



# DAMILI



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## UEO DRRM ventures on Ambulance Operations, Safety Training

By Justin Soria



The members of the UniVERT listen attentively to the lecture of Mr. Jordan Soria of the Vigan City Disaster Risk Reduction Management Office.

The University of Northern Philippines keeps institution safe and disaster-resilient during natural or human-induced hazards through the University Extension Office (UEO), by providing knowledge and information during calamities. The university focuses on disaster preparedness and orientation by capacity-building enhancement activities in times of human and non-human induced disasters.

To reinforce the efforts of the university in implementing the Disaster Risk Reduction Management (DRRM) Programs,

the UEO-DRRM conducted the "Ambulance Operations and Safety Training" on February 4-5 and 10-11, 2021. This activity aimed to capacitate the University Emergency Response Team, University Drivers, and University Nurse in Ambulance management relevant to the transport of patients from an incident site to the emergency room of the receiving hospital.

The ambulance operations and safety training was held on February 4-5,

2021, for the first batch, and February 10-11, 2021, for the second batch. On the first day, Mr. Jordan Soria of the City Public Safety and Disaster Risk Reduction and Management discussed various topics, including the "Legal Mandates of Ambulance Operations and Ambulance Call Phases," or "Emergency Dispatch Calls for ambulance operations," Basic Ambulance Skill for Patient Care," and "Vehicle Supply and Equipment checklist and rescue simulation exercises" were completed to round up the day. On the second day, a safe, practical ambulance driving course was held within the university, where participants applied their abilities and knowledge gained throughout training. The training concluded with an assessment and evaluation of participants' performance, followed by the completion of the closing program.



From left to Right: The members of the UniVERT demonstrate the skills learned during the training through a simulated earthquake incident.



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# EDITOR'S NOTE

## Relentless Community Service a year after COVID-19 Declaration

A year after the pronouncement of COVID-19 as a worldwide contagion, the Philippines is yet to recover and bounce back from the ill effects of the pandemic – socially and economically. While most families struggle to make both ends meet, service-providing institutions continue to find ways and means to reach out to individuals and families in need. The COVID-19 pandemic has driven individuals, organizations, and institutions to become more socially sensitive. Ergo, becoming more responsive to the needs of their fellows.

Since Extension is one of the trifold core processes of the University, members of the UNP family have persistently provided services to the community within the limits of protocols set by authorities and resources available to the implementers. Community assistance ranges from educating the public on pressing health issues to skills and livelihood training programs to equip beneficiaries with practical skills. These learned skills, in turn, are instrumental in supplementing incomes lost due to business closures, current economic fallout, and cost-cutting measures in different community sectors.

Apart from augmentation purposes, the University's services to the community are mechanisms to make the beneficiaries feel that they are not alone in these trying times. Although the pandemic has constrained everyone in all aspects of living, the UNP community is socially-aware of the need to extend services to its stakeholders and partner institutions and organizations. Extension programs are the University's means of strengthening its social ties and encouraging people to feel more secure despite the pandemic. These activities are UNP's unrelenting way of fulfilling its mandate to assist partner agencies in particular and to be of service to the community in general. Community services are one of the University's manifestations of its mantra "Together, we soar higher; Together, we build character; Together, we create future."



# Architects Provide Concept Design to a Church

by Engr. Maila Ragasa



The University President hands over the church's architectural design to Fr. Vincente Avila.

Faithful to its aim of assisting institutions and organizations in need of architectural design, the College of Architecture extended its help to St. Stephen's parish Church Complex of San Esteban, Ilocos Sur. The college provided the said church with a conceptual design of the Landscaping Plan and Stations of the Cross design.

The project's output was presented to Fr. Vincente Avila, the Parish priest, during the formal turnover on January 11, 2021, at the UNP Oandasan

Room. The design was presented by Miss Tiffany Bello, one of the college's student-extensionists. The design is a part of her undergraduate thesis.

Present during the turnover ceremony were Dr. Erwin F. Cadorna, UNP President, Dr. Rolando Navarro, Vice President for Academic Affairs; Dr. Luzviminda Rellon, Director for Instruction; Dean Fatima Nicetas Rabang-Alonzo; Engr. Maila P. Ragasa, Unit Extension Coordinator; Ar. Mon-cres A. Toje, BS Architecture



Ms. Tiffany presents to Fr. Vincent Avila and University Officials the conceptual design of the St. Stephen's Parish Church Complex.

Program Head; Ar. Ludivina A. Lozano, BS Environmental Planning Program Head; Ar. Christian A. Santamaria, the activity chair; and Ms. Tiffany Bello, student extensionist.

adopted the project during the enhancement of the building, which is now completed. The parishioners and local tourists are presently enjoying this project which has indeed boosted their faith in God.

