



# DAMILI



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## Tulong Mula sa Puso ng UNPians

Version 2 Provides Relief to Typhoon Maring Victims

by Bernardo Oliber A. Arde, Jr.



Aiming to extend a helping hand to fellow Ilocano families greatly affected by the onslaught of Typhoon Maring, the University of Northern Philippines, through the *Tulong Mula sa Puso ng UNPians* initiative of Dr. Erwin F. Cadorna, UNP President, conducted relief operations in some localities in the Second District of Ilocos Sur.



The initiative aims to assist those needing help following the pandemic and other natural calamities.

Meanwhile, having the *Alay Buhay, Sagip Buhay Program* of the University Extension Office (UEO) aligned with the University President's initiative, all University members have joined together in this concerted effort of the University. With Typhoon Maring wreaking havoc in many, if not all, parts of the Second District of Ilocos



Sur on October 11, 2021, the University has provided one sack of rice, a bag of grocery items, and one case of distilled water, among others, to each family of the selected communities.

On the first day of the relief operations, about 410 families from Brgy. Nagsayaoan (210 families) and Brgy. Cabaroan (200 families) Sta. Maria, Ilocos Sur were benefited from the activity. The UNP team was warmly welcomed by the members of the community headed by their Barangay Captains: Mr. Jayson Enrique (Brgy. Nagsayaoan) and Ms. Florentina C. Racca (Brgy.

Photos were taken during the relief operations of the university in various towns of Ilocos Sur.



Cabaroan).

On the second day of the relief operation, the UNP team headed towards Sta. Cruz, Ilocos Sur, and Candon City to hand over approximately 320 of the same goods mentioned above.

Community members of Sitio Pantar, Brgy. Villa Hermosa, Sta. Cruz (200 families) and Parish members of Brgy. Darapidap, Candon City (120 families) were the beneficiaries of the relief operation. The University Team was greeted by Mr. Elpidio Ragunton (Brgy. Captain of Sitio Pantar) and Fr. Jack Cabatu (Parish Head of Brgy. Darapidap).

Executive officials and Ex-officio members of the University, headed by Dr. Cadorna was present during this two-day activity. They were supported by the University Emergency Response Team, Staff of the University Extension Office, Alumni Representatives, and other members of the UNP community.

# EDITOR'S NOTE



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## Intensified Extension Programs through New Leadership

In these rapidly changing times and circumstances, organizations need innovative, creative, and committed leaders to thrive and grow. Innovative leadership is crucial for organizations to remain relevant and responsive to the needs of the times.

Extension programs, being the institution's mechanism of fulfilling its social responsibility, are expected to be initiated by people who have a genuine concern for others and a love for service. These attributes are driving forces in delivering activities instrumental in addressing the needs and concerns of the communities. Also, through these qualities, leaders perceive that no obstacle is a too significant hindrance in carrying out extension activities for the benefit of the individuals in dire need of assistance and the community at large.

As communities battle with the effects of the COVID-19 pandemic, additional challenges may come along the way. Inevitably, communities will need more assistance to bounce back from the despondency brought about by the pandemic. Yet, UNP's partner organizations and institutions need not worry. With the stewardship of Dr. Erwin F. Cadorna, known for his servant leadership, and assisted by tried and tested allies in serving the community in the person of Dr. Fatima F. Rocamora as the new Vice President for Research and Extension, and Dr. Christopher F. Bueno as the Officer-in-Charge of the University Extension Office, everyone is assured that UNP will continue to intensify its extension programs for the benefit of the communities. UNP is continuously finding ways to be creative and innovative in delivering its services to the communities and stakeholders to become responsive and relevant to the needs of the times. No pandemic nor disaster can ever break UNP's desire to serve the community – a time-honored purpose of its existence.



# CArch Provides Designs to Partner Institutions

by Engr. Maila B. Pedrigal-Ragasa

The College of Architecture (CArch), is a pioneer institution that provides design concepts, stylish designs and innovative infrastructure plans to various agencies. They humbly contribute to infrastructure development in the province of Ilocos Sur through this endeavor.

On November 4, 2021, CArch turned over the Población Urban Development Plan of Sta. Catalina, Ilocos Sur to its Mayor, Hon. Edgar Rapanut. The activity took place at the College of Architecture building and was attended by Mayor Rapanut and his entourage together with the Ar. Fatima Nicetas Rabang-Alonzo and her colleagues. This plan will serve as the blueprint for the town's physical development in the implementation of future projects that will promote the town as a culturally-attractive and sustainable place.

Also, on December 17, 2021, CArch thru Extension Coordinator Engr. Maila P. Ragasa, Dean Ar. Fatima Nicetas R. Alonzo, Asst. Dean Monserrat Pescador Faculty in charge of the design Ludivina Lozano turned over the final conceptual design of the 2023 Cristo Rey Celebration Stage for the host St. William's Parish Priest Rev. Fr. Albert Rabe and PPC President Dr. Estrella Oliva. Apart from this, CArch Extension Programs aims to provide heritage conservation and development plans for the St. William Parish Church (TAWID IPATEG) Complex by giving professional expert and technical services by means of conceptual designs that harmonized and integrate with the church-built heritage.



*Hon. Mayor Edgar Rapanut, Mr. Leobert Plana, Planning Officer LGU Sta. Catalina, and other staff of the Municipal Engineering Office and the people behind the realization of this plan headed by the Dean of the College of Architecture, Fatima Nicetas Rabang-Alonzo, AD Monserrat Stevens F. Pescador, PH for BS Architecture Program Ar. Mon-Cres A. Toje, Unit Extension Coordinator Engr. Maila P. Ragasa, and the Lead Designer Ar. Rommel Feliciano.*



*Faculty members of the College of Architecture turn over the design to Rev. Fr. Albert Rabe and Dr. Estrella Oliva.*



# CAS Celebrates Anniv through Extension Activities

by Mr. Stephen Tabios



*Dr. Marifel Q. Acena and staff conducted Team Building Activity at Candon City*

The College of Arts and Sciences, in its 56<sup>th</sup> year of existence, is not only a partner of the university in academic endeavors but also in extension activities.

As such, the college conducted several activities and programs which were implemented by the different academic programs together with the four departments. Said activities and programs were geared to address the needs, issues, and concerns of the beneficiaries based on the results of the needs assessment survey and the requests of partner agencies.

In the second half of the year 2021, particularly the last two months with the easing down of the IATF protocols on the COVID-19 pandemic, the college had a more viable climate in undertaking extension endeavors.

Faculty members of the Academic Programs and the General Education Courses have been remarkably active in the conduct of extension activities to the different communities and adopted schools of the college.

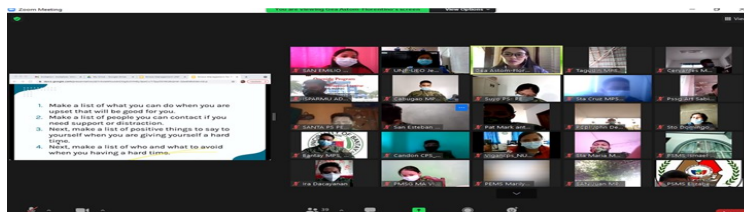
The Master of Arts in Guidance and Counseling conducted an activity entitled “Team Building Activity for Philippine Statistics Authority” on December 23, 2021, at Ban-aw Resort, Candon City, Ilocos Sur. The recipients of the activity were the Region I Philippine Statistics Authority personnel. The activity focused on mental health and stress management in the workplace. This is a joint extension activity with UNP Guidance and Counseling Services and Information and Orientation Services unit.



*Prof. Antonio Ayop, the BS Marine Biology Program Head, delivers his lecture on Coral Reef Ecosystem at Nalvo, Sta. Maria*

The BS Marine Biology Program conducted activities on the traditional and cultural practices in managing coastal and marine resources through women's participation at Nalvo, Sta. Maria, Ilocos Sur and at the Gawad Kalinga Site at San Sebastian, San Vicente, Ilocos Sur on December 9-10, 2021. The highlights of the activity were lectures on coastal resources of Ilocos Sur (mangroves, seagrass, and coral reef), women's participation in the fishing industry, tradition and culture in fishing practices, and good practices in managing coastal and marine resources.

The BS Psychology program extended its services as a resource speaker and trainer for webinar training for police officers in Region 1 as part of the program's Project Hiraya. The topics include Mental Health Awareness, Stress Debriefing Techniques, and Psychological First Aid. The activity mainly aimed to raise awareness about mental health. It aimed to make the police officers understand its components, its aspects, as well as the mental health continuum. This webinar training also aimed to teach Police Officers basic stress coping strategies, which are vital in managing the stress brought about by the pandemic.



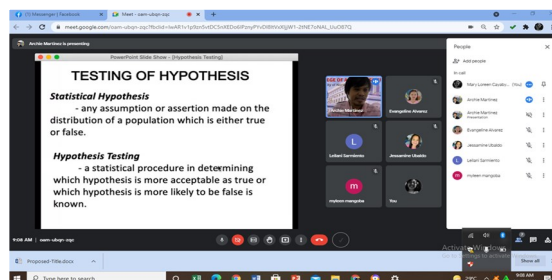
*Prof. Christian Gea A. Florentino delivers her lecture on the Basics of Psychological First Aid to the Officers of the Philippine National Police Region 1 on August 12, 2021.*



The Master of Statistics program conducted an activity entitled “Tutorial in the Use of Microsoft Excel Analysis Toolpak (Inferential Statistics) at Solotsolot National High School on July 6, 2021. The lecture covered two topics: Introduction to Inferential Statistics and Introduction to Hypothesis Testing.

