

I AM VICTORY

*(The power of the mind)*

MEH Basil KUM

# I AM VICTORY

*(The power of the mind)*



MEH Basil KUM

# I AM VICTORY

*The power of the mind*



## *My Journey of self-discovery*

*A nobody's son, eyes full of tears, catarrh running down his nostrils, bare footed with dust right up to the knees, tored dresses and Fatherless. Standing in the middle of nowhere, yet full of dreams, wondering which direction to take. (MEH Basil KUM)*

# *You're welcome,*

*I am MEH Basil KUM,*

Here is an abstract of my story, I'm sure it will motivate and encourage you as you read through my journey of self-discovery, in search of why I was born (purpose).



Copy right @ 2021 authored by:

*MEH Basil KUM*

This e-book contains original content, inspired by my story and must not be duplicated, distributed, or use for any academic or vocational training without a written permission from the author.

Request for permission or enquiries from the author through;

E-mail:

[mehbasil90@gmail.com](mailto:mehbasil90@gmail.com)

[mericuihbt2019@gmail.com](mailto:mericuihbt2019@gmail.com)

Tell: +237 671177552 / 650086869

Facebook page: *MEH BASIL, Physiotherapy and Physical medicine, STEM Higher Institute.*

Website: [www.uihbtedu.com](http://www.uihbtedu.com)

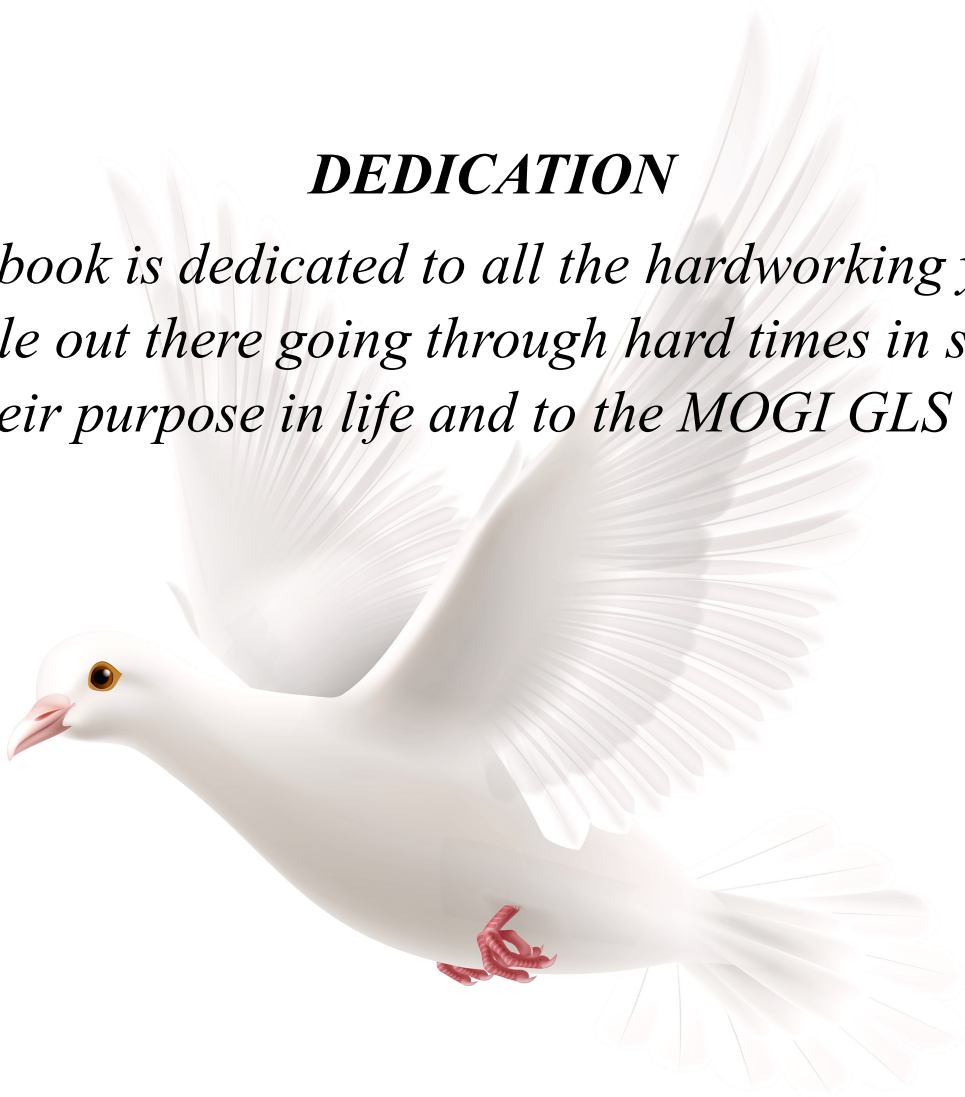
Designed by UNLIMITED PRINT MOLYKO - BUEA

680722367 / 681753492

Email: [ekemamathslyonga@gmail.com](mailto:ekemamathslyonga@gmail.com)

## ***DEDICATION***

*This book is dedicated to all the hardworking young people out there going through hard times in search of their purpose in life and to the MOGI GLS team.*



## ***ACKNOWLEDGEMENT***

*My sincere gratitude goes to hero Mike OLADIPO the provost of MOGI GLS for coming up with such an innovative project to create global leaders.*

*I want to acknowledge the entire team of MOGI GLS cohort 31 for their endless efforts and teachings during my stay in the school.*

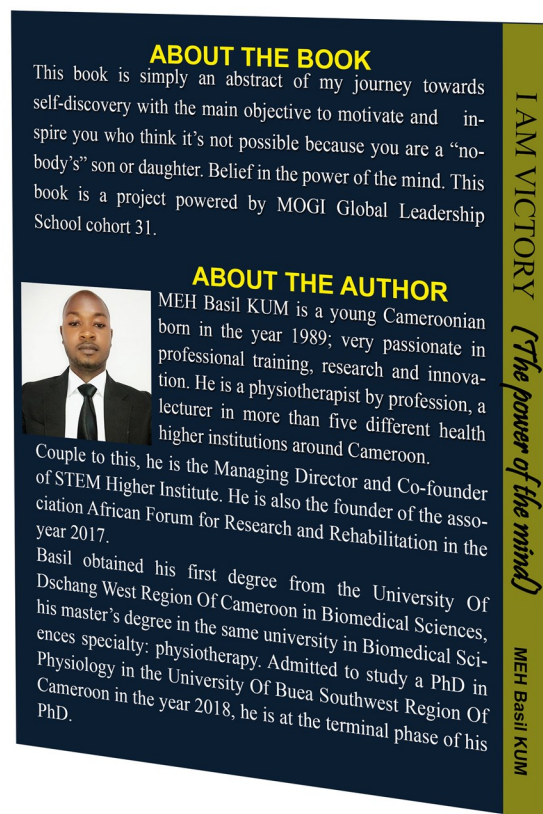
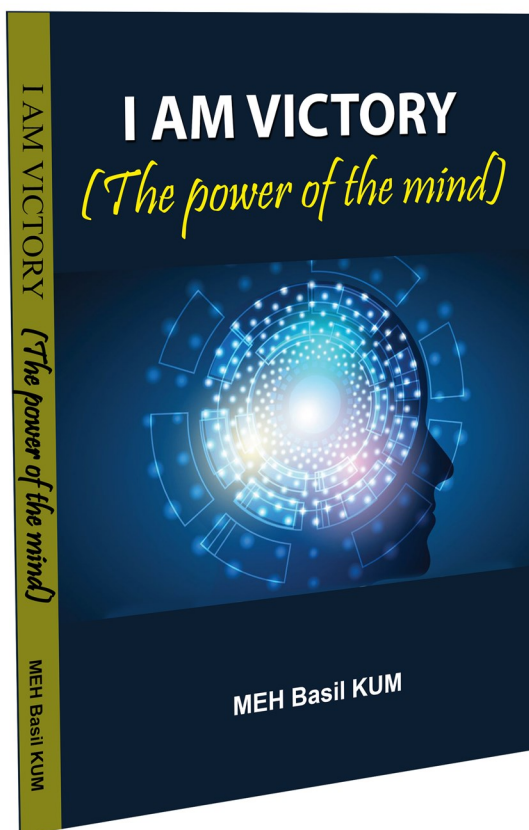
*Also, my gratitude goes to all my STEM-HIHB family who have been a source of encouragement throughout this period.*

*To my entire family, friends and love ones; KUM Julie MBONG, MUAM Veronica BUH, AKIH Victoire and all my brothers and sisters. You all have always encouraged me in good and bad moments particularly during this period.*

# TABLE OF CONTENT

DEDICATION.....	5
ACKNOWLEDGMENT.....	6
CHAPTER ONE: INTRODUCTION .....	11
CHAPTER TWO: PRIMARY SCHOOL.....	15
CHAPTER THREE: SECONDARY SCHOOL .	22
CHAPTER FOUR: UNIVERSITY .....	34
CHAPTER FIVE: VISION FOR CAMEROON / AFRICA.....	48
CHAPTER SIX: MESSAGE OF HOPE.....	58

This is my story and the journey to self-discovery. I will share this with you in five summarized chapters. Please this is not because I have the most motivating story neither do I want you to pity me, nor do I want you to clap for me. My story or journey of self-discovery may encourage you and many other youths out there who are discouraged and have no hope again or facing a similar situation like I did.



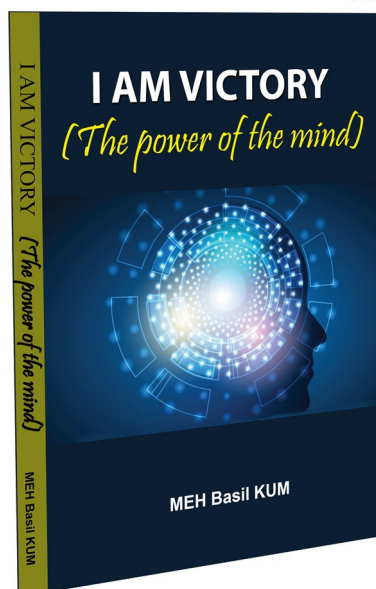


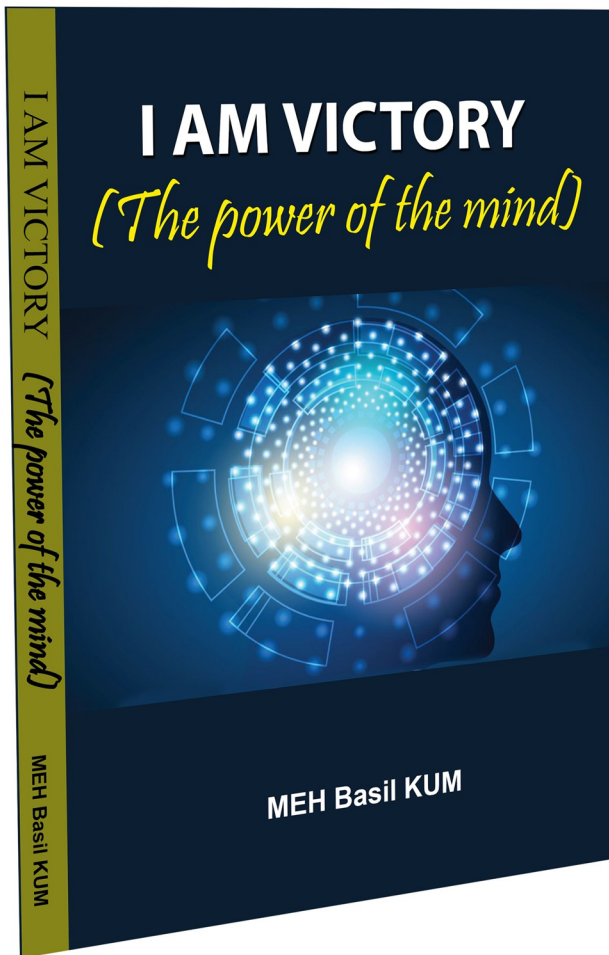
# DO YOU ACTUALLY WANT TO READ AND UNDERSTAND THIS BOOK?

