



DAMILI



Volume 1, Series of 2022

ISSN 2508-0350

January to June 2022

UNP

holds Volunteerism Day

By Bernardo Oliber A. Arde, Jr

The University of Northern Philippines spearheaded the UNP Volunteerism Day: 1st Bayani Challenge cum MOA Signing with the theme “Pagpupugay sa Pangulo” on February 23, 2022 at Gawad Kalinga, San Vicente, Ilocos Sur. This event is part of the birthday celebration of Dr. Erwin F. Cadorna, University President, on February 25, 2022. A series of activities were lined up for the said purpose.

The Volunteerism Day started with a Coastal Clean-up at the shores of San Vicente Ilocos Sur. It was followed by the signing of the Renewal of the Memorandum of Agreement between the University at Gawad Kalinga which was held at the Gawad Kalinga Residence at San Sebastian, San Vicente Ilocos Sur.

After which was the repainting of Gawad Kalinga House Units from the donations of the different Academic and Administrative Units of the University.

The spirit of volunteerism was evident as employees of the University were in full force. Everyone actively participated in the conduct of various activities set for the day.



Photo credits: PIO UNP VIGAN Facebook Page.
Dr. Cadorna and Dr. Rocamora painting the house units in the Gawad Kalinga Residence.



UNP Faculty members and Non-teaching staff participate in the Coastal Clean-up at the shores of San Vicente, Ilocos Sur.



Representatives from the University of Northern Philippines and Gawad Kalinga Foundation renew the Memorandum of Agreement.



The UNP Community repainting the house units of the Gawad Kalinga Residence at San Sebastian, San Vicente, Ilocos Sur.

EDITOR'S NOTE



Published by:
UNIVERSITY EXTENSION OFFICE

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Volunteerism: University's Way of Community Service

No man is an island, so they say. People are destined to live with others, if not for others. Likewise, some established institutions, like higher education institutions, are mandated to provide services that benefit others. Thus, volunteerism is part and parcel of an institution's extension services.

The University of Northern Philippines has one of its tri-fold functions, the provision of extension services. Through this function, UNP has always encouraged the initiation of different volunteer works that promote the welfare of its stakeholders. Members of the UNP Community act as volunteers in various endeavors and play critical roles in the university's pursuit of inclusive and sustainable national development.

Armed with social consciousness, the university has undertaken the 1st UNP Volunteerism Week dubbed as "Pagpupugay sa Pangulo," in celebration of the birthday of Dr. Erwin F. Cadorna, the University President. The activity highlighted the importance of volunteerism as an essential expression of genuine love and concern for partner organizations and institutions of the University. The University capitalizes on the talents and skills of its members as well as their charitable causes as instruments in providing the needed assistance to the community.

Driven by the desire to do good for the benefit of others, the University will always respond to the community's needs. The well-being of its stakeholders shall always be its prime concern. The UNP Community shall constantly imbibe Dr. Cadorna's type of leadership – a servant leader that oversees the welfare of the people he serves more than anything else.

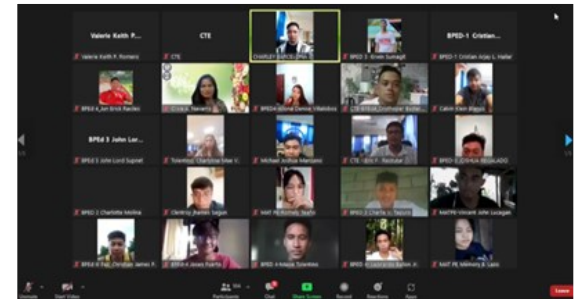
MAT-PE Program Leads Fit Life, Wellness Webinar

By Mr. Eric Reotuatr & Dr. Matilde Concordia

On April 23, 2022, the Master of Arts in Teaching Physical Education (MATPE) Program of the University of Northern Philippines conducted a webinar on the theme “Put Your Best Spoon and Fork Forward” at the CTE Building, University of Northern Philippines. The activity started at 4:30 p.m. following the Opening Program.

Mr. Reynaldo presented the house rules. Mr. Charley R. Barcelona, Vice Governor of the MATPE Program, formally welcomed all the participants and extended his gratitude to the UNP Administration, the MATPE Program Head, and adviser for the meaningful activity. It was followed by the message of Dr. Ma. Teresa Susan L. Manzano, OIC, Dean CTE.

Mr. David Ericson S. Eguia, Governor of the MATPE Program, introduced the guest speaker. Ms. Mary Jane M. Serapion, RND, MSc. centered her talk on Young Athletes' Meal Planning (Move and Move-Bite by Bite in Achieving Good and Fit Life). After the lecture, the assigned student in MATPE posted the evaluation form in the chat box for the participants to fill out. After the lecture, the activity proceeded to the impression by Mrs. Charlynn Mae V. Tolentino and Ms. Allona Denise R. Villalobos, students in graduate studies and undergraduate school, respectively. It was followed by awarding the certificate of the Guest Speaker by Mr. Charley R. Barcelona. Dr. Matilde T. Concordia delivered the closing remarks.



Participants listen actively to the lecture of the guest speaker.

CArch joins "Pagpupugay sa Pangulo"

by: Engr. Maila P. Ragasa

In celebration of the birthday of the University of Northern Philippines' President, Dr. Erwin F. Cadorna, the University held its First Bayani Challenge cum MOA Signing dubbed as “Pagpupugay sa Pangulo,” at the Gawad Kalinga community in Barangay San Sebastian, San Vicente, Ilocos Sur on February 23, 2022.

The said activity aimed to beautify the Gawad Kalinga houses by repainting their facade and the event started a developmental partnership with the community headed by their Barangay Captain and officials.

Engr. Maila Ragasa, the college Extension Coordinator, and several faculty members of the College of Architecture eagerly changed to work clothes and got paint dirty amidst the scorching heat. Ar. Raymund Queypo also did a short tutorial on paint application before this undertaking.

The event ended with a lunch prepared and served by the Gawad Kalinga community. All in all, it was an exhausting but productive day for everyone.



University Officials led by President Dr. Erwin F. Cadorna, together with the Deans of the different colleges and the Barangay Captain of San Sebastian, San Vicente, sign a Memorandum of Agreement for the continuous partnership of UNP and the Gawad Kalinga community.



Faculty members of the College of Architecture join in repainting house units at GK.

CBAA Promotes Business Mindset

By Dr. Eileen Rose C. Quilon

One of the goals of the College of Business Administration and Accountancy (CBAA) Extension Unit is to implement the Province of Ilocos Sur's rural development plan by bringing the college to the barangay level. As a result, the CBAA Extension Unit endeavored the Adopt -A- Community and School Program. This program offers community development support services. The extension services are provided in conjunction with livelihood and income-generating programs, such as the development of administrative capacity for local government units, skill development and technology transfer. This is in line with the national government's development priorities and the local government units' efforts to uplift the poor and deserving Barangays. The school's involvement in the extension service to integrate the community development projects gives this program its distinctiveness.



Mr. Gerald Valdez discusses his topic during the Kakibin Pagrang-ayan Training on E-Marketing and Profit Monitoring and Evaluation.

The University Extension Office (UEO), the Local Government Unit of San Vicente, and CBAA have collaborated to create the Kakibin Pagrang-ayan Training on E-Marketing and Profit Monitoring and Evaluation. On February 16 to 17, 2022, the extension activity was held at Barangay San Sebastian, San Vicente, Ilocos Sur. The Gawad Kalinga beneficiaries and CBAA Entrepreneur teachers worked together to make the extension program successful through the leadership of Mrs. Geraldine Dela Paz.

Meanwhile, the Coop Care Program was launched by CBAA in collaboration with the UEO and the Local Government of San Vicente. The extension activity dubbed "Training-Workshop on the Crafting of Economic Survey, Articles of Cooperation and By-Laws" took place at Gawad Kalinga, San Sebastian, San Vicente, Ilocos Sur on March 17–18, 2022. Additionally, this program aimed to help the community's men and women become more productive through the effective use and exploitation of public resources as well as other managerial abilities.



Trainers and participants pose for the camera after the two-day activity.



From left to right: Mr. Puruganan (BSA Program Head) conducts the lecture on bookkeeping. Participants and CBAA extensionists pose for the camera after the training.

Training on Bookkeeping on Sales of Hollow Blocks and Mushrooms was provided by the CBAA in collaboration with the Gawad Kalinga Community Development Foundation (GK). The extension activity was held at the Gawad Kalinga Site in San Sebastian, San Vicente, Ilocos Sur. On June 22 to 23, 2022, the cooperation of the CBAA Extension Coordinator, CBAA Faculty, GK Leader, and Beneficiaries led to the extension program's success.

The CBAA Extension Unit in collaboration with the Organization of Business Administration Students (OBAS), with the cooperation of the University Extension Office and Barangay Nagpanaoan, Santa, Ilocos Sur as Adopt-a-Community beneficiary has brought out the B.U.S.I.N.E.S.S. in the Communities – 'Kakibin ti Pagrang-ayan.' These units conducted a one-day training on "Skills Training on Embutido-making cum Product Packaging and Labeling" and "Training on Disaster Risk Reduction Management and Preparedness." These extension activities took place at Barangay Nagpanaoan, Santa, Ilocos Sur on May 26, 2022. The one-day extension was made feasible via teamwork, which is one of the program's goals. In addition, this program intended to assist men and women in Barangay Nagpanaoan, Santa, Ilocos Sur community to strengthen their eagerness and enhance the entrepreneurial mindset of the beneficiaries, and be better prepared to recover from natural catastrophes, and improve the quality of life in Barangay Nagpanaoan, Santa, Ilocos Sur.



Clockwise photos: Participants actively take part in Embutido-making Training. Participants actively listen to the Trainer during the Training on Disaster Risk Reduction Management and Preparedness. Participants and organizers pose for the camera after the activity.

CCIT Endeavors InfoTech Trainings

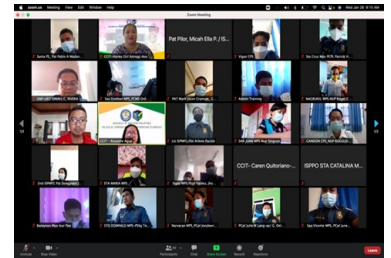
By Mr. Rogelio Rabena

The College of Communication and Information Technology houses IT experts with the heart to help its partner agencies. In the first half of 2022, various extension activities were spearheaded to extend its expertise to different stakeholders.

