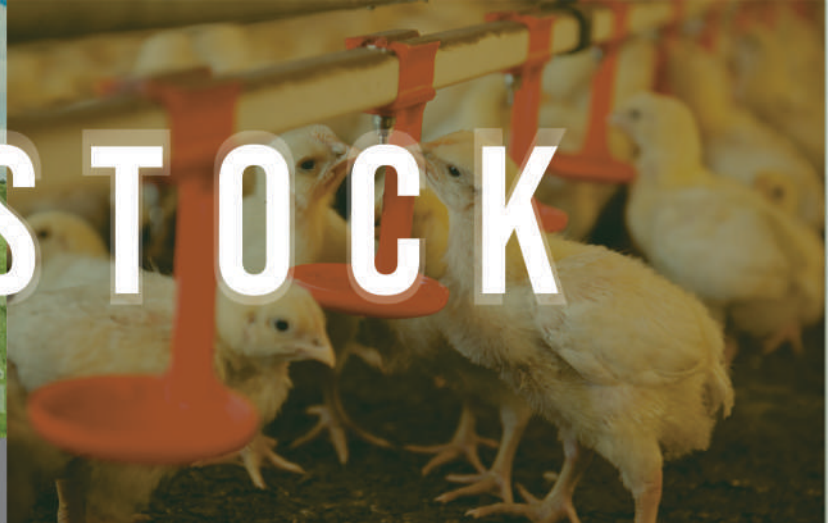
6. Allah's Messenger (peace be upon him) says: "Whoever does not avoid vain talks and actions, Allah does not have any business with him/her abstaining from eating and drinking."

7. Therefore, for our fasting to be rewarded as expected, we have to stay away from amorous talks, lies, backbiting, slander, bullying, curse, music, etc and abominable actions.

8. May Allah accept our acts of ibādah!



LIVESTOCK

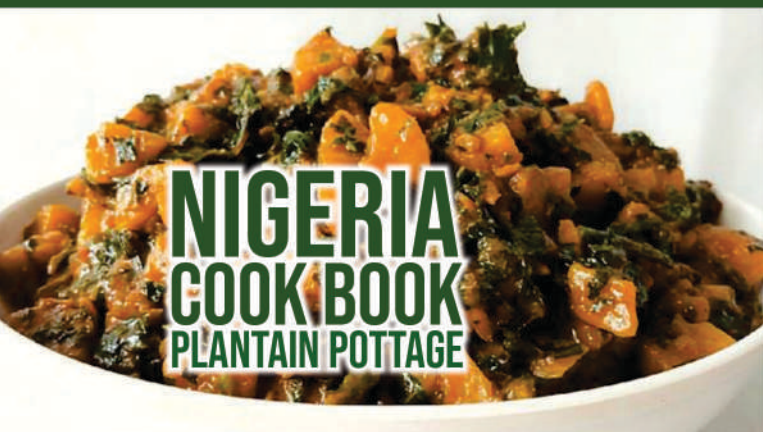


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SOME BASIC LIVESTOCK TERMINOLOGIES AND DATA

LIVESTOCK CLASS					MALE				FEMALE			
	Young	Mature	Age at Mating (Months)	Castrated	Young	Mature	Age of 1st Mating (Months)	Pregnant	Gestation Period (Days)	Parturition	Flesh	Group of Adult
Cattle	Bull Calf	Bull	24-30	Bullock or Steer	Heifer	Cow	12-24	In-cow	283	Calving	Veal (Young) Beef	Herd
Sheep	Ram Lamb	Ram	9-12	Wether	Gimmer or Ewe lamb	Ewe	9-12	In-ewe	147/148	Lambing	Mutton	Flock
Goat	Buck Kid	Billy or Buck	9-12	Wether	Kid or Doeling	Nanny or Doe	9-12	In-doe	150	Kidding	Goat meat	Herd
Pig	Shoat or Piglet	Boar	7-8	Hog or Barrow	Gilt	Sow	8	In-sow	114/115	Farro wing	Bacon or Pork	Herd
CHICKEN	Chick Cockerel	Cock	5-6	Capon	Chick Pullet	Hen	5-6	-	Incubation 21	Hatching	Chicken meat	Flock
RABBIT	Male Bunny or Young Buck	Buck	5-8	Castrate or Lapin	Female Bunny or Frager	Doe	7-10	In-rabbit	31/32	Kindling	Rabbit meat	Herd
HORSE	Colt Foal	Stud or Stallion	24-30	Golding	Filly	Mare	12-24	in-mare	340	Foaling	Horse meat	Herd
TURKEY	Poult	Tom Cock	6-8	Capon	Poult	Hen	6-8	-	28	Hatching	Turkey meat	Flock
DUCK	Drakerel (Duckling)	Drake	6-8	-	Ducklet	DUCK	6-8	-	28	Hatching	Duck meat	Flock
GEESE	Gosling	Gander	6-8	Castrate	Gosling	Goose	6-8	-	30	Hatching	Goose meat	Flock
DOG	Male pup	Stud dog	9-12	Castrate	Bitch pup	Bitch	8-9	In-bitch	59-65	Whelping	Dog meat	Pack
CAT	Kitten	Tomcat	Castrated Tom	-	Kitten	Queen	-	In-queen	63	Kittening	-	Pack





NIGERIA COOK BOOK PLANTAIN POTTAGE

....Sow College...the class of '24.