## “I AM VICTORY”

If yes, then go on and read, make sure you don't just read. Read as if you are going to write an examination on it in a few hours. It doesn't matter who you are; are you a professor, teacher, student, businessman, doctor, job seeker, a youth leader, or whoever/whatever you are/do, this book might be that booster you have been looking for.

Whatever the case, share this book, I am sure it will encourage and motivate someone out there to have hope and belief in themselves again and the power of the mind.






**ABOUT THE BOOK**

This book is simply an abstract of my journey towards self-discovery with the main objective to motivate and inspire you who think it's not possible because you are a "nobody's" son or daughter. Belief in the power of the mind. This book is a project powered by MOGI Global Leadership School cohort 31.

**ABOUT THE AUTHOR**



MEH Basil KUM is a young Cameroonian born in the year 1989; very passionate in professional training, research and innovation. He is a physiotherapist by profession, a lecturer in more than five different health higher institutions around Cameroon. Couple to this, he is the Managing Director and Co-founder of STEM Higher Institute. He is also the founder of the association African Forum for Research and Rehabilitation in the year 2017. Basil obtained his first degree from the University Of Dschang West Region Of Cameroon in Biomedical Sciences, his master's degree in the same university in Biomedical Sciences specialty: physiotherapy. Admitted to study a PhD in Physiology in the University Of Buea Southwest Region Of Cameroon in the year 2018, he is at the terminal phase of his PhD.

# CHAPTER ONE

# INTRODUCTION

*I was raised up by a single mother.*

I am **MEH Basil KUM**, I'm from a small village called Esu found in the Northwest Region of Cameroon, where I started my primary education, but could not continue when I lost my dad at a tender age of four (04) years.

The first child from a family of four male children. I'm in my early 30s, single but not searching (SNS). Sure I'm in a relationship hoping she's my purpose mate.

My dad was an aspiring Pharmacist as I was told by his elder sister. My mum was about completing her primary education when she got pregnant at the age of 17, perhaps I stopped my mum from schooling. Of course in their days female education wasn't really prioritized, so stopping school at that age wasn't a big deal.

A year later, my mum moved to the city in search of greener pastures as a young woman. I was left back in the village with my maternal grandmother (of blessed memory, may her soul rest in perfect peace) to take care of me. I could not go to school that year because of hardship, and since my mum just left for the city.

I am that five (05) years old boy that was known by all the Hausa community in the village, since I usually go there to wash plates so that at the end I will be given some boiled

rice and stew.

My maternal grand mum who was commonly known as “mami corn chaff” was doing her best. She was a village farmer and also sold cooked and uncooked food in the village park, I use to sell with her at the age of five.

Though my grand mum “mami corn chaff” had a specific spot in the park where she usually sell, but most often when business is not moving, we had to walk around to sell. Her famous sound from a distance as we go around the park; “hot corn chaff di go” was known by everyone in the village.

A year later, my mum returned to the village, city life was difficult, she was at least able to send me to school (class one). I started schooling in Government primary school (GPS) Esu, which was one of the three schools present in the village at that time.

I will never forget my first day in school (class one), the big trouser, big shirt, the heavy wooden blackboard given to me by my maternal grandfather. Everything was so strange to me.

I remembered crying and refusing to go to school since I was already use to staying home, play around and go to the Hausa community to wash plates for food.

I sometimes go for hunting or follow my maternal grand mum of blessed memory to the farm, market and/or play around to return home only by 7 pm looking very dirty and hungry.

At one point, I could not continue with my primary education because my mum wasn't able to afford the fees of about 5000 FCFA at that time. More so, I was not even ready to go to school, I will leave the house and branch off to wash plates in the Hausa quarter and return by evening. So I repeated primary one and a year passed by.

By the time I turned seven (07), my father's elder sister (my mentor) came to my rescue, she insisted to take me to live with her in Wum a neighboring village. My grand mum (mami corn chaff) was totally against this idea, she tried resisting but pressure from my maternal uncles were above her.

The day I was to leave the village, I cried, I can clearly remember seeing my grand mum crying as I was forcefully carried on my uncle's (Uncle TEM) bike to be taken to Wum to live with my father's elder sister, a midwife by profession and a single mother too. My mum had gone back to the city.

I was taken to Wum on a Saturday, slept at my uncle's place and Sunday morning he took me to my auntie's place.

Now, a new life, new environment, faces I had never seen, everything was just strange to me. Life in Wum wasn't easy though better than that in the village (Esu).

***I was raised up by a single mother (My Hero).***

*Sure you want to know what happened next.*

Find out in the next chapter.

## POINTS TO NOTE:

- ♦ The bond between grand parents and their grandchildren are often stronger.
- ♦ Don't seek pity during your preparation time. Remain focused.
- ♦ Your beginning doesn't determines your end point.
- ♦ Changing the environment of a child is important.
- ♦ A journey of a thousand miles begins with step.



## CHAPTER TWO

# MY PRIMARY SCHOOL LIFE

While in Wum, I was welcomed into a new family, my cousins, uncles and other paternal family members.

Wow!! My aunt's house was more like a dormitory school. We were more than fifteen people living in the house under her care. I was scared of everybody, everything was so strange around me, but one good thing was that I could identify myself with almost everyone because we all looked like our paternal grandfather (Fon MEH BUH Joseph II) of blessed memory. Once in a while when I was still in the village, I use to visit him in the palace.

I arrived Wum on a Saturday and Monday was a school day. I was taken to school by one of my paternal auntie's (aunty Prisca of blessed memory) living with us in the house. She was teaching in this same primary school.

Holy Trinity Wum was my new school which was located about 4000 kilometers from home. I was taken directly in to class two, maybe due to my age.

Probably, I was sent to Holy Trinity primary school because my paternal family, majority of them were Roman Catholic by Faith or maybe because one of my aunties taught there at that time.

Most of us in the house attended the same primary school. I went through basic education like any other child from a modest family. At home every 8pm you must go to the reading table and read for about two hours. This was a routine every day and my aunt who was a teacher (aunty Prisca) in this same primary school was very strict in this.

I did very well in primary school always amongst the first ten, though I was very stubborn and played a lot. I was a very good athlete; I played in the school's football team. I was one of the smallest pupils in class. Most of the pupils at that time were very big boys and girls.

Looking very innocent, imagining what I will be when I grow up to a mature man. I usually felt sad sometimes. I miss my grand mum; I miss the village life and didn't have a father figure in my life. Sometimes I cried silently in my room, and felt lonely though with many people at home.

The memory of my late dad kept coming to me. My aunt will do everything to see me go through school. She usually called me by my father's name attached to mine (MEHKUM). My name was the most called at home when my aunt was around.

Sometimes, I felt she hated me because anything at home she would call me to come do it. Each time she arrived home, her first question would be: in her words "Have you people given MEHKUM food"?

The next thing "MEHKUM have you eaten"? Sometimes I really felt uncomfortable with this.



My assignments every morning was to mop her room and fill the pots with drinkable water. Being in a catholic school and from a catholic home, my aunt made me to receive the first Holy Communion and Confirmation. I went through the doctrine by then I was in class 4, I joined the mass servants and all my dreams at that time was to become a Rv. Father (priest) or a Rv. Brother in the church.

I usually admired the catholic priest a lot since they usually come around our school and sometimes they visited our home. I admired their small SUSUKI cars and how they dressed.

After my confirmation in to the Catholic Church, I was very religious; of course it was very normal because you had to get up from bed every morning by 5am to go for morning mass. This was an obligation, more to that I was a mass servant.

My aunt will always shout out my name every morning at exactly 5am or sometimes she will get into my room and pull off the bed sheet on me. In her words “get up let us go for the morning mass”. At times I will be angry and frustrated with all the cold, sleepy eyes, but as time went on, I became use to this lifestyle and I enjoyed it.

My maternal grand mum usually visited me in Wum once in a while, she will bring boiled corn and groundnut, and sometimes she would come directly to my school.

I had friends like Ngong Makoge, Livingstone, Fuh Christain, Akom Clovis, Wung Kenneth and many others with whom we usually play football and walked home

together after school.

In the year 2002, I wrote my first school leaving certificate and common entrance exams in to the secondary school. I passed in flying colors, I passed the common entrance with list A. my aunt was very happy and proud of me. She was already calling me “my doctor”. Most often, I will pass at the health center where she worked to collect money for some school needs, so all her colleagues knew me by name and in person.

I usually enjoyed seeing the nurses and doctors dressed in their white blouse. I was so use to this white color that I admired her and her colleagues each time I pass around the health center.

My aunt as a midwife spent most of her time in the health center and sometimes only comes home to check on us. Most often, we had to take food to go give her at work.

The most terrible moments I spent around my aunt were when I was sick or had a wound. She will give injections, even when you are having just a small headache and she did same with everyone at home. She cleaned our wounds herself and applied first aid at home.

I completed my primary education at the age of 14 years, already an adolescent. I was already developing interest for the female gender which was normal at that age. I remember always fighting with my friend Makoge because of Bernadette who was our classmate.

Bernadette and I weren't even dating but all I can remember was that I liked her and she gave me that same impression, so we were just cool like that as teenagers. How can I forget Patricia who came when we were in class five, we were so fun of each other and always play together, walk home together.

Patricia was quite beautiful and had a calm look just like me. Our closeness made Bernadette to be angry, and this brought a physical distance between us. In all this, Kenneth was like my adviser since he was a bit more mature than me.

My primary school life was full of fun, dreams and moments of fear of the unknown. Though I was one of the smallest boys in class, I was very smart, influential, and intelligent and played in the school's football team.

I was the team captain and your presence in the field of play depended on me.

I will always score a goal during competitions and will be carried round the playfield at the end of the match. This made a lot of girls to admire me at that time; I was very quiet and shy sometimes.

