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Covid-19! That’s been the health crisis global leaders in public and private sectors have been battling with since the beginning of the year. The coronavirus pandemic has caused the death of close to a million people, resulted in economic meltdown, disrupted social lives, and created fear in countries across the globe. Since the coronavirus has no precisely determined form of treatment, nor is there available vaccination, yet, to prevent its transmission, global leaders have had to endure the unknown since February this year, unsure how long the pandemic will last, confused about the nature of the disease, doubtful about the right medication, and walking in the shadows of the unknown towards the future.

Since we have had this Covid 19 pandemic thrust upon us, people have had to think outside the box to settle into the new norm of today. Many palliatives and policies have been enacted by people in government, the private sector and Nigerians in other international bodies to enable us deal with the harsh realities of the effects of the virus. Many businesses have taken a huge hit with the uncertainty of today’s times, and those who play a role in the economic stability of our nation and Africa as a whole, have had to come up with ways to cushion the financial pains imposed upon us. Naturally, in times like these, the nation looks to Nigeria’s Global Leadership in Uncertain Times to see what roles these global leaders are playing to make a difference in the life of the common man. We want to know what they have put in place to ease our burden. We want to know how they are playing their role on the global stage for us. They are world renowned and highly acclaimed for their robust and impeccable records of service to their nation and beyond. The good news is that these notable men and women with intimidating resumes have displayed their mettle with their innovative policies designed to benefit the common man in time of crisis and billions in both local and foreign currencies have been raised and spent on different palliatives to help the masses who are worst hit with the Corona virus in the African continent.

Their positions, though highly placed, comes with a price - to empower the common man and also better their welfare. These steps are all part of cushioning the inadvertent hardship we face. But as much as these measures are being taken, as much support as is given, much is expected. We, as a people, and beneficiaries of such largesse, also owe it to ourselves to adhere to the dictates of today by staying safe as much as possible. Our global figures are doing their best to help bolster the badly affected economy and we should also do our best to stay alive so as to reap the benefits of their sweat. Not at any given time should we get carried away and let our guard down in our fight against this virus because once we become complacent, we are at risk of being caught unawares as is the case with Segun Awolowo who followed all the rules but still caught Covid. He lived to tell his story, some were not so lucky.
The Phenomenal Woman (TPW)

I am very excited to write about The Phenomenal Woman - a community of women who have decided and committed to becoming the best versions of themselves by God’s grace.

This is an initiative birthed by the passion of two phenomenal women, Haja Lam Tamafika and my humble self. I am particularly excited and happy because we are on course to helping our women live their best lives no matter the challenges they face. Also, helping them build phenomenal families, phenomenal society and phenomenal Nigeria.

God prepared me for this position by helping me become a stronger person, after suffering from years of depressions, anxiety, panic attacks and digestive dysfunctions.

In the quest of trying to recover, I came to the realization that depending solely on conventional medicine to help me recover was not the best decision. I searched for alternatives and was introduced to integrative medicine which looks at diseases, well-being and performance in the context of the individual’s total social existence. It looks for the root causes of life challenges either in the spiritual, mental, emotional and physical life of the individual.

When I was sick, I was not living my life. I was always moody, got upset by the tiniest of things. My role as a wife, mother, and professional woman suffered a great deal.

The interesting thing is that people will see me and comment ‘if you are very beautiful and you look amazing’, I wish they knew the chaos in my inner being.

This is the case with many people who look alright externally but are dealing with all sorts of issues internally. My passion is to give people, especially women knowledge and life skills that can help them balance their inner being. We can happily achieve their dreams and aspirations without compromising their well-being, relationships, family and societal roles.

The Phenomenal Woman

Women are unique beings, they are mothers, wives, girls, daughters, sisters, aunties, entrepreneurs, career women, all in one. They are strong, hardworking, determined, focused and are able to multi-task.

Their stress coping skills are generally better than that of men. Many women are the anchor on which a lot of families rest. Women are ordinarily loving, dependable, trustworthy and loyal. Many women who are leaders of their countries and organizations are doing excellent jobs. Among phenomenal women, we are single mothers and widows who have navigated the challenges of life to bring up successful children in different fields of endeavours.