UBOBOKORIWUK UKOM(PLANTAIN POTTAGE)

This is pottage made from unripe plantain. It is a regular feature in the meals of the region and does not take long to cook. It is highly nutritious and healthy

INGREDIENT

5 fingers of unripe plantain
1 big dry fish
2 tbsp ground crayfish
1 onion
Fresh pepper
2 cooking spoons of palm oil
3 stock cubes
Pumpkin leaves or ntong (scent) leaves
Salt



INSTRUCTIONS

1. Wash the plantains. With a sharp knife, slice the plantain skin open by making a vertical cut along one side. Remove the plantain from the skin and cut into small cubes into the bowl of water. This is to prevent the plantains from turning black. After cutting, put the plantains in a pot and add water enough to barely cover the plantains. If the water is too much the pottage will be watery.
2. Wash your dry fish properly and debone. Keep it aside.
3. Blend your fresh pepper with some onions. You can also slice them if your prefer.
4. Put your pot of plantain on the heat and allow to boil. When the plantain boils, add the fish, sliced onions, blended pepper, crayfish, stock cubes and palm oil. Continue cooking while it thickens. Add some salt and your chosen vegetable. i.e. pumpkin or ntong or both. Stir and cook for about 5 minutes and the pottage is ready.

INDY'S TIPS

To thicken the pottage quickly, scrape the plantains a little bit into the pot before cutting into cubes. When you add water and boil, it thickens faster.

YAMARITA



Yam and eggs, yam in eggs, yam and tomato sauce, yam with palm oil, yam with soup, yam

grated with shrimps, yam grated with okra, yam fried, yam boiled, yam roasted... Welcome

to the Nigerian kitchen! A whole multi-talented world of yams.

We selected a few for you, but feel free to experiment with your hot-stove.

INGREDIENTS

- * 1kg yam
- * 3 eggs
- * 2 spoons flour
- * 300ml vegetable oil
- * 1 tsp ginger
- * 1 tsp garlic
- * 1 tsp ground pepper
- * 1 seasoning cube
- * Salt to taste

INSTRUCTION:

1. Peel off the back of the yam, slice to any size, shape, and boil for about 15 minutes. It should be soft and well cooked. Drain and allow to cool.
2. Mix the flour, spices (ginger, garlic, pepper, seasoning cube, and salt) and the three eggs in a bowl. Whisk all together and immerse the boiled yam in it.
3. Fry and flip, don't allow to burn. You can use a spoon to apply more of the spiced batter while it fries.
4. Serve with your favorite sauce and juice. Grilled fish or chicken is a welcome addition.



YAMARITA



There is a tree
A wonderful tree.
The tree of kindness.
It is the fastest growing tree
In this world, God bless

There is a tree
The wonderful kindness tree
Taking deep roots forever to last
In a million people's heart
Spouting and growing enormously fast

There is a tree
That wonderful kindness tree
It grows so fast, that soon enough
The whole wide world on sea and earth
will be filled with comfort and love

There is a tree
That wonderful tree of kindness
Roots spreading in another million hearts
spouting and growing reaching high and wide
And then in another million hearts it starts

And then another two million
And five million more to come
A billion hearts soon will follow
I already smell its wonderful blossom
Roots in everyone's heart will show

Oh, it is growing so fast,
this tree let's sit and enjoy
in its amazing shadow
And just let the roots
in your heart grow!

Aufie Zophy
Posted 31st December 202

Q: If April showers bring May flowers, what do May flowers bring?

A: Pilgrims!

Q: What do you call a dog on the beach in the Summer?

A: A hot dog!

Q: Why do bananas use sunscreen?

A: Because they peel.

Q: How you mend a broken pumpkin?

A. With a pumpkin patch!

Q: How do Eskimos make their beds?

A: With sheets of ice and blankets of snow.

Q: Why don't mountains get cold in the winter?

A: They wear snowcaps.

Q: What did the snowman say to the customer?

A: Have an ice day!

Q: What do you call a slow skier?

A: A slope-poke!

Q: Why did the farmer wear one boot to town?

A: Because he heard there would be a 50% chance of snow!

Q: Where does a polarbear keep its money?

A: In a snow bank!

FACT OF LIFE

ANIMAL DOCUMENTARY

....Sow College...the class of '24.



Owls have been part of human culture and mythology for millennia, viewed as everything from wise good-luck charms to demonic harbingers of death. That fascination may come from their odd anatomy, which makes them stand out among other bird species. Owls can swivel their heads around, are nocturnal, fly nearly silently, and can stay hidden thanks to exceptional camouflage—not to mention their expressive faces.

Found on every continent except Antarctica, owls are wonderfully unique birds. Here are some of the things that make these creatures so special. Get ready for some fascinating facts.

Owls don't have eyeballs—they're more like eye tubes. They're elongated and held in place by a bony structure in the skull called a sclerotic ring. Because of this, owls can't move or roll their eyes within their sockets. (That's where the heightened neck mobility comes in.)