Now secondary school was already calling, I was already beginning to see things differently, admiring certain professions and some not. After the results of the first school (FSLC), my aunt sent me for holidays to spend some time with my mum in Douala, the biggest city in Cameroon.

I won't describe what happened to me when I arrived

Douala for the first time at the age of 14.

You can just imagine “UKWA in London” LOL!

I spent three months in Douala with my mum (biological mum). My mum bought most of my school needs, sewed me a uniform. Oh! Less I forget, my biological mum was a trained seamstress. I traveled back to Wum quite excited to get into secondary school.

You would have noticed that I haven't mentioned anything about my siblings; sure life was hard for them, Dilan my youngest brother was in Douala with my mum while my second and third followers were in Bamenda with one of my uncles (uncle TEM). For the purpose of this book, I will focus on myself.

My new school was GBSS Wum where I did my interview and was accepted after the common entrance results.

Continue reading to find out what happen next as I go through my journey of self-discovery.

Please hope you aren't bored!!!! Take a break and continue reading.

### POINTS TO NOTE

- ◆ Every child needs a father figure in his/her life but if absent, there's always someone who can play that role effectively. Be observant.
- ◆ Dreams are nurtured. Don't give up on your dreams.
- ◆ You are not just the child of your biological mother.
- ◆ Environment can influence the career of children.
- ◆ Choose the school of your children wisely.
- ◆ Never neglect your story.





HRH FON MEH BUH Joseph II of  
ESU Village of blessed memory

## CHAPTER THREE

# MY SECONDARY SCHOOL LIFE

My secondary school life remains one of the most exciting moments in my life. Just coming back from holidays, everything I had on me was new, my school bag, shoes, uniform, wrist watch and looking brighter and sharp. It was a Monday morning as I passed through the form one “A” corridor looking for my class.

This was my first day in college, I saw two girls, Mildred and Ruth sitting inside the class but looking through the window as I walked by. Mildred and Ruth were just from Yaounde the Capital of Cameroon from what I later found out, so they could speak French fluently. I had spent close to three months in Douala, so at least I could understand and speak a few words in French.

I heard Mildred talking to Ruth in French “oh! regardez, regard le gar la” Meaning oh! Look at that guy. She said something else which I didn’t really captured. I turned and looked at her and smiled. I won’t focus on what happened between me and Mildred here. You will discover as you read further.

Beginning secondary school was one of the landmark moments in my life, full of uncertainties, dreams, excitement and anxiety.

Like everyone, there are two main challenges you face once in a secondary school, the first being social integration and transition, and the second is academics. Socially, it was not easy for me because from my primary school where I had my common entrance, we were just three of us FUH Christian, CHU BUH Franklin in a class of more than 50 students.

The other few students who came from the same primary school with us were in different classes. Back then, form one was divided into form one “A” to “E”.

I made many new friends in form one like KAI Kisito, MEGHE Kisito, DANG Paul and Micheal (of blessed memory now). I was a kind of two face kind of student, I had friends with whom I committed different crimes, played football with; learned how to ask girls out with, and friends with whom I studied with. When it comes to talking to girls, I was very shy and you will hardly see me around girls, though I admired them.

My spiritual life greatly declined in secondary school, I miss mass at times, and my mum (aunty) was paying less attention on me at that time. I use to spent more time playing football which was my hobby while in the evening, I will go down the roadside and sit with some friends to watch how girls move up and down.

I didn't drop academically from form one to three. I still maintained my position always amongst the first 10 students in class.



I was very good in biology, chemistry, physics, geography, history, mathematics and economics. I never had below average in any of the above subjects. My biology madam, Mm. Galega always recommended and encouraged me. Biology was my best subject.

Mm. Galega happened to be in the same church group with my mum (auntie), so she will always tell my mum how I am doing in school especially in her subject. At form three, I was already saying I wanted to become a medical doctor or a biologist.

By the time I moved to form four, I happened to “fall in love” with Mildred. Yes Mildred, LOL! Hope you remembered Mildred. The young girl who just came from Yaoundé, which I smiled back at her on my first day in secondary school. Hope you all remember her?

We were all adolescents, and already manifesting all the different characteristics of adolescents. Mildred was a bit bigger than me by height and size. Remember I told you from the introduction that I am always one of the smallest boys in class.

So in form four, I spent a lot of time manifesting my love for Mildred. Sure the love was mutual, I spent less time on my books and less concentrated in class because I was always waiting for break so I can see Mildred.

We were known in school and in the quarter because we often walked home together holding our hands.

Further, we did not engaged into sexual intercourse but sometimes we kissed and cuddled. The education I had at that time was that sexual intercourse was for married couples and not students like us. Of course, my mum always warned me against and I would always think of her words when I am with Mildred.

Consequently, I declined both academically and spiritually. Although I did not repeat form four but my results were very surprising to my teachers and my auntie which I call my mum. A lot of questions were asked, some of my teacher like madam Galega, my biology madam and my physics teacher pa Ngala called my attention.

My mum was told I have been seeing a girl though she could not belief this; she called me in her room spoke to me and told me that if I fail, she won't pay my fees again. I won't become a medical doctor or a biologist again.

She reminded me of my late father and told me that my dad had always wanted to become a doctor too and that if he was alive, he will not be happy with my results.

That same day, I went in to my room and cried so bitterly. I promised myself to be a good boy; I vowed I will get back to the top. I prepared myself for confession as a catholic. After my confession, I went back and arranged my books and room.

To continue, my mum reminded me that I was going to form five which is an examination class and I have to prepare very well. As school started, during the first term, my

biological mother who was based in Douala called me that she had been very sick and still sick and that she is thinking of coming to the village for proper treatment.

At form five, I was 18 years so; I could reason out some things and take some vital decisions independently. I needed no one to force me to go to school or to mass. At that time, I was sure I wanted to become a medical doctor.

The call from my biological mother break me down mentally, “blood is thicker than water” as they say. I never grew up with my biological mother; I spent holidays with her once a in while. She lived in Douala with my junior brother and her husband. Trust me, I love my biological mum as my adopted mum (my father elder sister).

A month later, my biological mother was brought to Wum seriously sick. I could barely recognize her. She was hospitalized at the Wum district hospital and later transferred to St. Martin’s hospital Wum.

My follower had just recently moved to Douala during that period, so he was left in Douala with the last born (Dilan) while my third follower Clifford was in the village with my grand mum at by then.

One of my cousins SIH Hannah was sent to Wum to take care of my mum. She was inconsistent from my observations each time I went to the hospital to see my mum after school. Whenever I reach the hospital, my mum will cry and tell me that she is dying gradually. This will obviously make me to cry too. Hope you all remember I was in form

five and preparing to write my ordinary level examination.

However, because of the pain I saw my mum going through in the hospital, and had the impression she was not been properly taken care of, I decided to start taking care of her in the hospital.

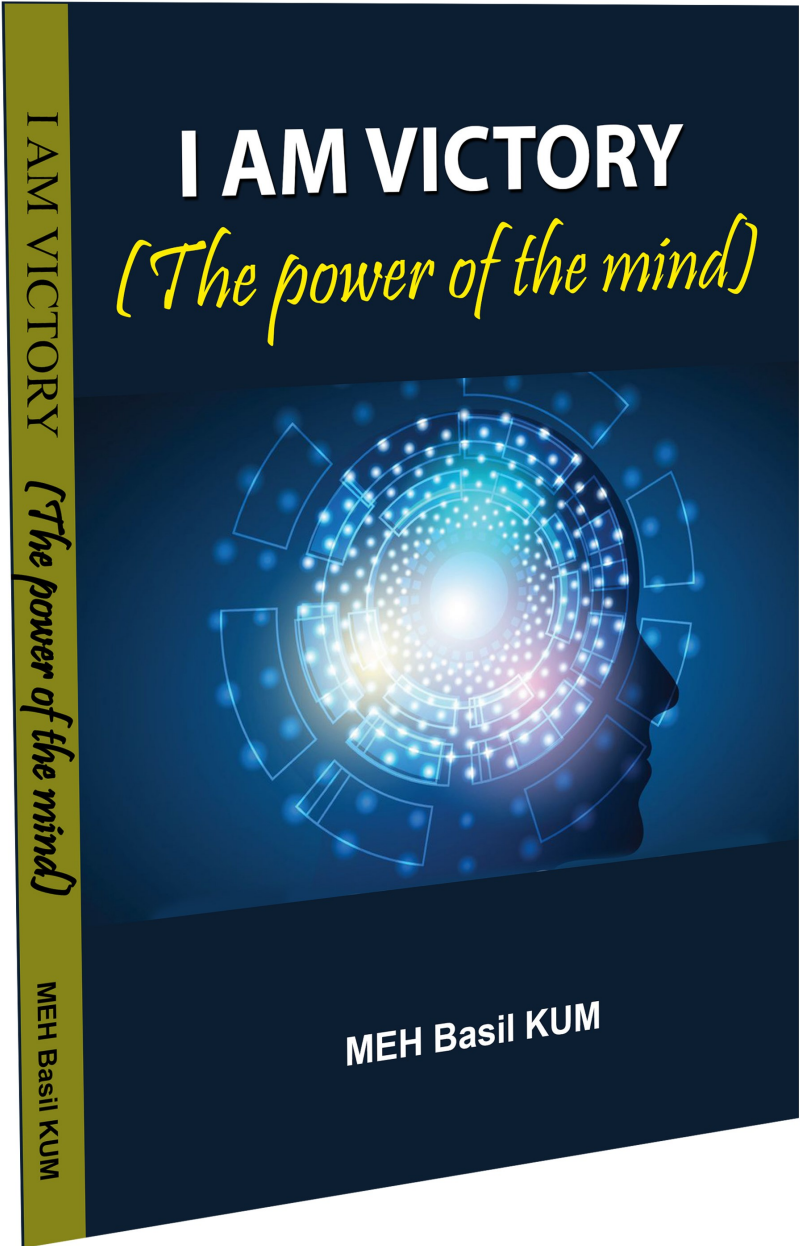
She refused and told me to go to school since I was preparing for my examinations, but I refused and was sleeping in the hospital. I won't forget how I bath my mum, how I comforted her at her hospital bed, how I fed her and how I left the hospital some mornings before going for classes.

Remember I did not stop going to school, but I was inconsistent and missed out many classes. My auntie (adopted mother) would talk to me to go to school since my cousin was there, most often I will pretend and carry my bag as if I am going to school, and branched in the hospital stay with my mum.

There were days I would go to school, if I notice my mum was somehow stable. Of course my mum was not encouraging me to stay with her in the hospital.

The GCE ordinary level examination was fast approaching and the tension was high. I had to do some last minute preparations. The exams are usually in June, it was already May and I had few notes, very inconsistent in class. So I had to pay for some extra classes being taken out of the school.

My mum and auntie helped me with some money to pay for these extra classes which I did.



Neither Mildred nor any other thing could have my attention during this period. It was June and now exams time, I wrote my exams and in August the results were out.