Microsoft Office Productivity Webinar

On January 26, 2022, the college conducted a seminar about Microsoft Office productivity with the Philippine National Police of Ilocos Sur. Various topics were discussed, such as the introduction of Office Productivity by Mr. Rogelio Rabena and different Microsoft Office productivity tools by Dr. Richard Arruejo and Mr. Mar Romano. This activity aimed at providing knowledge

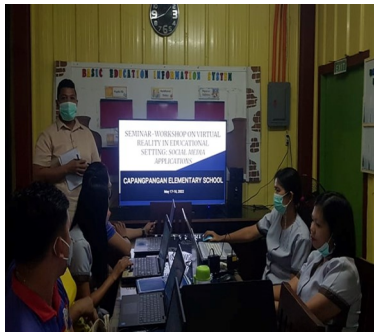
and skills to PNP officers on Microsoft Productivity tools that they can use in making their reports. Everybody enjoyed the seminar because they learned new techniques, DE familiarized with other alternative ways in share documents and edit documents simultaneously by using online Office Productivity tools. The activity concluded with closing remarks from the college Dean, Mrs. Rosanne Agup.



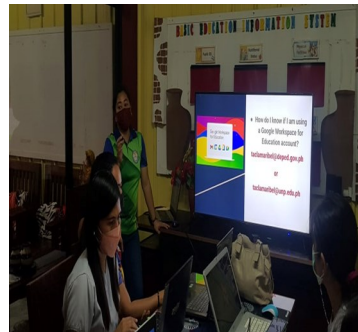
Participants listen to the lecture on Microsoft Office Productivity Tools.

Seminar-Workshop On Virtual Reality In Educational Setting: Social Media Application

On May 18, 2022, the CCIT and University Extension Office conducted a Seminar-Workshop on Virtual Reality in Educational settings: Social Media Applications with the Capangpangan Elementary School (CAPES) Teachers. Ms. Maribel Tacla discussed Google Workspace for Education, while Mr. Harold Costales discussed Basic Video Editing Using Filmora. The UNP delegation was welcomed by the Dr. Royston Quidolit, CAPES Principal.



Dr. Quidolit, the school head of CAPES in his opening remarks.



Ms. Tacla delivering her lecture on Google Workspace for Education



Mr. Costales delivering his lecture on Basic Video Editing using Filmora.



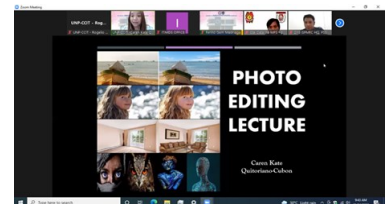
The faculty members from the College of Communication and Information Technology with Dr. Quidolit, the school head of CAPES.

Webinar-Workshop On Photo-Editing Using Photoshop 2022

On April 25, 2022, Webinar-Workshop on Photo-editing using Photoshop 2022 was initiated by the college in partnership with the University Extension Office for the personnel of the Philippine National Police. The trainers and participants were welcomed by PLTCOL Reynaldo Mendoza Jr. Mrs. Caren Kate Cubon served as the lecturer.



Left photo: PLTCOL Reynaldo Mendoza Jr. delivering his opening remarks. Right photo: Mrs. Caren Kate Cubon delivering her lecture on photo editing.



CCJE Magnifies Fire Safety

By Dr. Wilson Tolio

The College of Criminal Justice Education conducted the “Lecture cum Training on Fire Prevention and Fire Safety at Home” participated by the residents of Gawad Kalinga located at Barangay San Sebastian, San Vicente, Ilocos Sur on March 30, 2022. The said activity was conducted in participation in the nationwide celebration of National Fire Prevention Month 2022 with the theme “Sa Pag-iwas sa Sunog, Hindi ka Nag-iisa!”

The said activity aimed to educate the community on basic fire safety and other fire prevention activities, develop knowledge among the participants on the importance of fire safety at home and equip them with ample knowledge on the use of fire extinguishers. Dr. Mervic M. Farinas lectured on Fire Prevention while Prof. George Phillippe C. Amano and Dr. Marlow T. Pacapac led the Training on Fire Extinguishment with the use of fire extinguishers.



The participants attentively listen to the lecture of Dr. Mervic M. Farinas, the resource speaker, wherein he also stresses the importance of having ample knowledge on the use of fire extinguishers.



Mr. George Phillippe C. Amano and Dr. Marlow T. Pacapac demonstrate how to use the fire extinguisher to the participants.



The participants are given the chance to try and demonstrate how to use the fire extinguisher.

CCJE, LGU-Vigan Hold Self Defense Training

By Dr. Wilson Tolio

The College of Criminal Justice Education held Training on Self-defense for city youth residents on April 23, 2022, to June 26, 2022. The said activity was done in partnership with the City Government of Vigan which requested the conduct of the activity through Hon. Juan Carlos S. Medina, the City Mayor. About 50 youth residents attended the training. Prof. George Phillippe C. Amano served as the Trainor.

This activity aimed to teach the participants

about martial arts, self-defense, disarming techniques, and discipline. As an institution of learning, the University of Northern Philippines participated in this endeavor to ensure public safety for all. The training is also a way of showing the commitment to sports development among Ilocano youths.



The participants of the training listen attentively to the lecture given to them.



The participants are having their warm-up exercises before the training in martial arts, self-defense, disarming techniques, and discipline.



The participants together with the Trainor, Prof. George Phillippe C. Amano, happily pose for the camera during the culmination of the training.

CCJE, UEO Venture on Women Empowerment

By Dr. Wilson Tolio

The College of Criminal Justice Education through its Research and Extension unit, in partnership with the University Extension Office, conducted an off-campus activity entitled “Women’s Empowerment: Lecture on Women’s Right and Advocacy cum Training on Breast Examination” participated by 25 residents of Gawad Kalinga located at Barangay San Sebastian, San Vicente, Ilocos Sur on March 29, 2022. Dr. Arlan G. Reburon lectured on Women’s Rights while Ms. Jevie Abella led the Training on Breast Self-Examination. This activity was aligned with the nationwide celebration of National Women’s Month 2022 with the theme “We Make Change Work for Women.”

This year’s National Women’s Month Celebration is focused on the sub-theme “Agenda ng Kababaihan, Tungo sa Kaunlaran.” It highlighted the empowerment of women as harbingers of change that is anchored on *malasakit at pagbabago*. A celebration of women exercising their choices, taking chances to make their voices heard, and benefitting from the trailblazing changes and a celebration of Filipino women’s power to take the narrative, raise priority issues that matter to them and call for concrete actions.



Dr. Sina C. Bestre, the Dean of the College of Criminal Justice Education, expresses her gratitude for the warm welcome shown by the participants.



The participants actively listen to the lecture given by Dr. Arlan G. Reburon regarding Women's Empowerment specifically on Women's Rights and Advocacy.



The Faculty Members of Criminal Justice Education share a light moment after the successful conduct of the activity.

CFAD Partners with External Organizations

By Mr. Karl Marx Pilar

The College of Fine Arts and Design (CFAD) constantly extended its services during the Kannawidan Festival through its Art and Design Production Assistance. CFAD assisted the Provincial government in organizing a visual Arts contest by providing guidelines, organizing the event, and implementing the actual activity. With the assistance of the college, the Kannawidan Visual Arts Contest became more successful with each passing year, as participants become more aware and more participative in the activity. The Kannawidan Festival of Ilocos Sur is done every first week of February annually.

On February 23, 2022, the UNP Personnel led by Dr. Erwin F Cadorna (University President) and Dr. Fatima F. Rocamora (Vice President for Research and Extension) showed their social obligation by participating in the 1st Bayanihan challenge held at the Gawad Kalinga Horizon Village, San Sebastian, San Vicente, Ilocos Sur. The activity coupled by the renewal of the Memorandum of Agreement between the University of Northern Philippines, Gawad Kalinga, and the municipality of San Vicente, Ilocos Sur. CFAD, led by



Ar. Hernandez and Mr. Pilar consults with Mayor Brigido C. Camarillo, Jr of Sta Maria, and its tourism officer, Mark Escobar last April 7, 2022

Dean Ashley Paulino Martinez, accompanied by Mr. Karl Marx Pilar (Extension Coordinator), Ar. Hernandez, Ar. Quario and Mr. Mendoza restored the paints on the walls of their assigned household unit. The activity was instrumental in realizing that paints are not just used for Art but also to beautify and restore community.

The colleges also extended their reach beyond the borders of the University by initiating linkages not only with schools but also with other institutions that can lead to further extension programs and Partnerships of the college and the University. On April 1, 2022, CFAD organized a consultation meeting with the Department of Trade and Industry (DTI) and Ilocos Sur Bamboo Council to discuss plans for bamboo products as well as discuss plans for the industry. The College also engaged the council and the DTI by talking about future plans and activities that are related to the



CFAD Personnel painting their assigned assignment during the 1st Bayanihan challenge at the Gawad Kalinga Housing project, San Sebastian, San Vicente, Ilocos Sur.

Bamboo Industry. On April 7, 2022, the College also took a step in renewing the linkages between the Mabilbilla Integrated School, Santa, Ilocos Sur, and The University of Northern Philippines. In addition, CFAD Personnel also approached and consulted with the incumbent Mayor Brigido C. Camarillo, Jr of Sta Maria, and Mr. Mark Escobar, Tourism Officer, for prospect activities related to Arts and Design in relation to Extension, Research, and Production.



Prof Fetalvero fixes the entries of the Kannawidan on the spot drawing contest. Assisted by the Mandated Organization of the College, Atelier Original (AO)



Idr. Madriaga and Ar. Hernandez talk with the Principal Cortez during their visit last April 7, 2022 at Mabilbilla Integrated School, Santa, Ilocos Sur

CHS Endeavors for SAFER CHS

By Mr. Greg Quilana

The College of Health Sciences, through their Adopt a Community/School program, endeavored for their flagship program dubbed SAFER CHS or the Sustainable Activities For Empowered and Resilient Community- Care for Human and its System.” Through this program, the college continued to implement sustainable extension activities for their adopted barangays to assist and empower them to become more resilient to face health crises and towards optimal functioning. The college shared its expertise in Maternal and Child Health, Disaster Risk Reduction Management, and disease prevention. The three programs of the college anchored their project with their flagship program namely “Building community resilience to disasters and during health crisis” for the Bachelor of Science in Community Health Management (BSCHM) Program; the Capability Building and Health Promotion for Women and the Youth” for the Bachelor of Science in Midwifery (BSM)



Training Workshop on Child Safety and Parental Concerns and Responsibilities on Child Rearing at Sived, Sto. Domingo Ilocos Sur.



Program; and the “Strengthening the community through health education and capability building” for the Bachelor of Science in Medical Laboratory Science (BSMLS) Program.

