

ISSUE 67 (SEPTEMBER 2026)

REPOSITIONING AGRICULTURAL EDUCATION FOR MODERN AGRICULTURE



The need to reposition agricultural education and research to meet the realities of modern agriculture was a major focus at a post-national legislative summit and expert conference organised by the Senate Committee on Agricultural Colleges and Institutions. Supported by the Policy and Legal Advocacy Centre (PLAC) and UK in Nigeria, the conference focused on “Reviewing Agricultural Curriculum for the Integration of Digital Agriculture, Climate-Smart Agriculture, Biotechnology, Market Linkage and Data Analysis to Meet the Demands of Modern Agribusiness Reality.” The event followed an earlier conference held in May 2026 and brought together heads of agricultural institutions and other stakeholders from across Nigeria.



**Senator Sharafadeen Abiodun
Alli: Chairman, Senate
Committee**

Declaring the conference open, the Chairman of the Senate Committee emphasised that transforming Nigeria’s agricultural sector must begin with transforming the knowledge, skills and training provided by

agricultural institutions. Participants called for stronger collaboration among agricultural colleges and research institutions, increased funding for research, innovation and extension, improved

manpower development, and the integration of technology into agricultural education.



Dr. Adedeji champions collaboration and practical solutions at Senate agricultural summit

A notable contribution came from Dr. A. R. Adedeji, Acting Executive Director of the Cocoa Research Institute of Nigeria (CRIN), whose intervention demonstrated how institutional collaboration can translate conference discussions into practical action.

Reflecting on the outcome of the earlier summit, Dr. Adedeji explained that CRIN identified three major challenges requiring urgent attention, beginning with electricity. Recognising the difficulty and cost of sustaining power through the national grid, he looked beyond the Institute for possible solutions. The interaction at the summit, he noted, opened his eyes to the possibilities of collaboration among agricultural institutions. According to him, the initiative was already making progress.

This experience reflects a leadership approach built on initiative, collaboration and problem-solving. Rather than merely identifying institutional challenges, Dr. Adedeji demonstrated the importance of building strategic relationships and mobilising partners to pursue practical solutions.

He also highlighted the serious manpower challenge facing agricultural research institutions. Drawing from his observations in CRIN’s agricultural experimental zones, he pointed to situations where there could be several supervisors for a single worker, underscoring the need for deliberate manpower development and a stronger workforce structure.

The conference further stressed that agricultural curricula must evolve alongside changes in agriculture.



Digital agriculture, biotechnology, climate-smart agriculture, data analysis and market linkages are increasingly important to modern agricultural practice. Speakers also emphasised the need for stronger channels connecting research institutions with governments and, most importantly, farmers. The event concluded with a call for greater investment in agricultural research and stronger government support for research institutions. For CRIN, the participation of its Acting Executive Director provided an opportunity not only to contribute to national discussions but also to demonstrate the value of collaborative leadership.

Dr. Adedeji's intervention reinforced a vital message: effective institutional leadership goes beyond identifying problems, it requires building partnerships, seeking opportunities and turning challenges into actionable solutions.

SEASONAL GREETINGS TO CRIN MUSLIM STAFF



The Acting Executive Director of the Cocoa Research Institute of Nigeria (CRIN), Dr. A. R. Adedeji, warmly felicitates with all Muslim members of

staff of the Institute on the occasion of Eid-ul-Mawlid, celebrated on Tuesday, 25 August 2026, commemorating the birth of Prophet Muhammad.

Dr. Adedeji joins the Muslim community in celebrating this significant occasion and wishes all Muslim staff and their families peace, joy, good health and continued blessings.

He appreciates their dedication, cooperation and contributions to the growth and development of the Institute, while encouraging all members of staff to continue to uphold the values of unity, mutual respect, commitment and peaceful coexistence that strengthen CRIN as an institution.