I didn't know what to expect, I was called by a cousin in Buea that I passed all my subjects except English and French. Oh wow!! I was so full of joy, my mum (biological and adopted) were so happy and proud of me. I had 5 "A" grades amongst which was biology and human biology my best subjects.

My mum was already getting better and had been discharged from the hospital with medication. I received calls from my aunties, uncles and cousins. I was full of joy and proud of my results.

Preparations in to high school started immediately with suggestions of the different series I could take in lower sixth, I had many options given that I passed all my subjects. Even though I was given several options and advices on which series to choose, my inner mind made the decision for me. I decided to choose S8. Courses in this series (S8) at that time were biology, chemistry, physics, pure mathematics and further mathematics.

By the time I was moving to lower sixth, my mother was already 90% stable and could start going about her daily activities. Ah!! Lower sixth. There's another book coming up with title "My Lower Sixth", so I won't talk much about my lower sixth here, I will cut it short.

My lower sixth was more like my form four life.

Everything came back to play. My lower sixth classroom, where we had our classes was inside the science laboratory. Lower sixth sciences wanted to be distinguished from the whole school. We did things differently, maybe because we had the best results after O/L or simply because we thought scientists should be different. Like I said above, there is a whole diary on my lower sixth life.

I was not in to any relationship; Mildred had gotten pregnant and had a baby with another man. Probably during the dormant moment of my life, (my form five life). I felt very bad when I heard she was pregnant, but that was the least of my problems during that period.

I also played in the school's football team when I was in lower sixth. I paid little or no attention to my studies probably because I had a good result at the ordinary levels. While in lower sixth, I also contested for the sports school prefect post and was defeated. Time passed by and I moved into upper sixth with above average

2010 was the year I normally sat in for the advance level examination. The most shocking news ever, I failed the GCE advance level. It was like a night mare to my teachers, mates and particularly my mum.

I could not belief myself, I was already in Yaoundé preparing for the entrance examinations in to a medical school. These results came out while I was in the preparatory classes. I was also doing very well in my preparatory classes. We were assessed each weekend and I often found myself amongst the best five. I was sure to pass this medical

entrance examination.

I bought the newspaper, went through it several times thinking that I would see my name. It took me over a week to finally accept that I did not pass the advance level that year.

I was leaving with one of my auntie's friend son (Dr. Meh) who was in his final year in the medical school (EX CUSS Yaoundé). After all the shock, I came back home one evening and kneeled down beside the bed and started crying and praying. I lamented and asked questions like "God why me" and had thoughts of suicide but something kept encouraging me.

I was amongst the brightest students in class, how come that I failed the advance level. I cried, prayed and lamented for over 2 hours and slept off.

I was imagining how I would go back to that same school (GBHS Wum). I knew that I had disappointed my teachers and my mum, but could not really point out where I went wrong. My mum and auntie called me and encouraged me, and ask me if I would love to change my school.

Surprisingly, I told them that I would love to continue in the same school. I had a lot of girls who admired me when I was in lower sixth and upper sixth, but I was not ashamed to go back and repeat in that same school.

2011 academic year, school reopened and I was in class the first day. Most of my friends were in the University. Students who were in lower sixth 2010 are now sitting in



the same class with me. This was not really easy for me, but I had to take it as a challenge.

I promised myself to do better and pass all my subjects this time around. My teachers were very encouraging and supportive. How can I ever forget madam GALEGA Pa NGA-LA, Mr. ALANG MAI, Mr. KUM my pure mathematics teacher, Mr. NSOM Promise, Mr. NEBA and KWA who were all supportive to me during this period.

Mr. NSOM Promise and Mr. KUM both taught me further mathematics and pure mathematics respectively. Their continuous encouragement and teachings on entrepreneurship changed my way of thinking, they provoked the entrepreneurial skills in me which I think made me not to run for the usual government Matricule number (I am not saying government Matricule number is bad anyways, it all depends on you).

I rewrote my advance level in 2011 and this time around, I made it big time, I had 04 papers out of 05, with an A grade in biology. I was very happy and forgot about the failure of last year 2010. Before the advance level results came out, I was back in Yaoundé preparing for my medical entrance examination.

My advance level result was like an energizer to me as I prepared for this competitive examination in to the medical school. I finally wrote the exams and succeeded the entrance examination in to the Department of Medicine, Pharmacy and Biomedical Sciences, later known as the department of biomedical science and now the present

Faculty of Medicine and Pharmaceutical Sciences  
University of Dschang West Cameroon.

After my results, I knew God had a plan for me.

My biological mum was back to Douala and strong again going about her activities. My mum (father elder sister) had just been recently sent for retirement.

Did I go to the University?

If yes, find out how this happened in the next chapter.

### **POINTS TO NOTE:**

- ◆ Student teacher relationship is important (Teachers know your students).
- ◆ You can have many mothers but only one biological mother.
- ◆ Choose your friends wisely (Why is he/she your friend).
- ◆ Parents be watchful, time changes your children.
- ◆ Uncertainties, dreams, excitement and anxiety.
- ◆ Change is the only constant which is constant.
- ◆ Remain positive and belief in your dreams.
- ◆ Parental education is very important.
- ◆ Hard work is the key to success.
- ◆ Teachers are powerful.





# CHAPTER FOUR

# MY UNIVERSITY LIFE



Yes, I actually went to the university.

Getting in to the university was another exciting and more challenging part as I go through my journey of self-discovery (my preparation time).

A university as I always define comes from the word universal. Where you meet the good, the bad and the ugly.

I started my University studies in the University of Dschang found in the Western part of Cameroon. University of Dschang is 90% French and 10% English.

Consequently, about 90% of our lecturers were purely French speaking Cameroonians and approximately 10% English speaking Cameroonians.

I got to the University of Dschang, department of medicine, pharmacy and biomedical sciences which was later transformed to the department of biomedical sciences and now the faculty of medicine through a competitive entrance examination.

About 5000 candidates all over the country went in for the examination and only 115 were selected and taken all over the country within the ten Regions of Cameroon. So in my batch 2011-2016, there were only about 11 English speaking Cameroonians taken from the two English speaking regions that is Northwest and South West region of Cameroon.

So the first problem I faced was language barrier, coming from high school where French has always been as a second language to me.

Nevertheless, being one of the successful candidates after the competition exams, I was confident and ready to face the challenge.

My first day in class was as if I was in a “Chinese school”. The first lecturer came in to the class and welcomed us, he introduced himself, his titles almost filled the whole board.

He had about six different sub specialties, his white hairs and eye browns were very remarkable. I could see wisdom.

It was very different from how teachings were done in the secondary school. Another thing was that he was speaking in French and could barely say a word in English.

Good enough for me, I had a friend (CHU BUH Franklin) with whom we schooled in the same secondary school though he had his advance level in 2010, he stayed a year at home and we succeeded the entrance examination into the medical school the same year 2011. It actually seemed he was waiting for me. LOL!

So at least we could communicate. Naturally, we sat on the same bench. He understood French more than me at that time since the one year he stayed at home; he was in Yaoundé the capital of Cameroon with his elder brother.

So we were just staring at the professor speaking and admiring him, wondering when he started his education and how he got to that level. I didn't say a word to anybody that day in school. In fact I was watching the French speaking students talk amongst themselves so I did not copied any notes that day. The only thing I wrote on my book was the titles of the first lecturer that came into our class.

My friend (CHU BUH Franklin) and I were wondering how we were going to cope studying in French. My friend Franklin was very smart, the next day he changed his seat

to sit with a French speaking student so he could copy some notes. I had no choice than to do same and that's how we started coping for the rest of the semester.

It was such a stressful and challenging journey to be taught in French, read French, copy notes in French being an English speaking Cameroonian. So before the end of the first semester, about 03 English speaking students had dropped out.

I was so determined to learn, I had a great passion for medicine and had promised myself that no matter how hard the journey is, I will be among the successful. More so, I wanted to make my mum proud too. Most of my note book had sayings such as;

- ♦ “when the journey get tough, only the tough get going” (John F.K)
- ♦ “Every great dream begins with a dreamer” (H. Tubman)
- ♦ “When you are enthusiastic about what you do, you feel this positive energy. It's very simple” (Paulo C.)
- ♦ ‘Failure is an event, not a person. Yesterday ended last night’ (Zig Ziglar)
- ♦ “Failure is the mother of success” (Korean Proverb)
- ♦ “The secret of getting ahead is getting started” (Mark Twain)
- ♦ “No one is perfect, that's why pencils have erasers” (W. Riebe)
- ♦ “You are braver than you believe, and stronger than you seem, and smarter than you think” (A.A Mine)



I use to watch a lot of scientific fiction films and read a lot of motivational words like above. I started interacting with the French speaking students before the end of the first semester in year one. My first semester results were average; I remember having an average of 11.75, though I recited about 2 courses.

Nothing could discourage me from pushing on. My mum (auntie) called from time to time to encourage me. By the second semester in year one, many of the French speaking students were asking help from me.

I usually helped them answer questions especially questions related to human biology and parasitology. I had a better promotion average into year two. Some few French speaking students repeated year one and 02 other English speaking students. My friend franklin was doing fine and even better than me. So we were all promoted into year two and four other English speaking students.

Socially, I was very closed in the first year such that I was almost unnoticed by my mates and teachers. This was so because of the language barrier, so most of my energy was put into reading and translating notes.

Hope you all remember I told you in chapter three that immediately after the advance level, my adopted mother (auntie) went on retirement. So things weren't easy for me in the university. My biological mum was just getting on her fits after her long illness.

She moved to Bamenda, the capital of the Northwest region. All my siblings were displaced, living with different aunties or uncles so things weren't easy for everyone.

My auntie had promised to do everything for me to complete my university studies. She borrowed money from her different unions to make sure I paid my rents and fees. During holidays, I will move to Douala and hawk, I will sell pens on the street of Douala, biscuit, second handed dresses and raise some money for my fees.

Sometimes I will stay back in Dschang during holidays to work in the “chantieres”, carry sand, water and stones to raise some money. At one point, my aunt called me that she is not having any money again that maybe I will have to drop out.

It was to me as if she is just singing one strange song. So I just told her that nothing will make me drop out from school, I spoke to her in a high tune that let her borrow money somewhere. I even suggested that she could take a loan for me to complete my education.

With all these difficulties, I called my biological mum and explain to her that I would drop out of school if nothing is done. She told me to call her junior brother (Uncle Emmanuel) who was based in Ebolowa, Southern part of Cameroon, he was a businessman. She precised that I should explain the situation to him. That same day I called Uncle Emmanuel, mum's junior brother.

I was use to Uncle Emmanuel but not when it comes to asking money for my school needs. I explained the situation to him and the next day, he sent me the sum of 150,000fcfa. This was enough to pay my room and school fees. It was very surprising to me as he had never send a huge sum of money as such.

Summarily, I went through my first three years in the university under hard struggle. One day I slept without eating; it was not that easy too, with my friend Franklin since he also lost his father as we got to the university.