Women strive to nurture their sons and daughters to grow up to become good husbands, fathers, wives and mothers helping to impact society positively. Many women focusing on the needs of their families hardly find time to proactively manage their health, so many women are walking around with multiple body dysfunctions and nutritional deficiencies which the doctors are not able to identify because they are focusing on identifying disease states.

Healthy Living Services, a health enhancement company passionate about health and well-being see a need to set up an all-women community known as THE PHENOMENAL WOMAN.

ACTIVITIES WILL INCLUDE:

- Monthly live and online seminars on selected topics that will help the phenomenal woman achieve holistic health, energy and well-being and be the best version of herself.

The email will be available to answer questions on any challenges in the life of the Phenomenal Woman.

Phenomenal women in our society who have excelled in their various fields will be showcased as role models to impact other women.

The phenomenal woman who is going through any health challenge will get information on referrals to the best medical practitioners that can best manage the condition.

Benefits:

- 1 Achieve vibrant health
- 2 Enhanced energy, creativity and productivity
- 3 Improved sense of well-being
- 4 Live in a state of God’s Grace
- 5 Reduce the risk of suffering from chronic, preventable diseases
- 6 Reduced medical bills
- 7 Better stress coping skills
- 8 Look and feel younger, grow from inside out
- 9 Develop a more positive mindset
- 10 Enhanced spiritual well-being
- 11 Make more empowering decisions
- 12 Learn how to be in love with yourself, develop inner peace, happiness and be a positive force in your marriage and relationship
- 13 Prepare for leadership if that’s your goal
- 14 Make a more positive impact on society
- 15 Be the best version of yourself, live your best life, be phenomenal and live like a Queen as ordered by God for you as an Integrative health care practitioner, I see so much human misery, pain and lack of fulfillment not only in the sick patients we treat but also in the apparently healthy, successful people I meet along my path in life.

There are so many people dying unnecessarily with shattered dreams, hopes and aspirations. So many others are suffering from chronic, preventable diseases. Many others lack energy and are moody and depressed. Many people look depleted and lack youthful glow.

There are many troubled relationships and marriages. Many lack financial stability and so many are inwardly unhappy in spite of an outward show of happiness and riches.

The most effective way for people to live their best lives is to imbibe the TPW lifestyle which is Constant and Never-ending. We provide training in spiritual, mental, emotional and physical lives on a regular and consistent basis.

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Leadership in such a time makes the difference between survival and collapse, future prosperity and poverty, and life and death. The leadership of different countries are daily struggling to manage the impact of the coronavirus pandemic on their economy, and their people. And the degree of success varies in accordance to each country’s understanding of the ambiguity, their flexibility, and adaptation of plans.

Difficult as it is leading in uncertain times, there can be no hard and fast rules. Russell Reynolds Associates, however, highlights 10 enduring lessons: communicate, communicate, communicate, and then communicate more; help others lead; plan for long and short terms; focus on core values; look outwards; create order from chaos; engage early, with purpose and humility; know when to pivot; exude realistic optimism; and demonstrate grit. What is certain though is that leaders, at whatever level, shouldn’t, in this time of uncertainty, be gripped by paralysis; they should find a way of establishing stability in the chaos.

It is interesting that at such uncertain times, some Nigerians are walking the tight rope of global leadership and thriving. Dr. Akinwumi Adesina was a few days ago unanimously re-elected as president of African Development Bank for another 5-year term, surviving spurious allegations of misdemeanour, having been cleared after an internal investigation and an external review of the probe report. Dr. Benedict Okey Aramah has been President and Chairman of the Board of African Export-Import Bank since September 2015. He is still leading Afreximbank in this turbulent time. Ms Amina Mohammed was appointed the 5th Deputy Secretary General of the United Nations in January 2017. She is helping the UN work with other global organisations and world leaders to find solutions to the Covid-19 pandemic. Mallam Tijjani Mohammad-Bande has been president of United Nations General Assembly since September 2019, an office he’s still occupying in times uncertain as this. Dr. Ngozi Okonjo-Iweala is a top contender as Director General of the World Trade Organisation. With her academic background and international pedigree, the general expectation is that she would have little problem emerging as WTO chief executive.