The Parish



# UEO CONDUCTS CANCER EDUCATION PROGRAM

By Ismael Rivera and Jevie Abella

The University Extension Office conducted a health education and advocacy program about cancer and mental retardation prevention and management in Barangay Pantay, Tamurong, Caoayan, Ilocos Sur on February 17, 2021. The activity dubbed "Training/Seminar on Cancer Prevention and Management and Mental Retardation Prevention" was attended by the Barangay Health Workers, Barangay Nutrition Scholars, young parents, and interested male residents.

Selected faculty members of the College of Nursing served as lecturers during the activity. Mrs. Marjorie F. Joven lectured on self-test procedures on the early detection and prevention of breast cancer. Mrs. Jevie A. Abella demonstrated the proper way to do the self-test procedure. Ms. Cecilia Claudine H. Almachar discussed and explained the need and importance of being compliant to pre-natal visits during pregnancy to prevent the occurrence of possible mental retardation. Mr. Constantino Y. Mendoza

discussed testicular cancer risk and detection among the male participants. This activity aimed to increase the participants' knowledge and awareness about the prevention of cancer (breast and testicular), especially the risk factors and screening test, and enhance the participants' understanding of the prevention of mental retardation among children, especially in the preparation and during pregnancy.



CN faculty members facilitating the return demonstration on breast-self examination by one of the participants.



Clockwise from top-right: Faculty members of the College of Nursing facilitate the Training/Seminar on Cancer Prevention and Management and Mental Retardation Prevention and act as lecturers on the different topics.



## *CAS Collaborates with DZNS for Cultura, Aglawlaw ken Sika*

by Mr. Stephen Tabios

The College of Arts and Sciences has collaborated anew with DZNS Radyo Tooto to air the program, CAS: Cultura, Aglawlaw ken Sika which tackles information on culture, environment, and the self.

On a new time slot, the radio program airs every Saturday from 9:30 to 10:30 A.M. Faculty members

of the different core programs and the four departments are assigned topics to discuss on-air to enhance knowledge and awareness of the public. Dr. Remedios T. Navarro is the present dean of the college and Monsignor Cosmenio Rosimo is the station manager.

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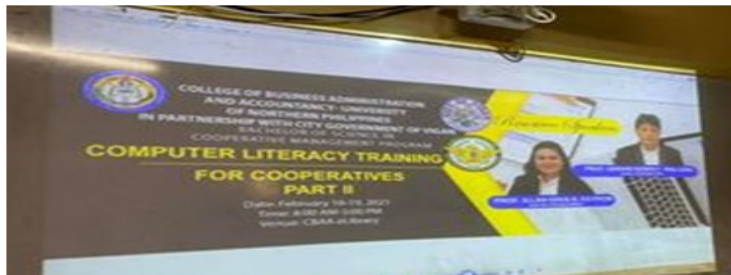
the cooperatives' performance. One need that came out is Computer Literacy, backed up with simulation.

On February 18-19, 2021, the Cooperative Management Program of the College of Business Administration and Accountancy initiated training on Basic Computer Literacy for Batch 2 of the Coop beneficiaries in Vigan City through its Extension Unit. Speakers and facilitators came from the pool of experts of the college. The training aimed to strengthen the camaraderie between and among cooperatives. The knowledge and skills that were transferred to the beneficiaries will also allow them to be more efficient and effective at work. Thus, increasing their quality of life as cooperators.

## **CBAA initiates IT Training for Coops**

by Dr. Princess Neptalia Quebral

Enhancement of one's capability in utilizing ICT is an essential part of dealing with the day-to-day operations of a business. The attainment of goals and objectives of an organization is also dependent on the technology used by the human resources towards efficient and effective implementation of plans. Cooperatives today are challenged by the fast evolution of technology, specifically the adoption of the internet, e-recording/filing, and virtual communications in their

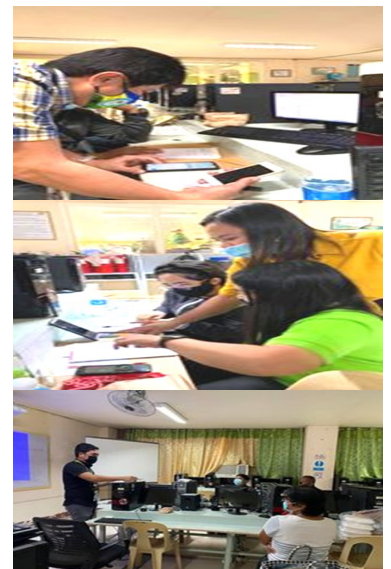


College of Business Administration and Accountancy Faculty Members serve as lecturers during the Computer Literacy Training for Cooperatives.

transactions, meetings/conferences, and in dealing with clientele. The use of zoom and google meetings is relevant today in the middle of a pandemic where mobility and face-to-face interaction of people are limited. Hence, the need for

empowerment through training and workshops along with computer literacy is relevant today.