We usually share our pains and sorrow together. How can I forget FUH Christian, JINOH Jamet, and SANGONG Rose. We went through these hard moments together; Christian had to move in with me in year two, since things were not good too on his part. We shared the rents, to make things easier for us.

By year three Christian dropped out, my other friend JINOH Jamet had to move in with me since his dad just went for retirement, though Jamet was one year ahead of me. In all these, SANGONG Rose was fine, so most often I use to borrow money from her and she will never hesitate to borrow me money if she has.

There are many others like Awa Nadage and a couple of others I can't mention here for the sake of this book. I finally succeeded to complete my bachelor's degree in biomedical sciences and continue directly in to a master's de-

gree in the same university.

Medicine in Cameroon is 7 years but due to some political reasons at that time, our department was transformed in to a department of biomedical sciences. So we could not continue general medicine in the same university. You can imagine the frustration.

At that time, I had no option but to choose to do a master in public health, clinical biology, pharmacy or physiotherapy. After a lot of findings and advice from my professors, I chose to do a master's in physiotherapy.

My master's degree program was mentored by an Italian university (Universite De Tor Ver Gata). I was more independent now and did not depend solely on my mum and uncles, all I knew was that I would finish my education and become a doctor like I had always wanted.

I was now studying and doing some small part time teaching job in some private schools. I was also teaching in preparatory classes, preparing students who just had their advance level to write the competitive entrance exams into medical schools.

At least I use to make some money that could help me take care of myself without calling my mum every week. I could go for close to 03 months or more without any one giving me money neither my mum nor uncles.

Relationships with girl at that time for me were not really something to take serious, because in my mind, I knew success first before a woman.

I was inspired by one of my professors in the university who made me to understand that if I work hard, I would have anything that I want (I didn't know how true this statement is).

I finally defended my master's degree in the year 2015-2016 academic years with an average of 17.5/20. My supervisors recommended me and encouraged me to postulate immediately into a PhD program.



**My Supervisors and I after my Masters Defense**



Truly, deep in my heart I was not satisfied. I was just schooling and aspiring to be a medical doctor, but due to some reasons a physiotherapist. So defending my master's degree was actually nothing to me that moment. After my master's degree, I moved to Buea, the Capital of the Southwest Region of Cameroon.

I just went there to relax after a stressful period, writing my thesis, defense and all that; I had loss some weight even though I was first of all slim, so you can imagine. Lol!!!

I was living with one of my cousins in Buea (Auntie Mispa Ndum). Though I went there to rest, but wasn't use to staying at home, so I told her that I would love to go and be volunteering at the Physiotherapy unit of the Buea Regional Hospital.

My only problem was transportation, but she promised that she would be helping me with transportation. So I started volunteering at the Buea Regional Hospital. It was not difficult for me to be accepted there as a volunteer staff as that was where I did my master's research.

I volunteered at the Buea Regional Hospital from 2016 to 2018. During this period, I gave part time lectures at Biaka University and St. Jude higher institute all found in Buea doing all these, I was still lost and had not found myself, and was just doing all these to survive.

One Sunday, I went to church, after the mass during announcements, I saw a young gentleman by name AYAH W.

ABINE, he's the founder and president of an association known as SWAG-PD. He came and spoke about his association and that they are having a program.

Usually, I don't attend such events in church, after my secondary school, I had never joined any group in church. I usually go to church and after mass; I am among the first people to leave the church.

That day, I decided to attend that program. I will love to say that, that was when my journey of self-discovery actually began. He talked of purpose and how to find your purpose. I could see in him a model and he said just the kind of things I love to hear, things that could motivate me.

I am someone that is very passionate about learning new things, teaching is my passion. I love to research deep about things people know little about.

A physiotherapist, a part time lecturer at the time I met with SWAG-PD. So I started attending their programs but staying focused on my patients and students. I spent my best moments with my students and sometimes my patients in the hospital.

In all these, there were still a lot to be discovered about who I really am, my potentials, gift and my message. Sure I knew I had a passion, but I suddenly lost that passion and developed another. True, you can develop passion for what you have than what you don't have and you aren't hoping to have.



Early 2018, I applied for a PhD program in the University of Buea, I was accepted and given an admission letter. I started studying again. Going to school, working in the hospital and giving part time lectures. Wow! It was not easy on me; I attended any program that talked about leadership and career orientation.



I am the founder of an association known as *Africa Forum for Research and Rehabilitation* and co-founded *Healthy*

*lifestyle Foundation.*

I enjoyed working with AYAH W. ABINE the president and founder of SWAG-PD. We organized a seminar together in 2018 on a “*career orientation; bridging the invisible gap between career and purpose.*”

Presently, I am at the terminal phase of my PhD program. Managing Director and Co-founder of *STEM Higher Institute of Health and Business* in 2019. My journey has just begun, I am yet to do half of my projects, God be my helper, and they will all see the light. I haven't arrived yet, I'm just starting, and I'm still seriously working on me.

Enrolling in MOGI Leadership School has been another booster in my journey towards self-discovery. I am going global, I don't know about you!!!

I believe in my ideas and dreams. I am convinced that you can be anything you want to be. It all depends on you, take the lead, become the captain of your own soul and master of your own faith; keep the background and God Father Factor aside. I don't have one anyways.

I believe in the power of the mind. Empower yourself with the following proverbs I read every day:

- ♦ “*The mind is a powerful force. It can enslave us or empower us. It can plunge us into the depths of mastery or take us to the heights of ecstasy. So, learn to use the power wisely.*” (David C.)
- ♦ “*Your mind is your greatest power. Use it well.*” (Aneta Cruz).

- ♦ *“The mind is everything. What you think, you become.” (Buddha).*
- ♦ *“If you realized how powerful your thoughts are, you would never think a negative thought.” (Anonymous)*
- ♦ *“When you become the master of your mind, you are master of everything.” (Swami S.)*
- ♦ *“Our life is the creation of our mind.” (Buddha)*
- ♦ *“Your mind is precious. It has the power to unlock infinite possibilities.” (Joel A.)*
- ♦ *“Every thought we think is creating our future.” (Louise Hay).*

In the next chapter, I will be telling you about my vision for Cameroon, Africa and the World as a whole. *Please relax and continue reading.*

### POINTS TO NOTE

- ♦ Communication is very important when in difficult situations (Talk to someone).
- ♦ Dreams are nurtured, passion can be developed. (Don't be stagnant).
- ♦ Determination and passion are essential factors to success.
- ♦ Belief in the power of the mind, you are what you think.
- ♦ Belief in your dreams, have hope and never give up.
- ♦ The power of friendship.
- ♦ Teamwork is the key.



## CHAPTER FIVE

# MY VISION FOR CAMEROON AND AFRICA

*My vision for Cameroon and Africa.*

My vision for Cameroon is to make Cameroon an attractive nation in terms of education and innovation in Africa by the year 2035.

I would do this by transforming young Cameroonian learners in to job creators and innovative thinkers through quality and practical oriented education.

I believe in deep and sincere collaboration with people who think positive and believe in themselves. Yes we can do it. I will not settle for anything less, I am here to live and create a strong positive impact in my generation and the next generations. This is a call for action not mere words from some motivational speakers.

So *Innovation, Excellence, Productive Research and Education* are the things I want my Cameroon, my Africa to be known for.

How will I achieve this vision?

In 2017, I started working on a small project to create an association known as *Africa Forum for Research and Rehabilitation* with main objective to create a platform where young researchers in Africa can come together and work on innovative health related issues, publish and share ideas in other to promote global health and prevention of non-communicable diseases.

Some of the objectives of this association were; evaluate the health intervention needs of people suffering from non-communicable diseases, implement equitable and innovative interventions in the health care system, promote a multi-disciplinary approach in the implementation of health research, innovation and intervention.

This project started in 2018 until the Anglophone crises which actually disrupted our activities. This particular project is dormant but not dead. My vision for this association will come to life and *Africa forum for Research and Rehabilitation* (AFRR) will be born again.

Some factors which hindered the activities of AFRR were lack of funds, finding the right team mates, vision companions, and most importantly some of the people I was working with were displaced to other Regions in the country.

In 2019, the idea of creating a higher institution came to my mind. I had always wondered why young people are trained in professional schools, but yet they often end up as job seekers.



With the thought of creating a school in my mind, I came across a young lady by name Mm. NGONG MBAIN Erica, who was a colleague in a higher institution in which I worked as the Dean of Studies.

The little moment we shared together were mind blowing. It seemed we were born of the same parents; our ideas were just alike when it comes to higher education and professional training. Mm. NGONG MBAIN Erica is a business and social entrepreneur, a very dynamic young lady in her early 30s.

So we decided to open a higher institution together. Today known as *STEM Higher Institute of Health and Business*.

Our main idea was to rebrand education to meet societal needs. In doing so, we gear our training towards entrepreneurial and innovative thinking.

Mm. NGONG MBAIN Erica is now my vision companion. We started the institution together with the little resources we had, put qualified lecturers and staff in place.

I believe in the power of the mind. Empower yourself with the following proverbs every day:

- ♦ *“The mind is a powerful force. It can enslave us or empower us. It can plunge us into the depths of mastery or take us to the heights of ecstasy. So, learn to use the power wisely.” (David C.)*
- ♦ *“Your mind is your greatest power. Use it well.” (Aneta Cruz).*

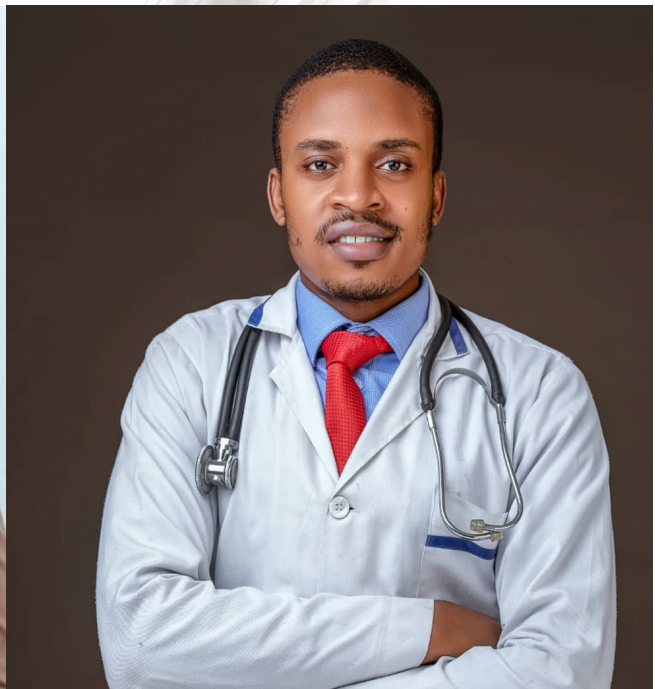


- ♦ *“The mind is everything. What you think, you become.” (Buddha).*
- ♦ *“If you realized how powerful your thoughts are, you would never think a negative thought.” (Anonymous)*
- ♦ *“When you become the master of your mind, you are master of everything.” (Swami S.)*
- ♦ *“Our life is the creation of our mind.” (Buddha)*
- ♦ *“Your mind is precious. It has the power to unlock infinite possibilities.” (Joel A.)*
- ♦ *“Every thought we think is creating our future.” (Louise Hay).*

Along the line, we met Mr. JEZEH Clive and Dr. JINOH Jamet who are also full of innovation and passionate in higher education. They were very curious, full of dreams, open minded and ready to work. So we integrated them into our team.