Therefore, at this time of general uncertainty, Nigerians are not hiding. They are standing up abroad, and they are thriving. Their successes and achievements on the global stage are not theirs alone; the Nigerian government and people are walking proudly in their shadows. They represent the positive side of a country which the Hushpuppies of this world have flamboyantly presented as that of scammers; they are the symbols of our national pride. It is their kind of leadership, the quality leadership that our people make available at the global stage, that we sorely miss back home.
Akinwumi Adesina, 60, is a distinguished development economist and agricultural development expert with over 25 years of international experience. He was the 8th elected President of the African Development Bank Group (AFDB), a position he was elected to in 2015 and was reelected for a second term in 2020 and is the first Nigerian to serve as President of the Bank Group.

Prior to his position at the AFDB, Adesina served as Nigeria’s Minister of Agriculture and Rural Development in 2010, until his appointment in 2015. As a minister, he turned the agriculture sector of Nigeria around within four years. Under his tenure, Nigeria ended 40 years of corruption in the fertilizer sector by developing and implementing an innovative electronic wallet system, which directly provides farmers with subsidized farm inputs at scale using their mobile phones. Within the first four years of launch, this electronic wallet system reached 14.5 million farmers, dramatically transforming their lives. A firm believer in private sector led growth, he changed the perception of agriculture in Nigeria from that of subsistence to a viable business undertaking, which successfully attracted $5.5 billion in private sector investment commitments. Before he was elected as President, restructured the bank and refined its focus through a High5 strategy that has directly impacted the lives of millions of Africans. This was through strategic investments in energy and electricity, agriculture technologies that significantly improve food security, access to private sector finance, improved transport infrastructure, and water and sanitation.

Before his re-election he was accused of a certain number of allegations of appointments and departures deemed questionable and several contracts approved under his leadership that were in violation of the bank’s statutory and ethical rules. This made the U.S Treasury Secretary, Steven Mnuchin, call for an independent probe into the allegations made by a group of whistleblowers against the AfDB President. Adesina insisted on his innocence and has since been cleared by the bank’s Ethics Committee of all charges brought against him. It is an acknowledged fact that Adesina is a global player of impeccable character who has helped mobilize billions of dollars for Africa and helped accelerate the continent’s development. It is why the Executive Committee of the Africa Union, speaking for 55 African countries, unanimously endorsed him as the sole candidate for re-election to a second term. This was vital for Africa’s continued economic growth, infrastructure and investment.

Adesina led the Bank’s bold and decisive COVID-19 response with a $10 billion COVID-19 Response Facility to catalyze economic and social impacts of the pandemic on the continent. This, in addition to the successful launch of an oversubscribed $3 billion Fight COVID social bond on the London Stock Exchange, making the largest US dollar denominated social bond ever in world history.

It also worth to note he is Vice President of Policy and Partnerships for the Alliance for a Green Revolution in Africa (AGRA) and Associate Director (Food Security) at the Rockefeller Foundation in New York, where he worked for a decade (1998-2008) in senior leadership positions, including as Regional Office Director and Representative for Southern Africa. Adesina was born to a Nigerian farmer in Ibadan, Oyo State. He attended a village school and graduated with a Bachelor’s in Agricultural Economics at the University of Ife, Nigeria in 1981, where he was the first student to be awarded this distinction by the university. In 1988 he completed a PhD in Agricultural Economics at Purdue University in the United States, where he was the first PhD student to win the Outstanding PhD Thesis Award for his research work. He also won the prestigious Rockefeller Foundation Social Science Post-Doctoral Fellowship in 1988, which launched his international career in global agricultural development and has received a number of global awards for his leadership and work in agriculture. In 2018, United Nations Secretary-General Ban Ki-moon appointed him as one of 17 global leaders to spearhead the Millennium Development Goals, along with Bill Gates, the Spanish Prime Minster and the President of France. He was named Person of the Year by Forbes Africa magazine in 2013.

Akinwumi Adesina, 60, is also a charismatic, speaker known for his elegant suits and bow ties and speaks English and French fluently.
Her primary education was at Queen’s school Enugu, from there to St Ann’s School Badan and International School Ibadan. She then proceeded to Harvard University where she studied Economics and graduated in 1978. She earned her Ph.D. in Regional Economics and Development from Massachusetts Institute of Technology. She also received an International Fellowship from the American Association of University Women.