The BSCHM program conducted a Standard First Aid and Basic Life Support Training at Cuantacla, Cabugao, Ilocos Sur in cooperation with the University Disaster Risk Reduction Management Office under the University Extension Office on March 7 to 8, 2022. The topics discussed were disaster

concepts, emergency care principles, basic first aid, bandaging, splinting, and rescue techniques. A demonstration and return demonstration was conducted after each lecture. The program also conducted Disaster preparedness, Basic First Aid, Basic Life Support, and Basic Rescue Training at Caparacadan Caoayan, Ilocos Sur on June 29 to 30, 2022. The two activities were attended by the Barangay Officials, Barangay Health Workers, Barangay Tanods/Police, and Sangguniang

Kabataan Officials and members of the said communities.

The BSM program tendered extension activities at Sived Sto. Domingo Ilocos Sur, their adopted community. On March 29 to 30, 2022 the program conducted a Training-Workshop on Child Safety and Parental Concerns and Responsibilities on Child Rearing and Research Dissemination. This activity aimed to impart information on the parents’ tasks and responsibilities in caring for their children



Participants join the simulation during the Standard First Aid and Basic Life Support Training at Cuantacla Cabugao Ilocos Sur.



Kalusugan Panatilihin, Healthy Lifestyle Ugaliin III (Training-seminar on blood pressure taking, glucose testing, hypertension, alcohol-related diseases and diabetes mellitus) at Villamar Caoayan Ilocos Sur.



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and trained the participants on basic first aid for common emergencies that may arise in the family. The activity was attended by the barangay officials, barangay health workers, and selected parents of the barangay. On June 30 and July 1, 2022, the BSM Program also conducted a seminar workshop on Care of the Vulnerable Population, a health promotion activity for the elderly.

The BSMLS conducted a Training-seminar on Lifestyle-related Diseases with the theme: Kalusugan Panatilihin, Healthy Lifestyle Ugaliin III and IV on June 21 to 22, 2022 at Villamar Caoayan, Ilocos Sur and June 23 to 24,



Kalusugan Panatilihin, Healthy Lifestyle Ugaliin III (Training-seminar on blood pressure taking, glucose testing, hypertension, alcohol related diseases and diabetes mellitus) at Caparacadan Caoayan Ilocos Sur.



2022 at Caparacadan, Caoayan Ilocos Sur. The topics were Hypertension and Alcohol-Related Disease. They also trained the participants on the proper way of taking their blood pressure and their random blood sugar. The participants were the barangay officials, barangay health workers, and some residents of the two barangays of Caoayan Ilocos Sur.



Disaster Preparedness, Basic First Aid, Basic Life Support, and Basic Rescue Training at Caparacadan, Caoayan Ilocos Sur.



Care of the Vulnerable Population: "Health Promotion of the Elderly" at Sived Sto. Domingo Ilocos Sur.



CHTM, CLaw Collaborate for Tourism Law Seminar

By Mr. Glenn Benzon

The College of Hospitality and Tourism Management, in collaboration with the College of Law, initiated the seminar workshop on Tourism Law on May 27, 2022, at Brgy. Cacadian Cabugao Ilocos Sur. Atty. Mirela Verzosa, a College of Law Faculty member, served as the resource speaker. The seminar aimed to help the local

government officials establish their rules and regulations within the bounds of law for the operation of the Ecotourism Park in their area.

Apart from the seminar workshop, a Tree Planting Activity was also held. Dr. Ismael Rivera, UEO Coordinator for Advocacy and Research



Atty. Mirela Verzosa reviews the existing ordinance about collecting entrance fees in Cacadian Ecotourism Park.

Dissemination, discussed Environmental Protection. This endeavor aimed to raise awareness in the community about the importance of planting and saving trees, express concerns for the environment, and diminish the effects of climate change.



Dr. Ismael C. Rivera, UEO Coordinator for Advocacy, discussing Environmental Protection on how to take good care of the existing natural resources

CHTM, STUDENT ORG JOIN FORCES IN GK ACTIVITY

By Mr. Glenn J. Benzon

The College of Hospitality and Tourism Management, and its Student Organization, have joined forces for volunteer work at the Gawad Kalinga Residence, San Sebastian, San Vicente Ilocos Sur, on May 20, 2022. The activity provided a free interior painting of one housing



College Faculty members and students paint the housing unit assigned to them.



unit of the said community. The said venture is the college's way of joining the UNP Volunteerism Celebration.

In response to the request of the 2nd Civil - Military Operations (Kabalikat) Company of the 7th CMO (G) Battalion, 7th Infantry (K) Division - Philippine Army, the College of Law (CLaw) spearheaded a Lecture on Anti-Terror Law and International Humanitarian Law on February 11, 2022, at the Command Post 2nd CMO, Brgy. Sulvec, Narvaca Ilocos Sur. This activity was in collaboration with the REACT Heritage Group, CRS, and AFP.

Army Personnel was in full force in attendance as they listened to the lecture rendered by Atty. Meilyne C. Padua (CLaw Faculty). Together with her were Atty. Yaye D. Lares (CLaw Dean), Atty. Kent Alvin L. Guzman (CLaw Asst. Dean). The activity aimed at enhancing knowledge on legal matters that are considered as first aid to handling difficult situations such as terrorism.

CLaw Conducts Lecture to Army Personnel

By Bernardo Oliber A. Arde Jr



Clockwise photo: Participants listen attentively to the lecture of Atty. Padua and Atty. Lares. Representatives of the Infantry Battalion hand over the certificate of appreciation to the lecturers and partner organizations.

CN Promotes Health Basics

By Ms. Jenifer T. Cabides

The College of Nursing (CN), being a prime mover of health promotion in the university, has labored to bring to the fore the significance of health and wellness in all its endeavors. In line with the college's Community, Assistance, Rehabilitation, and Empowerment (CARE) Program, extension activities have been conducted to address its beneficiaries' health needs and concerns.

On February 23 to 24, 2022, CN spearheaded

an extension activity at Gawad Kalinga San Sebastian San Vicente Ilocos Sur entitled Enhancement Training on Vital Signs Taking and Monitoring Cum College of Nursing Involvement on UNP Volunteerism Day. The University launched Volunteerism Day at Gawad Kalinga, San Sebastian, San Vicente Ilocos Sur, on February 23, 2022. The series of activities for this endeavor was participated by the faculty members, non-teaching staff, and students of different



Dr. Epifania Marlene Purisima, Prof Fe T. Tuzon, and Prof Edna Javier discuss the importance of vital signs taking and monitoring and demonstrate the procedures.



Colleges/ Departments.

On the second day, the Enhancement training on Vital Signs taking and monitoring was rendered to the selected residents and the Barangay Health workers of the community. Dr. Epifania Marlene Purisima, Prof Fe T. Tuzon, and Prof Edna Javier were lecturers during the said activity.

On March 31, 2022, the college endeavored on the Training on the Usage and Preparation of Herbal Medicine cum Establishment of Herbal Garden at the Capangpangan Elementary School (CAPES). The activity was implemented

in response to the result of the conducted needs assessment survey and as per the request of Dr. Royce Quidolit, the School Principal, for establishing an Herbal Garden as part of their "Gulayan sa Paaralan."

Implementers of the said activity were the UNP-College of Nursing faculty members and BSN and MAN students. The training on the usage and preparation of herbal medicine is aligned with the college's advocacy and its student organization in health promotion and disease prevention. Therefore, the knowledge and skill gained by the participants are expected to be tools to improve their health status.



Prof. Rex T. Tomas, Dr. Gerardo F. Joven, and Dr. Rolly Agup paint the assigned house for the College of Nursing during the Volunteerism Day at Gawad Kalinga San Sebastian San Vicente Ilocos Sur. Ms. Jermie Allen Alconis and Mr. Ariel Paiste, MAN students, also help with the painting.



Prof. Fe T. Tuzon, Prof Shiela G. Obispo, and Prof. Rizza C. Abinsay discuss the different herbal plants, their uses, and their preparation.



Faculty members and students of the BSN and MAN Program are helping each other establish the Herbarium of CAPES.



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Mr. Verina and Mrs. Atendido demonstrate to the pupils the proper way of performing the handwashing.

Prof. Fe T. Tuzon, Prof. Shiela G. Obispo, and Prof. Rizza C. Abinsay discussed the utilization and preparations of the different Herbal Plants. While on the other hand, students helped one another in establishing the Herbal Garden. Some students brought medicinal/herbal plants available in their garden and donated them to the school herbal Garden. The activity ended with positive responses from the training beneficiaries and parents of pupils in CAPES based on their learning insights and good feedback during the evaluation.

On May 30 to 31, 2022, the college implemented the Training on Basic Hygiene Practices Cum Sustaining School Herbarium at CAPES, participated by the students of the beneficiary school. Beneficiaries of the training learned the proper way to perform



handwashing, the importance of cleanliness, and ways to prevent the spread of microorganisms. With the assistance of the MAN and BSN students, pupils of CAPES were able to demonstrate the proper way of handwashing; they also distributed a total of 40 hygiene kits to the pupils. On the other hand, the herbal garden was being maintained, and additional plants were

added. This will facilitate the achievement of the goal to house various types of Herbal plants. With the cooperation of the School Principal and the teacher of CAPES, the activity went on successfully.

On June 16 to 17, 2022, CN, in partnership with the University Extension Office, implemented the activity entitled "Training on Basic Food Preparation and Body Mass Index Calculation Among Elementary Pupils." These activities were in response to the request of Dr. Royce Quidolit, the school principal. The activities went on for two days as per the suggestion of Dr. Quidolit because of the restriction and protocols on COVID-19. Pupils were scheduled in two sets to attend the activities.



The training and BMI calculation went on simultaneously. Prof. Romeline Asanion and Dr. Gerardo Joven discussed the topics of Basic food Preparation and the Calculation of Body Mass Index, respectively. On the other hand, faculty members and students helped one another obtain the BMI of students scheduled under Set A.

The second day of the activity was intended for the Set B pupils. Prof. Fe Tuzon, Prof. Jerick B. Tabudlo, and Prof. Raymund Christopher Dela Peña trained the pupils on how to compute BMI, interpret the result of their BMI, and the importance of eating a balanced diet. The activity was successful, seeing the pupils appreciate the importance of the training.



Clockwise photos: Dr. Joven and Mr. Tomas are obtaining the height and weight of the students. Mr. Tabudlo, Ms. Tuzon, and Ms. Javier teach the students to calculate their body mass index. Mr. de la Peña and Ms. Florendo are discussing the importance of getting a BMI.

CPAd Extends Help to the Community

By Dr. Alma Somera

The College of Public Administration (CPAd) is an institution that is aware of the needs of the public. With such awareness, CPAd has engaged in various activities responsive to the needs of the community.