Through this school, I will be able to transform young Cameroonians and Africans to job creators and innovators.





# STEM's Vision Companions



# A University For Innovators

The first courses that I implemented in all the programs in STEM Higher Institute were *Entrepreneurship and leadership* courses. Cameroon is my beloved country, Africa is my beloved Continent, I am a young Cameroonian whose greatest dream is to see Cameroon and Africa stand out in all the fields of life especially technology and innovation.

*STEM Higher Institute of Health and Business* started operating in the academic year 2019 – 2020. So our first batch of students are still in year one with an enrollment of over fifty (50) students in all the fields we offer.

In five years from now, I see STEM Higher Institute stand out as one of the best and innovative higher institutions in Cameroon that promote excellence, creativity and productive research in all fields of life.

International students will come to study in *STEM Higher Institute* in a few years to come because of innovation in education and creativity our students will demonstrate in the field.

*Why should you be part of this vision?*

I will like to come back to our initial idea which is to *rebrand* education to meet societal needs.

According to the Cambridge English dictionary, rebrand means the act of changing the way that an organization, company or product is seen by the public. Our company here is the school (STEM Higher Institute of Health and Business) while the product is our students.

I have gone through different systems of higher education in Cameroon, most African countries, Europe and America. I have made a comparison between the different syllables and I think we are sure of the kind of products we want to produce.

This is a call for action, the time for theories and politics are over and has failed Cameroon and Africa as a whole.

Below are some of the reasons you should join our team (vision bearers):

Our products (students) will be identified anywhere they find themselves as ours.

- ♦ We are committed in building a brand that will serve our generation and the next generations to come.
- ♦ Lessons are given by young talented experts in the field driven by our vision.
- ♦ Our teaching method is 90% students centered using the expeditionary method (*Learning by Doing*). Our students participates in the hands-on experience, field-works, case studies and learning expeditions to apply knowledge learned in class to the real world.
- ♦ We have an orientation and counseling team made up of experts both for our staff and students.
- ♦ We belief in the power of the mind. Come to us with whatever strong and positive idea, we put that idea in practice. Yes we can.
- ♦ We want to build a generation of problem solvers; a generation that will take the lead in professional higher education in Cameroon and Africa by 2030.

- ♦ You get to work with a team of young dynamic people but yet full of experience working on a common goal.
- ♦ Our training is geared towards entrepreneurial and innovative thinking.
- ♦ We belief in young dynamic people with fresh minds full of innovation and creativity.

### ***To my students and future students***

Since you have chosen or still to choose STEM Higher Institute to pursue your dream career. We assure you that STEM Higher Institute wasn't created for any other reason but to rebrand and take the lead. You being part of this institution mean you are already a leader and you mean a lot to us because you are our future product. Take the lead.

### ***To you my dearest STEM's and future STEM's:***

- ♦ We were once like you, so bother less but belief in your dreams.
- ♦ We are here to empower you to start your project no matter how small, be sure the future will be bright.
- ♦ You are at the center of our vision. So you mean a lot to us.
- ♦ Always remember that you are a problem solver. We are committed in guiding you; give you the tools you will need to lead.
- ♦ We encourage you to dream big, and we promise to show you the way towards realizing your dreams.

Have faith in God, belief in your potentials, keep the fuel burning and most importantly, become a member of the

STEM's family if you're not yet. It's the best decision you can make to yourself and love ones.

### ***POINTS TO NOTE:***

- ◆ Be steady and consistent in your dreams.
- ◆ Take advantage of your youthful minds.
- ◆ Our life is the creation of our mind.
- ◆ Your mind is very powerful.
- ◆ The power of team spirit.
- ◆ Starting is importing.





**Career Orientation Seminar/Workshop**

**THEME:**  
**CHOOSING A MEANINGFUL CAREER THAT SUITS YOUR PASSION**

Pass 499FCFA

**Featuring**

- Choosing a Career / Furthering Education
- Career / Job Skill
- Dealing with your Passion
- Career (Job/Skill) vs. Purpose (Work/Gift)
- What if My Plan A Fails

**PRESENTERS**

(Academician / Presenter)	(Leadership Trainer)	(Entrepreneur)	(Corporate Relationship Strategist)	(Trainer / Influential Leader)

**Saturday, Oct. 3rd, 2020**  
**1:00pm - 5:00pm**

**STEM HIHB** Beside Petrolex Ndofo Bonaberi-Douala

**SPONSORED BY**

Contact: (+237) 678 924 746 / 671 177 552 / 677 415 060





**Are You Suffering From Low Back Pain?**  
 Get Educated On How To Take Care Of Your Back.

**Manage Your Low Back Pain While At Home. (Back School)**

**Your Consultant:**  
 MEH Basil K., Physiotherapist  
 CHU B. Franklin, Physiotherapist.

**Consultation: 500 CFA**  
 Date: Monday April 20 To 30th, 2020  
 Time: Everyday As From 8pm to 10pm.  
 Venue: WHATSAPP

**Contact: 671177552**  
**Whatsapp: 6500868669**

*Staying At Home Can Lead To Chronic Low Back Pain.*

**helif HEALTHY LIFESTYLE FOUNDATION**  
 LIVE STRONG... LIVE HEALTHY... IT'S A LIFESTYLE...

**Physical Activity & Health**  
 by MEH Basil KUM

**DATE:** 9TH JUNE 2018  
**TIME:** 7:00AM-8:30AM  
**VENUE:** 1ST TRUST BUILDING-BUEA

**FEATURING:**  
 • Free Vital Signs Checks  
 • Body Mass Index  
 • Free Vital Signs Checks  
 • Body Mass Index

**DON'T MISS THE FUN**

Design: 677.436.384





**MIKE OLADIPO  
GLOBAL INFLUENCE**  
...RELEASING THE HERO IN YOU

[www.mogi.com.ng](http://www.mogi.com.ng)



Mike Oladipo

The peak of

**folly**

is the aspiration to graduate from the

school of **learning**

Sometimes,  
the atmosphere created  
can do the

**magic,**

dear leader, be  
intentional about  
creating the right  
atmosphere that  
will foster

**productivity,**

unity and love for  
those you

**lead.**



**MIKE OLADIPO  
GLOBAL INFLUENCE**  
...RELEASING THE HERO IN YOU

[www.mogi.com.ng](http://www.mogi.com.ng)



Mike Oladipo

## CHAPTER SIX

# MESSAGE OF HOPE

*Hope is a powerful force. It can pull you from the depths of despair or fuel your dreams. With hope, anything is possible. Without hope, life is dull prospect and not worth leaving. Embrace your inner optimist with hope and don't stop hoping, but don't sleep on your hopes.*



- ♦ “Do not hope to reach a destination without leaving the shore.” (Chinese proverb)
- ♦ “Hope is the companion of power, and mother of success; for whom so hopes strongly has within him the gift of miracles.” (Samuel smiles)

Trials and struggles are part of life. Even the bible acknowledges this in the book of *Acts 14:22*. So don't give up.

I don't know exactly what you're going through this moment. The most important thing is have hope and find time to meditate and pray, stay focused and consistent.

There's a season for everything; a season to cry and a season to laugh, a season to fail and a season to win.

Let's talk a bit about this four letter word “Love”;

Do you know that God loves you no matter what? No matter what you have done, no matter what you will do, God will always love you. Even if you are a sinner, whether you are depressed or not, whether you are angry or not, whether you went to school or not, whether you fornicate or not, God still loves you and simply needs you to come back to him.

This may sound a bit funny, but do you know how many people who want you or feel important and worthy when you tell them “I love you”? Tell someone now that “I love you”; tell them that you care so much about them and you thank God for sending them your way. Tell them that you are like a little or elder brother/sister to me, tell them that

you are like a mother or father to me, repeat this quite often.

Love can bring back hope when all is lost. Start by loving yourself because you can't give love to someone if you don't give that love first to yourself.

By the time I left secondary school, I wasn't certain about whom I will become; I was full of confusion and fear especially with the nature of our African countries. Everyone spoke of corruption, tribalism and favoritism.

I being the child of nobody, tears filled in my eyes, having just two pairs of shoes, old second handed dresses, no renowned person in the government, worst of all the first born from a family of four and Fatherless. Full of dreams, hoping to study medicine in my country and alleviate my entire family from poverty.

I stood firm, consistent working towards my dreams. Dreams don't end and dreams can be changed. Keep working hard, work daily and even at night in your dreams with the angels. Weekends doesn't mean work ends.

Always remember that success follows those who pursuit it with passion and hard work under correct instructions and guidance. You can't be lazy and be successful.

Hay! Get up and follow your dreams. Get guidance or mentorship from someone succeeding in what you have been failing or about to undertake.

## YOUTHS TAKE THE LEAD

*My message to young people*

*Youths take the lead; you are not the leaders of “tomorrow” but the leaders of “today”.*

*You have a lot of potentials, believe in yourself and remain positive.*

*Your youthfulness is an advantage; don't waste it waiting for tomorrow because tomorrow might never come.*

*For how long do you want to keep waiting for tomorrow?*

*I strongly believe in the saying by Mark Twain “The Secret of Getting Ahead is to Get Started”.*

*It all starts in your mind, get to work and be consistent. Make a plan of action that will guide you and gain control of the process.*

*Follow the path that you have laid out for yourself, one step at a time. Avoid unnecessary distractions as you go through your own journey of self-discovery.  
(MEH Basil K.)*