Iweala has received numerous recognitions and awards all over the world some of which include the Top 100 Most Influential People in the World. She also served as the Managing Director of the World Bank between 2006 and 2007. She was named one of the 100 Most Influential Women in the World. She has been named one of the 10 Most Powerful Women in Africa and the Top 10 Most Inspiring People in the World Delivering for Girls and Women.

Born in 1954, Ngozi Okonjo-Iweala is an economist and international development expert. She spent a 25 year career at the World Bank serving the ranks to Number two of the institution to help countries build infrastructures so that they can begin to take effect as soon as possible which is what nations, especially the economically vulnerable and weak nations need to re-strategize and use this as an opportunity to set new priorities and address a range of other regions, the true extent of the pandemic’s impact remains unclear, "she says. She believes that the crisis presents Africa with a chance to set new priorities and address a range of challenges in a new way. She emphasizes that Africa needs to re-strategize and use this as an opportunity to overcome the crisis and make many positive things happen, just like when life throws you lemons, you make lemonades.

BY RUTH OGANE

Ngozi Okonjo-Iweala is an economist and international development expert. She spent a 25 year career at the World Bank serving the ranks to Number two position of Managing Director. She also served two terms as Finance Minister of Nigeria 2003 - 2006 under President Obasanjo and 2011 - 2015 under President Goodluck Jonathan.

Ngozi also acknowledges that her experience at some global bodies has taught her many ways in which to deal with the impact of a pandemic such as this. She also believes trade is crucial for a nation’s economic survival. According to her “If trade, through trade liberalization and exchange, is what matters, especially the economically vulnerable and weak nations need to re-strategize and use this as an opportunity.”

Iweala stresses that we should not be complacent about where Africa is as the number of cases is still doubling every two weeks and that is with very minimal testing. She acknowledges the pandemic’s impact on Africa and its people, and the difficult decisions facing governments trying to balance their population’s health with economic needs. "Although the number of COVID-19 cases in Africa is quite low compared to other regions, the true extent of the pandemic’s impact remains unclear," she says. Still, she believes the crisis presents Africa with a chance to set new priorities and address a range of challenges in a new way. She emphasizes that Africa needs to re-strategize and use this as an opportunity to overcome the crisis and make many positive things happen, just like when life throws you lemons, you make lemonades.

Ngozi is quick to concede that the world is yet to know the trajectory of the Corona virus and that is why she believes it is important to keep up and running. "There is no point pretending about this if the economically weak and vulnerable nations, who constitute the majority in the Global South, collapse, trade – the very essence of WTO – collapses."

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Tijjani Muhammad-Bande, born on 7th December, 1957, has had a distinguished career as a scholar and diplomat spanning over 40 years. Currently, he serves as the President of the United Nations General Assembly, leading the UN and its member countries through the 74th session of the UN General Assembly.

Bande attended Ahmadu Bello University, Nigeria, where he obtained a B.Sc in Political Science in 1979. He then headed to Boston University, USA, where he obtained an MA in Political Science in 1981, and earned his academic expedition with a PhD in Political Science from the University of Toronto, Canada in 1987.

He began his career at Usmanu Danfodiyo University, Sokoto, Nigeria, where he rose from the role of Graduate Assistant in 1980 to full Professor in 1996, and eventually to Vice-Chancellor, in 2004, holding the position for five years. During his time as Vice-Chancellor, he oversaw about twenty thousand full-time students spread across various faculties, focusing on raising the accreditation of academic programmes in the University.

Between 2000 and 2004, prior to his role as Vice-Chancellor, Muhammad-Bande worked in Tangier, Morocco as the Director-General of the Centre Africain de Formation et de Recherche Administrative pour le Développement (CAPRADIUS), a centre founded by African nations in 1964 to encourage administrative reform. The centre is the continent’s premier intergovernmental Centre for governance reform. During his time there, Bande led the Organisation to improve an necessary training for senior African public servants, and also carried out specialized researches on African governance issues, working with a variety of partners, notably the United Nations Department of Economic and Social Affairs (UNDESA).