The UNP-CBAA, in partnership with the City Cooperative Office of the City Government of Vigan, continues to evaluate and monitor



From top to bottom: CBAA Faculty Members assist the participants during the Computer Literacy Training.



# CFAD joins A.N.N.A.K E-Camp, Arts and Design

By Mr. Karl Marx Pilar

The College of Fine Arts and Design (CAFD) delivers services for school clientele and extends its services in the community through the University extension programs. These programs are designed to improve the quality of life in the community through training, workshops, and seminars. In addition, the CAFD extends these programs through the Trans-A-Tech Program. As a result, the community clientele is provided with the technical know-how to produce art and design projects/ activities. The requisitions of clientele are factored from the available expertise of Extension Personnel, and the relevance of the Curricular Programs offered in the CAFD.

Last February 27, the College of Fine Arts and Design Extended its services to the SK Federation of Ilocos Sur during the A.N.N.A.K E-Camp, Arts and Design held at Calay-Ab, Sto Domingo, Ilocos Sur. The Activity was participated by the chosen SK officials from different towns of Ilocos Sur. During the Program, the CAFD taught Flower Arrangements and Painting pots that can be valuable skills during



CFAD Faculty members offer a hand to each other for their Extension Services at Mabilbilla Integrated School, Santa, Ilocos Sur

the Pandemic.

The College also extended its services in Mabilbilla Integrated School, Santa, Ilocos Sur last March 18-19.

The Interior Design faculty of CAFD conducted mini lectures on choosing the right furniture and arranging them for interior spaces. At the

same time, the BFA faculty demonstrated how to paint murals and helped in the school's beautification activity.





# CHS EMPOWERS COMMUNITY

By Mr. Greg Quilana

The COVID-19 pandemic is challenging health systems across the world. Rapidly increasing demand for care of people with COVID-19 is compounded by fear, misinformation, and limitations on the movement of people and supplies that disrupt the delivery of frontline health care for all people. When health systems are overwhelmed, and people fail to access needed services, direct and indirect mortality from preventable and treatable conditions increases. The community is an integral platform for primary health care, the key to delivering services and essential public health functions, and the engagement and empowerment of communities concerning



Participants listen attentively to the Seminar-Workshop on Women Empowerment Cum Research Dissemination.



their health. With its distinct capacities for health care delivery and social engagement, this community-based platform has a critical role to play in response to COVID-19. It is essential to meet people's ongoing health needs, especially those of the most vulnerable. Existing extension services delivery approaches will need to be adapted as the risk-benefit analysis for any given activity changes in the context of a pandemic. Specific activities may need to be anticipated in areas where COVID-19 transmission

has not yet begun, modified where an alternative mode of delivery is safe, or temporarily suspended where the risk of COVID-19 transmission is high. Where appropriate, in-person encounters should be limited by alternative delivery mechanisms, such as virtual seminars and training program and other digital platforms. Specific adaptations will depend on the context, including the local overall disease burden, the COVID-19 transmission scenario, and the local capacity to

deliver services safely and effectively.

The College of Health Sciences, through its three programs: Bachelor of Science in Midwifery (BSM), Bachelor of Science in Community Health Management (BSCHM), and the Bachelor of Science in Medical Laboratory Science (BMLS) in cooperation with the University Extension Office (UEO) have shared their line of expertise along with Maternal and Child Health, Disaster Risk Reduction Management, and disease prevention. This year the college launched a flagship program, "Community Empowerment and Development Program." Under this program are the projects of the three programs; The BSCHM - **"Building community resilience to disasters and during a health crisis."**, BSM - **"Capability Building and Health Promotion for Women and the Youth"** and the BMLS - **"Strengthening the community through health education and capability building."** While

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Seminar-Workshop on Hypertension and Diabetes Mellitus cum Research Dissemination

the province is still in modified enhance community quarantine and general community quarantine, and even if we are on limited movement to protect ourselves and others from COVID-19 virus, other advocacy, information drives, skills training, and health research dissemination are conducted by the College to help people in the community stay on top of their health.

Extension activities were conducted like, "Seminar-Workshop on Women Empowerment Cum Research Dissemination" at Gawad Kalinga/Sitio Mindoro, San Sebastian, San Vicente, Ilocos Sur on March 26 and 29, 2021. Topics discussed were Women's Rights by Dr. Gerald Caesar De Peralta, Reproductive Health Program by Dr. Romelia Tamayo, Pregnancy Induced Hypertension by Prof. Geraldine Palomares, Gestational Diabetes Mellitus by Prof. Alfredo Corpuz, and Prenatal Care

by Prof. Lowie Lynette Basconcillo. In addition, results of researches were also presented such as "Correlates on the Knowledge and Management practices on PIH Among Women in Northern Philippines" by Dr. Jousie Bermio and "Empowering Mother at Home: Potential of Piper Betel Leaf Extract as Meat Preservative" by Prof. Alfredo Corpuz. The activity was attended by 23 residents of San Sebastian, San Vicente, Ilocos Sur. Another activity is the "Psychological First Aid and Gender Awareness and Cultural Enhancement Cum Research Dissemination" at Sived, Sto. Domingo, Ilocos Sur, on May 11, 2021 which was attended by 27 mothers and Brgy. Officials. This activity helped the participants to maintain good mental health even during this time of the pandemic. Topics discussed were "Psychological First Aid during Pandemic" by Prof. Karen David, "Basic