Physics Salindunong is an extension program of the BS Physics. It primarily aims to capacitate the teachers and students of the adopted schools of the college in the proper use of the available science laboratory instruments, conducting an investigatory project, writing an action research, among others. on December 12-13, 2021, the program monitored and gave lectures on how to write the research methodology.

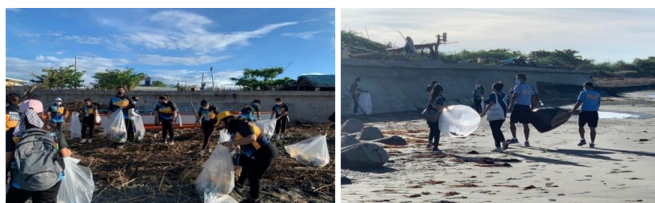
Espousing the concept of “teaching-on-air,” the Department of Languages and Humanities conducted radio programs with the hope of reaching more participants/listeners for their planned activities. On November 29, 2021, the DLH conducted an extension activity through the radio Station of the university DWNP, entitled, **Tangguyob: Hatid Dunong: Abot-Tulong**. In this activity, a faculty member, Ms. Lei Ann Sambilaja, discussed, ang *Wika at Lipunan* and “*Ang Responsableng Komunikasyon sa Bagong Normal*.”



*Dr. Archie Martinez delivers his lecture on Inferential Statistics and Hypothesis Testing*



*DLH Faculty Members during their radio program at DWNP.*



*DPE Faculty members during their Coastal Clean-up at Fuerte, Caoayan, Ilocos Sur.*

The Department of Physical Education conducted a Coastal Clean-Up Drive at Brgy. Fuerte, Municipality of Caoayan, and Brgy. Mindoro, Vigan City, Ilocos Sur, respectively. A Zumba Dance Exercise was held as a kick-off activity participated in by Brgy. officials, residents, and members of the Coast Guard. In the afternoon, residents gained awareness of some women’s issues like Violence Against Women through the flyers distributed by the DPE Faculties. A similar activity was conducted on November 19, 2021, at Brgy. Sived, Municipality of Sto Domingo, Ilocos Sur.



*DMNS Faculty Members during their Math Tutorial at GK San Vicente and Coastal clean-up.*

The Department of Natural Sciences and Mathematics, consistent with the mantra of the University Extension Office of community engagement by faculty members, conducted a number of extension activities in various places, to wit; On December 10, 2021, the DMNS conducted a need-assessment activity at the Magsingal National High School, Municipality of Magsingal, Ilocos Sur. On the same day, skills training in Food Processing was also conducted. In another venue, on December 14 and 15, 2021, the DMNS Faculty conducted a tutorial service among the residents of the Gawad Kalinga in the Municipality of San Vicente, Ilocos Sur, entitled, “Math Tutorial sa GK” and “Science Tutorial sa GK.”

The Department of Social Sciences and Philosophy conducted extension activities through the regular radio program of the College of Arts and Sciences entitled, *Kultura, Aglawlaw ken Sika* at the DZNS Radio Station, tree-planting, coastal clean-up, and lecturing. On November 13 & 17, 2021, Mr. Stephen S. Tabios, CAS Extension Coordinator, and DSSP Faculty member tackled in the radio program the life of the former President Elpidio Quirino, whose birth date is on November 16. On November 26, 2021, faculty members of the DSSP participated in tree-planting and coastal clean-up activities that were conducted in two separate venues, tree-planting in Sto. Domingo, Ilocos Sur, and coastal clean-up in Brgy. Nalvo, Sta. Maria, Ilocos Sur. On December 10, 2021, The DSSP, in partnership with the College of Law, conducted Values formation and Free Legal Counselling Clinic for People Deprived of Liberty.



*From left to right: Mr. Tabios during the radio program at DZNS. DSSP Faculty during their coastal clean-up at Sta. Maria Ilocos Sur.*

With the ushering of the new year, the college hopes to embark on conducting more community engagements aimed at helping and assisting the beneficiaries and stakeholders.



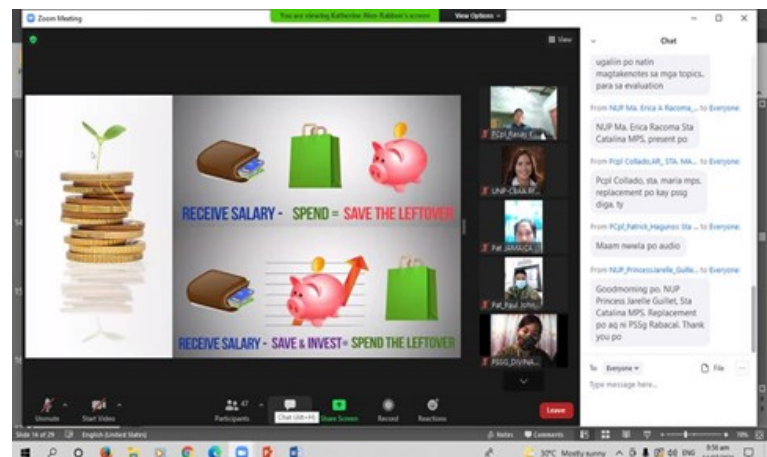
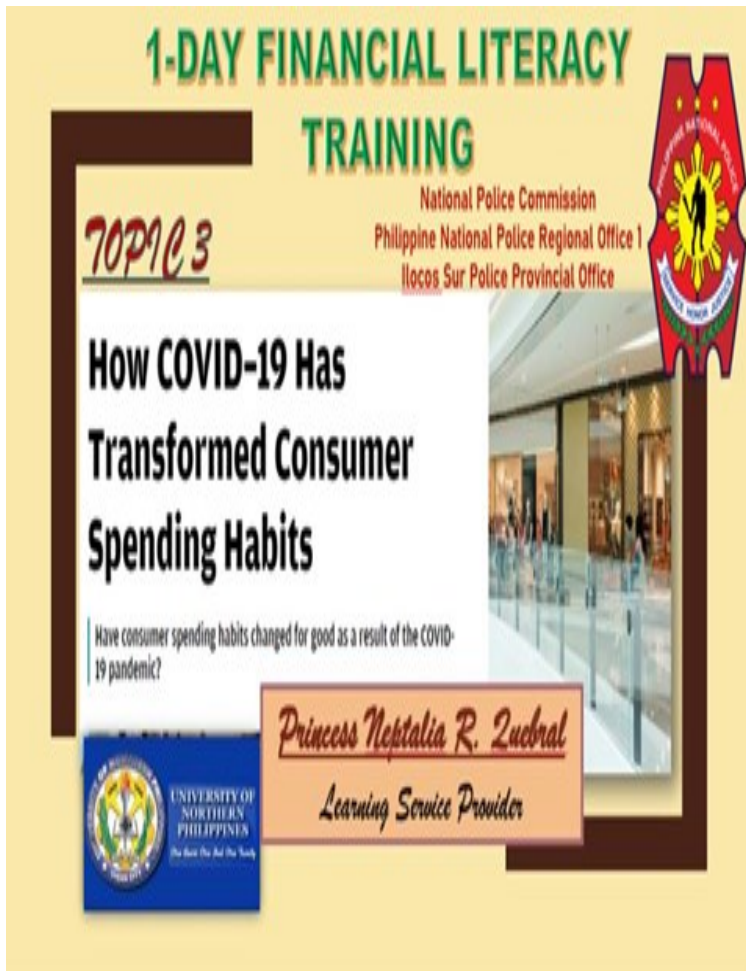
# CBAA

## Graduate Programs Hold Financial Literacy Training

by Dr. Princess Neptalia Quebral

The graduate program of the College of Business Administration and Accountancy (CBAA) initiated training on Financial Literacy on July 14, 2021. This webinar was participated by the Philippine National Police personnel in the province.

The activity held via a virtual platform covered topics such as Perspective of Financial literacy and Components of Financial Literacy, Clean Note Policy, Coin Re-circulation Program, Cashless Payments, and COVID-19 Spending Habits. Speakers during the activity were faculty members of the college in the person of Ms. Katherine Alon-Rabbon, Ms. Joana E. Rivad, and Dr. Princess Neptalia R. Quebral.



PNP participants of the webinar listen attentively to the discussion of the CBAA Faculty members.



# CCIT Sponsors Training on Basic PC Troubleshooting

*by Dr. Ismael Rivera*

The members of the faculty of the College of Communication and Information Technology (CCIT) sponsored a training on basic computer troubleshooting for Ilocos Sur Police Provincial Office (ISPPO) Personnel on November 26, 2021, via a virtual platform. The training was attended by 43 Philippine National Police (PNP) offices from the different municipalities of Ilocos Sur.

The training started with a short prayer led by Police Corp. Jared Ragadi. Police Major Reynaldo C. Mendoza, Jr., the Chief of the Provincial Administrative Record Management Unit, rendered his welcome message. He emphasized to the PNP Officers to listen and participate attentively to re-echo whatever skills and knowledge they will learn from the webinar. He commended the University of Northern Philippines for its continuous support and for continually granting their request. He also verbalized that he is grateful and may his fellow police be able to apply the given lectures if there is a computer problem. Thus, they can save on the cost of repairing.

Mr. Flynn Castro, the Unit Extension Coordinator of CCIT, was tasked to introduce the lecturer. Mr. Angelito Ramos successfully discussed Basic Computer Trouble Shooting and Installing Windows Operating System. Mrs. Rosanne Agup and Ms. Jennyfer Alasaas, CCIT Dean and Assistant Dean, respectively, helped in facilitating the webinar and took the opportunity to introduce their programs and services, which are readily available to be implemented in the facility.