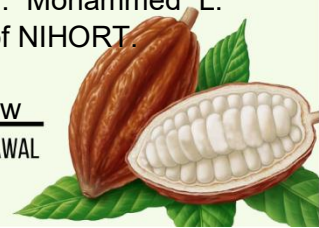
CRIN FEMALE SCIENTISTS ATTENDED 2026 OWSD IBADAN BRANCH WORKSHOP



On July 30, 2026, CRIN female scientists attended 2026 workshop, life members and friends of OWSD Ibadan branch award ceremony. The annual event was held at the National Horticultural Research Institute (NIHORT), Ibadan. The keynote address was delivered by Prof. Mohammed L. Attanda, the Executive Director of NIHORT. During his speech, Prof. Attanda Noted that beyond generating new



Picture highlights from the event



knowledge, the ultimate value of scientific research lies in its capacity to solve problems. He emphasized that knowledge that remains in the laboratories, institutional repositories, conference proceedings and scholarly journals without influencing society represent unrealistic scientific potentials.

The Executive Director NIHORT also stated that female scientists are indispensable contributors to impact oriented research, they are recognised for their scholarly achievement and their capacity to foster interdisciplinary collaboration, promote inclusive innovation and translation of scientific discoveries into practical solutions.

The life and friends of OWSD award was coordinated by the coordinator of OWSD Ibadan branch Professor Aina Adeogun. During this session, two CRIN scientists; Drs Oluyinka Jayeola and Anna Muiyiwa were honoured with the life award.

The entire CRIN staff congratulate and celebrate them. We wish them more wins in their future endeavour. Below are some of the pictures taken during the event.



CRIN STRENGTHENS CAPACITY FOR CASHEW VALUE ADDITION

The Cocoa Research Institute of Nigeria (CRIN) has strengthened its capacity for cashew processing and value addition through the participation of six staff members of the Value Addition Section in a five-day Cashew Kernel Processing Workshop held from 26–30 July 2026 at the FoodPro Cashew Processing Facility, Ilorin, Kwara State.



The participants, Mrs. Olalekan-Adeniran M. A., Dr. Ogunsowo A. O., Dr. Olorundare B. O., Engr. Adesokan M. A., Ms. Emmanuel T. A., and Ms. Ojuekaiye H. M. gained technical and practical knowledge on the cashew value chain, raw cashew nut grading and quality assessment, sorting, roasting, flavouring, packaging and Good Manufacturing Practices. They were also trained in hygiene and sanitation, Hazard Analysis and Critical Control Points (HACCP), quality standards, certification requirements and NAFDAC regulatory compliance.

The enterprise component covered product design, labelling, digital marketing, market access, costing, financial record keeping, business planning and access to finance. Various cashew kernel products developed during the practical sessions were exhibited at the close of the training. The training highlighted the considerable potential of cashew processing while drawing attention to constraints including inadequate processing technology, limited technical knowledge and capital. The participants recommended the fabrication of cashew nut breakers and boilers/steamers to facilitate easier and more efficient local processing.

The participants expressed appreciation



to the Acting Executive Director, Dr. A. R. Adedeji, for providing the opportunity for staff to participate in the programme. His support reflects CRIN's commitment to continuous staff development, innovation and the promotion of greater value addition within Nigeria's cashew industry. They also appreciated Dr. C. O. Jayeola and Dr. D.O. Adeniyi for their technical support and effective facilitation of major sections of the training.



Cashew Kernel products on display



Cashew nut braker used during the training



Fabricated cashew nut boiler used during the training

Health News

STRESS MANAGEMENT IN MODERN LIFE: UNDERSTANDING STRESS, MANAGING IT WISELY AND PROTECTING YOUR HEALTH

Mrs. Bosede Famaye



Stress is a normal physical and emotional response to demands, challenges or perceived threats. A certain level of stress can motivate us to act and perform effectively; however, prolonged or excessive stress can negatively affect both the body and mind.

Modern life exposes people to numerous potential stressors, including work pressure, financial difficulties, family responsibilities, social expectations, relationship problems, illness and constant digital connectivity. Fortunately, stress can often be managed through healthy lifestyle choices, social support, effective coping strategies and professional help when necessary.

WHAT IS STRESS?

Stress is the body's response to a perceived challenge, demand or threat. When a person experiences stress, the body releases hormones such as adrenaline and cortisol, which prepare the body to respond to the situation.