Concepts of Gender Equality" by Prof. Vincent Viste, "Sibling Rivalry" by Prof. Rebecca N. Rios, "Young Pregnancy" by Prof. Greg Quilana, and "Parenting technique" (Panangtubay ti Anak) by Prof. Evelyn Rafanan. Results of researches were also disseminated on "Lived Experiences of OFW: Road Towards Empowerment Among Women, Wives of Fisherfolks Perspective" presented by Dr. Jousie Bermio and "Efficacy of Wellawel extract in inhibiting the growth of selected Fungi" and 4. "Antifungal Effect of Mangosteen and Pomegranate fruit peel extracts" by Prof. Alfredo Corpuz.

On May 28, 2021, the College conducted a "Seminar-Workshop on Hypertension and Diabetes Mellitus cum Research Dissemination" at Sived, Sto. Domingo, Ilocos Sur which was participated by 28 residents of the barangay.

Topics discussed were the "Nature, Treatment, and Prevention of Hypertension" by Prof. Geraldine Palomares and "Diabetes Mellitus" by Prof. Venerand Dela Cruz. Dr. Jousie Bermio and Prof. Alfredo Corpuz disseminated the results of the researches "Treatment Compliance Among Hypertensive Patients in the Selected Municipalities in the First District of Ilocos Sur," "Smallanthus sonchifolius (Yacon)-Extract Based Agar as a Substitute Medium for Microorganisms and Potential of Bacteriophage Therapy in Treating Hospital Wastewater." Research dissemination was also conducted last June 30, 2021 at BFP Caoayan on the "Capabilities of the Bureau of Fire Protection of Ilocos Sur in Responding to Emergencies," which is presented by Prof. Maria Yolanda Aquino and Prof. Greg Quilana. This was attended by the 10 personnel of BFP Caoayan, Ilocos Sur.



# CN Shows Compassion through CARE Program

By Ms. Jenifer Cabides



Picture (Top) Prof. Raymund Dela Pena together with UEO Director Dr. Marciana P. De Vera and Prof. May Valencia participate in the aerobics exercise; (Bottom) Prof. Jevie A. Abella, giving lecture about Cancer, to mothers.

The CARE Program of the College of Nursing Extension Office strives to assist, rehabilitate, and empower the community. It is anticipated that this would improve the life of the people.

discussed topics on the early detection and prevention of Cervical and Breast Cancer. This activity was participated by 30 mothers belonging to reproductive age.

Another activity was conducted on February 9, 2021, at San Vicente Integrated School, Brgy. Bayubay, San Vicente, Ilocos Sur. The action aimed to provide the participants updated information on COVID 19 Pandemic to decrease their fear and anxiety and cultivate



their coping mechanisms that will serve as a backbone in maintaining and promoting psychological wellness and physical well-being. About 43 teachers participated in the said activity.

the College shared their expertise in teaching the residents on the proper way to perform and when to conduct Testicular Self-Exam and Self Breast Exam.

The College of Nursing endeavors to be of compassion and a beacon of hope in these most trying times.



Prof. Gregg A. Talingdan ( Right photo) and Dr. Francis Don L. Nero (Left photo) giving lecture on updates on COVID 19 and Psychological Wellness, respectively.



On February 17-18, 2021, a 2-day training was conducted entitled "Training on TSE/ BSE and other Assessment & Diagnostic Procedure on Cancer; and Mental Retardation Prevention." Fortyeight residents of Pantay Tamurong Caoayan Ilocos participated in the said activity. Faculty from



Prof. Marjorie F. Joven demonstrates the proper way to do Self Breast Exam.



Prof. Constantino Mendoza giving a lecture and training on Testicular Self Exam





Miss Karen Campos Calaycay, the founder/organizer of the FAMILY GOAL together with the residents and staff –on-duty at Balay Taripato, Cabugao, Ilocos Sur

## CPAd, Center for Ilokano Studies Partner to reach out Communities

By Dr. Alma Somera

The College of Public Administration (CPAd), headed by Dr. Joselito D. Dela Rosa and the Center for Ilokano Studies, headed by Dr. Santiago Reolalas have joined forces extending their services to the community.

The partnership commenced with the initiation of forging an agreement with Brgy. Tubigay, Sinait Ilocos Sur and Tubigay Elementray School as their Adopt-a-Community and Adopt-a-School, respectively. Based on the initial talks, these institutions are in dire need of assistance in upgrading the administrative capability of barangay and school officials. The upgrade is intended for

the local government to be more responsive to local governance and harness the promotion of socio-economic development and technical support and the delivery quality instruction, and attain quality education.