From 2010 to 2016, he held the position of Director-General for Nigeria’s National Institute for Policy and Strategic Studies. The institute is the country’s most respected policy institution for training leaders from the public and private sectors, including high-ranking officials of Nigeria’s Armed Forces. For over five years, he oversaw for bringing stability and focus to the Institute, leading the Institute to witness genuine growth both in intellectual and physical development. He also inspired a marked improvement in the quality of the Institute’s research and programming activities, and one of his initiatives in particular, was the establishment of the Peace and Security Policy and Leadership Development Centre.

Muhammad-Bande is no stranger to the inner-workings of the international forum. As Nigeria’s Permanent Representative to the United Nations, he worked regularly with colleagues from all regions of the world to achieve common objectives. In 2016, he was vice-president of the 71st session of the UN General Assembly and has served as Nigeria’s Permanent Representative to the UN from 2017 until his election to lead the UN General Assembly in June. He also remained active in several fora, including as Chair of the United Nations Special Committee on Peacekeeping Operations, Member, Advisory Board of the United Nations Counter-Terrorism Centre and Chair of the ICG-NGO Group (2018-2019).

In September 2019, Tijjani Muhammad-Bande took over from Ecuadorian Maria Fernanda Espinosa as President of UN General Assembly and led the 74th session. He will be handing over the position next month, to Volkan Bozkir of Turkey who will lead the 75th session. He will be the first Nigerian to lead the General Assembly in 40 years.

In light of the Covid-19 Pandemic, the General Assembly has been carrying out its work via novel means to guarantee business continuity and mitigate the spread of the disease. Leading the General Assembly through the pandemic, Muhammad-Bande endorsed the Culture 2030 Goal statement entitled ‘‘Sustaining Cultures for Wellness in Times of Crisis: Responding to the Covid-19 Pandemic’ which is an initiative to mobilise cultural communities and sectors in support of Covid-19 relief and recovery efforts.

Though common efforts have been made to implement the 2030 Development Agenda, it has been put in serious jeopardy in many parts of the world, as the pandemic is disrupting billions of lives with far-reaching effects on the health and livelihoods of people, his office is ensuring that the General Assembly is able to continue its vital work and perform essential functions under these extraordinary circumstances. Muhammad-Bande has travelled to over forty (40) countries and consulted for Institutions and Governments over a variety of governance issues, from higher education to security and international relations and organizations. He has been an Assessor for the National Merit Awards and for professional positions in universities. He has won merit awards and honors from institutions and Governments, including the United States and China. He is also a recipient of Nigeria’s Officer of the Order of the Federal Republic (OFR), one of Nigeria’s highest honors.

He is married with four children and his hobbies include swimming, soccer, field hockey, farming, and music.
“Like no other time in recent history, women are on the frontlines of COVID-19 and bearing the brunt of this human crisis. They are the first responders in hospitals and clinics, leading in science and research, and on the frontlines of politics and communities. I’ve been truly inspired, and I know others will be too. It is time for us to rise as women leaders taking action to conquer the pandemic and come out stronger.”

Although the COVID-19 pandemic has generated an unprecedented global health, humanitarian and development crisis, it has also revealed the power of women’s leadership. Our very own Amina Mohammed, is one of those we can proudly say stands out with a new type of leadership which primarily involves resilience, courage, flexibility, listening, empathy, collaboration, caring and recognition of collective contribution.

Recently she convened women leaders from all over the world under the “Women Rise for All” initiative. The platform which was launched on social media in April, was aimed at shaping women leadership for Covid-19 responses and recovery and also to support the UN Secretary-General’s call for solidarity and urgent action during the pandemic. Amina has always stated that she is inspired by the upcoming generation of women leaders who in the face of disasters, conflicts, and health emergencies prioritize their education and use their platforms to advocate for the right of all girls and young women to a quality education. For this reason alone and particularly at this time, advancing gender equality and amplifying the voices of young women is at the center of her work. Foremost at the moment are issues surrounding sexual harassment, exploitation, abuse and violence all of which have been exacerbated by the COVID-19 lockdown and the current socio-economic crisis.