On February 23, 2022, The CPAd family participated in the UNP Volunteer Week: 1st Bayani Challenge “Pagpupugay sa Pangulo” at Gawad Kalinga, San Sebastian, San Vicente, Ilocos Sur. The event encouraged volunteerism among the employees of UNP and other stakeholders. Dr. Alma C. Somera, Dr. Society V. Salcedo, Dr. Lorraine Anne R. Madera, Prof. Madeline A. Lopez, Prof. Jaona E. Rivad, and Prof. Arnold Pio volunteered to repaint one housing unit assigned to them.

On March 18 to 19, 2022, a Training / Seminar-Workshop on Violence Against Women and Children (VAWC) and Values Orientation in Barangay Tubigay, Sinait, Ilocos Sur, was conducted. This two-day activity aimed to alleviate women's sense of responsibility and social awareness through



Faculty members join the UNP Volunteerism Week at Gawad Kalinga, San Sebastian, San Vicente Ilocos Sur.

varied activities creating their needs, aspirations, and dreams. The participants were the members of the Rural Improvement Club (RIC) and barangay officials, and other organization leaders. Dr. Society Salcedo, Dr. Abelardo Anicas and Dr. Alma C. Somera served as resource speakers.

On June 30, 2022, Prof. Ivy C. Carino conducted an explanatory talk and initial Needs Assessment Activity with the target clients for the skills training program in Barangay Tubigay, Sinait, Ilocos Sur. The activity

aimed to identify the possible training needs of the community, identify the potential beneficiaries of the training program, and disseminate the available programs/services of the UNP-CPAd.

On the same date, Dr. Alma C. Somera, the unit extension coordinator, conducted an explanatory talk with the

Brgy. Officials of Brgy. Nagbalioartian, Sinait, Ilocos Sur headed by Brgy. Capt. Sinamar Ines-Iloreta for the possible partnership on the extension activities/programs with UNP-College of Public Administration. The exploratory talk encouraged the barangay officials and organization leaders in the governance process.



Left photo: Participants listen attentively to the lecture of the faculty members of the CPAd on VAWC. Right Photo: Participants pose for the camera after the training workshop.



CPAd Faculty members conduct the Needs Assessment activity at the Brgy. Tubigay, Sinait Ilocos Sur.

CSW Sustains Husay-Gabay Program

By Ms. Jezinelle Punio

The College of Social Work (CSW), mandated by a mission of providing sustainable community services as its contribution to nation-building, took one step forward through its Husay Gabay Program.

On June 8 to 9, 2022, the CSW extensionists conducted Conflict Management Training for Early Childhood Development Workers with the theme “Tunggalian Ating Agapan Tungo sa Maunlad na Kaisipan.” This activity was participated by the Early Childhood Development Workers of San Vicente. It is a series of training that aims to provide participants with valuable concepts regarding the causes and effects of conflict on the well-being of an individual.



Trainers and participants partake in a fruitful discussion during the two-day Conflict Management Training.

Another two-day extension activity was conducted as a follow-up to the Conflict Management Training for Early Childhood Development Workers on June 22 to 23, 2022. This second installment of the activity aimed to expose participants to group dynamics relative to the importance of managing conflict.



Trainers and participants actively participate in the second installment of the Conflict Management Training on June 22 to 23, 2022.

On June 30 to July 1, 2022, CSW conducted “Reaching Out,” this activity aimed to gather pertinent data to determine whether the implemented activity on June 8 to 9, 2022, has a corresponding effect on the general outlook of the early childhood development workers on matters relating to how they deal with everyday conflicts.



Dr. Aurora Quero and Ms. Jezinelle Punio converse with the early childhood development workers of San Vicente.

CTE Joins UNP Volunteerism Day

By Dr. Efren Galapon

The College of Teacher Education (CTE) is a Center for Development committed to provide responsive extension programs to various community stakeholders. Extension programs are CTE’s way of reaching out to communities who need their services.

On February 23, 2022, several faculty members of the college partake in the UNP Volunteerism Day at Gawad Kalinga, San Vicente, Ilocos Sur, namely Efren Galapon, Marnie P. Tabilin, Jojit D. Aquino, Reynaldo Regucera, Jake M. Quitasol, Santiago Reolalas, Dave B. Fontejon, and Vic Norman F. Naval.

Said faculty member joined other faculty members of the university in painting the house units of the Gawad Kalinga. After their painting of the house, Mr. Regucera, Mr. Aquino, Mr. Quitasol, and Mr. Fontejon provided some practical demonstrations on how to keep the household wirings safe. They have also emphasized the safety practices in dealing with electrical appliances.



The Spirit of Banayihan is felt as the GK residents and the UNP Community repaint the Housing Units.



The residents/trainees of GK listen attentively as the CTE faculty extend their expertise in practical House wiring and safety.

CTECH CONDUCTS SKILLS TRAINING IN AUTOMOTIVE ENGINE TUNE-UP, T-SHIRT PRINTING

By Prof. Rolando Artates

The University of Northern Philippines – College of Technology (CTech) has been committed to pursue quality and sustainable extension programs. The College appreciates the support of the LGUs, NGOs, and schools to this endeavor through collaborative partnership to bring a unified direction to improve the quality of education and enhance the administrative capability of the school administrator and barangay officials.

Livelihood and

skills training is one of the programs of the CTech Extension office to assist the community to augment their daily income and improve their socio-economic capacity. A skills training in Automotive Engine Tune-up and t-shirt painting was initiated by the college at Lingsat, Bantay, Ilcoos Sur. The training was scheduled from December 18, 19, and 26, 2021, to January 2, 8, 9, 15, 16, 22, 23, 2022. The faculty and staff of the college have worked together

Opening Program



Trainees registering their names before the opening program

in making this activity a success. The opening program was attended by all faculty members of the college. Several faculty members of the college served as resource speakers while

community residents were the participants. A closing program was also held as a culminating activity.



As the program is about to start, Ms. Delos Santos and company check the needs of the trainees in attendance.



Dr. Julius Moises Albalos, the college dean instructs the workforce and sees if everything is going well before the program starts.



Singing of national anthem with Mr. Pescador as the conductor.



Prof. Jayson Cajindos as the master of ceremony introduces the dignitaries. The picture shows the college dean, Dr. Julius Moises Albalos with his assistant, Prof. Allen Magdaleno accompanied by top officials of the partner barangay.



Prof. Cajindos enthusiastically introduces the rest of the CTECH workforce who serves as trainers in this very productive endeavour.

Training Proper

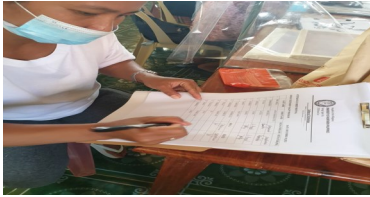


Ms. Shiela delos Santos conducting a lecture on road safety before going to the main topic about engine tune-up.



Meanwhile, the T-shirt printing trainees are having their pre-training discussion with Prof. Joselito Cabaldon and Mr. Benedict Bautista as their skills trainers.

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Checking the attendance for the day.



Mr. Jayson Rojas is having some demonstration about engine tune-up as the trainees earnestly pay attention.



The t-shirt printing trainees are busy with the construction of their silk screen.



Sample Design from the trainer for the trainees to emulate and be inspired in making their own.



Prof. Rolando Artates, the unit coordinator for extension, monitors the progress of the trainees in engine tune-up. This picture shows a lady trainee persevering to learn.



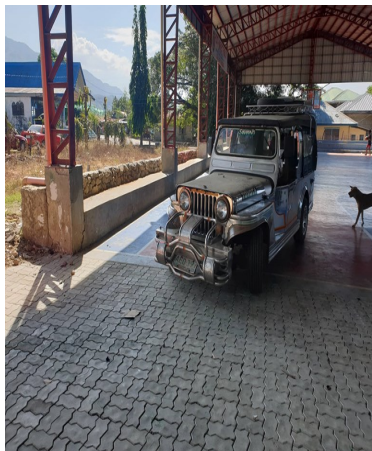
The trainer inspects the work of one of the trainees before the engine be fired up.



As the parallel sessions going on, a t-shirt printing trainee is preparing to have her t-shirt printed.

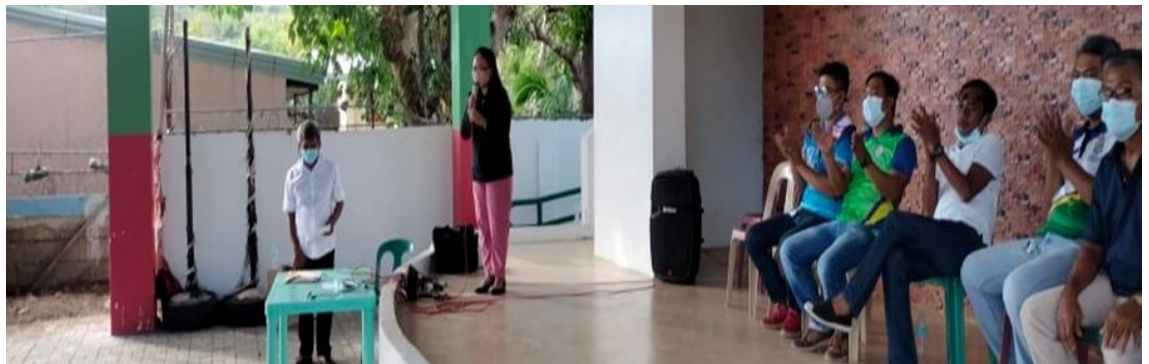


Sample outputs from the t-shirt printing skills training.



Demonstration vehicle owned by one of the trainees in engine tune-up

Graduation Ceremony



As the closing program was conducted, the guest speaker delivers her congratulatory remarks to the successful trainees as well as their trainers for the job well done.



The trainees performing diagnostic and troubleshooting skills as closely monitored by trainers and with the supervision of the extension coordinator Prof. Rolando Artates



Some of the talented trainees showing off their dancing skills for an intermission number.



T-shirt printing completers received their certificate of training.