The signing of the Memorandum of Agreement draft between the college and the beneficiaries was held in February 2021. Dr. Alma Campos Somera (Unit Extension Coordinator) represented the college and the research center, whereas the beneficiaries were Tubigay Barangay Captain Amador T. Caliboso and Mrs. Marita Agnes F. Galano (Headteacher, Tubigay Elementary

School).

Meanwhile, the partnership of these two units in the university also gave birth to the “PANAGYAMAN 2021: A supplemental Feeding and Relief-giving activity in the New Normal” at Balay Taripato, Cabugao, Ilocos Sur on

June 2, 2021. The said activity was co-sponsored by the FAMILY GOAL (Campos family) of Tubigay, Sinait, Ilocos Sur, headed by Miss Karen Campos Calaycay, the founder/organizer of the organization. The recipients were the residents of Balay Taripato.



Dr. Santiago R. Reolalas and Dr. Alma Campos Somera, together with the residents and staff of Balay Taripato, Cabugao, Ilocos Sur



# CSW SUSTAINS GABAY SA PAMILYA PROGRAM

by Ms. Jeziel Punio



The College of Social Work (CSW) is mandated to provide sustainable community services as its contribution to nation-building took one step forward through its Gabay sa Pamilya Program.

On February 24 and March 1, 2021, the CSW, in its desire to accurately look into the impact of the Gabay sa Pamilya Program, conducted information gathering for in-depth interviews with the beneficiaries. As a result, for five years, barangay residents who are beneficiaries of the Pantawid Pamilyang Pilipino Program

attended/participated in various socially relevant activities on different occasions.

On June 28, 29, and 30, 2021, the college extended to the community a new extension program known as “Social Workers to the Barrio,” which is an expansion of the “Gabay sa Pamilya” program. “Social Workers to the Barrio” was conceived as the college’s response to emerging mental and social issues affecting the well-being of Pantawid Pamilyang Pilipino program families at Calautit, Sto. Domingo, Ilocos Sur.



From top to bottom: Faculty Members of the College of Social Work conduct interviews with the barangay residents for their Gabay sa Pamilya Program.



# Displaced Hotel Staff Receive Skills, Livelihood Training

By May Evelia Ruadap



Pres. Cadorna and Dr. De Vera present the Certificate of Appreciation to Atty. Joy Crisologo for being one of the initiator of the activity.

The University of Northern Philippines has been committed in pursuing sustainable extension programs. The university appreciates the support of LGUs, NGOs, and other schools to this endeavor through collaborative partnership to bring a unified direction to improve the quality of life of the vulnerable groups, enhance the quality of education, and enhance the school's administrative capability administrators and barangay officials.

Livelihood skills training is one of the programs of the University Extension Office to assist the community people in augmenting their daily income and improving their socio-economic capacity. The office initiated this skills training to help those men and women working/employed in hotels in Vigan City that are still closed due to the COVID 19 pandemic.

Through this training, their knowledge and skills on nail care were enhanced to serve as alternative sources of income until the hotels/inns are allowed to open.

The activity was actively attended and participated by 25 personnel of the different hotels and inns in Vigan City. Steps and procedures of manicure and pedicure were discussed and demonstrated to the participants. All the participants experienced the hands-on activity to check if they followed the correct steps and procedures for manicure and pedicure. This activity was actively participated by Hon. Joy S. Crisologo, the owner of one of the famous hotel in Calle Crisologo, located at the heart of Vigan City. On behalf of the participants, she gave her impression about activity conducted. University Extension Coordinators and facilitators distributed feedback client

satisfaction forms to the participants to evaluate the activity implemented. They were also allowed to write their comments, observations, and suggestions to improve the performance of the University Extension Office.



From top to bottom: Participants demonstrate the skills they learned from the training which was facilitated by the trainers and UEO Coordinators.



# DMNS Spearheads *Math-tuto ka sa Natural na Siyenciya*

By Dr. Gloria Molina

## A GLIMPSE



The Brgy. Captain of Fuerte, Caoayan Ilocos welcomes the participants and the CAS-DMNS Faculty Members

The **Department of Mathematics and Natural Sciences (DMNS)** is responsible for developing the learners' minds into responsible individuals in society. Department faculty meetings and individual sessions among faculty, the Dean, and the department chair discuss research and teaching opportunities and, by extension, help set future directions. Faculty and staff have been actively involved in discussion and planning activities to define the college's future focus and expansion areas.

One of the roles of the university faculty member is to undertake research. This enables the faculty members to generate knowledge to find solutions to particular problems arising inside the classroom or school. It also underpins professional learning of



The brilliant head of the Department of Mathematics and Natural Sciences delivers her inspirational message

knowledge, skills, and understanding. Faculty and staff have been actively involved in research and submitted for international conferences for presentation and publication.