TYPES OF STRESS

A. Acute Stress

Acute stress is short-term stress that occurs in response to a specific event. Examples include preparing for an examination, speaking in public, missing an important appointment or experiencing a sudden financial problem.

B. Chronic Stress

Chronic stress continues for weeks, months or longer. It may result from





persistent financial difficulties, long-term caregiving responsibilities, ongoing workplace problems, difficult relationships or living with chronic illness.

C. Positive Stress (Eustress)

Eustress is a manageable level of stress that can motivate a person to perform better, meet challenges and achieve goals.

CAUSES OF STRESS

Stress affects people differently, and what is stressful for one person may not necessarily be stressful for another. Common causes include:

A. Work-Related Causes

Heavy workload, long working hours, job insecurity, workplace conflict, pressure to meet deadlines, poor work-life balance and unemployment.

B. Financial Causes

Debt, loss of income, high cost of living, unexpected expenses and financial insecurity.

C. Family and Relationship Causes

Marital conflict, separation or divorce, parenting difficulties, caring for an elderly or sick relative, loss of a loved one and domestic conflict.

D. Health-Related Causes

Chronic illness, pain, disability, pregnancy-related challenges and caring for someone who is ill.

E. Social Causes

Bullying, social isolation, discrimination, peer pressure and social expectations.

F. Modern Technology and Lifestyle

Excessive social-media use, constant phone notifications, information overload, comparing oneself with others online, inadequate rest and pressure to remain constantly available.

G. Major Life Changes

Even positive changes can produce stress. These may include marriage, moving to a new location, starting a new job, retirement and having a baby.

SIGNS AND SYMPTOMS OF STRESS

Stress can affect the body, emotions, thoughts and behaviour.

A. Physical Symptoms

Common physical symptoms include headaches, muscle tension, neck or back pain, fatigue, rapid heartbeat, sweating, stomach upset, changes in bowel habits, difficulty sleeping, changes in appetite and feeling generally run-down.

B. Emotional Symptoms

These may include irritability, anxiety, feeling overwhelmed, restlessness, sadness, frustration and feeling unable to cope.

C. Cognitive Symptoms

Stress may cause poor concentration, forgetfulness, difficulty making decisions, racing thoughts, negative thinking and constant worrying.

D. Behavioural Symptoms

Behavioural changes may include withdrawing from family and friends, reduced productivity, changes in eating habits, procrastination and loss of interest in usual activities.

HOW IS STRESS DIAGNOSED?

Stress does not have one specific laboratory test or scan. A healthcare professional generally assesses stress through:

A. Medical History

This may include discussion of current symptoms, recent life events, work and family circumstances, sleep, diet, medications and substance use.

B. Physical Examination

A physical examination may help identify health conditions that could be causing or worsening the symptoms.

C. Mental Health Assessment

A healthcare professional may assess anxiety, depression, sleep problems, trauma-related symptoms and an individual's ability to cope with stress.





COMPLICATIONS OF CHRONIC STRESS

Prolonged, unmanaged stress can contribute to several physical and mental health problems.

Cardiovascular Effects

Chronic stress may contribute to increased blood pressure, increased heart rate and cardiovascular risk.

Digestive Effects

It may cause indigestion, abdominal discomfort and changes in bowel habits.

Mental Health Effects

Prolonged stress may contribute to anxiety, depression, burnout and sleep disorders.

Immune System

Long-term stress can affect immune function and make it more difficult for the body to maintain its normal defences.

Musculoskeletal Effects

Persistent stress may result in muscle tension, neck and back pain and headaches.

Lifestyle Effects

Chronic stress may encourage unhealthy coping behaviours such as excessive alcohol use, smoking, overeating and physical inactivity.

STRESS MANAGEMENT

A. Identify Your Stressors

Understanding the situations, activities or circumstances that trigger stress is the first step towards managing them effectively.

B. Exercise Regularly

Regular physical activity can improve mood and reduce tension. Activities such as walking, swimming, cycling, dancing, gardening and stretching can be beneficial. Exercise should be appropriate for one's health and physical ability.

C. Get Adequate Sleep

Adults generally need at least seven hours of

sleep each night, although individual needs may vary.