Owls have binocular vision similar to humans, meaning they can see an object with both eyes at the same time. This gives owls a great ability to judge height, weight, and distance.

They also have extraordinary night vision and far-sightedness, but there's a drawback. Because they are far-sighted, owls can't see objects up close. To make up for this, they have filoplumes—small hair-like feathers on their beaks and feet—to feel out their food when hunting.

Finally, owls have three eyelids. One is for blinking, one is for sleeping, and one is for keeping their eye "tubes" clean.

It's a misconception that owls can turn their necks 360 degrees. The accurate measure is 135 degrees in either direction from facing forward, which is 270 total degrees of movement. Not 360, but certainly nothing to scoff at.

This ability is important for the owl because of the immobility of its eyes, and the creature has several anatomical adaptations that make it possible. First, owls have 14 vertebrae in their necks, double the number for the average bird. They also have alternative blood vessels routing blood to the head and blood pooling systems to keep blood circulating to and from the brain when neck movements cut off circulation. Finally, owls have air-cushioned vessel casings so they don't rupture any blood vessels when snapping their necks around so dramatically and quickly.

Owls may have amazing eyes, but it's their ears that do the real work when hunting. And it's their apparent imperfections that make them so effective.

Many species of owl have ears that are not only placed asymmetrically on their heads but are also of different sizes. This allows the owl to receive sounds at slightly different times, providing the birds with an exceptional ability to pinpoint the location of a sound; when a sound is equally loud in both ears, the owl knows it has zeroed in on the source and distance.

Meanwhile, their flattened faces funnel sound to the ears, magnifying it so that they can detect even the slightest sound from tiny prey.

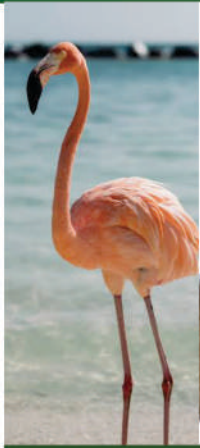
Owls are known as silent fliers—they must be completely quiet if they want to swoop in on fast-moving, far-off prey. To accomplish this, they have broad wings that allow them to glide, minimizing the flapping that creates most of the noise from a flying bird.

When flapping is necessary, many owl species have special flight feathers that make the action as silent as possible. The leading edges of the primary flight feathers are stiff fringes, reminiscent of the teeth of a comb, that reduce turbulence. On the trailing edges of the same feathers are soft fringes, similar to the frayed ends of a torn piece of cloth, which further reduce any remaining turbulence.

Below these feathers, the wings of owls are also covered in fine downy feathers that dampen sound even more.

Owls are zygodactyl, which refers to the structure of their feet: two toes (toes two and three) facing forward and two (toes one and four) facing backward. This is what is seen in woodpeckers and parrots, and it is optimal for gripping prey and branches. Owls are not stuck in this setup, however. They can rotate their fourth toe back and forth, which is why when owls are flying, they have three toes in front and one in back.

For a truly exceptional grip, owls can lock their toes around an object so that they don't need to continually contract their muscles. They get maximum grip with minimal effort.



7 WEIRD ANIMAL FACTS THAT YOU SHOULD KNOW:

....Sow College...the class of '24.

Every species of animal has something about them that makes them special, whether that be a prehensile tail, venom that can coagulate the victims blood in seconds, or a tongue that can move faster than the human eye can follow. As extraordinary as these characteristics are, there are some animals who's are especially so; with features that make all others appear as little more than mundane quirks.

1. FLAMINGO

A Flamingo's head has to be upside down when it eats, Flamingos are known for standing in shallow water on one leg, but most people are unaware that due to the way in which they have developed a Flamingo has to use the bristles at the top of its beak to filter out the mud and water that gets sucked in along with its actual food. It therefore has to eat with its head upside down as otherwise it would be unable to filter its food properly.

2. FEMALE FERRETS

*Female ferrets die if they do not mate once they go into heat. When a female Ferret goes in to heat their bodies produce a high amount of the hormone 'oestrogen' which will continue to be produced en masse until she has mated. Having such high quantities of oestrogen for a prolonged period of will eventually result in Aplastic Anaemia, which is caused by the damage sustained by the bone marrow and blood cells by the high levels of the hormone.

3. Dolphins

Only half a Dolphin's brain sleeps at a time. Dolphins are mammals so although they live in the sea, and can hold their breath for an exceptionally long time, they do have to come up for air from time to time. It is for this reason that a Dolphin's brain will never fully disengage, as it still needs to retain enough motor control to occasionally go up to the surface and breath. Dolphins also sleep with one eye open at all times.

4. BLUE WHALES

Blue Whales are immensely heavy.

On the surface this does not sound too strange but the size and weight of Blue Whales is much greater than most believe or can picture in their mind. The average Blue Whale weighs the equivalent of 3-4 Elephants, with the weight of 1 Elephant being in the Whales tongue alone! Take a second to think about that; its tongue weighs the same as an elephant.

5. ARMADILLOS

*Armadillos can catch leprosy.