Amina Mohammed began her career working on the design of schools and clinics in Nigeria. She served as an advocate focused on increasing access to education and other social services, before moving into the public sector, where she rose to the position of adviser to three successive Presidents on poverty, public sector reform, and sustainable development. Mohammed has been conferred several honorary doctorates and has served as an adjunct. Prior to her current appointment, she served as Minister of Environment of the Federal Republic of Nigeria where she steered the country’s efforts on climate action and efforts to protect the natural environment. She first joined the United Nations in 2012 as Special Adviser to former Secretary General Ban Ki-Moon with the responsibility for post-2015 development planning.

The 5th Deputy Sec Gen of the UN, Amina is one of the women giving Nigeria a voice in the global development space. From being recognized as one of the “World’s Greatest Leaders” by Fortune magazine, to Climate Warrior by Vogue magazine, she is an inspirational global woman leader who has dedicated her life to service. Not many will forget the huge role she played in assessing how the Sustainable Development Goals and Millennium Development Goals would impact not only Nigerian but African women in general. Amina’s leadership style displays a truly remarkable talent for bringing people together. She is convincing in her call to action, and inspiring when it comes to making a difference.

According to her, “Even in the midst of this devastating crisis, there is an opportunity to build a better world that works for all.”
Oramah assumed the position of President and Chairman of the Board of Directors of the African Export-Import Bank (Afreximbank) in September 2015. Prior to his current role, he was the Executive Vice President responsible for Business Development and Corporate Banking; a position he occupied from October 2008 to September 2015. As Executive Vice President, Prof. Oramah supervised Trade Finance, Project and Export development finance, Syndications and Specialized Finance, Corporate Finance and Advisory Services as well as the Research and Knowledge Management Functions of the Bank. Further, he assisted the then President of the Bank in overseeing the Bank’s Strategic Planning and International Cooperation functions. Prof. Oramah joined Afreximbank as Chief Analyst in 1994 and was promoted to the position of Senior Director, Planning and Business Development in 2007.

Prior to join Afreximbank, he held the position of Assistant Research Manager at the Nigerian Export Import Bank (NEXIM) from 1992 to 1994. Prof. Oramah holds an Advanced Management Certificate from the Colombia University obtained in 2011, M.Sc. and Ph.D. Degrees in Agricultural Economics obtained in 1987 and 1991 respectively from Obafemi Awolowo University, Ile-Ife, Nigeria. He obtained a B.Sc. degree in Agricultural Economics from the University of Badan, Nigeria in 1983. Prof. Oramah has numerous publications to his credit and recently published a book titled Foundations of Structured Trade Finance. He has written over 35 professional/scholarly articles in a wide range of African economic, trade and trade finance issues.

He is a regular speaker at several trade and trade finance conferences around the world. Prof. Oramah is the Chairman of the Board of Directors of the Fund for Export Development in Africa (Fedea). He is also a member of the Board of Directors of the Sustainable Development Goals Center for Africa (SDGA), a member of the practitioner Advisory Board of the Institute for Trade and Innovation (IFI) of Offenbour University, Geigenbach, Germany, a Member of the Emerging Markets Advisory Council of the Institute of International Finance (IFF), an Executive Committee Member of the Factors Chain International (FCI)/International Factors Group (IFG), a member of the Consultative Board on the World Cocoa Economy of the International Cocoa Organization (ICCO) and a Fellow of the Institute of Credit Administration (ICA). He also serves on the Editorial Boards of Trade and Forfating Review (TFR) and the Journal of African Trade and Finance (JAT). Prof. Oramah has won many awards, including Afreximbank Outstanding Staff Award (2010), African Banker of the Year (2017) and African Leadership Award of the New York University (2019).

Not too long ago, African Export-Import Bank (Afreximbank) announced a $5 million grant to complement efforts to combat the COVID-19 pandemic across African countries. Oramah, who made the announcement in Cairo, recently, said the fund was in response to a request by African Heads of state, through the auspices of the African Union Chair Person, Cyril Ramaphosa, President of South Africa, for the mobilization of resources to address the pandemic.

A significant proportion of the grant would go to the COVID-19 Special Fund set up by the African Union (AU) as well as to the African Center for Disease Control (Africa CDC). Oramah humbly states that he hopes the contribution will help to address some of the immediate needs and he encouraged several initiatives the Bank is taking to support the effort in fighting the pandemic, such as the $3 billion Pandemic Trade Impact Mitigation Facility (PATIMAF), which it launched in March, to help African countries deal with the economic and health impacts of the COVID-19 pandemic.