D. Eat a Healthy Diet

A healthy diet should include fruits and vegetables, whole grains, beans and legumes, fish and other healthy sources of protein. Adequate water intake is also important, while excessive caffeine, sugary foods and highly processed foods should be limited.

E. Practise Relaxation

Relaxation techniques such as deep breathing, meditation, prayer and other spiritual practices can provide comfort, hope and support.

F. Build a Strong Support System

Talking with family members, trusted friends, church or community leaders, counsellors or healthcare professionals can provide valuable support. No one has to face every challenge alone.

G. Limit Unhealthy Coping Mechanisms

Avoid relying on smoking, alcohol, recreational drugs, excessive eating or social isolation as ways of coping with stress. Although such behaviours may provide temporary relief, they can create additional health problems.

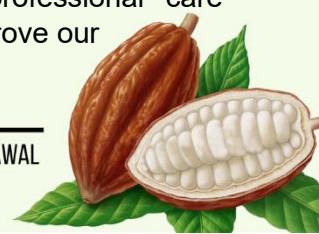
EMERGENCY WARNING SIGNS

Stress accompanied by severe physical or psychological symptoms should not be ignored. Individuals experiencing severe chest pain, serious difficulty breathing, loss of consciousness, severe confusion or other alarming symptoms should seek urgent medical attention.

CONCLUSION

Stress is an unavoidable part of modern life, but chronic and unmanaged stress should not be ignored. Recognising its causes and early warning signs enables individuals to take appropriate action before it seriously affects their health.

Healthy eating, regular physical activity, adequate sleep, relaxation, good time management, supportive relationships and professional care when necessary can greatly improve our ability to cope with stress.





CRIN

A MONTHLY PUBLICATION OF COCOA RESEARCH INSTITUTE OF NIGERIA (CRIN), IBADAN.

Herald

Market Survey

PRICE REPORT FOR AUGUST 2026

This report provides an overview of cocoa prices across selected states in Nigeria for August 2026. Price data were collected from major cocoa-producing locations within the surveyed states, and state-level average prices were subsequently computed.

During the reporting period, cocoa prices increased in all the surveyed states except Oyo where prices remained unchanged. The most prominent increase was recorded in Ondo State, where the average cocoa price increased by 16% compared with July 2026. Among the surveyed states, Kogi and Cross River States recorded the lowest average cocoa price at ₦5,250/kg, while Oyo and Osun States recorded the highest average price of ₦6,250/kg in August 2026. These price variations reflect underlying supply and demand dynamics in the market during the reporting period.

It is also noteworthy that cashew is currently in its off-season, and no price data were available for this commodity in the current month.

COCOA COST PER KG (LOCAL PRICE) AUGUST 2026			
STATE	MINIMUM PRICE (₦)	MAXIMUM PRICE (₦)	AVERAGE PRICE (₦)
Cross River	5000	5500	5250
Kogi	5000	5500	5250
Kwara	5000	6000	5500
Ondo	6000	6200	6100
Osun	6000	6500	6250
Oyo	6000	6500	6250

Source: CRIN Survey, 2026
Economics and Statistics Sections



September Birthday Celebrants



Joseph Racheal Opeyemi —	1-Sep
Olayiwola Babatunde Joseph —	1-Sep
Asein Uwaifo —	2-Sep
Gbadamosi Adeola Rukayat —	2-Sep
Umahion Alaba —	4-Sep
Ezeh Nicholas —	5-Sep
Mustapha Kazeem —	6-Sep
Arutu Ademola Nurudeen —	7-Sep
Ajala Jonathan —	7-Sep
Ugiro Osasogie —	9-Sep
Lawal John Kayode —	9-Sep
Eno Innocent Eno —	9-Sep
Kunnuola Seun —	9-Sep
Adeleke Kazeem —	9-Sep
Nwangwu Julian Chimezie —	10-Sep
Okeh John Ekechi —	10-Sep
Adebowale Lateef Adewale —	11-Sep
Kehinde Abiola Omowunmi —	11-Sep
Akhidime Sunday Itua —	13-Sep
Babafemi Ibitope Babajide —	13-Sep
Ogunbosoye Bolanle Bukola —	13-Sep
Abdul-Raheem Amina Moronranti —	13-Sep