## CCJE Faculty Mainstreams Bawal Bastos Law

By Dr. Wilson Tolio

In support of the 18-day Campaign to End Violence Against Women, the College of Criminal Justice Education (CCJE) initiated a Seminar on RA 11313 or the Safe Spaces Act otherwise known as the Bawal Bastos Law on December 10, 2021. Dr. Arlan Reburon served as the lecturer while the residents of San Lucas Magsingal Ilocos Sur were participants in the said activity. This activity is in support of the Philippine government's goal of protecting the human rights of women and girls by upholding its commitment to address all forms of gender-based violence as enshrined in the 1987 Constitution.



From left to right: Dr. Reburon enlightens the participants regarding the provisions of RA 11313 or the Anti-Bastos Law. Participants listened attentively to the lecture.

## CCJE, CLaw Highlight Child and Youth Welfare

By Dr. Wilson Tolio

In line with the nationwide celebration of the 29th National Children's Month with the theme "**New Normal na Walang Iwanan: Karapatan ng Bawat Bata Ating Tutukan!**", the College of Criminal Justice Education (CCJE) through its Research and Extension Office and the College of Law (CLaw) conducted an activity entitled "Seminar on Child and Youth Welfare Protection" among the residents of Barangay Pantay Tamurong, Caoayan, Ilocos Sur on November 29, 2021. The said activity aimed to promote awareness in the community about children's rights and encouraged the participants to advocate inclusive and equitable life-long learning opportunities for all children. Atty. Kristalyn P. Vega-Alves served as the resource person, while other faculty members of the College of Criminal Justice Education and the College of Law were also in attendance to facilitate the said activity.



Left Photo: Atty. Kristalyn P. Vega-Alves enlightens the participants about Child and Youth Welfare Protection.



Right Photo: Atty. Kent Alvin Guzman and Atty. Meilyne Padua of the College of Law distribute reading materials about the topic discussed.



The participants listen attentively to the lecture of the guest speaker, Atty. Krystalyn Vega-Alves of the UNP College of Law. Dr. Tolio expresses his appreciation to the participants for the warm welcome extended to them and for their active participation.



# CGAD, CLaw Partake DepEd's Anti-VAWC Campaign

by Dr. Ismael Rivera

UNP's Center for Gender and Development, in partnership with the College of Law, took part in the Anti-VAWC Campaign of the Department of Education-Vigan on December 4, 2021, at Katib Beach Resort, San Juan Ilocos Sur.

Anchored on the theme *"Filipino Marespeto: Safe Space Kasali Tayo,"* part of the 18-day campaign was a lecture on Safe Space Act or the Bawal Bastos Law discussed by Atty. Kent Alvin Guzman of the College of Law. Teachers of Vigan National High School West participated in the activity and selected PNP Personnel around the area.



Clockwise photos: Atty. Guzman discusses the topic given to him, and the participants are all ears to his discussion. Organizers hand the certificate to the speaker at the end of the lecture.



# CHTM Initiates Different Skills Training

By Mr. Glenn J. Benzon

*Dr. Blessie B. Cabanting, Dean of CHTM, facilitate the registration of the participants. Ensuring that health and safety protocols are well implemented in the conduct of extension*



*Mr. Oliver T. Deladia faculty of CHTM demonstrates different style of napkin folding.*



*Mr. Patrick Spenser C. Aquino performs the process in making Calamansi juice.*



*Dr. Mitessa-Inah Reynante, the Asst. Dean of the CHTM, showcases her skills in buffet table skirting and arrangement.*

The year 2021 has been full of challenges, primarily due to the COVID-19 pandemic. Nevertheless, the University Extension Office and the College of Hospitality and Tourism Management, with the committed and responsible faculty extension project implementers, have paved the way in continuously helping uplift the community members' lives.

Since the onset of the community quarantine period, the Unit Extension Flagship Program dubbed SERVICE (Social Responsibility and Endless supports that are Responsive, through Viable and Innovative Community Extension service) of the unit started rolling the "Project Kakibin sa Pag-unland." The said project was conducted and initiated benefitting a total of twenty-five (25) individuals comprised of recipients from the Barangay Cacadiran, Cabugao Ilocos Sur.



*The CHTM Extension Unit initiate a two (2) days Training on Events Mgt. and Catering Services & the Process in making Calamansi Juice. Participated by a total of twenty-five (25) individuals comprised of recipients from the Barangay Cacadiran, Cabugao Ilocos Sur, held on November 12 & 15 2021.*

On November 12 and 15, 2021, participants and beneficiaries were given two (2) days of technical and skills training on Events and Catering Management and Calamansi Juice Processing. This activity aimed to help reconsider opportunities and recover from the current situation brought about by the COVID-19 pandemic.

Mr. Glenn J. Benzon facilitated the first training day, together with Mr. Oliver Deladia, and Dr. Mitessa-Inah Reynante who demonstrated the standard table and buffet set-up. On the second day, Mr. Patrick Aquino showed the processes of making Calamansi juice. Dr. Blessie B. Cabanting, the dean of the college, and other faculty members were also present in these activities.

Two (2) of the completed extension activities under the "Project Kakibin sa Pag-unland" were highlighted and presented in the Level III- phase 2 survey visit for the Bachelor of Science in Hospitality Management and Bachelor of Science in Tourism Management conducted by the Accrediting Agency of Chartered Colleges and

Universities in the Philippines (AACUP) held on December 8 to 10 2021 and gained a positive result based on the review and evaluation along the Area of Extension and Community Involvement.



# CLaw Holds Legal Counseling Clinic

*From Law Students Government Facebook Page*

The Legal Counseling Clinic For People Deprived Of Liberty joint extension activity by the Department of Social Sciences and Philosophy, College of Law, and College of Criminal Justice Education aimed to educate the detainees of the Provincial Jail of Ilocos Sur via discussion of pertinent penal laws and to offer free legal advice on December 10, 2021.

UNP College of Law professors, Atty. Meilyn Padua and Atty. Mirela Versoza, shared their legal expertise as the panel of speakers by discussing topics covering on the Rights of the Accused, and Good Conduct Time Allowance Law. Also, Mr. Mark Edzel Pablico from the Department of Social Sciences and Philosophy shared his knowledge of Moral and Spiritual Development.

Sheer collective intelligence was fully displayed during the open forum as Atty. Yaye Lares, College Dean, Atty. Kent Alvin Guzman, and Atty. Kristalyn Vega-Alves joined Atty. Meilyn Padua and Atty. Mirela Versoza in answering the legal queries of the detainees.

To accommodate the overwhelming queries, the free legal clinic was simultaneously conducted by the LSG officers during the open forum. Conducting free legal clinics is one of the mediums where LSG officers and law students foster public service and apply what they have learned in law school.



*Clockwise photos: Atty. Padua and Atty. Alves delivered a lecture on the Rights of the Accused and Good Time Allowance. The College of Law faculty answered the PDLs' queries during the Open Forum.*

## CLaw, CCJE, CTE, UEO Conduct Lecture, Skills Training in Tamurong

*by Dr. Ismael Rivera and Ms. Jevie Abella*

A lecture and training were conducted in Barangay Tamurong, Caoayan, Ilocos Sur, on November 29, 2021, at the covered court of the Pantay Tamurong Elementary School. The lecture on Child Welfare was facilitated by faculty members of the College of Law and College of Criminal Justice Education. They were Atty. Krystal Alvarez and Dr. Wilson Tolio.

The Nutri Facts cum Meat Processing (Skinless Longganisa and Embutido) was handled by a faculty member of the College of Teacher Education in the person of Ms. Rozen Villa. Persons who assisted her were the staff of the UNP Extension Office.



*Clockwise photos: Dr. Tolio facilitated the lecture part of the activity while Ms. Villa demonstrated the process of making skinless longganisa and embutido.*

These activities were participated by selected Barangay Health Workers (BHWs), Barangay Nutrition Scholars (BNS), Beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps), and Senior Citizens (SC) of the barangay.





*PNP Officers coming from different stations in Ilocos Sur participate in the webinar on Psychological Wellness and Stress Management discussed by Dr. Epifania Marlene Purisima and Ms. Edna Javier.*

# CN Highlights Mental Health, COVID Vax

By Ms. Jenifer T. Cabides

The COVID-19 Pandemic has brought challenges to different sectors of the government including the Frontliners, particularly the Philippine National Police (PNP). This health crisis has exhausted them physically, mentally, and emotionally in assuming their roles. It was therefore the reason which made the College of Nursing conduct a “Virtual Training/ Seminar on Psychological Wellness and Stress Management for Front liners: PNP” on August 12, 2021. The activity was participated by 50 PNP Officers coming from different Stations in the Province. Dr. Epifania Marlene R. Purisima discussed Mental Health Awareness while Prof. Edna R. Javier talked about the different ways how to Manage stress.

Another event is when the University of Northern Philippines in cooperation with the College of Nursing supported the quest of Vigan City in achieving herd immunity. A series of vaccination activities were conducted on July 1, 21, 28, 29, and 30; November 29-30; and December 1, 15, 16, and 17, 2021 respectively. This was participated by the Volunteer Vaccinators of the College of Nursing including Luigi T. Navarro, Marichu N. Umayam, Marie Jane U. Supnet, Mary Juli-an A. Palma, Maricris B. Florendo, Cherry B. Banilad, Richmund Audrey A. Cortez.



**Residents receive shots against COVID-19 in Vigan City, Ilocos**

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*Faculty members of the College of Nursing served as Volunteer Vaccinators during the COVID-19 Vaccine Roll-out in the City of Vigan.*



# CPAd Rolls Out Extension Activities

by Dr. Alma C. Somera

The College of Public Administration (CPAd) headed by Dr. Joselito D. De La Rosa in coordination with the University Extension Office conducted a Training/Seminar on Responsible Parenthood with *Handog Pamasko* on December 15, 2021, at Barangay Tubigay, Sinait, Ilocos Sur. This activity is in line with the college's pursuit of sustainable extension programs through community development programs for the people; to improve their quality of life and to demonstrate Ilokano cultural values of respect and love for children among others. The participants of the seminar were the members of the Parents-Community Association of Tubigay Elementary School, teachers, barangay officials, and community members.



