



# FUTA NEWS

## SPORTS AID MENTAL DEVELOPMENT, KEEP HEALTHY

It has been observed that involvement in sports and sporting activities build ups up people mentally and physically. This observation was made by the Headmistress, FUTA Staff School, Mrs Angela Babarinsa during the 21st edition of the school's Inter-house sports.



Mrs Babarinsa said it is important that children are encouraged to participate in sporting activities because it helps to build them up mentally and physically. She stated that the importance of sports in different institutions cannot be over emphasized, noting that apart from empowering the youth and promoting higher self-esteem, it helps the individual to maintain a healthy weight, prevent chronic diseases and also plays a major role in maintaining a healthy life style. Mrs Babarinsa thanked the Parents Teachers Association Chairman, Professor Ishaq Amoo for the Trophy donated and Dr. Stephen Ayodeji Anjorin for giving the school 15 (Fifteen) Track Suits.



The inter-house sports which kicked off with a march past by all the four houses namely: Yellow, Red, Green and Blue house saw Greenhouse clinch the first position. Dignitaries at the occasion included the Deputy Vice-Chancellor, Development, Professor Tolulope Akinbogun, the Registrar, Dr. (Mrs) Modupe Ajayi, the Bursar, Mr. Peter Oresegun and the Chairman, Staff School Management Board Professor (Mrs) V. U. Ola