Certificates are being received by the Engine tune-up trainees accompanied by their trainers, CTech faculty, and the guest of honor and commencement speaker

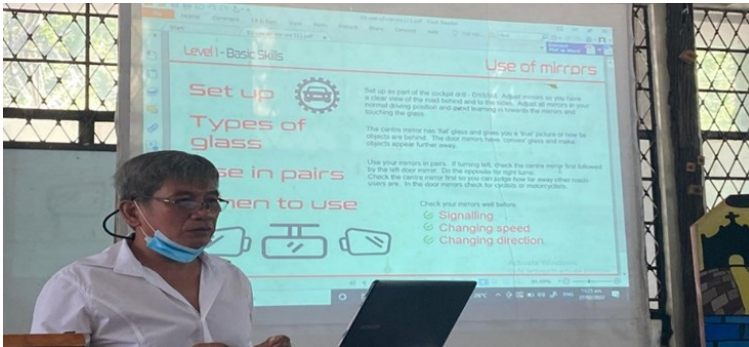
CTECH INITIATES DRIVING LIGHT VEHICLE TRAINING

By Prof. Rolando S. Artates

The college of Technology initiated a 10-day training on driving a light vehicle at Immaculate Concepcion School of Theology. The training on Theoretical and Practical Driving Lessons was conducted every Sunday which commenced on February 27, 2022, to May 1, 2022. The lead trainers were Prof. Rolando S. Artates, Prof. Jesus Garcia, Mr. Harrison P. Teodosio, Mr. Emson Lazo, and with the help of the assistant trainers namely Mr. George Michael Amano, Mr. Ryan Racoma, Mr. Robert Serna, Ms. Shela May Delos Santos and Trisha Marie Pescador.

Day 1 (February 27, 2022)

Prof Rolando S. Artates and Mr. Robert M. Serna had their lecture about the general steps and procedures on how to maintain a vehicle.



Prof. Rolando Artates delivers his lecture on how to maintain a vehicle.

Day 2 (March 6, 2022)

Mr. Harrison Teodosio together with Mr. Jayson Rojas discussed the different materials, tools, and equipment in maintaining the vehicle. They also shared their knowledge and skills in performing engine tune-up.



Top photos: Mr. Jayson Rojas shows the tools to the participants. Bottom photos: Participants actively participate during the return demonstration.

Day 3 (March 13, 2022)

The training focused on how to perform light vehicle pre-starting and warm-up. Mr. Robert M. Serna served as the trainer for the day.



Mr. Robert Serna coaches the participants on how to warm-up light vehicles.

Day 4 (March 20, 2022)

Prof Jesus Garcia discussed with the students the necessary preparation prior to driving.



Prof. Garcia facilitates the driving training on day 4.

Day 5 to 7 (March 27, April 3 and 10, 2022)

The fifth to the seventh day of the training were the continuation of the actual driving training. Trainers Prof. Rolando S. Artates, Mr. Ryan Racoma, and Mr. Emson Lazo together with the trainees. It was on this day that Mr. Emson Lazo, together with Father Jayson Cabacab reiterated the importance of understanding and knowing the importance of driving education on the fifth day. Mr. Warmie Tabuso and Ms. Trisha Marie Pescador served as the trainers during the sixth and seventh day.



Left photo: Fr. Cabacab educating the participants on the basics of driving. Right photo: Mr. Ryan Racoma assisting the participants in the actual driving.

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Top photo: Mr. Warmie Tabuso and Ms. Trisha Marie Pescador patiently coach the trainees. Bottom photo: Prof. Jesus Garcia inspects and evaluates the performance of the trainees in relation to proper parking and steering maneuver

Day 8 (April 17, 2022)

The eighth day of the training focused on monitoring and maintaining vehicle performance. Prof. Rolando Artates discussed tips and techniques on how to monitor and maintain vehicles on the road. He was assisted by Ms. Shela May Delos Santos during the said day.



Left photo: Prof. Artates discussing his topics with the trainees. Right photo: Ms. Delos Santos assisting the trainees during the actual driving.

Day 9 (April 24, 2022)

The ninth day of the training was centered on obeying Traffic Rules and Regulations. Mr. Harrison Teodosio comprehensively discussed the different traffic laws, rules, and regulations.



Mr. Teodosio discussing different traffic laws, rules, and regulations.

Day 10 (May 1, 2022)

The last day was focused on the Respect Traffic Enforcers and other Traffic Management Units. Prof. Rolando Artates was tasked to discuss the said topics.



Prof. Artates discussing to the participants his assigned topic.

The training ended with a graduation ceremony held on the last day of the training. Certificates were given to the participants and trainers.



The trainees receive their certificate of completion with Dr. Christopher Bueno, UNP Director for Extension, Father Nick Vaquilar, Father Jason Cabacab, Dr. Julius Moises Albalos, Prof Rolando Artates, and also the trainers. Right photo: Trainers and organizers receive their certificate from ICST.

CTECH, TESDA HOLD WELDING TRAINING WORKSHOP IN MAGSINGAL

By Prof. Rolando S. Artates

In celebration of National Women's Month, with the theme: "We Make Change Work for Women," Magsingal National High School and the University of Northern Philippines in collaboration with TESDA conducted a training workshop on Weld Carbon Steel Plates Using Shielded Metal Arc Welding (SMAW) to the faculty and staff of Magsingal National High School. The training workshop was held at Magsingal National High School (MNHS), Magsingal, Ilocos Sur commencing on April 1, 2022.

Day 1

The program commenced on the morning of Day 1, starting with a prayer by Mr. Nicolas Udani, Master Teacher I, followed by the singing of the National Anthem by Ms. May Ann P. Almazan and MNHS Hymn by the MNHS Faculty Chorale. Right after, Mr. George C. Urubio, Principal of MNHS, gave his welcome remarks. He was then followed by Dr. Leonida T. Ubarre, Master Teacher I, as she oriented the participants and introduced the Learning Service Providers.

In her opening message, Dr. Socorro Flores Galanto, the Provincial Director of TESDA, delivered her introduction message regarding partnerships with TESDA and presented the free online courses offered by TESDA to whoever will be interested to join. She also discussed how to get a National Trainer's Certificate. She also invited everyone to join their upcoming benchmarking on metal works. She then ended her message with her commitment to giving 20 slots of scholarship to MNHS. After her message, Dr. Christopher F. Bueno, the UNP Director for Extension Services, discussed their plans, programs, and activities, and gave his commitment to continue partnership with MNHS.

Also, Dr. Juluis Moises Albalos, the Dean of the College of Technology gave his message regarding Women's Month and Gender Awareness Development. Right after, Prof. Rolando Artates, the CTech Unit Extension coordinator, gave his talk on the goal of the seminar and the importance and safety precautions of using SMAW, he also mentioned that some of their previous students are already professionals who are graduates of 4-year courses but chose to enroll again in the said course, as a result, they are now earning dollars abroad using their expertise in metal works.

The speakers of the aforementioned training workshop were the following: Mr Harrison Teodosio,



Faculty members of MNHS warmly welcome the trainers from UNP and TESDA.

Prof. Rolando S. Artates, Prof. Jason Cajindos, Prof. Nelson Bajet, Prof. Orlino Tabbuac, Mr. John Jericho Arquines, Prof. Jesus Garcia, Prof. Karlo Real and Prof. Roderick Ian Dacanay.

The main goal of the seminar was to equip all MNHS teachers and staff on how to do metal works using SMAW. The topics during the discussions of the said training were the following: Occupational Health and Safety by Mr. Harrison Teodosio; SMAW Advantage, and Limitations by Prof. Rolando S. Artates; Operating Principles and Limitations (a. Electronic Type) by Prof. Jason Cajindos; Operating Principles and Limitations (b. Transformer Type) by

Prof. Nelson Bajet; Types of Welding Electrode by Prof. Orlino Tabbuac; Orientation on Augmented Reality Equipment by Mr. John Jericho Arquines; Striking an Arc using the Orientation on Augmented Reality Equipment by Prof. Jesus Garcia and Mr. John Jericho Arquines. Prof. Karlo Real and Prof. Roderick Ian Dacanay were the ones in-charge of the hands-on activity on Augmented Reality Equipment.

After the discussion proper, all participants were given the opportunity to have their one-on-one hands-on activity with the UNP's Soldamatic machine, their augmented reality equipment. Everyone was given chance to be

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accustomed to how to strike an arc and how to properly execute the

different positions using SMAW.



Dr. Socorro Flores Galanto and Dr. Christopher F. Bueno deliver their respective messages during the opening program.



Learning Service Providers discuss their respective topics in front of the audience.

Day 2

The second day of the training workshop started with a prayer by Mr. Manny Tagayuna, Teacher I. The morning session was very informative. Prof. Rolando Artates from the University of Northern Philippines shared his expertise about his topics. His topics are about how to draw an arc and how to lay a bead. Right after his discussion, Prof. Ronaldo

Artates and Mr. Robert Serna assisted everyone with the actual performance on how to draw an arc and how to lay a bead. After that, the participants were asked to go to their respective groups for the actual performance on the previously discussed topics. Each of them was given the opportunity to experience how to use the welding machine.

During the

afternoon session, Prof. Jesus Garcia and Mr. Emson A. Lazo taught the participants how to weld in the 1F position. Right after, Prof. Jesus Garcia and Mr. George Michael Amano taught the participants how to correct the weld and how to fill up the end crater and gap.

Overall, the second day of the training was indeed fruitful and productive. Teachers have learned the different concepts of welding and acquired new skills which they can apply for future use. These lessons will truly help in gearing teachers, in addressing entrepreneurial tasks such as welding.



Learning Service Providers show the participants the different parts of the welding machine and assisted them in how to use the machine.

Day 3

The third day of the training workshop began with a short prayer led by Sir Manny Tagayuna. The first discussant was Prof. Jesus Garcia. He started to share his expertise as he taught the participants how to perform a single fillet weld in the 2F position. Afterward, Prof. Carlo Ventura continued to teach them how to perform single fillet weld in 2F position. The morning session ended with everyone having a more vivid understanding of performing the single fillet weld using the 2F position. The afternoon session was devoted mostly to the continuation of actual performance in the 2F position. Prof. Orlyno Tabbuac facilitated the continuation of actual performance on single fillet weld in the 2F position while Mr. Emson Lazo and Ms. Tricia Marie Pescador assisted each group in performing 3F position. Every group was able to perform with the help of the professors. The professors took time to efficiently and passionately do the critiquing and giving technical assistance.



Learning Service Providers provide assistance to the participants during the return demonstration.

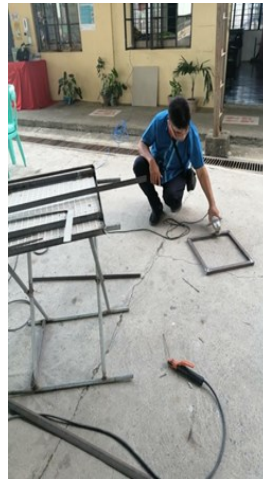
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Day 4

The fourth day of the training workshop started with Prof. Rolando Artates as the first trainer during the morning session. The morning session focused on hands-on activities in performing single fillet weld in the 3F position. In continuation of the training, Mr. Harrison Teodosio, taught the participants how to perform a single fillet weld in the 4F position. The afternoon session was the continuation of actual performance in the 4F position. Mr. Ryan Racoma and Ms. Shiela May Delos Santos facilitated the continuation of the 4F actual performance. After the actual performance on the different weld positions, each group was given enough time to do and finish their mini table as their output in this training-workshop.