Leprosy is a bacterial infection that affects humans and if left untreated will go on to cause severe damage to the skin, nerves, extremities and eyes; eventually leading to them going numb and allowing them to get secondary infections which may result in the loss of the appendage. Very few infections affect multiple species of animal, but leprosy is one of the few that actually can as it is able to infect both humans and, for some reason, Armadillos.

6. COCKROACH

*A Cockroach's brain is in its body.

One of the ultimate survivors, the Cockroach, unlike most animals, can survive decapitation as its brain is not actually housed inside it, but rather inside of its body. Once decapitated a Cockroach will keep on ticking, walking around, going about its business; eventually dying from starvation as it no longer has a mouth to eat with.

7. FROGS

*Frogs have a 360° visual range.

The eyes of a frog are made and positioned in such a way that at any given moment they can see everything around them, including what is behind them. As if this did not make them difficult enough to sneak up on, frogs also sleep with both of their eyes open.

ABOUT THE SCHOOL

ARABIC SECTION ABOUT THE SCHOOL

بسم الله الرحمن الرحيم

محتويات قسم العربية في سو أكاديمي

١ المجال متوفر للمحادثة باللغة العربية

الطالب المثالي في مدرسة سو أكاديمي يتسنى له التعبير بالغات العربية في رحاب المدرسة من مسجدها وفصلها وصرحها حتى خارجها كما كان يجري المحادثة التطبيقية بهذه اللهجة السليمة بعد صلاة الظهر يوميا

٢ المنهج الدراسي السوي

بالنسبة لوزارة العربية تحت تقاسيمها الثلاثة أي الروضة – الحضانة – الابتدائي، لقد تركز منهاجها على عناصر أصالات ومباديء وأساليب لتسهيل حذق القرآن من الطفولة والفهم السريع للغة الضاد ما أمكن، فضلا عن معالجتها التحديات الامتحانية والفردية والاجتماعية وهذا كله من انجازات هيكلها الأكاديمي والبرطاني والعربي الفعاليين.

٣ معيار التقويم

ما من أسبوع دراسي إلا وقد عرف لكل طالب درجته وتقديره في جنب توازن مهارته وضعفهما زال الأسلوب التقويمي ينشئ الحرس التقا علي والجهاز التنافسي بين الطلبة بعضهم بعضا ولا سيما المحصل التراكمي المميز آخر كل فترة .

٤ العناية التامة بالشرعية والتربية الإسلامية

المدرسة إدارة وأساتذا وموظفا اهتمت أشد الاهتمام بالشرعية الإسلامية وهي تتفقد أحوال الطلبة تطفوا وإرشادا وتراعيهم من المهد حتى السن المراهقة وتخرجهم في المدرسة، إذن يتحلى طالبوها وخريجوها بالأخلاق الحميدة والرقائق الإسلامية الفاضلة.

٥ المحصل الدراسي الرفيع

إن سو أكاديمي تعتبر مدرسة بزت أمثالها في مجال الدرجات والمحصلات كهدفها المنشود، ابحث تجد أنها تحت إشراف أكفيا اعتنوا أكثر بإخراج طلبة مثالية دولية عالمية وصناعتهم . تحدثت الفصول الصيفية فيها والمسابقات وما تشارك في المسابقات القرآنية الخارجية إلا حازت حزب السبق في المرتبة الأولى من فضل الله العزيز وكرمه.

٦ الحفاظ على الأدعية الماثورة والأكار المحنة

إنما حددت المدرسة وقتا معيناً لحفظ كتاب الله ومراجعته لكلا الرواقيين والمنظمين وكذلك الأدعية النافعة الواقية إضافة إلى المحفوظات المفيدة لنيل السلوك القيم .

٧ توظيف الأكفاء

لم تكن عمادة القبول والتسجيل لتقبل إلا الكفاء الحافظ الماهر الخبير على العملية التدريسية، الحاصل على مؤهلات .

SOW ACADEMY (ARABIYAH)

in the name of Allah the Beneficent the Merciful

1. The field of conversation in Arabic; the ideal student at Sow Academy is able to express the Arabic language in the school premises, mosque, class, and outside the school domain.

2. The effective curriculum; The curriculum focuses on the elements of expression, principles and methods to facilitate the wisdom of the Qur'an from childhood and the quick understanding of the language concepts, as well as addressing the challenges of the examination, individual social, and all of these achievements are connected with the Academic, British and Arab planners Learning is Evaluation based

3. There is no academic week that each and every student will not have a percentage and score in order to check their skill and weakness, this method continues to create interactive session and the competitive system between students, especially the cumulative scores at the end of each session.

4. The Full attention to Sharia and Islamic education; The school management, teachers and members of staff are wary of Islamic law. They study the conditions of the students and listened to and monitored them from cradle to adolescence and graduation from school, so the students and graduates have good morals and virtuous of Islamic ethics.

5. High academic achievement; Sow Academy outshines its counterparts, it is a school which considers fosters under the supervision of the more caring educators counselors who oversee and breed the world's ideal international students. There are assorted summer classes, competition and workshop in the school and whenever we participate in the external Quranic competitions we go with the first position and prize.