The number of faculty in the department has stayed relatively stable. Eight faculty members J. Rabena, M. Laranang, Bellon, E., MJ. Ebojo, R. Rabanzo were added to the faculty as part-time during the period. One permanent faculty finished a Ph.D. in Mathematics at SLUC, Don Mariano Marcos Memorial State University, Agoo La Union. Another faculty completed the requirements in Ph D Math and is now on dissertation writing in the same school. Two permanent faculty were enrolled in their doctorate pursuing a



Presenting the status of coastal resources in the global and local context to the LGU of Caoayan, Ilocos Sur by Dr. Jill Ann R. Paranada.

higher degree of education at SLUC, Don Mariano Marcos Memorial State University, Agoo La Union.

In its reciprocal community (Brgy. Fuerte Caoayan Ilocos Sur) for faculty, engaged learning is a kind of experience. Both faculty and members in the community engage in learning to assist the community in exploring and promoting innovative planning, design, and development of healthier and sustainable habitats for our community and providing education to our community. This is our source of community outreach.

The **DMNS faculty** conducted an extension activity on "Coastal Clean-Up" on March 4, 2021, from 8:00 a.m. until 12:00 o'clock. Dr. Jill Ann Paranada served as the organizer of the activity and, at the same time, one of the resource speakers of the activity. Successfully all the indicated activities were done through the participation of everybody. Hence, the department finds it necessary to educate Ilocano men and women in safeguarding their coastal resources against possible

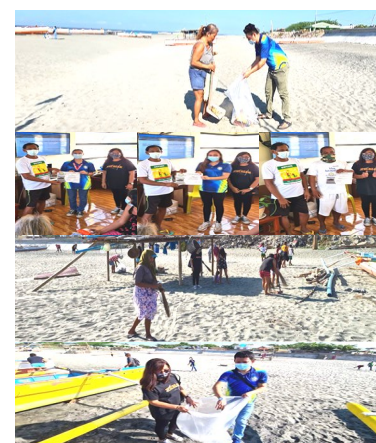


Prof. Christa Jesusa S. Naval orients the LGU of Caoayan, Ilocos Sur about the Coastal Resources in the country

human exploitation.

For upcoming activities, the DMNS focuses on the department's activities in ways that have continued to move our department forward while linking it to other colleges, the university, broader academic community, and professions to support and help shape.

Indeed, **DMNS's** mission continues as we go along with various ways to shape our future leaders despite the pandemic that we are with. Alone, reaching our goals would be impossible, but together, we can make it happen.



The CAS-DMNS Faculty members and the LGU from Caoayan, Ilocos Sur conducted a coastal clean-up



# FAST NEWS

Various activities have been conducted at San Vicente Integrated School by the University Extension Office and the College of Nursing on February 9, 2021. Teachers were glad to partake in the “Skills

Training on Face shield Making,” “Health Education on COVID-19 and Mental Health Awareness,” “Psychological First Aid Training, and Research Dissemination” of UNP-CN Faculty.



From left to right: Faculty members of the College of Nursing facilitate the Mental Health Awareness for School Teachers.



UEO Staff demonstrate to the participants the steps during the Training on Face shield Making.



From left to right: Faculty members of the College of Arts and Sciences and Staff of the UEO pose for the camera during the turn-over of the WiFi Modem for the GK residents (Left). Residents listen carefully to the lecture on Responsible use of Social Media (Right).

Gawad Kalinga – San Vicente Ilocos Sur residents took part in the “Seminar on Responsible use of Social Media” offered by the College of Arts and Sciences on February 19, 2021, at San Vicente Ilocos Sur. Also, the activity served as a venue for the turn-over of a WiFi modem from the said college.





# FAST NEWS

The University of Northern Philippines (UNP) and various Department of Education (DepEd) schools signed a Memorandum of Agreement on March 2, 2021. The University was represented by the staff of the University Extension Office headed by Dr. Marciana Piano

De Vera. On the other hand, the DepEd schools were represented by the heads. Schools that partnered with UNP include Ambulugan Elementary School, Narvacan South Central School, and San Esteban National High School.



UEO Staff and heads of various DepEd Schools pose for the camera during the renewal of their respective Memorandum of Agreement with the University.



The University Research and Development Office (URDO) spearheaded the dissemination of research results of Health Researchers in the university on March 2, 2021. This activity was conducted in partnership with the University Extension Office.

Participants

were residents of Brgy. Nalvo Sta. Maria, Ilocos Sur. They were all ears as they listened to the sharing of information of Dr. Mercita Queddeng for her studies entitled "Bactericidal Property of *Zingiber officinale* (Ginger) Extract Against *Staphylococcus aureus*, *Methicillin Resistant Staphylococcus aureus* (MRSA),

*Escherichia coli*, and Extended Spectrum Beta Lactamase *Escherichia coli*" and "Lifespan versus Facility: Quality of Care of Duchene Muscular Disease" as well as Dr. Solita Evageline Banez's study entitled Ethnobotanical Survey of Remedial Plants used by Dengue Patients.