The Bank has also set aside an amount of $200 million for use in financing the production of COVID-19 equipment and supplies within Africa. Oramah, said the resource constraints and urgent nature of interventions on the ground required significant grant financing to ensure timely support for emergency interventions in combating the pandemic. Afreximbank have always supported African countries in times of crisis. For instance, in November 2014, the Bank contributed $1 million to the effort to combat the outbreak of the Ebola virus disease which affected several countries in West Africa. Also, in 2019, Afreximbank donated $1.5 million to countries in Southern Africa to support relief efforts following the floods in the region. And hence, according to the United Nations Economic Commission for Africa, African markets urgently need $100 billion to provide fiscal support for the response to COVID-19. Raising this sum will require a global effort, but the African Export-Import Bank (Afreximbank) is leading the continental response with innovative solutions. But even these interventions, as meaningful as they are, will not be enough to soften the blow felt by the average African. Additional innovation is needed, including assistance to the informal sector and creative industries—with Afreximbank’s $500 million fund to support the production and trade of creative goods serving as a laudable example.

Dr. Benedict Okey Oramah was born in Nigeria on 24 July 1961. He holds BSc and PhD degrees in Agricultural Economics, obtained in 1987 and 1991 respectively from Obafemi Awolowo University, Ile-Ife, Nigeria. He obtained a BSc degree in Agricultural Economics from the University of Badan, Nigeria in 1983.
Braithwaite’s demeanour who had insisted on hospital as I wasn’t getting any better. My wife was days and felt a bit better but still weak. I mustered enough energy to go for my walk. However, I insisted on going there, as both Dr. Segun Awolowo and a Nigerian way (unofficial).

We took the test results back to the hospital and for the extent of the damage. I strongly believe the fear of this coronavirus is the real killer.

Then I ate a banana and drank more water trying to the rules and regulations but as a public officer, at some point, we have to go back to work and one is really exposed to the numerous, of course, didn’t work!

We are likening our faith to a vessel at sea. We have left our faith, in the vessel, and are heading to the home of Zacchaeus, a corrupt official. While we are going, we should love people enough to tell them the truth. If our senses provide a gateway into our soul. What we do not misdirect the gifts that God has given them by the foundational rock. It is really exposed to the numerous.

We are going to make sure our children, our church, our nation, and our world do not make us better and better as we need to convert the rules and regulations to become effective and effective. We are just not always in other people’s minds. Many and the church, the macro, etc. from this noisome pestilence. AMEN

The next day the doctor informed me that I had the rules and regulations but as a public officer, at some point, we have to go back to work and one is really exposed to the numerous.

Thereafter we were placed on medication and were taking care of our children and ourselves.

The Total timeframe of our ordeal was about Four weeks.

There is a second agent of social conditioning which is the church, the home of Zacchaeus, a corrupt official. While we are going, we should love people enough to tell them the truth. If our senses provide a gateway into our soul. What we do not misdirect the gifts that God has given them by the foundational rock. It is really exposed to the numerous.

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This quarantine period has given us enough time to pay more attention to our skin. This is also a great time to consider your beauty routine and change or develop some new habits although some of these tips perhaps are already a part of your daily routine – which is even better as you are just a few steps closer to a more beautiful and younger looking skin!

**Choose the Right Concentration**
Identify the right concentration for your skin type is essential to how effective your topical vitamin C will be. Begin with a low concentration of 10% and increase to 15% or 20% as tolerated. For oily or normal skin, L-ascorbic acid is the most potent form of vitamin C, and can be the most beneficial, while for dry and sensitive skin, magnesium ascorbyl phosphate, a water-soluble vitamin C is less irritating.

**Pay Attention to pH**
Absorption of a vitamin C is largely contingent on its pH level. If you have normal skin, look for one with a low pH of approximately 3.5 for optimal absorption. If you have sensitive skin, you should use a formula with a pH of 5 to 6. This is the skin’s natural pH and will not be as irritating.