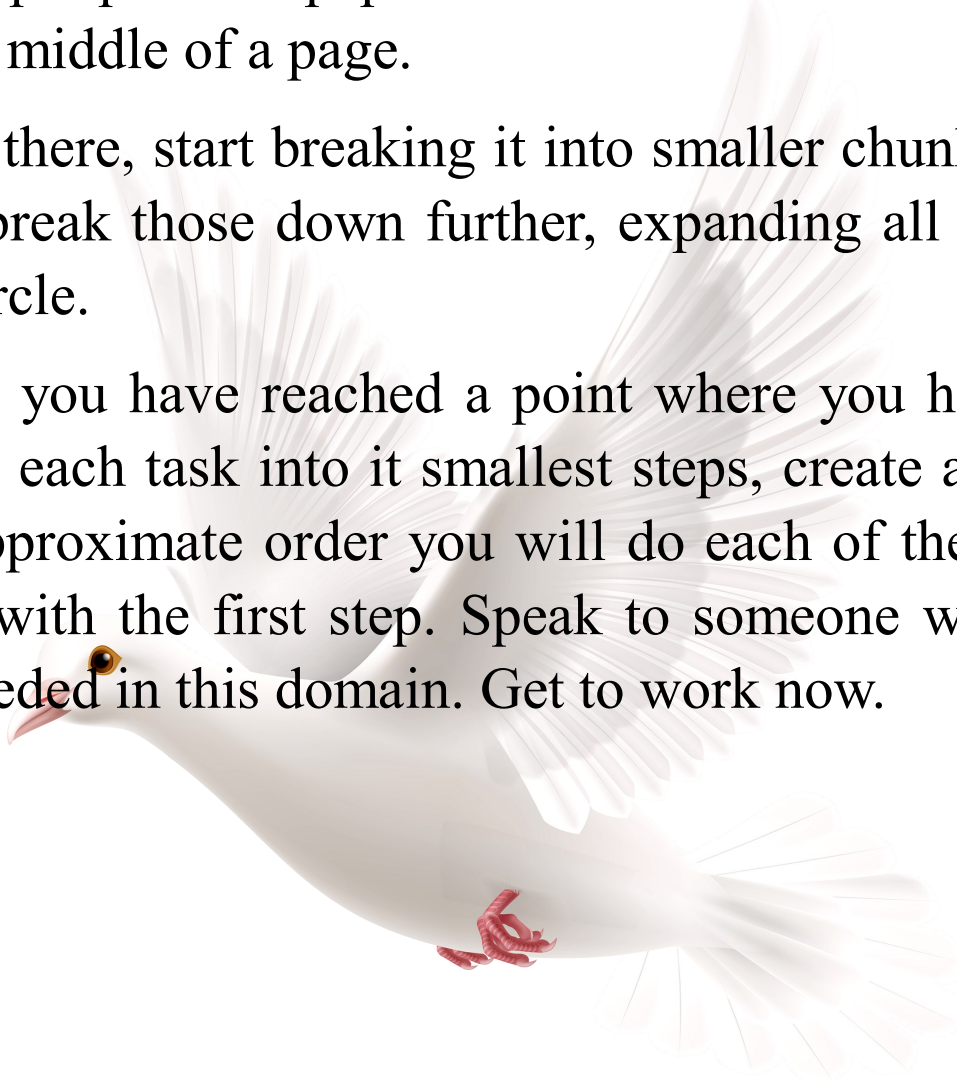
## SELF CHALLENGE PART ONE


What is that big project looming over your mind?

Pick up a piece of paper and write it down in a circle in the middle of a page.

From there, start breaking it into smaller chunks, and then break those down further, expanding all around the circle.

When you have reached a point where you have reduced each task into its smallest steps, create a list in the approximate order you will do each of the steps. Start with the first step. Speak to someone who has succeeded in this domain. Get to work now.





“If you can remember why you started, then you will know why you must continue” (Chris Burkmen)



What is your own story?

Start writing .....



**A special gift from me to you**

***Your mind also needs therapy***

## **MINDFULNESS**

What is mindfulness?

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Spending too much time planning, problem-solving, daydreaming, or thinking negative or random thoughts can be draining. It can also make you more likely to experience stress, anxiety and symptoms of depression. Practicing mindfulness exercises can help you direct your attention away from this kind of thinking and engage with the world around you.

## What are some examples of mindfulness exercises?

There are many simple ways to practice mindfulness. Some examples include:

**Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses; touch, sound, sight, smell and taste. For example, when you eat a favorite food, take the time to smell, taste and truly enjoy it.

**Live in the moment.** Try to intentionally bring an open, accepting and discerning attention to everything you do. Find joy in simple pleasures.

**Accept yourself.** Treat yourself the way you would treat a good friend.

**Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.

You can also try more structured mindfulness exercises, such as:

**Body scans meditation.** Lie on your back with your legs extended and arms at your sides, palms facing up. Focus your attention slowly and deliberately on

each part of your body, in order, from toe to head or head to toe. Be aware of any sensations, emotions or thoughts associated with each part of your body.

**Sitting meditation.** Sit comfortably with your back straight, feet flat on the floor and hands in your lap. Breathing through your nose, focus on your breath moving in and out of your body. If physical sensations or thoughts interrupt your meditation, note the experience and then return your focus to your breath.

**Walking meditation.** Find a quiet place 10 to 20 feet in length, and begin to walk slowly. Focus on the experience of walking, being aware of the sensations of standing and the subtle movements that keep your balance. When you reach the end of your path, turn and continue walking, maintaining awareness of your sensations.

## **When and how often should I practice mindfulness exercises?**

It depends on what kind of mindfulness exercise you plan to do.

Simple mindfulness exercises can be practiced anywhere and anytime. Research indicates that engaging your senses outdoors is especially beneficial.

For more structured mindfulness exercises, such as body scan meditation or sitting meditation, you'll need to set aside time when you can be in a quiet place without distractions or interruptions. You might choose to practice this type of exercise early in the morning before you begin your daily routine.

Aim to practice mindfulness every day for about three months. Over time, you might find that mindfulness becomes effortless. Think of it as a commitment to reconnecting with and nurturing yourself.

# BRIEF MINDFULNESS EXERCISES

Take little moments throughout the day to practice mindfulness.

## Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.



## Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



## Be fully present.

Deliberately give your full attention to whatever it is you are doing. When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there.



## Be right here, right now.

Try not to dwell in the past or think about the future.



## Practice mindful stretching.

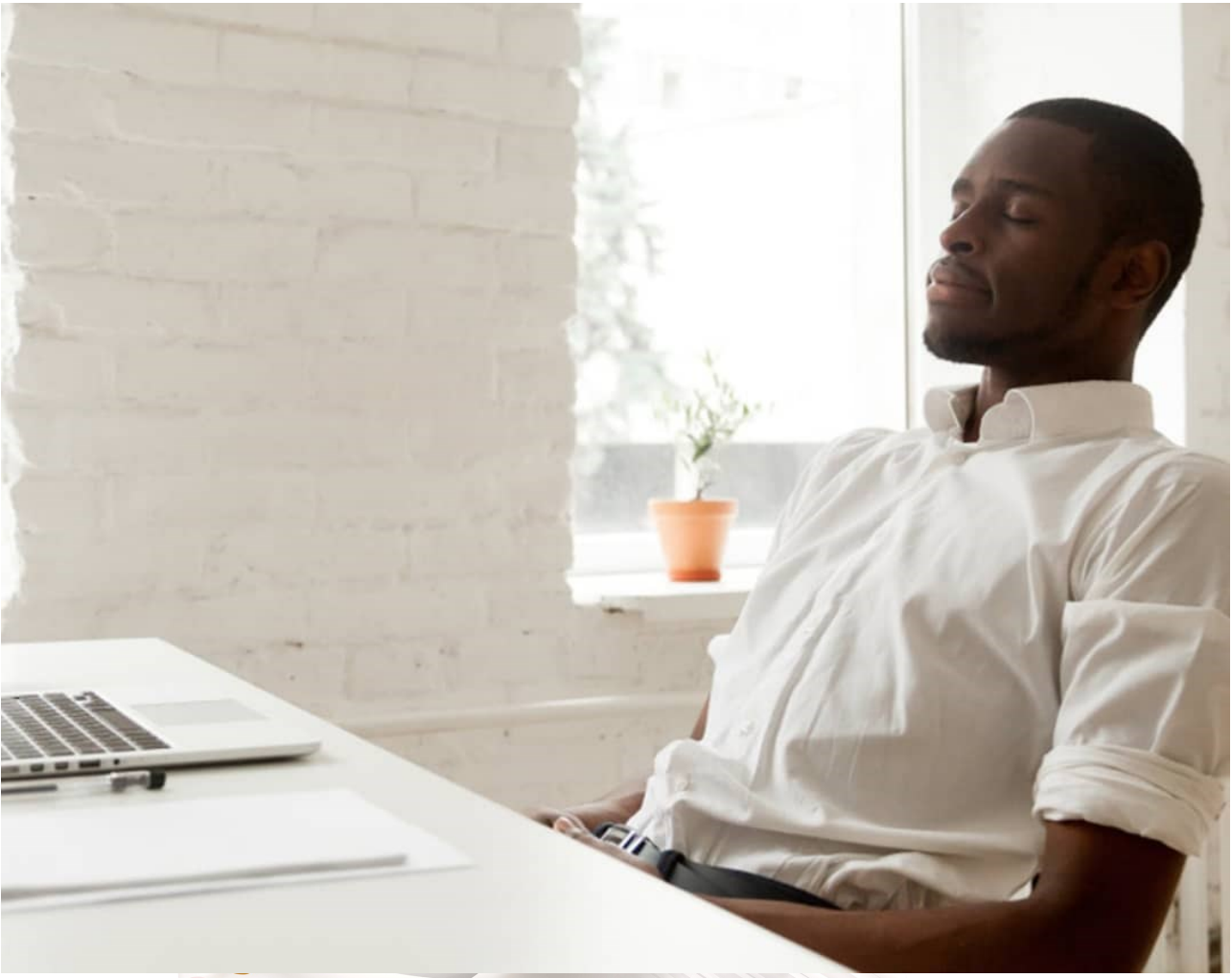
Slowly stretch each part of your body. Be aware of your breathing as you stretch.



## Whatever it is you are doing, just do that.

If you're making a cup of tea, just make a cup of tea. If you're spending time with your child, just be with your child.