Awarding of certificates to the CPAd faculty members who served as resource speakers on the training/ seminar on Responsible Parenthood at Barangay Tubigay, Sinait, Ilocos Sur on December 15, 2021. *Handog Pamasko*/Gift-giving to the Day Care Children.

The Hawaiian Lodge/Annak ti Tubigay in Honolulu headed by USN Ret. Reynaldo Ibarra and the Family Goal headed by Ms. Karen C. Calaycay sponsored the *Handog Pamasko* to celebrate Christmas the Ilokano way by highlighting the importance of generosity and compassion to other people.

On December 17, 2021, the CPAd conducted another Seminar/ Lecture on Sustainable Development Goals (SDGs) with *Handog Pamasko* at Alangan, Magsingal, Ilocos Sur which aims to train the male and female participants and to understand the necessity of SDGs fulfillment. The *Handog Pamasko* was sponsored by the faculty members of the college (CPAd Pamilya). The participants/recipients of this activity/program were the members of the *Pantawid Pamilyang Pilipino Program* (4Ps).



The *Pantawid Pamilyang Pilipino Program* (4Ps) members happily receive gifts after the training/seminar on December 17, 2021. CPAd faculty members, facilitators, and other 4Ps officials pose with their lanterns after the activity.



# CTE faculty conducts seminar workshops at Puro NHS

by Mr. Mark Louie Tabunan

Faculty of the different programs of the College of Teacher Education have conducted a series of extension activities and shared their expertise at the Puro National High School, Caoayan, Ilocos Sur on December 13–15, 2021.

The faculty of the Bachelor of Early Childhood Education (BECED) and the Bachelor of Special Needs Education (BSNEd) discussed gender and development and the importance of mental health.

Participants in the said workshop were the 24 teachers of the school. For the workshop, they presented their self-care plan as an output. They were also requested to establish Mental Health Hubs on their campus which can be safe spaces for their solitude and recreation.

Meanwhile, 10 faculty of the Bachelor of Technology and Livelihood Education (BTLEd) and the Bachelor of Technical-Vocational Teacher Education (BTVTEd) conducted skills training.

Dr. Jeanina B. Batin, Dr. Rozen Cabico-Villa, and Mr. Marnie Tabilin discussed food preservations and the procedures of smoked fish processing. It was actively attended by 17 teachers.

Operating a fabricated smoked house design was demonstrated by Dr. Efren Galapon, Dr. Jojit Aquino, Mr. Norman Naval, Dr. Dave Fontejon, Mr. Jake Quitasol, and Mr. Reynaldo Regucera. The said fabricated smoked house design was donated to the school.

Participants demonstrated their skills and presented their outputs on the last day.

BSEd faculty also attended the program. More specifically, Dr. Juvie Lynne Almachar lectured and facilitated a workshop on gender-fair language.



*The Principal of Puro National High School, Ms. Melanie U. Castelo, warmly welcomes the UNP participants and extends her gratitude to UNP Administration, faculty and staff on behalf of the Puro National High School faculty and Staff.*



*Dr Solita Evangeline S. Banez ,BSEd faculty researcher is discussing the CTE Research and Extension Agenda, the significance and how these will benefit the community. The Stakeholders participate actively in the formulation of the aforementioned agenda.*



The Bachelor of Physical Education (BPED) headed by Dr. Matilde T. Concordia lead the participants in promoting physical wellness by providing lectures and workshops, after which, the participants demonstrated their outputs in the form of a Zumba which they pledged to do regularly.

Dr. Christopher F. Bueno, the University's Director for Extension, monitored the conduct of the activity. He emphasized the significance of the linkage between UNP and Puro National High School.

Dr. Bueno, Ms. Melanie U. Castelo (the principal), Dr. Efren Galapon (the CTE Extension Coordinator), and the program heads of the College also held a dialogue on other activities which can be conducted at Puro NHS.



*Dr. Christopher F. Bueno, the University Extension Director speaks on the significance of the extension program between UNP and Puro National High School. He further enumerates the benefits derived from these present and future activities.*

The principal and the teachers expressed their gratitude and commitment to applying all the things that they have learned in the seminar-workshop and skills training. Such was formalized through a Memorandum of Agreement signed by UNP-CTE and Puro NHS.

More collaborations between the two parties will be undertaken in the future for the improvement of the teaching staff of Puro NHS and the community in general.



*Presentation of different physical activities by the BPED/MAT-PE Faculty lead by Dr. Matilde T. Concordia*



*Dr. Leilani Raquipo, talks about Ensuring Mental Health through Self-care.*



*Mrs. Rozen Cabico-Villa and Mr. Marnie Tabilin, BTVTed/BTLED Faculty demonstrate the process and procedures of smoked fish processing.*



# CTE-LS Faculty Members Reach out to Communities

by Ms. Arlene Kriszel Tabbuac

## ***A Relief Giving Mission: Ignite the Ray of Hope for the Victim of Typhoon Maring***

The spirit of giving came early for the College of Teacher Education- Laboratory Schools as they initiated a *Bayanihan* and extended assistance to the victims of Typhoon Maring in Sitio Pantar, Brgy. Villa Hermosa, Sta. Cruz, Ilocos Sur on November 5 to 6, 2021.

The activity is entitled *Securing Future: Social Support Program, Building Resilience, Self-Care and Simulation Procedure for Children, Parents, and Teacher Program* and was a tie-up project with the Girl Scout of the Philippines (GSP), Ilocos Sur Council. It intended to give relief goods such as hygiene kits, clothes, and food packs to assist them in their recovery after the devastation brought by the typhoon. The call for donations was initiated by the GSP officers of the Laboratory Schools from October 13 to 15, 2021. Pupils, students, and faculty members participated in the donation drive and the sorting and packing the relief goods.



*Goods to be distributed to the residence of Villa Hermosa*



*Distributions of goods*

The two-day activity started when the extension Team headed by Dr. Aurelia T. Vitamog departed from the university at 8:00 am. They were welcomed by the Barangay Officials upon arrival, after which the registration of participants took place. A short program was prepared with Ms. Laura Dane Rafanan as the In-charge of the Ceremony. The following short lectures on relevant topics were delivered: Building Resiliency and Moral Recovery by Mr. Lester Aaron, Home Remedies for Skin Diseases by Mr. John Christian Bagasala, and Basic Home Repair: Home Wiring and Appliances by Dr. Jojit Aquino. After that, the highlight of the activity, the distribution of the relief packs, was done.

Sitio Pantar in Brgy. Villa Hermosa was selected as the beneficiary of the said activity because it was one of the barangays in Sta Cruz which was greatly devastated by the typhoon. This simple gesture provided a chance for the Laboratory Schools family to lend a hand and be one with those who are in crisis, especially in these times when everyone is still in the middle of the pandemic.

## ***Skills Training Program on Hair Coloring and Hair Cutting***

The Laboratory Schools of the University of Northern Philippines conducted a Skills Training Program on Hair Coloring for its faculty members on December 9 and 10, 2021, at the UNP-LS Building. The said skills training is a preparation of the department to hone faculty members' potential in hair cutting and hair coloring as they will serve as the trainers for the future extension program of the Laboratory Schools in Sto. Domingo, Ilocos Sur.

The following faculty members were trainers: Ms. Angelica Tabunan, Mrs. Novelyn Fuller, Mr. Lester A. Aaron, Ms. Melody R. Marquez, Ms. Roselyn Alan, Dr. Elmarie Rin, Ms. Aphrodiete Ragunjan, Mrs. Maribel Yasay, and Mrs. Lorely Ablog. Meanwhile, the following faculty members were facilitators: Mr. Glenn Aludino, Mr. John Christian M. Bagasala, Mrs. Avelina J. Tabios, Mrs. Rosalina R. Pascua, and Mr. Joseph G. Acena.



*Mr. Randall giving a hair color mixing demonstration.*



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The program's primary goal is to be an avenue for help as it aims to assist selected barangays in Sto. Domingo and provide them livelihood opportunities. At the same time, it is good exposure for Laboratory Schools teachers as they may develop haircutting and hair coloring skills, both of which are essential grooming skills that may be useful to them personally.

The two-day event started with the registration of participants, followed by a short program initiated by Ms. Arlene Kriszel Tabbuac, in-charge Extension of the Laboratory Schools. The lecture and demonstration were spearheaded by Mr. Randall Rabacal, one of the trainers. The workshop in the afternoon wrapped up the event.



*Hair Coloring sessions among participants of the activity*

# De Vera Retires, Bueno Takes Charge as UEO Exec

*by Bernardo Oliber A. Arde, Jr.*

Dr. Marciana P. De Vera, the University Extension Office (UEO) Director, retired from government service effective September 1, 2021. She takes a bow holding an Associate Professor V of the University. Before her retirement, she had two positions as the Director of the University Extension Office and the Program Head of the Master of Arts in Nursing Program of the College of Nursing. She held various positions in the university but has kept the UEO Director post the longest, for she has served three University Presidents.

On the day Dr. De Vera retired, Dr. Christopher F. Bueno was appointed as the officer-in-charge (OIC) of the office. Dr. Bueno is also known for his active involvement in extension activities and had his roots in extension services. Before being transferred to the College of Teacher Education, Dr. Bueno was a coordinator under the University Extension Office led by Dr. De Vera. His appointment as the new OIC of the UEO is somewhat like a homecoming for Dr. Bueno.



