



THE BIG STORY

A WEEKLY PUBLICATION FROM THE MEDIA DESK

NIMC Staff Multipurpose Cooperative Society Limited Bags Housing Circuit Magazine Award



DO YOU NEED TO LOSE WEIGHT?

Here are some useful tips from the Resident Doctor, Dr. Chika Anozie on what you need to know:

1. WHAT IS YOUR BODY MASS INDEX? - Weight (kg)/height(m)
2. WHAT IS YOUR WAIST CIRCUMFERENCE?
3. WHAT IS YOUR WAIST-TO-HIP RATIO (WHR)?

IDEAL WAIST CIRCUMFERENCE: 40 INCHES FOR MEN , 35 INCHES FOR WOMEN.

IDEAL WAIST-TO-HIP RATIO: 0.9 FOR MEN, 0.7 FOR WOMEN

- ◆ Being overweight puts you more at risk of high blood pressure, type 2 diabetes, high cholesterol and heart attacks.
- ◆ Every 1kg lost significantly reduces your risk of heart disease
- ◆ Get active, eat healthy and move more!
- ◆ Exercise regularly
- ◆ Exercise regularly
- ◆ And exercise regularly.

-Dennis Adejoh



R-L: President, NIMC Cooperative Society, Mr. Bala Mohammed Adamu, General Secretary, Mr. Nwokpor Chukwuka Mbam, the Treasurer, Mrs. Idam Dorothy Nnennaya and the Financial Secretary, Mr. Ibrahim Lukman Gbadebo at the Housing Circuit Magazine Award Night at Abuja.

Earlier this week, the National Identity Management Commission Staff Multipurpose Cooperative Society received an award from the Housing Circuit Magazine at the Sheraton Hotel, Abuja.

The award, which was in the Upcoming Award Category was received by the President of the Cooperative Society, Mr. Bala Mohammed Adamu, who was accompanied by the General Secretary, Mr. Nwokpor Chukwuka

Mbam, Financial Secretary, Mr. Ibrahim Lukman Gbadebo, and Treasurer, Mrs. Idam Dorothy Nnennaya. The award was part of activities to commemorate the 10th year anniversary of the Housing Circuit Magazine.

The event themed "Social Housing as a Platform for National Development" was put together to recognize the contributions and notable achievements of persons within Nigeria's housing sector, deliberate on ways to make housing affordable and available for Nigerians and create an atmosphere for interaction with friends and well-wishers of the Magazine.

According to the Managing Director/Chief Executive Officer, Housing Circuit Limited, Mr. Seun Jegede, the NIMC Staff Multipurpose Cooperative Society, under the leadership of Mr Bala Mohammed Adamu was found

worthy of the award since it has been able to set and achieve her core objectives, which are; to be the leading cooperative society in Nigeria, provide welfare services to her members and provide affordable houses through the National Housing Fund.

Other distinguished awardees present at the event were the Managing Director, Federal Mortgage Bank of Nigeria, Arc. Ahmed Musa Dangiwa, the Executive Secretary, Federal Government Staff Housing Loans Board, Dr. (Mrs.) Hannatu A. Fika, Executive Director, Brains and Hammers Limited, Mrs. Ifeoma Okoye, Managing Director/ CEO, Infinity Trust Mortgage Bank Plc, Dr. Olabanjo Johnson Obaleye, Chairman/CEO, Jedo Investment Company Limited, Alhaji (Dr.) Aliyu O. Wamakko, amongst others.

Reported by Kenneth Adegoke
Corporate Communications Unit, NIMC



A Cross section of participants at a one day training organized by Corporate Communications Unit and facilitated by Mr. Gbolahan Oluwatobila of Biometrics Unit on Thursday, 10th October, 2019 themed "Effective Time Management. Participants were drawn from Corporate Communication & Biometrics Units.

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