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Akande Kunle —	13-Sep	Samuel Olusola —	25-Sep
Nwagala Charles —	13-Sep	Muyiwa Annah Abimbola —	26-Sep
Omogbeme Anslem Omokhepne —	13-Sep	Oladunmoye Akinola Adeola —	26-Sep
Adeleye Adeala Mathew —	13-Sep	Olasoji Hannah Olufemi —	26-Sep
Adebisi Oluwalobamise Samuel —	13-Sep	Ujunwa Ephraim Ikechukwu —	26-Sep
Komolafe Kolade David —	14-Sep	Adeogun Gbenga A. —	27-Sep
Alalade Olukemi Latifat —	14-Sep	Adedokun Israel —	27-Sep
Adeleye Kehinde —	14-Sep	Akinyomide Oriola Adebawale —	28-Sep
Onifade Wasiu —	14-Sep	Uwaifo Andrew Ikhidero —	28-Sep
Ogut Patricia Benedict —	15-Sep	Bello Saka Adedayo —	28-Sep
Akosile Isaac Gbenga —	15-Sep	Adejobi Kayode Babatunde —	29-Sep
Adio Yinka Noah —	15-Sep	Babalola Eunice Adenike —	29-Sep
Tanko John —	16-Sep	Olawore Abosede Elizabeth —	29-Sep
Adekanbi Bolajoko —	16-Sep	Oghenegueke Gift —	29-Sep
Adebayo Kayode Adekunle —	17-Sep	Ademola Saheed —	29-Sep
Kayode Bukola Olayinka —	18-Sep	Chila Njwe Fredrick —	30-Sep
Olugbade Olaolu —	18-Sep	Awe Jacob Ajayi —	30-Sep
Oluyemi Oluwadamilola Ifeoluwa —	20-Sep	Owan Cynthia Stephen —	30-Sep
Tajudeen Toyin —	20-Sep		
Ayoade Olufemi —	20-Sep		
Arowolo Sodi —	21-Sep		
Amusa Lateef —	22-Sep		
Imasogie Micheal Osagie —	23-Sep		
Ogunsuyi Busuyi Adewumi —	23-Sep		
Joda Eniola Mary —	23-Sep		
Adebiyi-Shittu Semiat —	23-Sep		
Lawal Justina Oluyemisi —	24-Sep		
Oyedokun Adegoke Victor —	24-Sep		
Enosegbe Kelly Anthony —	24-Sep		
Akhidime Mary Ozohu —	25-Sep		
Akinrinola Akeem Kehinde —	25-Sep		

COCOA RESEARCH INSTITUTE OF NIGERIA

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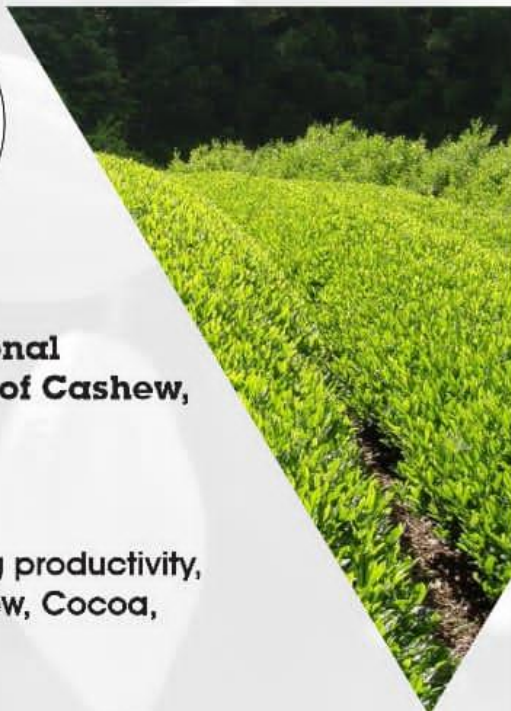


VISION

To be a centre of excellence of international repute in the research and development of Cashew, Cocoa, Coffee, Kola and Tea.

MISSION

To apply science and technology in increasing productivity, improving quality and value addition of Cashew, Cocoa, Coffee, Kola and Tea.



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