*Dr. De Vera poses for the camera during her last day in the office. Dr. Bueno was warmly welcomed during his first day on September 1, 2022.*



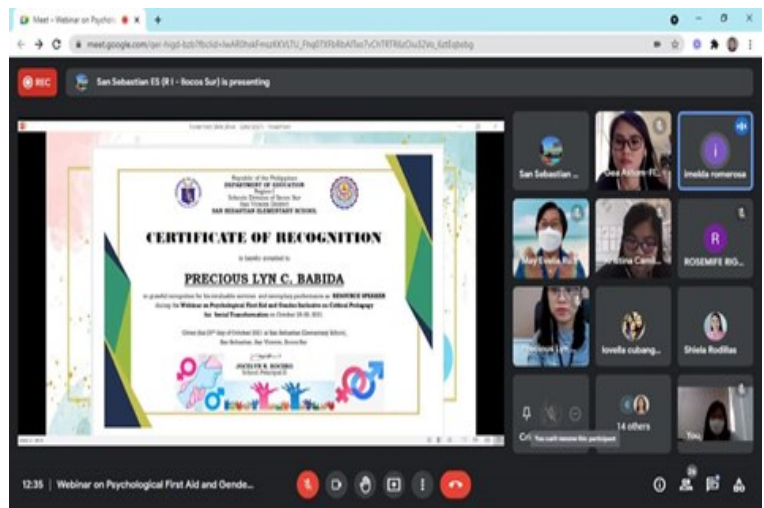
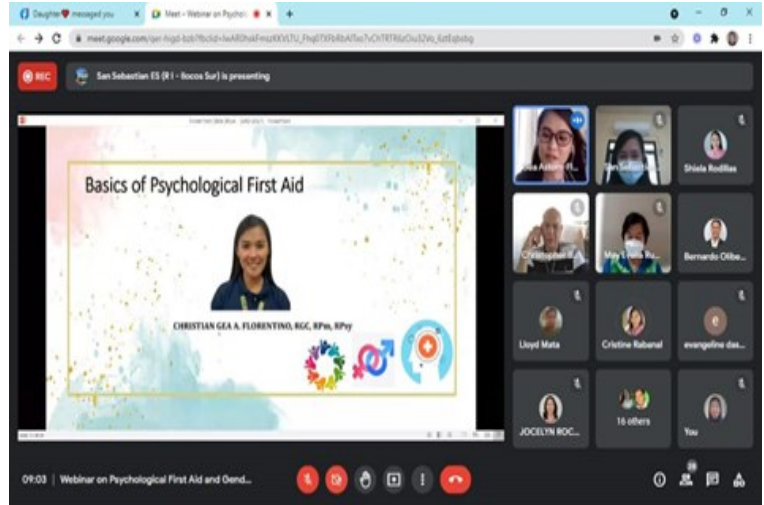
# Elem Teachers Receive Webinar from UNP Experts

by Ms. May Evelia Ruadap

A webinar on Psychological First Aid and Gender Inclusive on Critical Pedagogy for Social Transformation was conducted by the University Extension Office in partnership with the College of Arts and Sciences and UNP Admissions Services on October 28 and 29, 2021. About 25 participants from San Sebastian Elementary School participated in the Virtual intellectual activity.

To equip teachers with ample gender awareness and psychological first aid knowledge, UNP's faculty members served as learning service providers. The first day of the event focused on the Basic Psychological First Aid and Delivering Psychological First Aid delivered by Ms. Christian Gea A. Florentino and Ms. Precious Lyn Cornejo-Babida, respectively. Workshops were conducted in the afternoon. The second day of the activity concentrated on the Gender Inclusive Critical Pedagogy for Social Transformation rendered by Dr. Lloyd A. Mata. Likewise, the afternoon session was focused on their workshop on their reflections regarding their gender biases and prejudices on inclusive teaching. Mrs. Rosemife Rigunay and Mrs. Lovella R. Cubangbang provided impressions of the activity during the first and second day, respectively.

Mrs. Jocelyn N. Rocero and Mrs. Evangeline R. Dasugo of the San Sebastian Elementary School were also in attendance, welcoming and acknowledging the participants. On the part of the University, Dr. Christopher F. Bueno, OIC Director of the UEO, expresses his message that the University is very welcoming to the needs of its partner agencies and is willing to provide for these needs in the best way the University know-how.



Clockwise: Ms. Florentino discusses the Basics of Psychological First Aid. Organizers present certificates to speakers. Teachers participate actively during the workshop.



# GK Residents Join Puto, Puto-pao Making Training

*by Ms. Claudette Rabago and Ms. May Evelia Ruadap*



*From left to right: Participants demonstrate the process of making the products while Ms. Rabago provides instruction and assistance.*

The University Extension Office conducted Skills and Livelihood Training at Gawad Kalinga Residence, San Sebastian, San Vicente, Ilocos Sur, from November 18 to 19, 2021. Ms. Claudette Rabago, a UEO Coordinator, served as the trainer in this activity organized by Ms. May Evelia Ruadap. This training is part of the university's intervention in helping communities alleviate the effects of the pandemic by providing opportunities for skills development that will help people raise their incomes.





*Clockwise photos: Participants listen attentively to the lecture of the resource speakers on the first day and actively participate in the skills training on the second day.*

# High School Teachers Receive Sex Ed Webinar, Skills Training

*By Ms. Claudette Rabago and Ms. May Evelia Ruadap*

Faculty and Staff of Caoayan National High School participated in the Webinar on Sexuality Education: Its Importance and Integration in Learning

Materials and Skills Training on Meat and Fish Processing on November 11 and 12, 2021. The event was a mix of a virtual and face-to-face gathering held at the school grounds of Caoayan National High School.

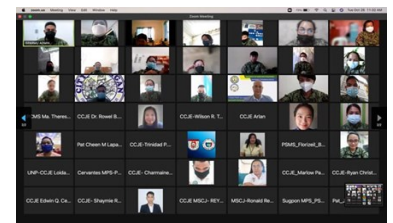
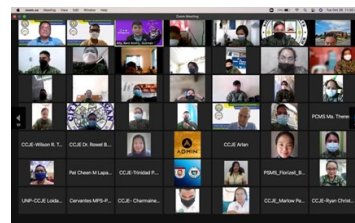
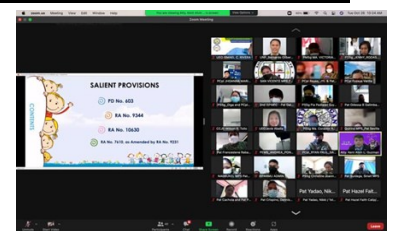
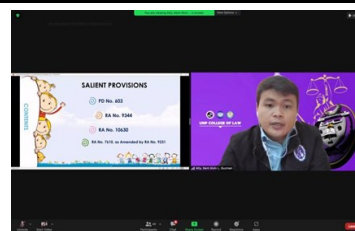
Dr. Lloyd Mata was the resource speaker during the webinar, while Ms. Claudette Rabago and Ms. May Evelia Ruadap were the trainers of the Skills Training. The participants and trainers were welcomed by Mrs. Anita Romano and Ms. Lhowela Riduca, the school principal and GAD focal person of the said institution.

# ISPPO Receives Basic Gender Sensitivity, Child-Youth Welfare Lectures

*by Ms. Jevie Abella and Dr. Ismael Rivera*

In response to the request of the Philippine National Police - Ilocos Sur Provincial Police Office (PNP-ISPPO), a webinar on Basic Gender Sensitivity and Child-Youth Welfare was conducted on October 26, 2021, via Google Meet. The activity was achieved through the collaborative efforts of the requesting unit and UNP Extension Office, UNP- College of Law, UNP-College of Arts and Sciences, and UNP College of Criminal Justice Education.

More than 50 participants were all-ears to the informative discussions on Basic Gender Sensitivity and Juvenile Laws delivered by Dr. Ismael Rivera and Atty. Kent Alvin Guzman, respectively. The event was facilitated by PCapt. Jared Ragadi. The message of Police Major Reynaldo C Mendoza (Chief, Provincial Administrative Record Management Unit) was delivered by Police Major Nilo Racoma (Asst Chief, PARMU).



*Participants were all ears as they listened to the lecture of Atty. Kent Alvin L. Guzman*

Also in attendance were Dr. Sina Bestre (Dean of CCJE) and Dr. Christopher F. Bueno (OIC-UEO), together with the faculty members of CCJE and UEO Staff. Before the virtual meeting ended, a discussion was made on the desire of the PNP-ISPPO to conduct a lecture on legal matters and criminal investigation for their personnel who non-Criminology graduates. They are eager to have faculty members of the CLaw and CCJE as resource speakers for the succeeding activities.