6. Invocations and Supplications of sunatic prayers. The school set a specific time to memorize the book of Allah and review it. This suites both the boarders and the day students, the students meditate useful supplications and fortresses which constitutes to their morals

7. Recruitment of qualified personnels. The Deanship of Admission and Registration only accept an experienced and competent expert in the teaching process, with higher qualification, a technical innovator with contemporary know-how, otherwise there is no assumption or employment.

8. The Worship of Allah in the school mosque The prayer is performed timely, guiding lectures, recitation of the glorious Qur'an, Jumat, I'tikaaf, and many other act of worship of Allaah.

By: Department of Arabiyah

Sow Academy

SPEECH FROM ARABIYYAH HEAD

You Can Touch the Sky

بسم الله الرحمن الرحيم

All adorations, glorification, magnification and praise belong to Allāh, the Beginning and the End, Who understands perfectly what the end beholds right from the beginning. We can not appreciate Him enough for the mercy He has availed us to traverse from the commencement of this academic session to its conclusive termination. We say Alhamdulillāh Robbil-'Ālamīn in all ramifications.

Moreso, the fact that we are able to produce another set of graduands at all levels and that none of our pupils/students dropped along the journey into the life beyond calls for celebration and makes this thanksgiving galore worthwhile. So, we say:

الْحَمْدُ لِلَّهِ الَّذِي هَدَانَا لِهَذَا وَمَا كُنَّا لَنَهْتَدِيَ لَوْلَا أَنَّهُدَانَا اللَّهُ.

“All praise is due to Allah Who guided us to this, and we would not have found the way had it not been that Allah had guided us....” (Surah Al-Araf, Verse 43).

Furthermore, we appreciate Him for the life and well-being of the entire management, the P. T. A., the staff members, students/pupils most especially the outgoing SS 3 students, who are being sent forth to the larger world and more expansive worldview, that will shape and reshape their perspectives about life and bring them closer to more realistic experience that would inform their decision making in life.

ستبدي لك الأيام ما كنت جاهلا ويأتيك الخيار
ما لم تزود

As you step out there, a great deal of discoveries, mysteries, prosperities and adversaries await you. You will have to be prepared for the unforeseen circumstances; some as friends, some as foes, others as catalysts or motivators, and some others as a cog in wheel of your success. Behold! They are parts and parcels of our journeys in life. Thus, they are indispensable companions in journeying to greatness.

إِن يَمْسَسْكُمْ قَرْحٌ فَقَدْ مَسَّ الْقَوْمَ قَرْحٌ مِّثْلَهُ وَلَكِن لَّا يُبَالِي مَا يُؤْتِي
هَابِئِنَّا النَّاسَ لِيَعْلَمَ اللَّهُ الَّذِينَ آمَنُوا وَيَتَّخِذَ مِنْكُمْ شُهُدَاءَ عَلَى
هَٰذَا لِيُحْثَبَ الظَّالِمِينَ

“If a wound has afflicted you (at Ohud), a wound like it has also afflicted the (unbelieving) people; and We bring these days to men by turns, and that Allah may know those who believe and take witnesses from among you; and Allah does not love the unjust.” (Surah Aal-e-Imran, Verse 140)

Therefore, do not look at them as mountainous hills or problems, rather, see them as your leeway to your fantastic goals in life, because man and challenges are inseparable, and iron, they say, sharpens iron. Your success in this world is not measured by your achievements, but by the number of problems with which you are encountered and able to solve.

أَحْسِبَ النَّاسُ أَن يُتْرَكُوا أَن يَقُولُوا آمَنَّا وَهُمْ لَا يُفْتَنُونَ

Do men think that they will be left alone on saying, We believe, and not be tried? (Surah Al-Ankaboot, Verse 2).

In this regard, you should believe life is not a bed of roses, and that no sky anywhere rains manna. Be prepared to paddle your own canoe and saddle your own responsibilities in life. Strive so hard to attain greatness and rely solely on God with determination, action and sincere spirituality; you shall be shown ways to success, because if you aim at the moon, you can touch the sky.

وَالَّذِينَ جَاهَدُوا فِينَا لَنَهْدِيَنَّهُمْ سُبُلَنَا وَإِنَّ اللَّهَ لَمَعَ الْمُحْسِنِينَ

"And (as for) those who strive hard for Us, We will most certainly guide them in Our ways; and Allah is most surely with the doers of good." (Surah Al-Ankaboot, Verse 69).

On a final note like my Alma Matter would say: Not goodbye, but see you in humongous accomplishment!

Bello, Wasiru Ayobami

H.O. D. Arabic Department

HOD ARABIYYAH

THE ARABIC

National Anthem
Arabiyah Continued

....Sow College...the class of '24.