During the closing



CTech Faculty members assist the participants during the return demonstration.

program, Mr. Nick Udani, Master Teacher I, led the opening prayer followed by impressions given by Ma'am Sheryl Talbo and Ma'am Marilou Asistin. Afterward, the participants paid attention to the inspirational message given by Dr. Erwin Cadorna, the UNP President. In his message, Dr. Cadorna urged everyone to always practice or use the skill they have learned during the training workshop in

their household and even in school if needed. He also requested the participants to inform them through Sir George Urubio of any training the participants would want to have in school. He assured the participants that the university will always try to help train the MNHS staff to the best of their ability.

After his message, the participants witnessed the signing of the MOA

with Barangay Captain Virgilio Gonzalo. Immediately after the signing of the MOA, Dr. Fatima F. Rocamora, Vice President for Research and Extension, gave her message followed by a closing message from Dr. Christopher F. Bueno, Director of UNP's Extension Services. Thereafter, Dr. Leonida T. Ubarre, Master Teacher I, delivered her words of thanks then the giving of the certificates followed.



Clockwise photo: Dr. Erwin F. Cadorna delivers his message to the participants. UNP and MNHS executives pose for the camera after the MOA Signing. Trainers and participants during the photo opportunity after the closing program.

CTE-LS, CGAD Partners for Upcycling Training, and Domestic Violence Seminar

By Ms. Arlene Kriszel M. Tabbuac

The College of Teacher Education – Laboratory Schools, in partnership with the Center for Gender and Development of the university, conducted a Skills Training on Rags and Mats Making cum Seminar on Domestic Violence on April 27 to 28, 2022, at San Lucas, Magsingal, Ilocos Sur. Generally, the activity aimed to empower women through a lecture about domestic violence and livelihood training.

On the first day of the activity, the resource speakers discussed the mainstreaming of the socially constructed differences between men and women, the need to challenge gender roles and relations, and the creation and effects of class differences and development. Also, they lectured on the effect of non-essential expenses and overspending on clothing, sometimes becoming the root cause of misunderstanding between couples, possibly resulting in domestic violence.

On the second day of the activity, it was the Skills training on Rags and Mats making, wherein the



Clockwise photo: Lecturers discuss about Domestic Violence. Participants partake in the return demonstration.

trainers demonstrated and discussed the emergence of mass market retailers producing inexpensive clothing in response to the latest trends in this generation called Fast-fashion. That significantly affects individual attitudes in shopping for more affordable clothing and throwing more clothes in the trash. To help cope with the economic burden in a family and address the problem of trashes, upcycling fabric scraps, which have become popular in this generation, should be done. Upcycling represents a variety of processes by which “old” products get to be modified and have a second life as they are turned into a “new” product. The participants actively responded in the workshop.

FES Teachers Undergo Personality Development Training

By Ms. Arlene Krissel M. Tabbuac



LS Faculty members are warmly welcomed by the Head of the Fuerte Elementary School.

The Fuerte Elementary School, one of the adopted schools of the University of Northern Philippines, requested the conduct a school-based training workshop on Beauty Care and Personal Development. The said activity was conducted on April 28 to 29, 2022, at the school grounds of the beneficiary school. It aimed to demonstrate professional appearance and grooming among women in the workplace and community; to enable personnel to be productive and find additional income amidst COVID 19 pandemic; to promote gender equality and empowerment of women through advocacy campaign activities, and to recognize the role of women in economic development.

On the first day of the activity, the principal and staff warmly welcomed the resource speakers and trainers from the UNP-Laboratory Schools. The resource speakers set the mood of the participants by asking them to actively participate during the lecture on Personality Development and how they can work harmoniously in their school despite their differences. In the afternoon, the trainer discussed how the participants could enhance their appearances by teaching them how their hair could be treated well. The participants chose their partners on the second day for the return demonstration.



LS Faculty members serve as resource speakers during the 2-day activity.



Clockwise photos: Fuerte Elementary School Teachers demonstrating what they learned from the lecture.

GK Residents Partake in Crochet Training

By Ms. Arlene Kriszel Tabbuac

As part of its strategy to reach out to more beneficiaries, the Laboratory Schools of the College of Teacher education- extension unit conducted skills training in crocheting on April 21 to 22, 2022, at the Gawad Kalinga Residence in San Vicente, Ilocos Sur. The trainer gave a brief lecture on the nature and process of Crocheting, locally known as Gantsilyo, derived from the Spanish word “Ganchillo” which means hook. Crocheting is a popular technique for making various fashion and home décor accessories.



From left to right: LS Faculty Members demonstrated the crocheting process to the participants while the latter follow their instructions.

The activity was designed to promote crochet as an innovative method of making souvenir items. It aimed to enhance the skills of women in rural areas in handicraft-making, which will become an alternative source of income for the participants. In line with the University's goal of promoting and preserving cultural heritage, this training highlights this traditional crafting skill and technique since only a few of the younger generation are interested in learning the tradition.

PASO, HRMU Tap CHTM Faculty for Housekeeping Training

By Mr. Glenn Benzon

The Production and Auxiliary Services Office and Human Resources Management Unit initiated a Housekeeping and Waste Disposal Management Training for utility workers of the university on May 16, 2022, at the UNP Guestel. The activity aimed to educate and empower the workers to manage effective waste disposals through the best practices in housekeeping.

Mr. Glenn Benzon, a faculty of the College of Hospitality and Tourism Management, was invited as one of the Resource speakers. He emphasized the importance of the Guidelines on Workplace Housekeeping and that it should be institutionalized.

Mr. Benzon further discussed the Five (5) Approaches in Good Housekeeping. Lastly, he presented a proposed Institutional Housekeeping Annual Plan of Actions and Janitorial Services Daily Individual Accomplishment Report to enhance the Housekeeping /Janitorial Services and Operations.



LS Faculty Members demonstrate the crocheting process to the participants.

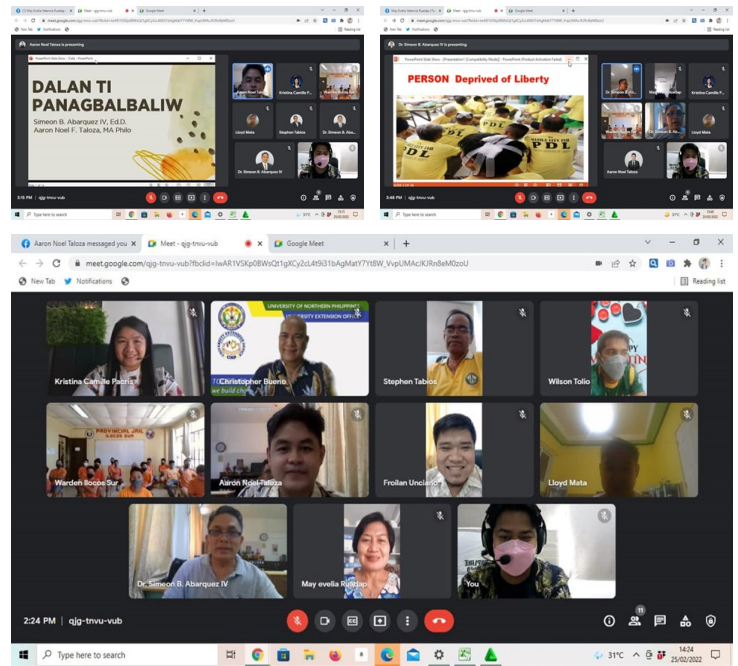


Mr. Glenn J. Benzon, faculty of the College of Hospitality and Tourism Management, discussing the Guidelines on Workplace Housekeeping and the 5s Approach.

PDLs Receive Moral Re-Engineering Webinar

By Dr. Ismael Rivera

As part of Dr. Erwin F. Cadorna's Birthday Advocacy, the University Extension Office, in partnership with the College of Arts and Sciences (BA Political Science Program), initiated an Extension Service on Culturally Motivated Moral Re-Engineering for the Persons Deprived of Liberty in New Ilocos Sur Provincial Jail on February 25, 2022. This virtual event with the theme "Inaikkannawidan a Panangpabaro ti Rupa ti Kinatao" focused on topics such as Rechannelling Thoughts Towards Healthier State of Mind and Dalan ti Panagbalbaliw discussed by Ms. Kristina Camille V. Pacris and Dr. Simeon Abarquez IV and Mr. Aaron Noel Taloza.



The virtual session of the Culturally Motivated Moral Re-Engineering for the Persons Deprived of Liberty in New Ilocos Sur Provincial Jail on February 25, 2022.

As part of its strategy to reach out to more beneficiaries, the Laboratory Schools of the College of Teacher Education through its Extension Unit conducted skills training in crocheting on March 10 to 11, 2022 at the New Ilocos Sur Provincial Jail at Taleb, Bantay Ilocos Sur. Faculty members of the Laboratory Schools served as the trainers who gave a lecture on the nature and process of Crocheting on the first day. The Persons Deprived of Liberty (PDLs) served as the participants of the said activity and were all ears to the lecture. On the second day, they participated actively during the return demonstration and experienced firsthand the process of crocheting.

This activity is in line with the University's goal of promoting and preserving cultural heritage where Crocheting is one of the traditional crafting skills and techniques. The skills training on Crocheting is UNP-LS' way of reviving this skill.

PDL Receive Training in Crocheting

By Ms. Arlene Kriszel Tabbuac



Trainers discuss the nature and process of Crocheting and the participants listen attentively to the lecture.

SNHS Teachers Participate in Beauty Care, Personality Development

By Ms. Claudette Rabago

The University of Northern Philippines – Laboratory Schools (UNP-LS), in partnership with the University Extension Office, spearheaded training on Beauty Care and Personality Development at Solotsolot National High School, San Juan Ilocos Sur, on March 24 to 25, 2022. This two-day activity was attended by the teachers and staff of the said school.

On March 24, 2022, the team arrived at 8:00 in the morning at Solotsolot National High School. The UNP-LS team was welcomed by the faculty and the school head Dr. Vilma P. Avila. The training started with a welcome program by the faculty and staff of Solotsolot National High School. After the program, Mr. Lester A. Aaron gave the lecture on personality development, followed by the skills training on nail care with Mr. Randall M. Rabacal as the trainer. He presented the materials and supplies needed in nail care services, followed by a lecture on the proper handling of tools and their uses. He also showed the step-by-step procedure for cleaning the nails.