# PDLS RECEIVE LECTURES FROM CRIMINOLOGISTS, LAWYERS

By Dr. Wilson Tolio

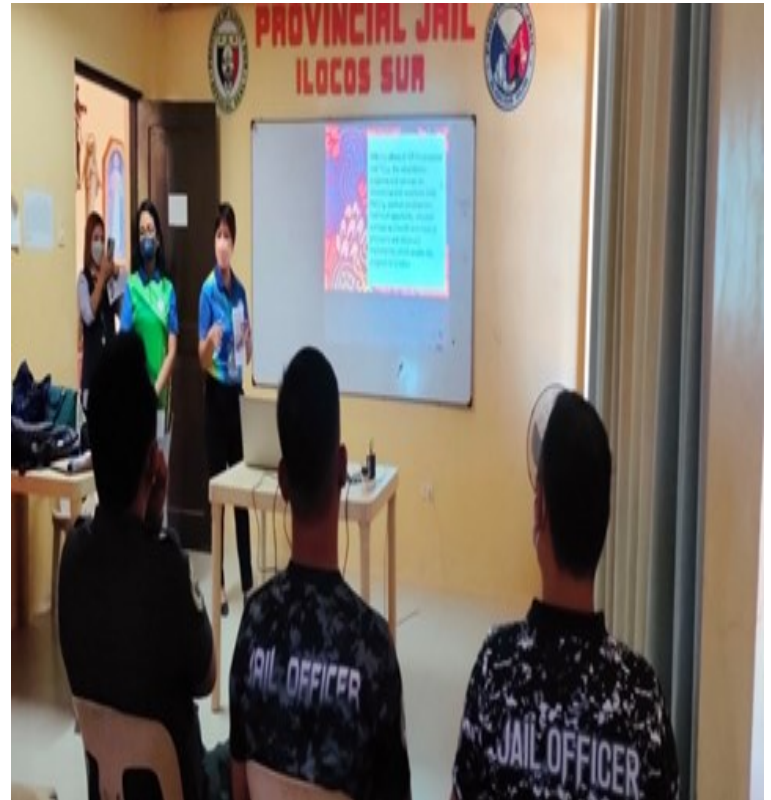
The College of Criminal Justice Education (CCJE) in partnership with the College of Law (CLaw) conducted an activity entitled “Basic Legal Counselling cum Research Dissemination” at the Ilocos Sur Provincial Jail in Taleb, Bantay, Ilocos Sur on December 10, 2021. This activity was conducted in celebration of the National Correctional Consciousness Month with the theme “Magkaisa, Magtulungan, Magdamayan COVID-19 ay Labanan!”

Attended by the Persons Deprived of Liberty (PDLs) and administrators of the facility, the said activity endeavored to emphasize the collective effort, collaboration, and participation in ensuring the common good of people in need of legal services catered. It also aimed at highlighting the findings of the research entitled *Grasp Behind Bars: The Persons Deprived of Liberty Lived Experiences*.

Atty. Yaye D. Lares and Atty. Meilyne Padua of CLaw, acted as the counselor of the PDLs while Dr. Dolores R. Bersamina, Dr. Loida A. Rilveria, and Dr. Wilson R. Tolio of CCJE discussed the results and findings of the mentioned research with the personnel of Ilocos Sur Provincial Jail.



*The PDLs of ISPJ attentively listen to the topics shared with them.*



*Dr. Rilveria and Dr. Bersamina discuss with the participants the results of the research *Grasp Behind Bars: The Persons Deprived of Liberty Lived Experiences*.*



# PNP STAFF ATTENDS GENDER SENSITIVITY AND CHILD WEBINAR

by Dr. Ismael Rivera

Approximately 50 personnel of the Philippine National Police – Provincial Office I (PNP-PO I) participated in the Webinar on Basic Gender Sensitivity and Child Welfare conducted by the University Extension Office (UEO) in partnership with the College of Arts and Sciences (CAS). The virtual event happened via the Zoom platform on September 22, 2021.

Invited resource speakers of this gathering were Dr. Ismael C. Rivera (UEO Coordinator) and Prof. Crizzle B. Paz (CAS Faculty). They discussed Gender Equality and Sensitivity and Basic Rights of the Children and Youth Welfare, respectively. Meanwhile, facilitators of the event were Police Major Reynaldo C. Mendoza, Jr. [Chief, Personnel Administrative and Records Management Unit (PAMU)], Police Major Nilo Racuma (Asst. Chief, PAMU), and Police Corporal Jared Ragadi.

Other attendees of the webinar were the staff of the UEO. Dr. Christopher F. Bueno, UEO Director, closed the event with an inspiring message and elicited suggestions on future activities to be conducted in partnership with the PNP-PO I.



Screen grabbed during the Webinar on Basic Gender Sensitivity and Child Welfare

## PROJECT TECHI KICKS OFF AT FES

By Ms. Claudette Rabago

University Extension Office launched Project TECHI, or the Teacher Engaged in Computers Heighten Innovations, in December 2021. This project was intended for the Fuerte Elementary School Teachers and aimed at assisting elementary school teachers in their needs relevant to delivering instructions using computers, among others. As a primer for this project, a three-day training workshop was conducted to enhance their computer technical skills on December 13 to 15, 2021.

### Day 1

The team arrived at 8:00 in the morning and was welcomed by the teachers, non-teaching staff, and the principal of Fuerte Elementary School. The training started with an opening program wherein the trainers and facilitators were introduced to the participants. The relevance and importance of the said training was emphasized to the participants.

The training workshop started after the opening program. Mr. Joseph G. Acena discussed and



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introduced to the participants all about “Gearing Up with Google Workspace for Education.” The participants had an overview with regards to google. He also discussed google drive and its features like creating files, accessing files, organizing files, working with office files and other non-google files, uploading files, converting files, offline access to drive files, sharing files with specific people, sharing non-google files, sharing files as a link, creating and managing folders in google drive and sharing a resource folder in drive.

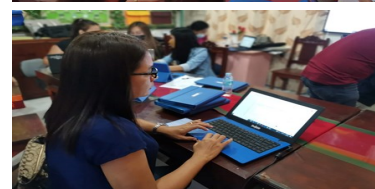
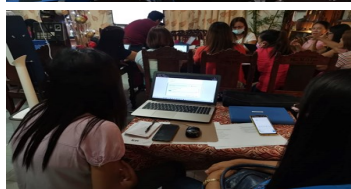
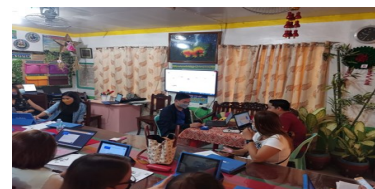
In the afternoon, the same trainer/lecturer discussed “Turning F2F to Virtual: Manage the Google Classroom,” wherein he talked about setting up the classroom classes, adding students to the classroom roster using a class code, inviting students to the classroom, creating the classroom roster with groups and contacts, communicating in the classroom stream, completing an assignment in the classroom, setting a due date for classroom assignments, adding links, videos, and files to the classroom assignments, adding drive files to the classroom assignments, making a copy for each student, viewing assignments, viewing classroom docs before turn in and other features in the google classroom. After the lecture, the participants were given a chance to create and explore the google classroom, wherein they learned its features. They also successfully created their google classroom through the supervision of trainers and facilitators.



## Day 2

On the 2<sup>nd</sup> day, Mr. Randall M. Rabacal discussed and introduced to the participant's Google Docs wherein he discussed creating a google document, sharing a google document, how to collaborate using google docs, directing comments to specific users, adding links to comments, access version history and revert to earlier versions of google docs, reviewing group contributions with comments and version history, and citation tools to avoid plagiarism including footnotes. After the lecture, the participants were given a chance to have hands-on in google docs. The lecturer/ trainer requested the participants to make a sample test in google docs. They were very active during their hands-on, and it is evident that they wanted to learn something new about technologies.

In the afternoon, Mr. Jayson B. Burlaza talked and introduced to the teachers/participants all about google forms. He discussed the features of google forms just, like creating google forms, adding/editing different question types in google forms, choosing a response destination, editing form settings, sending a google form to users, viewing responses, and using google forms for feedback, grading with google forms quizzes, using google forms to collect data, using google forms to collect data, using google forms as a grading rubric and embedding video in google forms. After the lecture, the trainer gave a chance to the participants to have hands-on. After the lecture, the trainer requested the participants to prepare a sample quiz in google forms using their institutional accounts. The trainers and facilitators carefully supervised it while the participants had their workshop.



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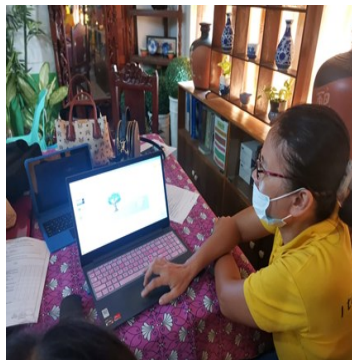
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### Day 3

During day 3, in the morning Mr. Joseph G. Acena discussed the google slides wherein he talked about the creation of google slides, inserting and arranging text, shapes, lines, and word art, formatting fonts and colors, creating linked text, changing the background color of slides, inserting images, resizing and cropping, embedding a video in the google slides, adding comments to google slides, directing to specific users, sharing slides, collaborating inside a slideshow and editing speaker notes. The participants were also allowed to open and explore the google slides. The trainer requested the participants to create a tree in the google slides. The trainers and facilitators supervised them in the workshop.

In the afternoon, Mr. Glenn R. Aludino discussed about google meet. He talked about the features of google meet, just like using google meet for online meetings, starting a meet from the computer, creating a meet from the android or IOS device, including dial-in, getting people into the meet with links and calendar, inviting others to meet, sharing the screen with others during a meet and managing bandwidth to maintain call quality on a meet. After the lecture, the participants were allowed to experience and explore google meet, wherein the trainers and facilitators supervised.

After the lecture, the awarding and closing ceremony was held. It was attended by the participants, principal, trainers and facilitators, project initiator, and the Officer-in-charge of the University Extension Office. This was a very effective training program for teachers wherein they learned the different innovations in computer technology. It will significantly help them, especially during this new normal.







Republic of the Philippines  
**UNIVERSITY OF NORTHERN PHILIPPINES**  
Heritage City of Vigan, Ilocos Sur 2700



*Congratulations!*

**Dr. FATIMA F. ROCAMORA**

Officer-In-Charge, Office of the  
**VICE PRESIDENT FOR RESEARCH AND EXTENSION**

# ROCAMORA Sits as In-charge VPRE

by Bernardo Oliber A. Arde, Jr.