أنشيد الوطن النيجيري الجديدة THE NEW NIGERIAN NATIONAL ANTHEM

نيجيريا مَرَحَاكِ يَا وَطَنَا الْعَزِيزُ
رَغْمَ اخْتِلَافِ الْقَبِيلَةِ وَاللِّسَانِ تَنْبُثُ
نِيجِيرِيَّوْنَ فَخُورُونَ بِخِدْمَةِ بِلَدَتِنَا
وَلَوَاءُنَا رَمَزٌ لَيْسُو فِي السِّلْمِ أَوْ الْحَرْبِ تُكْرَمُ
لِنُسَلِّمَنَّ لِنَتَّيْنَا إِذْ نَحْسَبُ ذَا رَبِّحًا
عَلَمًا دُونَ الْعَارِ
يَا خَالِقَ الْخَلَائِقِ جُدْ بِطَلَبِنَا الْوَجِيدُ
سَاعِدْنَا بِنَاءِ الْأُمَّةِ حَيْثُ لَا يُظْلَمُ أَحَدٌ
وَبِالسَّلَامِ وَالْوَفْرَةِ نِيجِيرِيَا سَتُبَارَكُ

ARABIYYAH CONTINUED

GREETINGS	التحيات
WELCOME	نِعْمَ الْعَمَلُ
THANKS	شُكْرًا
YOU'RE WELCOME	عَفْوًا/أَهْلًا
Till we meet/See you again	إِلَى الْلِقَاءِ
GOODBYE/BYE	مَعَ السَّلَامِ
BYE	بِالسَّلَامِ

INTRODUCTION

Don't you mind telling me your name?

My name is Abdulwasiu Zakariyyah Ballo

What's your Nationality?

I'm Nigerian

From which city?

From Ibadan

In which state falls Ibadan?

In Oyo State

Nice Meeting you

Nice meeting you too

التعارُفُ

أَلَا تَغْضَبُ أَنْ تُشَرِّفَنِي بِاسْمِكَ؟

اسمي عبد الواسع زكريا بللو

مَا جَنَسِيَّتُكَ؟

أَنَا نِيجِيرِي / نِيجِيرِيَّة

مِنْ أَيِّ/أَيَّةِ مَدِينَةٍ؟

مِنْ إِبَادَن

فِي أَيِّ وِلَايَةٍ تَقَعُ إِبَادَن؟

فِي وِلَايَةِ أَوِيُو

تَشَرَّفْتُ بِلِقَائِكَ

تَشَرَّفْتُ بِلِقَائِكَ

GREETINGS

What's this Dad?

This is my new House

And what's this

This is my Car too

الحوار

ما هذا يا والدي؟

هذا بَيْتِي جَدِيدٌ

وَمَا هَذِهِ؟

هذه سَيَّارَتِي أَيْضًا



YORUBA OMOLUABÍ

....Sow College...the class of '24.

Congratulations!	مَبْرُوك!
When did you buy it?	فَمَتَى اشْتَرَيْتَهَا؟
When I traveled to Qatar	عِنْدَمَا سَافَرْتُ إِلَى قَطْرَ
Where is Qatar?	أَيْنَ قَطْرَ؟
It's a Country in western Asia	هِيَ دَوْلَةٌ فِي آسِيَا الْغَرْبِيَّةِ

Some Sentences	بَعْضُ الْجُمْلِ
That Man is Indonesian	ذَلِكَ الرَّجُلُ إِنْْدُونِيسِي
That Woman is American	تِلْكَ الْمَرْأَةُ أَمْرِيكِيَّةٌ
I am an Engineer	أَنَا مُهَنْدِسٌ
She is a Doctor	هِيَ طَبِيبَةٌ
I have a Fever	أَصَابَنِي الْخُمَّى

ÌWÀ OMOLUABÍ

Iwa Omoluabi je iwà tí a fi n dá ọmọ tí wọn kọ to o sì gbà ẹkọ, tí ọ sí tun mọ bí a tí n hu iwa lawujọ. Awọn Yorùbá bọ wọn ní ilé la tí n kọ e ẹròde. Ninu ẹkọ ile ni a titi iwa Omoluabi eyi tibi je ojù ẹ gbogbo obi lati fi kọ àwọn ọmọ wọn. Má yàmi ní ọrọ nipa ẹkọ ile ati iwa Omoluabi je láwùjọ. Awọn àgbà lẹ wọn bọ nínú ọrọ wọn pe 'omo ẹ́din, ọmọ ko ni onibawi, irufẹ awọn omo bẹ ni won siwahu láwùjọ. Ewo ni ti omokunrin ti o dirun ori bi i ti obiririn, awon ọdọ l'okunrin iwoyi kó rí iwa ibajẹ gege bi ohùn ti ko dara.

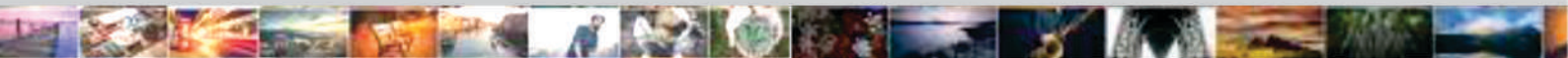
Gbogbo awọn ẹ́ńń ode òní ni won mu nabi ni Ibaádà. Wọn a le ara wọn sílẹ ni ojù pópó ni a ẹ́alẹ láti máà polowo Owò nàbí. Olo ẹ́ lorukọ won, awọn okunrin wọn ní wọn n pe ni Yahoo. Ọgẹdẹ n bajẹ a lẹ n pọn, ọmọ wọn o ẹ́gbafo, o n ka ẹ́ wale, ẹ roju ole, e o mu ùn. Awọn ọbí ode oni ló bikita lati fi iwa tó dara to ẹ́ é mú yangan tọ awọn ọmọ wọn mọ, Ọmọ to bá mú owó wálẹ ni Ọmọ gidi. Bí awujọ yóò bá dára oju ẹ́ obi, ọmọ, àti ijọba ni. Iwa Omoluabi fún t'okunrin tobinrin lo lẹ mu awujọ wà ni alaafia.