From top left to bottom right: Participants listen with enthusiasm to the findings of different health research studies of faculty members of the university.



# FAST NEWS

Community Profiling and Capacity Building were held at GK Site San Vicente Ilocos Sur on March 3, 2021 by University Extension Office (UEO) Staff. This is a part of the Monitoring and Evaluation of UNP activities to its beneficiaries.



*Clockwise from top right: UEO staff patiently assist the residents of Gawad Kalinga, San Vicente, Ilocos Sur during their profiling by the UEO.*

UNP Local Government Unit of Cabugao, and DepEd Caoayan District inked MOA on March 3, 2021. The Memorandum of Agreement Signing marks the beginning of the partnership between

UNP and its partner agencies which aim to provide services for the growth of their respective organizations.



*Clockwise from top right: UEO staff during the MOA Signing with different partner organizations.*



# FAST NEWS



UNP conducted an Earthquake drill on March 11, 2021 at the UNP grounds. This activity was part of the 1st Quarter National Earthquake Simulation Drill happening in selected schools, establishments, government, and non-government organizations all over the country.



From left to Right: UNP employees actively participate during the Earthquake Drill.



Simultaneous activities were conducted at GK Site, San Vicente, Ilocos Sur, on March 12, 2021. A Roundtable discussion and Candy-making using Winter Melon and Bilimbi fruit were actively participated by young and older adults. The roundtable discussion and candy-making were facilitated by Dr. Lloyd Mata and Ms. Claudette Rabago, respectively.



From left to Right: GK Residents actively join the Roundtable Discussion and Candy-making sponsored by the UEO.



# FAST NEWS

Research Dissemination was conducted at Quimmarayan, Sto. Domingo, Ilocos Sur on March 17, 2021 sponsored by the University Research and Development Office and the University Extension Office.

The results of Dr. Mercita Queddeng's study entitled "Bactericidal Property of *Zingiber officinale* (Ginger) Extract Against *Staphylococcus aureus*, Methicillin Resistant *Staphylococcus aureus* (MRSA), *Escherichia coli*" were disseminated and all the participants were all ears to the presentation.



From top to bottom: UNP Employees deliver their respective lectures to the participants.



From top to bottom: Participants posing with their outputs during the training conducted by Mr. Aristotle Piamonte.

Mr. Aristotle Piamonte of the College of Buiness Administration and Accountancy was tapped to facilitate the Entrepreneurial & Business

Management Writeshop at San Esteban Tamarind Processing Center (Ansad Coop) in coordination with the Department of Agrarian Reform on May 6, 2021.



# FAST NEWS



Fatima Multipurpose Cooperative, Inc. tapped the University Extension Office to conduct a Skills Training on Soap Making (Dishwashing Liquid) on May 8, 2021, at Pantay Fatima Vigan City. The 32 Participants were members and officers of the cooperative and are expected to build a small business after the training. The Board of Directors of the cooperative has signed Resolution to lend principal money to the participant as a starting kit for small businesses.



*Clockwise from top left to bottom left: Participants actively partakes the Soap-making Seminar facilitated by the UEO Staff.*

A skills and livelihood training was conducted at Sitio Mindanao, Paratong, Sta. Catalina, Ilocos Sur on June 24 and 25, 2021. The gathering aimed to train women and adolescents to prepare empanadita, puto, puto pao, and pastillas, which can be a means of extra income for the participants.



*Clockwise from top right to top left: Participants join the trainers during the demonstration of the various food-processing activities.*