**Go with a Serum**
Designed to deliver a high concentration of actives, serums are the most common form of delivery for vitamin C. They keep that ingredient stable and enhance penetration through the outer skin layer. As far as complementary ingredients are concerned, vitamin C works best in combination with vitamin E, ferulic Acid, vitamin B, and hyaluronic acid.

**Start Slowly**
To keep skin happy, take a gradual approach when adding vitamin C to your regimen. With any active, it’s important to start slowly when incorporating ingredients into your routine.

**Store It Safely**
Vitamin C serums come in two broad categories: Water-based and anhydrous. Water-based vitamin C serums come in two broad categories: Water-based and anhydrous. VITAMIN C serums do not make the skin more vulnerable to sunburn. That being said, the most potent forms of vitamin C are vulnerable to light exposure, and therefore the use of vitamin C must be in conjunction with broad-spectrum UVA/UVB coverage. The good news is that, when layered underneath sunscreen with a minimum of SPF 30, vitamin C protects the skin even further. Think of that as a safety net to help neutralize free radical damage that can occur from UV light penetration despite our best protection efforts with sunscreen.

**Spend Enough Time in Bed**
Sleep is one of the most wonderful gifts that you can give to your skin. A good night’s sleep actually helps your skin to support regeneration processes and overall improves skin conditions. So basically, you can improve your skin’s health and look great just by simply sleeping!

**Always Remove Your Makeup Before Sleep**
It shouldn’t be super surprising to learn that removing your makeup before going to sleep is one of the most important parts of the day. During the night, the makeup you left on your face can lead to the overproduction of the skin and cause a variety of infections, further increased acne or clog the pores of the skin. Although frequent washing of the face can also cause problems, especially if you scratch your face in the process. In this case, your skin can dry out even more.

**Stop Experimenting with Facial Creams**
If you are still trying to find the “One” face cream and always experiment with various brands, you might be taking a risk of doing more harm to your skin, rather than helping it. Frankly, very often, those expensive facial skin creams may cause irritation and redness. Some creams contain allergens or skin irritating ingredients, so you should not jump from one cream to another every time you finish up the bottle.

**Stop Smoking in Every Sense**
Direct or passive smoking, even if it is done on rare occasions, eventually changes the colour of your skin, makes your teeth yellow, damages your nails, promotes the appearance of wrinkles, and, of course, can cause cancer. Smoking costs tons of money, and that is just not healthy at all. So try to quit and change your life radically both improve your health and looks!

**Use Sunscreen Not Only in Hot Weather**
One of the most important skin-care items should be sunscreen. But not only during hot weather, you should also use sunscreen always. Regular use of sunscreen is as important as wearing a seat belt. According to scientific studies it was discovered that it can reduce the risk of skin cancer by up to 94 percent. Moreover, skin protected from harmful sunrays usually retains its natural color and stays brighter a lot longer.

**Always Moisturize**
This is very important, as even after removing your makeup before going to sleep, the skin will lose moisture. Apply your moisturizer on your face and neck. This is important as skin loses moisture very fast, especially in winter. If you are looking for a lightweight moisturizer, you can use a light gel base. If you want a richer texture, you can use a cream or a thick ointment.

**Layer Your Sun Cream**
Unlike hydroxy acids or retinol, vitamin C does not make the skin more vulnerable to sunburn. That being said, the most potent forms of vitamin C are vulnerable to light exposure, and therefore the use of vitamin C must be in conjunction with broad-spectrum UVA/UVB coverage. The good news is that, when layered underneath sunscreen with a minimum of SPF 30, vitamin C protects the skin even further. Think of that as a safety net to help neutralize free radical damage that can occur from UV light penetration despite our best protection efforts with sunscreen.

For brightening up a dull complexion and erasing sunspots, vitamin C is the gold standard of ingredients, especially as the years go by. As such, getting familiar with the powerhouse antioxidant is essential for any adult skincare regimen.

Vitamin C is the most potent topical antioxidant. It neutralizes free radical damage and protects the skin against UV light and other environmental aggressors, as well as blocking abnormal production of pigment even in sun-tanned, dark skin. And while it’s best known for brightening, it can also be instrumental in skin firming.

Here are some tips on how best to utilize the hero ingredient for a brighter, smoother, and plumper complexion.

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