Onkọwe: Shittu Ismaeel Olawale



THE GALLERY

....Sow College...the class of '24.



THE GALLERY

....Sow College...the class of '24.



THE GALLERY

....Sow College...the class of '24.



**WALIMATUL
QUR'AN**



My name is Yakub Abdul-Samad. I was given birth to in the year 2008 on the 13th of May, I was given birth to in a family of five children where, I happen to be the fourth child.

I had my nursery education at Siavick where it very fun and also a memorable place for me to attend

I furthered my education to the Primary school I attended at George and Duke Group of schools where I did my Primary 1-3 education. The school was quite eventful.

I moved on to Sow Academy where I started my Primary 4 class till my SS3 Class.

I want to express my heartfelt thanks to our teachers and staff, who have guided and supported us every step of the way. Your dedication and passion have really gone far in our lives.

This school Sow Academy was a place of excitement, fun and adventure for me and I hope it will continue for the present and incoming students.

THE GRADUAND

....Sow College...the class of '24.

Born on the 14th of January, 2009, was a bouncing blessed prince to the royal family of Doctor and Mrs Olatunji, who happened to be the third of the four children with which the family is blessed.

This boy started his rudimentary education of nursery to primary one at Qiblah Preparatory School, Ibadan here.

He then proceeded to the prestigious Sow Academy where he completed his primary education, and then to the great Sow College

for his secondary education. During this period, he held the position of Sports Prefect due to his unique flair for, prowess and skills in different sporting activities. He led the school to a number of sizeable victories in inter-school competitions.

I hereby give you the prospective engineer, Olatunji Kamaldeen



THE GRADUAND

....Sow College...the class of '24.



ADELEKE ROQEEBAT
OMOSHALEWA (HEAD GIRL)

Adeleke Roqeebat Omoshalewa, born on the 9th of November, 2008 at Adeoyo hospital, Ibadan, to the family of Mr and Mrs Adeleke olanrewaju. She is the first born and only girl out of the three children of her parents. Her favourite colour and food are silver and jollof rice respectively.

She grew up with her extended family at Apata, Ibadan. Her schooling days started at The Muslim Mind (TM²), Apata. At prime three, she changed to Muksfar Lillies, Dalute, Ibadan after relocating to her new house at Ayegun Oleyo in the year 2017. This was immediately after graduating from her modrosah. She studied at this school for a year. She went back to TM² to do her common entrance and graduation at the age of nine.

Then, she took an entrance examination at Sow College, Oluyole, Ibadan where she was admitted to JSS 1. That was how her school days at this school began. She lived up to the saying- from grass to grace as she rose from being the worst in class to being one of the best thanks to her

wonderful teachers and supportive parents.

Even though, there were hardship and struggle in her JSS class, she still scaled through and came out has the second best in her junior waec. She was promoted to SS1 where she Joined the science department with the dream of becoming a pharmacist or laboratory technologist. After taking series of exams, she was promoted to SS2 then SS3 where she was chosen as the head girl.

In conclusion, her life might have not been a bed of roses but here she is today at 16 celebrating her graduation with a bright smile and happy tears in her heart bidding us good bye still with an excellent result. Today might be her last day here, but let us all celebrate, as a sad good bye signify a happy new beginning.



Name: Babatunde Aliyah Ololade

Date of birth: 26th January 2010

Nationality: Nigeria

Likes: Reading Islamic stories, the Quran and the moon

Dislike: Homework and fake people

Word of encouragement: Keep on going even if the going gets tough

Best food: White rice and turkey stew

Best color: Purple and black

Phone number: 09060281655



Name: Oyebamiji Fathia

Age: 16

State: Oyo

Favourite Subject: Physics

Hobbies: Inventing new things

Career Aspiration: Engineer

Interests: Reading, coding, and DIY projects

Achievements: Created a Forex bot and developed several websites

Skills: Python, HTML, and JavaScript

Personality traits: Curious and determined

Role model: Elon Musk

Favorite quote: "Innovation is the key to success"

Goals: To create a sustainable energy solution

Fun fact: I can solve a Rubik's Cube in under a minute!

THE GRADUAND

....Sow College...the class of '24.



Name: Akinlabi Zainab Adetola

Date of birth: February 14, 2009

Nationality: Nigerian

Likes: Reading novels and Cooking

Words of encouragement: Tough times never last, don't give up.

Best colour: Black

Contact me: 08162081272

THE GRADUAND

....Sow College...the class of '24.



Born and raised in the beautiful city of Ibadan was a pretty queen into the blessed family of Muhammad. She had her elementary education at The Divine Mercy group of schools, Ibadan, where she had been schooled till nursery three. She had her primary 1 in Peculiar Dayspring Model School (PDMS). She then proceeded to Barakaat Nursery and Primary school to complete her primary education from where she finished as the best graduating student.