The afternoon was the schedule of the participants for their return demonstration in cleaning the nails. This was actively participated by 23 faculty and staff of the said school. The trainer and facilitators carefully supervised while they had the return demonstration. After the return demo, the trainer gave tips on improving nail care services.

On the second day of training (March 25, 2022), skills training on haircutting was conducted. Mr. Randall M. Rabacal, the trainer, gave the lecture on haircutting, hair sectioning, proper handling of the haircutting tools, and the procedure of haircutting. After the lecture, the trainer demonstrated the step-by-step haircutting process, followed by the return demo for the participants. The trainer correctly observed the return demonstration while the participants were performing. The skills training was also supervised by the Vice President for Research and Extension, Dr. Fatima F. Rocamora and the Director of Extension, Dr. Christopher F. Bueno. The skills training ended with a closing program, and the participants were given certificates.



Trainers and organizers pose for the camera before the program starts. Mr. Lester Aaron delivers his discussion on Personality Development. Mr. Rabacal discusses the tools needed for nail care and haircutting.



Participants demonstrate the knowledge acquired from the trainers. Mr. Rabacal supervises the return demonstration.

Mr. Rabacal shows the step-by-step process of haircutting.

UEO Remodels JUANA

By Ms. Claudette Rabago

The University of Northern Philippines, University Extension Office (UEO) went to Fuerte Elementary School (FES), Fuerte, Caoayan, Ilocos Sur, on April 28 to 29, 2022, for an extension program in celebration of Women's Month. The UEO, headed by Dr. Christopher Bueno and Miss Claudette C. Rabago as the project coordinator, spearheaded the Livelihood Training on Hair Science and Cosmetology for the faculty and staff of the said school.

This joint undertaking, dubbed Project JUANA, aimed to train faculty members and staff of FES headed by Dr. Mylin A. Alambat, the school principal, in hair science and cosmetology for them to develop the skills that will help them augment their other needs. It also aimed to train teachers and staff to become trainers of the said skill as they are expected to share their acquired knowledge and skills in cosmetology with their pupils, parents, and other stakeholders. This project was attended by trainers and facilitators of UNP Laboratory Schools. Mr. Randall M. Rabacal, as the trainer, did his best to impart knowledge and skills in hair science and cosmetology to the teachers. On the other hand, the participants did their best in said training, which was evident during the return demonstration.

The two-day skills training in hair Science and Cosmetology was productive because the participants passed the evaluation by trainers and facilitators. The extension activity ended with a short closing program attended by UEO representatives, trainers and staff, and participants of the said extension program



Mr. Rabacal conducts his lecture and demonstrates the proper process of fixing someone's hair.



FES Heads hand over the certificate of appreciation to the lecturer. Participants and organizers pose for the camera after the activity.

UEO Spearheads Health and Allied Services

By Ms. Jevie Abella

The University of Northern Philippines, through its University and Extension Services, advocates for health and wellness for all stakeholders. The university initiated different activities under its health and allied services to achieve this aim.

On March 19, 2022, a Medical Mission and Feeding Services cum Training on Personal Hygiene Practices among Children and Information Drive on Anti-Rabies Awareness was held in Butol, Santiago, Ilocos Sur. There were 40 children and 60 adults who benefitted from the activity. This activity was conducted in partnership with Kiwanis Club Ilocos Sur Chapter, Kiwanis Club Caridad Chapter, PNA Ilocos Chapter, the Philippine Army, and the College of Nursing (MAN Program). The partner agency provided the food for the Feeding services and some medicines, while the UEO provided transportation and medications. The Philippine Army was in charge of circumcision and was assisted by the MAN Students. Likewise, the MAN students trained the children to practice proper personal hygiene. The CN Faculty was assigned to dispense medicines and imparted health teachings regarding proper medication intake, observations needed to report immediately, and promoting healthy lifestyle practices.



Left photo: CN Faculty members and members of partner agencies pose for the camera during the Medical Mission. Right photo: Dr. Porfilio Tugas prescribing medications for clients during the mission.



On March 22, 2022, an Assessment on the Health and Mobility of the PWDs was held in Senior Citizen's Hall, Sto. Domingo, Ilocos Sur. This activity was in coordination with the Latter-Day Saints, LGU- Sto. Domingo and the ITRMC. The UEO Coordinators and Trained Wheelchair Assessors were tapped to assess the 32 PWDs of the said municipality. Likewise, the assessors imparted the importance of normal body functioning and mobility and trained the participants regarding simple/passive range of motion exercises that promote proper blood circulation. The relatives were also trained on how to assist the patient in terms of transferring and moving them from one place to another.



Trained Assessors of the University performing assessments to the PWDs of the municipality.

On March 25, 2022, the unit initiated the Women Empowerment: Lecture on Women's Rights cum Training on Breast Self-Examination held in Pantay, Tamurong, Caoayan, Ilocos Sur. This activity was conducted in celebration of Women's Month with the theme "WE Make Change Work for Women" with a subtheme: "Agenda ng Kababaihan, Tungo sa Kaunlaran." There were 20 Professional Teachers who attended and actively participated in the said activity. Dr. Ismael Rivera discussed Women's Rights and Mrs. Jevie Abella served as a trainer for the Breast Self-Examination.

On June 24, 2022, the UEO conducted an activity regarding nutrition as part of the Brigada Eskwela Program in Tay-ac Elementary School. The participants of the activity were elementary pupils and their parents. The Kiwanis Club of Ilocos Sur and Caridad Chapters provided supplemental feeding and distributed multivitamins to the kindergarten pupils. The Faculty of the College of Nursing discussed Proper Personal Hygiene, Ten Kumainments, and the Food Groups. Ms. Rosalinda Laurente, the School Principal, rendered her welcome address and extended her gratitude to the UNP administrators for granting her request via this activity.



Ms. Winnie Ponce, Faculty of the College of Nursing, delivering her lecture on Ten Kumainments. UEO Staff and Kiwanis Members distribute snacks to children who attended the activity.

UEO Sponsors Livelihood, Skills Training

By Ms. May Evelia Ruadap By Ms. Claudette Rabago

As extensionists, University Extension Office (UEO) staff always carry the motto “Reaching out for a Better living,” with or without Pandemic; even though how dangerous the situation is, the University of Northern Philippines has pledged to reach out to its target beneficiaries to sustain partnership with its adopted partners in the community.

In the first quarter of the year 2022, Dr. Christopher F. Bueno, UEO Director, together with Mrs. May Evelia V. Ruadap, UEO Coordinator of Livelihood and Skills Training services, and Ms. Claudette C. Rabago, UEO Food Processing coordinator, monitored the different livelihood training programs implemented in Gawad Kalinga Mindoro, San Sebastian, San Vicente, Ilocos Sur and one of the requests of the pabahay beneficiaries was a skill training on mushroom processing as a way to preserve the mushroom once harvested since they are perishable. It was also found out that they were interested in learning how to make empanadita and leche flan. The requested training programs were conducted on February 16 to 18, 2022.



Participants during the demonstration on how to make empanadita.



Ms. Rabago demonstrating the process of how to make a leche flan.



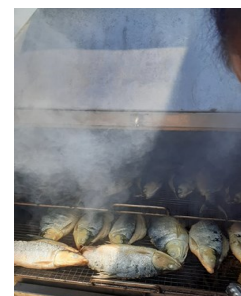
During one of the discussions with the pabahay beneficiaries, it was found out that most of them are caretakers of the fishpond in the area. Skills Training on Smoked Fish Processing was initiated on April 12 and 13, 2022 to maximize their resources.

For less than three years, the UEO was not able to enter the premises of the Ilocos Sur Provincial Jail due to pandemic restrictions, but this year, due to more lenient protocols, UNP was able to conduct a series of activities in the area. In the second quarter of this year, a Skills Training on Crochet Making was conducted on March 10, 2022. This activity was spearheaded by the College of Teacher Education and Laboratory Schools through the leadership of their principal, Dr. Aurelia Vitamog. Dr. Elmarie R. Rin and Ms. Arlene R. Tabuac served as trainers and were facilitated by Ms. Claudette C. Rabago.

A skills enhancement on mushroom production was also conducted with the PDLs on April 7 and 8, 2022. This activity was requested by Mr. Raymond Tabios, the Provincial Warden, since most of the trained PDLs are already out of the facility. The training aimed



Ms. Rabago supervises the participants during the Training on Smoked Fish Processing



Participants demonstrating their skills in Crochet making.



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to sustain the project in the area, which has served as an income-generating project for the inmates and an Agri-tourism site. The training was spearheaded by Dr. Edelyn A. Cadorna, University Research Development Office Director, and Miss Marites Raboy, Chief of Mushroom Research and Development Center. Mrs. Jessa C. Ramos was the trainer, and Ms. Claudette R. Rabago served as facilitator. The said training was attended by selected Ilocos Sur Provincial Jail personnel and officers, and members of 4H Club, an accredited and award-winning organization for the inmates.



Mrs. Ramos discussing the process of mushroom propagation with the inmates.

Solot-solot National High School is also one of the adopted schools of the University. They have been the beneficiary of the Training workshop on Beauty care and Personality Development. Conducted on March 24 to 25, 2022, this activity was initiated by the Laboratory Schools. Dr. Vilma P. Avila, the school principal, personally requested this activity. The teachers and PTA officers of the said school participated in the training. Faculty members from CTE-Laboratory schools present were Ms. Arlene Kriszel Tabbuac, LS Extension Coordinator, Mrs. Roselyn Alon, and Mr. Randall R. Rabacal served as the trainer for beauty care training; Mr. Lester A Aaron was the resource speaker for the Seminar on Personality Development. Ms. Claudette C. Rabago, Ms. Marielle Ann Versoza, and Mr. Larry Mar Casil were the facilitators and documenters.



Participants demonstrating the skills they learned from their trainers.

Another training conducted in San Juan Ilocos Sur was Skills Training on Culture Mushroom Production on June 2, 2022. San Juan National High School Teachers participated in the said activity, which is part of their Gender and Development Projects.



Participants of the training pay attention to the instructions of the trainers.

Through the University Extension Adopt-a-school and community program, Mr. Allan R. Requilman, Nagtupacan Elementary School Principal, formally requested technical assistance on training on fish processing (siomai and shanghai) for their gender and development activity on June 23 to 24, 2022. Ms. Claudette Rabago, the UEO Coordinator for Food Processing, served as the trainer.



Ms. Rabago showing the techniques needed, which were applied by the participants afterward.



Ms. Rabago discussing and showing the process of fish processing.

