

Katsina State Coordinator Bags African Students

Organization Award



Alhaji Abdullahi Haruna Kusa, Katsina State Coordinator of the National Identity Management Commission (NIMC).

The Katsina State Coordinator of the National Identity Management Commission (NIMC), Alhaji Abdullahi Haruna Kusa has been honoured with an Achievers Award for

Societal Development by the Network of African Students Entrepreneurs. (NASE)

The award was presented to him at the Katsina State office of the Commission by the representatives of the Student Union led by their Chairman, Comrade Tasnim Kabir Badaru.

Speaking at the award presentation, Badaru stated that reasons for recognizing and awarding the State Coordinator was as a result of his efforts in taking enrolment to the door steps of Katsina state Residents through re-activation and opening of new

Enrolment Centres in the state, his zero tolerance for corruption and support to all, especially students of higher institutions of learning, in the course of the enrolment exercise.

In his remarks, the State Coordinator appreciated the Student Union for the award and assured them of his unending commitment in ensuring that the enrolment exercise is made easier and easily accessible to all Residents in Katsina State.

*Reported by AbdurRahman Abdullahi,
Katsina state Media Desk Officer*

NIMC Encourages the Use Of USSD Code for Easy Retrieval of the National Identification Number NIN

The National Identity Management Commission has called on Nigerians and legal residents who have been enrolled into the National Identity Database to use the existing USSD code ***346#** to easily retrieve their National Identification Number (NIN).

This was disclosed recently by the General Manager, Operations and Corporate Communications of the Commis-

sion, Mr Abdulhamid Umar.

Mr Umar said, "those wishing to retrieve their NIN can now do so using their mobile phones by dialing ***346#** and following the instructions."

Mr Abdulhamid however noted that this service is at a token of 20 naira and it is only available on MTN and Airtel networks with other Networks coming onboard as soon as necessary measures are finalized.

The NIN is a mandatory requirement for many services like the acquisition and renewal of the International Passport, Exam registrations like UTME/DE Bank account opening, Pension registration, Sim Card registration, Tax filing, and Business registration with the Corporate Affairs Commission amongst others.

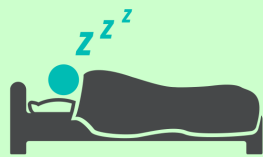
Reported by Ngozi Edobor

**FORGOT YOUR
NIN?**
National Identification Number



DIAL *346#

**AVAILABLE ON
MTN AND AIRTEL
NETWORKS**



10 PROVEN TIPS TO SLEEP BETTER AT NIGHT

A good night's sleep is just as important as regular exercise and a healthy diet.

Research shows that poor sleep has immediate negative effects on your hormones, exercise performance and brain function.

Here are 10 evidence-based tips to sleep better at night.

1. Increase bright light exposure during the day.
2. Reduce blue light exposure in the evening.
3. Don't consume caffeine late in the day.
4. Reduce irregular or long daytime naps.
5. Try to sleep and wake at consistent times.
6. Don't eat late in the evening.
7. Relax and clear your mind in the evening.
8. Take a relaxing bath or shower.
9. Get a comfortable bed, mattress and pillow.
10. Exercise regularly-but not before bed

By Ngozi Edobor

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