Dr. Fatima F. Rocamora was designated as the Officer-in-charge (OIC) of the Office of Vice President for Research and Extension (OVPRE), effective August 9, 2021. Before she was appointed OIC of the OVPRE, Dr. Rocamora held various positions, including the Deanship of the College of Arts and Sciences. Her most recent designation before becoming

the OIC was her being a coordinator under the Office of Student Affairs and Services of the university. Dr. Rocamora has always been known for her humanitarian causes, as she is one of the members of the UNP community who forged the partnership between the Gawad Kalinga Foundation and the University.



# Skills Training on Bagnet Making in NSCC Caoayan

*by Ms. Claudette Rabago*

The University Extension Office, in partnership with Nueva Segovia Consortium of Cooperatives (NSCC) in cooperation with the Department of Trade and Industry (DTI), conducted a Skills Training on Bagnet Making at NSCC Agro-Tourism Farmville, Caoayan, Ilocos Sur on September 10, 2021. Faculty members of CTE-LS were trainers in the person of Dr. Rozen Villa and Ms. Claudette Rabago, a coordinator of the UEO.

The said training was intended for NSCC cooperative members to help them find alternative means of livelihood during the pandemic. The activity was also attended by administrators of the three organizations, including the newly designated OIC of UEO, Dr. Christopher Bueno. This new encounter with Dr. Bueno with NSCC and DTI administrators also served as initial consultation of collaborative activities to be conducted in the future.



*Photos Clockwise: Dr. Villa demonstrates to the participants the proper way of cooking bagnet. Dr. Bueno is conferring with NSCC staff and DTI Representative. Trainers, participants, and sponsors pose for the camera after the training.*



# SNHS

## Teachers Participate in Skills Training

by May Evelia Ruadap

A skills training on Smoked Fish Processing was conducted at Solotsolot National High School (SNHS), San Juan Ilocos Sur, on December 7 to 8, 2020. Teachers of the said academic institution participated actively in the said training as they were equipped with the skills needed to produce the Smoked Fish Product.

This activity was a joint venture of the UNP and the said institution as part of its capacity building for its teachers and as a means of developing an Income-Generating Project for the school. It was also attended by Dr. Fatima Rocamora, OIC-VPRE; Dr. Christopher Fuster Bueno, OIC-UEO, and UEO Coordinators. Dr. Rocamora and Dr. Bueno took the chance to discuss with the participants their other needs that the university can provide. It came out to their discussions the need for additional training programs related to food processing.



*Clockwise photos: VP Rocamora and Dr. Bueno consult the participants for additional training they will be needing. The trainer demonstrates the process of making the product before the participants had their hands on.*



# Social Workers Set Eyes on San Vicente Ilocos Sur

By Ms. Jezionelle Punio

The College of Social Work (CSW), under the leadership of Prof. Melody T. Gacita, conducted extension programs in San Vicente, Ilocos Sur. Activities were done during the last quarter of the year 2021.

The onset of extension activities started on November 18 and 19, 2021, when the CSW conducted an initial move for Early Childhood Development Workers entitled “Gender and Sensitivity and Role Awareness Training for Early Childhood Development Workers.” This activity engaged the Early Childhood Development Workers in a discussion that would orient them on the salient features of RA 6972, otherwise known as the Barangay Level Total Development Plan and Protection of Childhood Children Act. CSW also took this chance to plan the subsequent activities relevant to their needs and concerns with them.



From November 25 to 26, 2021, the CSW extensionist also conducted “Husay Gabay,” themed “Gender and Sensitivity Training for Early Childhood Development Workers.” The Early Childhood Development Workers of San Vicente, Ilocos Sur, participated in this activity. The activity aimed at providing workers with the necessary knowledge foundation for efficient guidance of young children

Another two-day extension activity was conducted from December 14 to 16, 2021. This endeavor is a follow-up to the first training extended to the Early Childhood Development Workers of San Vicente. The aim is to create a venue whereby early childhood and development workers can be engaged in a “table discussion” on the challenges and trials they encounter

relative to their work assignments and to provide a “safe room” for participants to discuss among themselves issues on self-knowledge and understanding.

Another under the umbrella of the CSW’s extension program dubbed “Husay Gabay” with the themed “Pangkalahatang Pagtitipon” was held on December 22, 2021

The activity, attended by 30 participants, was a follow-up to the series of activities under the same program, which aimed to enable the participants to understand how gender shapes the roles of women and men in society.





## UEO Conducts Smoking Cessation Webinar for PNP

By Jevie Abella

The University Extension Office through the Health and Allied Services conducted a Smoking Cessation Webinar on December 14, 2021, via a virtual platform. In this webinar, quick tips discussion on how to quit smoking was imparted to the PNP participants rendered by Dr. Ismael C. Rivera. This lecture aimed at helping the participants control their habits and keep themselves healthy no matter how busy or toxic their daily work.

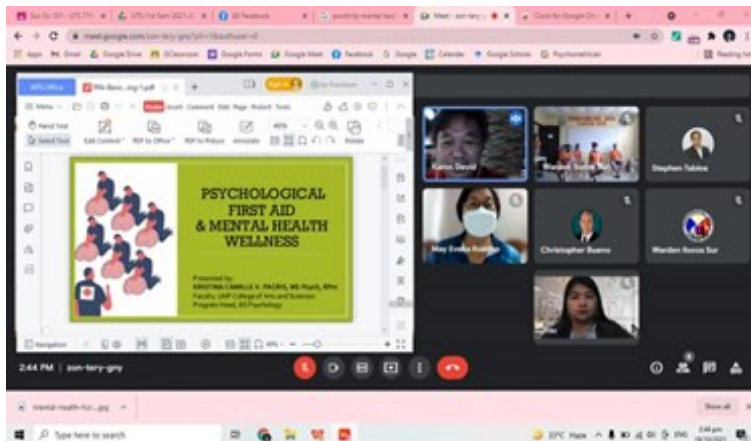
The program was formally opened by Police Major Reynaldo Mendoza. This activity was part of the webinar on Forgery Investigation conducted with the help of the College of Criminal Justice Education (CCJE) held on the same day. There were 68 PNP Officers from the different stations in the province of Ilocos Sur who actively participated in the said endeavor.

## UEO, CAS Conducts Webinar for PDLs

by Ms. May Evelia Ruadap

As part of the 56th Foundation Anniversary of the University of Northern Philippines, a webinar on Psychological First Aid, Mental and Spiritual Wellness was conducted on October 19, 2021. Persons Deprived of Liberty (PDLs) of the New Ilocos Sur Provincial Jail were the participants in the activity sponsored by the University Extension Office (UEO) in cooperation with the College of Arts and Sciences (CAS).

Ms. Kristina Camille Pacris, the program head of the BS Psychology, and Dr. Lloyd Mata, UEO coordinator, served as the Resource Speakers. They talked about Psychological First Aid, and Mental Wellness, and Spiritual Wellness, respectively. The gathering was facilitated by Ms. May Evelia Ruadap, UEO Coordinator. Likewise, the activity was attended by Mr. Raymond Tabios, the Provincial Warden, and Dr. Christopher F. Bueno, the UEO Director, who delivered his message. After the event, the Director took the chance to coordinate with the partner institution on the subsequent activities to be conducted.



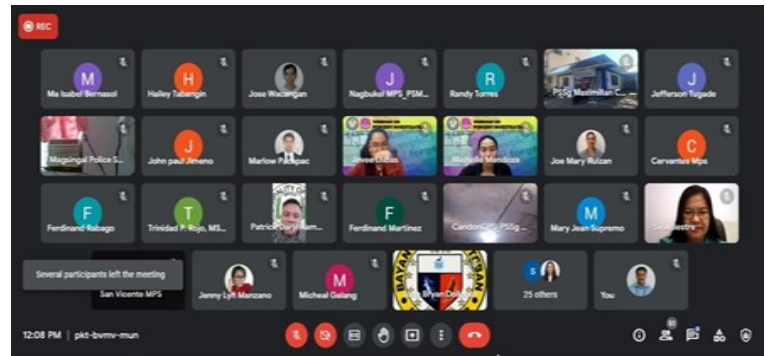
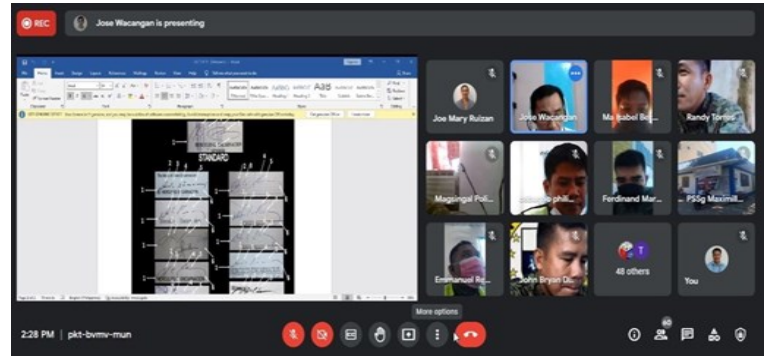
PDLs listen attentively to the lecture of resource speakers during the webinar session.