Reaching out to the UNP's beneficiaries is an enriching experience, especially when participant show their interest and express their intention to put into practice the skills they learn from the training.

UEO, CTech hold Training on Small Engine Repair

By Dr. Ismael Rivera

The University Extension Office and UNP-College of Technology sponsored a 10-day Training on Small Engine Repair at Pantay Tamurong, Caoayan Ilocos Sur. This activity was held every Saturday and Sunday, starting on February 19, 2022, and ending on March 20, 2022. The training aimed at enhancing the knowledge and skills of the residents on small engine repair such as Motor Boat and Motorcycle. Faculty members of the College of Technology were the trainers, and 25 residents of the said barangay attended the training.



The resource speaker discussing the basics of the small engine.



The trainer and the participants applying the concepts they learned the previous days.

The University of Northern Philippines in partnership with the Bureau of Fire Protection (BFP) - Vigan City Fire Station held a Fire Safety Training on February 16-18, 2022 at the UNP Gymnasium. The 3-day activity was intended to equip participants with knowledge and skills in responding to fire emergencies.

It was participated by teaching and non-teaching personnel and invited participants from Vigan City Public Safety and Disaster Risk Reduction and Management Department. Resource speakers were personnel of the BFP Vigan City Fire Station. The activity's opening program was attended by SINSP. Rex A. Dela Cruz, Acting City Fire Marshal, who stressed the

UNP, BFP Partner on Fire Safe Training

By Mr. Jastin Soria



Dr. Erwin F. Cadorna, UNP President, delivers his message during the opening program of the training. SINSP. Rex A. Dela Cruz, Acting City Fire Marshal, receives a token of gratitude from the university represented by Dr. Cadorna, Dr. Rocamora, and Dr. Bueno

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importance of becoming vigilant during the fire-prone season. Also present during the opening program held on the first day were Dr. Erwin F. Cadorna, UNP President; Dr. Fatima F. Rocamora, OIC-OVPRE; and Dr. Christopher F. Bueno, OIC-UEO Director.

The first day of the training was allotted for lectures on various topics

and demonstrations of various skills. The second and third days were intended for the return demonstration of the different skills and simulation activities. The participants were able to acquire skills such as Basic Fire Suppression, Ropemanship, Zero Visibility Drill, Rapelling, Wild Hose Manuevering, and Fire Suspension Drill.



Trainees are performing the various skills learned during the training such as Basic Fire Suppression, Ropemanship, Zero Visibility Drill, Rapelling, Wild Hose Manuevering, and Fire Suspension Drill.

UNP, San Vicente LGU Renew Ties

By Bernardo Oliver A. Arde, Jr

The University of Northern Philippines and the Local Government Unit of San Vicente forged a new Memorandum of Agreement (MOA) on February 23, 2022, at San Vicente Mayor's Office. The agreement highlights the renewal of their ties as partners in community development. The renewal came months earlier before the expiration of the previous MOA under the Adopt-a-Community program of the university.

Present during the

Signing of the MOA were Dr. Erwin F. Cadorna and Hon. Jose C. Tabanda III represented the University and LGU San Vicente, respectively. Witnessing the MOA signing were Dr. Fatima F. Rocamora (VPRE), Dr. Eleanor Belizar (Executive Assistant to the President), Dr. Christopher Fuster Bueno (OIC-Director, UEO), Dr. Lloyd Mata, and Ms. May Evelia Ruadap (UEO Coordinators).



Dr. Cadorna and Hon. Tabanda signing the new MOA at Mayor's Office San Vicente Ilocos Sur.

UNP-CArch Proposes Ilocos Sur Farmers Cultural, Economic Development Center Concept Design

by: Engr. Maila P. Ragasa

Committed to providing quality professional or technical services, the UNP College of Architecture was tapped by the government of Ilocos Sur, headed by then Governor Ryan Luis V. Singson, in the planning and the conceptualization of the design for the proposed Ilocos Sur Farmers Cultural and Economic Development Center. The soon-to-rise edifice is expected to be one of the grandest and biggest in the North. An initial meeting with Gov. Singson held last January 17, 2022, was well-attended by the representatives from the College led by Engr. Maila Ragasa (Extension Coordinator), Ar. Monserrat Pescador (Asst. Dean), Ar. Ludivina Lozano (Program Head), Ar. Charles Angelo Andrada, Ar. John Derick Dasugo, and Ar. Jeoffel Cabanting.

After the meeting, the group headed to the site for an immediate ocular inspection. It was agreed during the dialogue that the conceptualization would be done in



College of Architecture Faculty members during their meeting with Gov. Ryan Singson about the details of the design competition for the Proposed Ilocos Sur Farmers Cultural and Economic Development Center.

Design 7 subject as one of the major plates of 4th year BS Architecture students under the supervision of their Design Instructors, Ar. Charles Angelo Andrada, Ar. John Derick Dasugo, and Ar. Jeoffel Cabanting. From the three (3) sections of 4th-year students, a pool of design critics will choose the best designs to be presented to Gov. Singson and from which Gov. Singson will determine the final design.

The designs were done just in time for Gov. Singson's State of the Province Address (SOPA). The design critics, headed by Dean Fatima Nicetas A. Rabang-Alonzo, chose the top three best designs and submitted them to the Office of the Governor. Gov. Singson chose the "Dinamili Concept." Mr. Win Chester Espiritu, BS Arch 4 student, presented the concept design under the supervision of their design instructor Ar. Charles Angelo T. Andrada during the last SOPA of Gov. Singson as one of the highlights. After the presentation, another consultative meeting was held at the Office of the Provincial Engineering to finalize the design, specifically on its structural concept and the materials to be used in the project's actual construction.



Mr. Chester Espiritu, BS Arch 4B student, during his presentation for "DINAMILI," their group's chosen Design Concept for the Ilocos Sur Farmers Cultural and Economic Development Center.



The groundbreaking ceremony of the Proposed Ilocos Sur Farmers Cultural and Economic Development Center at the Kannawidan Grounds, Tamag, Vigan City, Ilocos Sur. This significant event was attended by the chosen group of designers, Dr. Erwin F. Cadorna (UNP Presiden), Dean Fatima Nicetas Rabang-Alonzo, Engr. Maila P. Ragasa, the Unit Extension Coordinator, Ar. Charles Angelo T. Andrada, the design instructor, Provincial Board Members, Gov. Ryan Luis V. Singson, and provincial Officials and staff

UNP-LS Faculty Members Join UNP Volunteerism

By Ms. Claudette Rabago

The University of Northern Philippines, through the University Extension Office (UEO), conducted a Volunteerism Day at the Gawad Kalinga Residence, San Vicente Ilocos Sur on February 24 and 25, 2022. Gawad Kalinga (GK), being one of the beneficiaries of the UEO, was at receiving end of various activities lined up in celebration of the said Volunteerism Day. Part of the celebration was the repainting of GK houses by employees of the university on February 24, 2022. Paints used during the activity were donated by various colleges of the university.

Another activity conducted was the Skills Training in Chalk and Figure Making on February 25, 2022. This activity was spearheaded by the UNP – Laboratory Schools. UNP-LS Faculty Members served as the trainers and facilitators and GK Residents were the participants.



LS Faculty and staff join the UNP Volunteerism Day at GK Residence.

UNP-LS Researchers Disseminate Outputs

By Ms. Arlene Kriszel M. Tabbuac & Mr. Jeffrey E. Galangco

Faculty researchers from the University of Northern Philippines – Laboratory Schools, took their research to another level by disseminating their research results. Mr. Edmar M. Paguirigan and Ms. Marjorie Janel R. Paguirigan shared their research study entitled *Ilocano Parenting in the Digital Age* at Gawad Kalinga Residence, San Vicente, Ilocos Sur, on April 22, 2022.

This research dissemination aimed to provide information on the parenting styles and perceived effect of technology on children's behavior, academic, social, and physical life based on the study mentioned above. The researchers distributed pamphlets to inform parents about the proper way of addressing the misbehavior of the precious child. Moreover, extension activity provided knowledge on appropriate parenting styles to address children's misconduct, screen time, open communication, rewards and punishment, and watching together to manage children's use of technology.



*Mr. and Mrs. Paguirigan share their research results from their study entitled *Ilocano Parenting in the Digital Age*.*

LIST OF EXTENSION COORDINATORS

University Extension Office

1. Ms. May Evelia V. Ruadap
2. Dr. Ismael C. Rivera
3. Dr. Lloyd A. Mata
4. Dr. Bernardo Oliver A. Arde, Jr.
5. Ms. Jevie A. Abella
6. Mr. Justin R. Soria
7. Ms. Claudette C. Rabago

- Livelihood and Training Services
- Advocacy and Research Dissemination
- Community and Social Services
- Extension Publication
- Health and Allied Services
- Disaster Risk Reduction Management
- Food Processing

Academic Units

1. Dr. Eileen Rose C. Quilon
2. Dr. Efren U. Galapon
3. Mr. Rogelio R. Rabena
4. Mr. Glenn J. Benzon
5. Mr. Karl Marx Pilar
6. Engr. Maila Ragasa
7. Engr. Nerio Querubin
8. Ms. Alma Somera
9. Mr. Greg Quilana
10. Ms. Jenifer T. Cabides
11. Mr. Wilson Tolio
12. Ms. Jezionelle Punio
13. Ms. Arlene Kriszel Tabbuac
14. Mr. Rolando Artates
15. Mr. Stephen C. Tabios
16. Ms. May Evelia Ruadap
16. Mr. Nolito Ragunjan
17. Dr. Resituto Llagas
18. Mr. Edzel Pablo
19. Mr. Mark Christian Palo

- College of Business Admin. & Accountancy
- College of Teacher Education
- College of Communication & Information Technology
- College of Hospitality & Tourism Management
- College of Fine Arts and Design
- College of Architecture
- College of Engineering
- College of Public Administration
- College of Health Sciences
- College of Nursing
- College of Criminal Justice Education
- College of Social Work
- Laboratory Schools
- College of Technology
- College of Arts and Sciences
- College of Arts and Sciences - Core
- Department of Languages and Humanities
- Department of Mathematics & Natural Sciences
- Department of Social Sciences and Philosophy
- Department of Physical Education

UNP Quality Policy

We are committed to provide excellent instruction, research, and extension services toward the total satisfaction of stakeholders and the development of globally skilled and morally upright graduates instilled with rich cultural values.

We abide by applicable requirements and continuously review and improve our quality management system.

**"DEKALIDAD A SERBISIO ISAGUTMI KADAKAYO,
ADAL NGA INKAM IPAAY MANGTUBAY KINATAO
A MANGITUNDA TI BALLIGI ITI SADINO MAN A DISSO."**