She then proceeded to the International School, University of Ibadan, Ibadan (ISI) at the age of 10 for her early secondary school education. There, she was an average student trying to juggle morals and academics simultaneously. After the completion of her senior secondary school one, SS1, she was moved to the prestigious Sow College here as a boarder to complete her upper secondary education. Though it was a bit challenging, being a boarder for the first time, the experience was an eye opener and fun. In the end, she was able to complete her secondary school education in a very conducive and morally upright environment.

Therefore, join me in congratulating a prospective medical practitioner of international repute, ready to conquer challenges held by the future, the outgoing Health Prefect Girl, Muhammed Maryam Nifemi on her graduation today.

Thank you.

RESPONSIBLE PARENTHOOD

Parenthood is a beautiful journey granted by Allah to every adult male and female, who are able to nurture and take responsibility of an infant until he or she is mature enough.

Parenthood is the state of being a parent. Parents play a vital, critical role in the life of their children. They are very important in the upbringing of their child.

Responsible Parenthood means the responsibilities of every parent towards their child. A responsible parent is one who is ready and willing to provide the basic need for his or her child which will be a benefit to the child in this world and in the hereafter.

The Roles of a Responsible parents;

- .provision of shelter
- . provision of education both conventional and Islamic knowledge
- . provision of food
- . provision of good home training, e.t.c

The Roles above and more are the responsibilities of a good parent. Every parent should be able to give and share emotion with their child(ren), there are some stages in life that a child needs a good confidant so as not to go astray.

Parent should also inform their children able body changes that occur, so that it would not come in a terrifying way so that our children would not feel left out.

Parenthood is a beautiful and blissful journey, I pray Allah s.w.t to bless our parent and guide us to the right path.

By: Arogundade Morayo Azeezah.



ACKNOWLEDGMENT

....Sow College...the class of '24.

As I stand at the threshold of this new chapter, I'm overwhelmed with mixed emotions. I don't even know where to begin. Leaving Sow College, my beloved secondary school, is like saying goodbye to a part of me. The thought of departing from the fun-filled days, my incredible teachers, and dear classmates is heart-wrenching. My teachers and classmates have made school an enlightening, entertaining, and unforgettable experience. They've transformed learning into a joyful adventure, and I'm forever grateful. The memories we've created, the laughter we've shared, and the lessons we've learned together will forever be etched in my heart.

As I prepare to graduate, I'm excited for the next chapter, but deep down, I'm scared to let go of the comfort and familiarity of school. It's like losing a piece of myself. I hope that the future holds even greater experiences, but for now, it's hard to imagine life without the daily interactions with my teachers and friends.

I want to express my heartfelt appreciation to my teachers and guardians for the knowledge, fun, and guidance they've provided over the years. Your dedication and care have made a significant impact on my life. You've not only taught me academics but also life lessons that I'll carry with me forever.

To my juniors, I say this: cherish every moment, study hard, and keep pushing forward. Your time in secondary school will fly by, and before you know it, you'll be standing where I am today. Don't take anything for granted, and make the most of this incredible journey.



As I bid farewell to Sow College, I know that I'll carry the memories, lessons, and love with me always. Thank you, Sow College, for being my second home. I'll never forget you.

Positions held: Laboratory Prefect (Sow College)

I'm a curious and inventive individual who loves tinkering with new ideas and bringing them to life. In my free time, you can find me experimenting with DIY projects or brainstorming innovative solutions to real-world problems. My passion for creativity and problem-solving drives me to pursue a career in Mechatronics Engineering, where I hope to make a meaningful impact.

My Experience at Sow College:

- Developed a Forex bot
- Created several websites
- Excelled in Physics and Mathematics
- Utilized technology to mitigate lost ground
- Learned coding skills (Python and HTML)
- Developed etiquette skills
- Overcame initial awkwardness
- Learned valuable lessons from past mistakes

All thanks to Sow College's nurturing environment, innovative programs, and dedicated teachers.

My Aspirations:

- Specialize in Mechatronics Engineering
- Design innovative solutions to real-world problems
- Hold leadership positions in the future

All inspired and made possible by Sow College's engineering program and leadership development initiatives. I felt honored to be appointed Laboratory Prefect and aspire to hold more positions in the future, all thanks to Sow College's leadership development program and nurturing environment.

I'm excited to apply my knowledge and skills to make a difference in the world, and I owe it all to Sow College.

My parents have also played a significant role in my journey, providing unwavering support and guidance throughout my academic career. Their encouragement and belief in me have been a constant source of motivation.

Additionally, my spiritual sojourn has been a transformative experience that has helped me connect with my inner self and find purpose and meaning in life. It has taught me valuable lessons about resilience, compassion, and the importance of living in the present moment.

As I move forward, I'm reminded of the Quranic verses: "Indeed, with hardship comes ease" (Surah Ash-Sharh 5) and "Indeed, with that hardship comes more ease" (Surah Ash-Sharh 6). These verses give me comfort and strength, knowing that any challenges I face will be followed by ease and success.

I am grateful for the collective impact of Sow College, my parents, and my spiritual sojourn, which have shaped me into the person I am today. I look forward to the next chapter of my journey with excitement and anticipation.