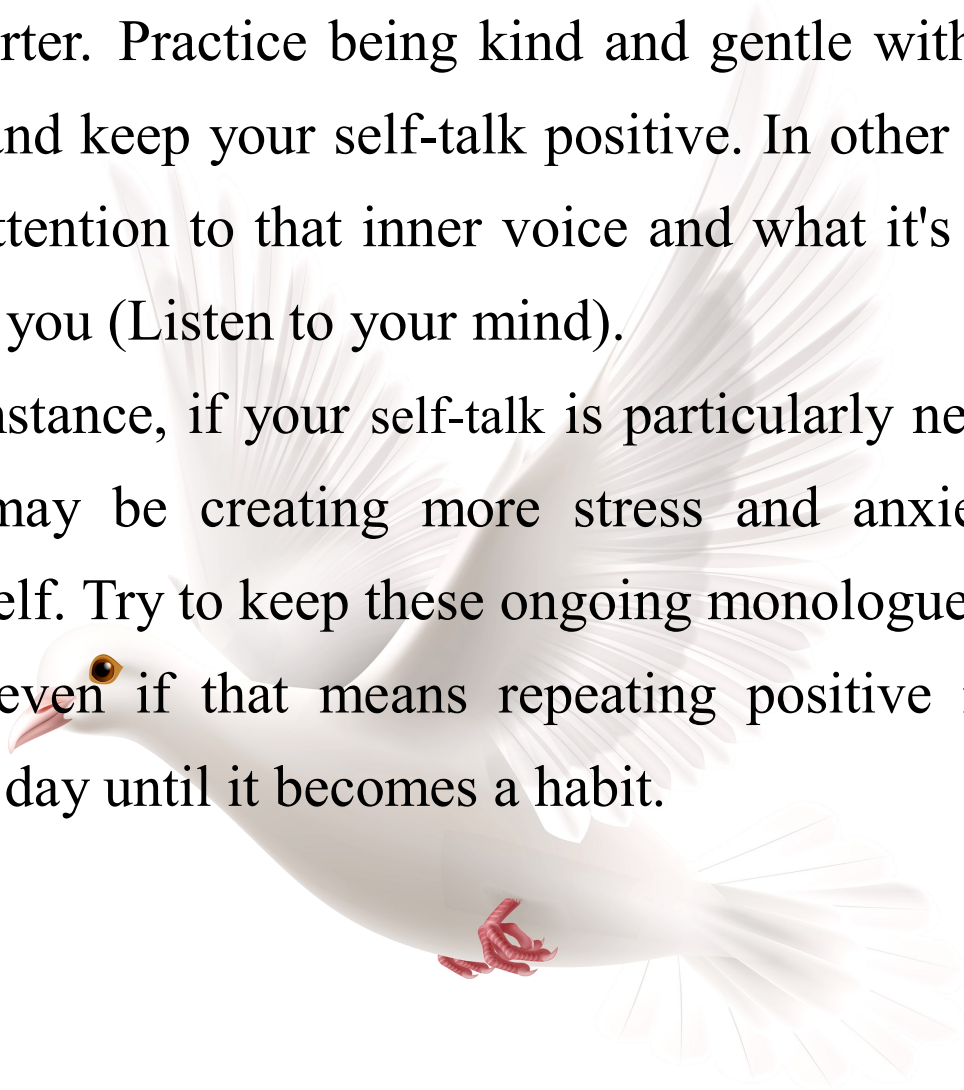




# Treat Yourself Well

Perhaps one of the best ways to find the support you need is to start with yourself. Be your own greatest supporter. Practice being kind and gentle with yourself, and keep your self-talk positive. In other words, pay attention to that inner voice and what it's saying about you (Listen to your mind).

For instance, if your self-talk is particularly negative, you may be creating more stress and anxiety for yourself. Try to keep these ongoing monologues positive; even if that means repeating positive mantra every day until it becomes a habit.







*YOU NEED A HEALTHY MIND IN ORDER TO  
SUCCEED* (MEH Basil K.)

Please do not forget to give feedbacks after reading this book. Thank you.

E-mail:

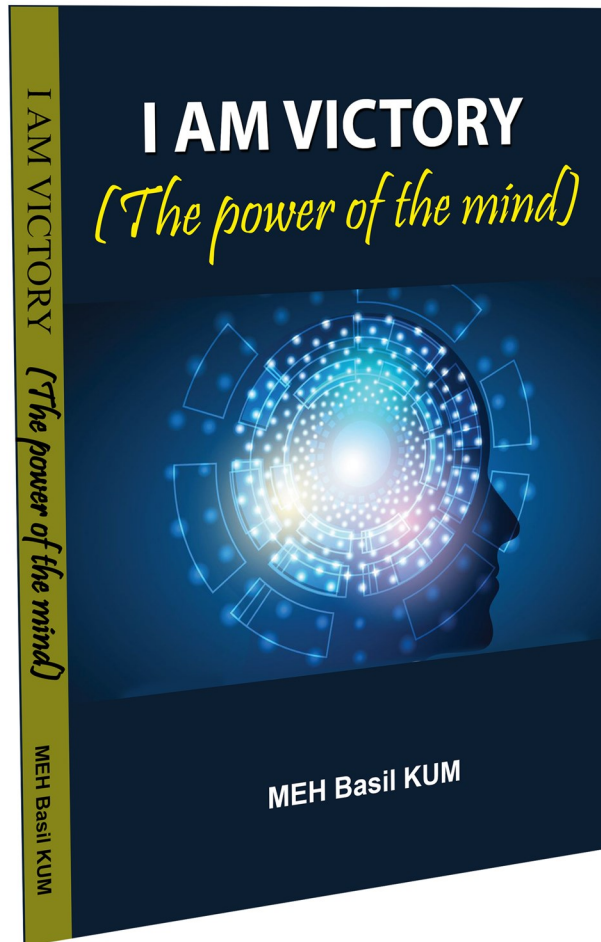
[mehbasil90@gmail.com](mailto:mehbasil90@gmail.com)

[mericuihbt2019@gmail.com](mailto:mericuihbt2019@gmail.com)


Tell: +237 671177552 / 650086869

Facebook page: *MEH BASIL, Physiotherapy and Physical medicine, STEM Higher Institute.*

Website: [www.uihbtedu.com](http://www.uihbtedu.com)



**ABOUT THE BOOK**  
 This book is simply an abstract of my journey towards self-discovery with the main objective to motivate and inspire you who think it's not possible because you are a "nobody's" son or daughter. Belief in the power of the mind. This book is a project powered by MOGI Global Leadership School cohort 31.

**ABOUT THE AUTHOR**  

 MEH Basil KUM is a young Cameroonian born in the year 1989; very passionate in professional training, research and innovation. He is a physiotherapist by profession, a lecturer in more than five different health higher institutions around Cameroon. Couple to this, he is the Managing Director and Co-founder of STEM Higher Institute. He is also the founder of the association African Forum for Research and Rehabilitation in the year 2017. Basil obtained his first degree from the University Of Dschang West Region Of Cameroon in Biomedical Sciences, his master's degree in the same university in Biomedical Sciences specialty: physiotherapy. Admitted to study a PhD in Physiology in the University Of Buea Southwest Region Of Cameroon in the year 2018, he is at the terminal phase of his PhD.

**I AM VICTORY (The power of the mind)**  
 MEH Basil KUM

# I AM VICTORY

*The power of the mind*



## *My Journey of self-discovery*

*A nobody's son, eyes full of tears, catarrh running down his nostrils, bare footed with dust right up to the knees, tored dresses and Fatherless. Standing in the middle of nowhere, yet full of dreams, wondering which direction to take. (MEH Basil KUM)*





Watch out for Part Two  
of  
**“I AM VICTORY”**  
*(The Power of the Mind)*

*Thank you for reading*

## About the author

MEH Basil KUM is a young Cameroonian born in the year 1989; very passionate in professional training, research and innovation. He is a physiotherapist by profession, a lecturer in more than five different health higher institutions around Cameroon. Couple to this, he is the Managing Director and Co-founder of STEM Higher Institute. He is also the founder of the association African Forum for Research and Rehabilitation in the year 2017.

Basil obtained his first degree from the University Of Dschang West Region Of Cameroon in Biomedical Sciences, his master's degree in the same university in Biomedical Sciences specialty: physiotherapy. Admitted to study a PhD in Physiology in the University Of Buea Southwest Region Of Cameroon in the year 2018, he is at the terminal phase of his PhD.

He is a youth leader, the author of the book "I'M VICTORY" (The power of the mind).

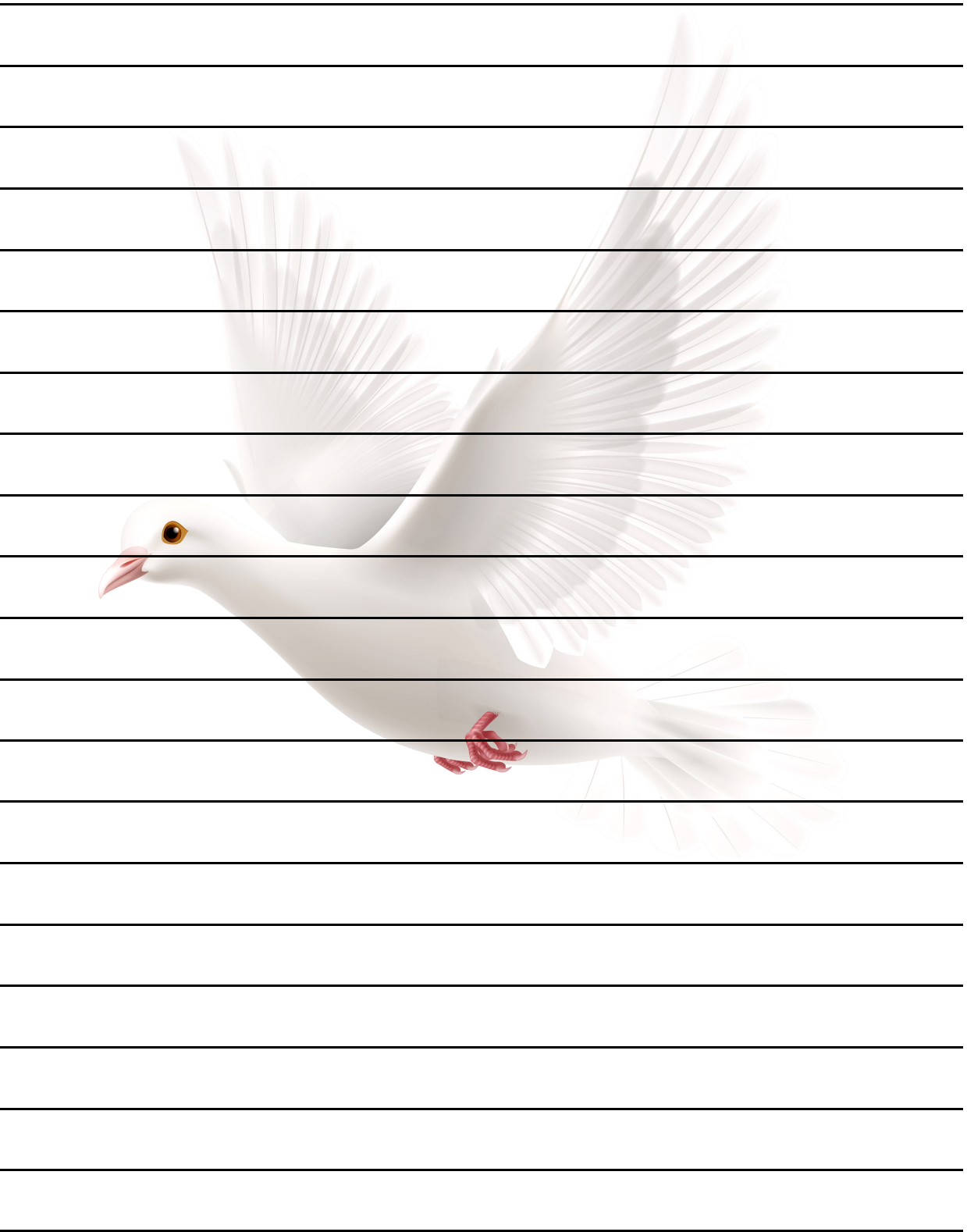
Basil is a passionate teacher and enjoys the classroom, this is demonstrated by the fact that his best moments are spent inside the classroom with his students.

He believes total transformation starts from the classroom, reason why he spends more time in the classroom and less time in the hospital with patients.

*Read more about him on LinkedIn, Facebook and Google just by typing his names (MEH Basil KUM).*

# Notes

-







-



-