# UEO, CCJE Spearhead Webinar for PNP

By Dr. Wilson Tolio

The University Extension Office in partnership with the College of Criminal Justice Education (CCJE) sponsored the Webinar-Workshop on Forgery Investigation on December 14, 2021. **PLT.Col. Jose B. Wacangan (Ret.)**, a Master of Science in Criminology student of CCJE served as the resource person in the said activity. This was participated by personnel of the Ilocos Sur Police Provincial Office (ISPPO). This endeavor was in response to the request of the ISPPO related to their Philippine National Police Capacity Building Program



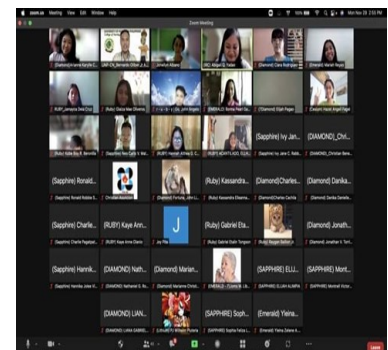
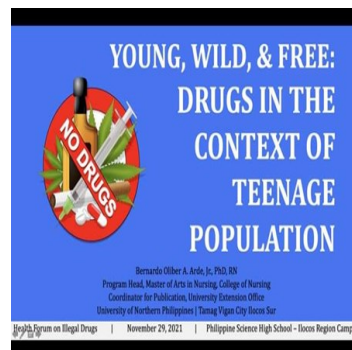
From left to right: Participants were all ears to the discussion of the resource speaker.

## UEO, Pisay Conduct Health Forum on Illegal Drugs

By Ms. Jevie Abella

Young people have the right to live peacefully without any harm from their environment especially the use of prohibited substances. The Department of Science and Technology - Philippine Science High School, Ilocos Region Campus requested the conduct of an activity entitled Health Forum about Illegal Drugs. The University Extension Office (UEO) granted the request, and the UEO Coordinator, in the person of Dr. Bernardo Oliver A. Arde, Jr. served as the guest

lecturer of the said activity. The forum was held via a virtual platform on November 29, 2021. There were 50 students who actively participated in the said activity.



The Health Forum on Illegal Drugs was a joint venture of UEO and Pisay held via zoom.



# UnivERT Assists in Water and Safety Survival Training

by Mr. Jastin Soria

The University Emergency Response Team (UnivERT) assisted the Vigan City Emergency Response Team (VERT) in conducting Water and Safety Survival Training on November 8, 2021, at Mira Hills Park, Vigan City. The activity was intended to train Barangay Disaster Risk Reduction and Management team members of various barangays in Vigan City. The training is part of the shared vision of the university and the city in creating a safe and disaster-resilient community.



Water and Safety Survival Training held at Mira Hills Park, Vigan City.

## UnivERT Extends Augmentation Services

by Mr. Jastin Soria

Typhoon Maring, devastated the country, particularly the Province of Ilocos Sur, on October 11, 2021. It caused damage to agriculture and infrastructure. With the extent of damage reaching billions of pesos, the province has declared a state of calamity after the provincial board passed Resolution No. 0565-2021.

The severe tropical storm has not only damaged properties but also caused deaths in various towns of the province. Many families were affected. Villagers were trapped on roofs. Rescue operations were initiated, and the University Emergency Response Team has extended its services and provided augmentation to the Vigan Emergency Response Team.



Photo credits to City of Vigan Facebook Page. UnivERT provides an augmentation service during the rescue operations of the VERT.



# UNP joins National Environmental Awareness Month Celebration through Coastal Clean-Up Drive

by Ms. Jessy Domingo

In celebration of National Environmental Awareness Month, the University of Northern Philippines conducted a coastal clean-up drive in Barangays Nalvo and Suso, Sta. Maria, Ilocos Sur on November 26, 2021. The activity, which aimed to engage various groups of people in removing trash in seas, underwater, beaches, shores, and waterways, was spearheaded by the University Extension Office, Environment Management Office, University Research and

Development Office-Aquamarine Resources Research and Development Center, and the College of Arts and Sciences. Representatives from the Local Government Unit of Sta. Maria and the Philippine Coast Guard, Barangay Council, Sangguniang Kabataan members, and other members of the community of Barangays Nalvo and Suso participated in this environmental advocacy.

Each of the participants contributed to the realization of the activity's objectives with the common goal of collecting and documenting the trash littering the coastline. This event was a great success for the group. It ended with big smiles, especially on the faces of the children, because they realized that they have done something good for the environment.





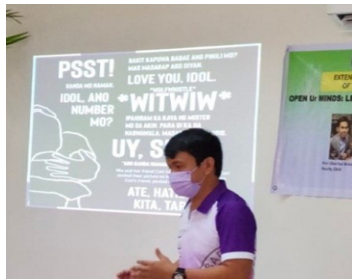
The Open University initiated several extension activities during the period, of July to December 2021. Dr. Myrelle Faith D. Mina from the Commission on Higher Education-Regional Office I (CHED RO1) was invited as the learning resource provider during the conduct of the orientation program in the implementation of the Expanded Tertiary Education Equivalency Accreditation Program (ETEEAP). The activity conducted on July 15, 2021, was participated by faculty members from the selected academic units where courses through the ETEEAP program are being offered. There were two participants from each of the following academic units: College of Criminology, College of Nursing, and College of Fine Arts, while twelve participants came from the College of Business Administration and Accountancy. This endeavor was undertaken in response to the increasing number of applicants who wish to be granted their corresponding academic degrees through the ETEEAP modality.

# UNP-OU Extends Hand to Beneficiaries

By Prof. Cresencio Velasco



*Dr. Myrelle Faith D. Mina of CHED RO1, was the resource person during the conduct of the "In-House Orientation Prog in the Implementation of the ETEEAP", held on July 15, 2021.*



*Lecture on Gender and Culture, held on December 18, 2021, at the Ayusan Norte Barangay Hall, Vigan City with Atty Alvin Kent Guzman from the College of Law and Prof. Glenn Paul Briones from the College of Business Administration and Accountancy, as lecturers.*



The Open University is responsive to the needs of the community and is always ready to lend a hand during calamities. Related to this, the unit donated Php50,000.00 worth of grocery items to those affected by the typhoon Maring in Sta. Maria and Sta. Cruz, Ilocos Sur, on October 21, and 22, 2021.

On December 18, 2021, at Ayusan Norte, Vigan City, the unit endeavored for the following individuals, which included the Barangay Officials, Barangay Health Workers (BHWs), Beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps), to come together and attended the "Lecture on Gender and Culture" an event which was implemented by the Open University.



*Dr. Erwin F. Cadorna, UNP President, and other University officials during the distribution of groceries and other items to those affected by typhoon Maring in Sta. Cruz, and Sta. Maria, Ilocos Sur, on October 21, 22, 2021. The Open University donated some grocery items.*



# URDO Disseminates Research Outputs

By Ms. Jessy Domingo

The University Research and Development Office (URDO), in collaboration with the University Extension Office (UEO), spearheaded the conduct of research dissemination in Barangay Nalvo, Sta. Maria Ilocos Sur on November 26, 2021. The results of three completed research studies of URDO under AFFNR, namely *Status of Oyster Farming in Ilocos Sur* (by Jessy C. Domingo, Maritess R. Raboy, and Jessa R. Cabebe), *Ethnomedicinal Uses of Plants in the First District of Ilocos Sur* (by Jessy C. Domingo), and *Effects of different Lignocellulosic Materials on the Growth and Yield of Oyster Mushroom* (by Maritess R. Raboy) were presented to the fisherfolks of Barangay Nalvo, Sta. Maria Ilocos Sur. The researchers presented these studies.

Participants of the activity were fishers, members of women's organizations, Sangguniang Kabataan, and beneficiaries of the Pantawid Pamilyang Pilipino Program (4Ps) who actively participated in the activity. The participants shared their insights on ethnomedicine, sharing some of their indigenous knowledge on the use of medicinal plants. They also shared and asked questions about some folkloric knowledge about mushrooms. The participants also requested more livelihood training programs on mushroom production and establishing an herbary garden for the community. Moreover, the oyster growers also expressed their desire to work with UNP technical personnel to improve their oyster farming practice. Some of their concerns and problems with oyster farming were also raised during the open forum, and they also requested assistance from the university in requesting more technical and financial support from the government, especially from the Department of Agriculture (DA) and Bureau of Fisheries and Aquatic Resources (BFAR). The growers also wished to be organized as an association.



Participants listen to the sharing of research results of the researchers





# VPRE, UEO Staff Visit GK Candon

by Bernardo Oliber A. Arde, Jr.

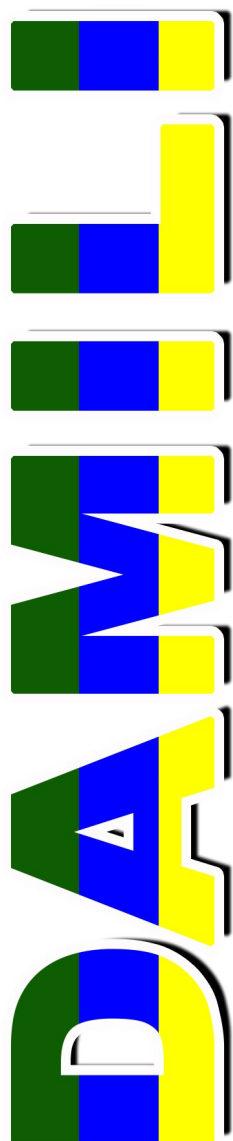


*VP Rocamora and UEO Staff during their consultation with community residents in GK Candon.*

Dr. Fatima Rocamora, the Vice President for Research and Extension, and the Coordinators of the University Extension Office conducted monitoring activities at Gawad Kalinga, Candon City, on November 18, 2021. The visit was conducted to ascertain that activities provided by the university to the community are implemented very well. Also, they took the chance to coordinate with the community residents regarding future actions that could further strengthen the partnership between the University and Gawad Kalinga through responsive and collaborative activities that uplift the resident's way of living.



# 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 Oliber A. Arde, Jr.
5. Ms. Jevie A. Abella
6. Mr. Jastin 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 Publico
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."**