# Financial Literacy Empowers PNP Officials

by Dr. Princess Neptalia Quebral



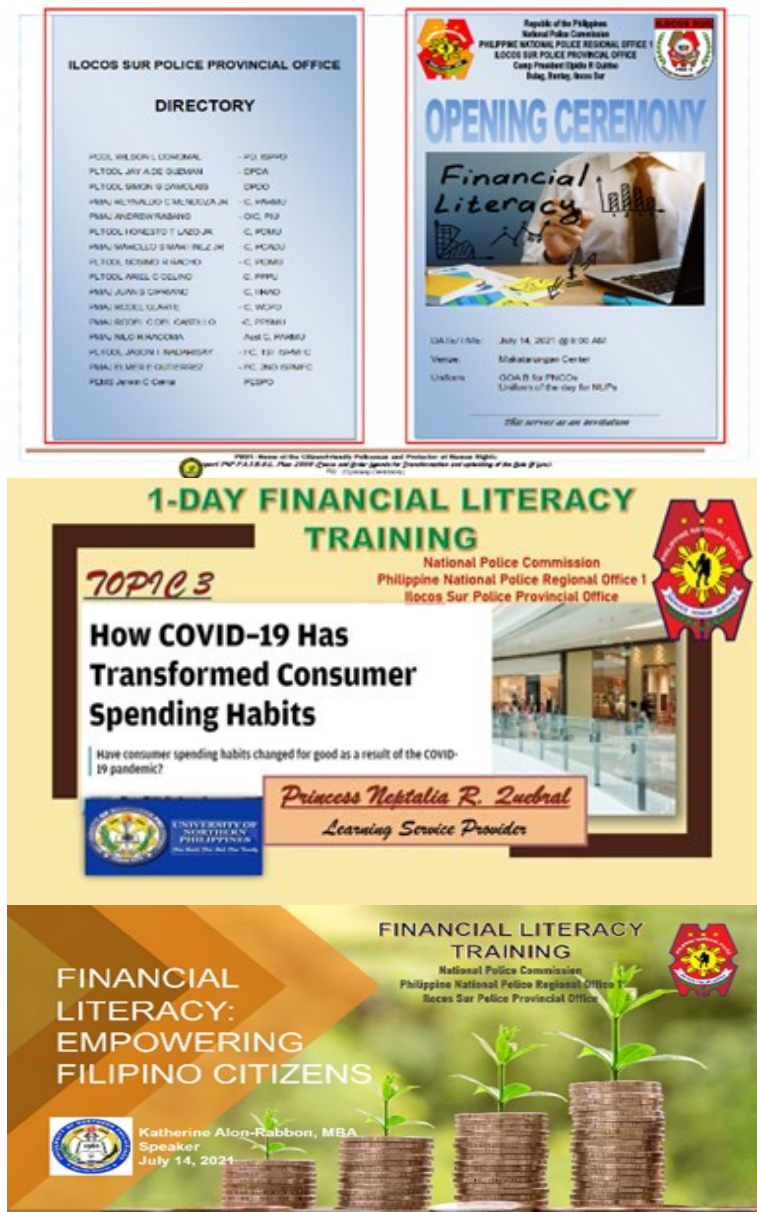
The attainment of goals and objectives of a family in society depends on the family members' knowledge and skills towards efficient and effective implementation of plans and budgeting. Professionals today are challenged by the fast evolution of technology, specifically the adoption of the internet in savings, financing of assets, investments, and communications in their bank or cooperative transactions. Moreover, the use of essential financial tools is relevant today in the middle of a pandemic where mobility and face-to-face interaction of people are limited. Hence, the need for empowerment through training and workshops along with financial literacy is relevant today.

Program is an advocacy of the College of Business Administration and Accountancy. Its goal is to enhance one's capability in handling personal finance for every worker and head of the family in the community. In addition, the financial literacy Program aims to increase people's awareness about Financial Literacy as the foundation of their relationship with money, and it is a lifelong journey of learning.

The UNP-CBAA, in partnership with the Philippine National Police-Region Office, Ilocos Sur Provincial Office 1, conducted a blended learning approach wherein lectures and film showings were discussed and presented via Zoom meeting on July 14,

2021. Speakers from the Financial Management Program were Prof. Katherine A. Rabbon, Joana E. Rivad, and Dr. Princess Neptalia R. Quebral. Approximately 50 personnel and members of the Unit/Stations underwent the

1-day Financial Literacy through an online platform (webinar). The knowledge and skills that were transferred to the beneficiaries will enable them to be more efficient and effective at work. Thus, increasing their quality of life as professionals.



All photos: CBAA Extension Unit spearheads Financial Literacy for Police Officers.



# Health Advocates Emphasize Safe use of Medicine

By Jevie Abella



One of the challenges or problems plaguing the community people during the pandemic is poverty. It is observed that the poor members of the community had inadequate access to medicine and other treatments. They were also hesitant in visiting the nearest health facility because of the fear of acquiring the virus.

In addition, high medicine prices at the drug stores and inadequate medical consultations lead them to self-medicate, more

so when one or more members of the family become ill. Sometimes they are not aware of the proper ways of medical treatment, such as the preparation and intake of the medicine.

Because of these observations, the University Extension Office adopted the Department of Health Program which is to establish the Botika ng Barangay Project or BnB particularly in Brgy. San Sebastian, San Vicente, Ilocos Sur and in Brgy. San Isidro, Bantay, Ilocos

Sur. These barangays are adopt-a-community recipients of the University of Northern Philippines.

This development, entitled “Botika ng Barangay Project: Training Seminar on Safe use of Medicine, Proper Handling and Preparation and Administration,” promoted equity in health by ensuring the availability and accessibility of essential, safe, and effective quality medicines to all community people. The said project specifically

aimed to provide medicines for the community people for free and educate them in proper utilization, handling, preparation, and administration.

The UEO staff implemented this activity on May 5-6, 2021, in Brgy San Sebastian, San Vicente, Ilocos Sur and May 12-13, 2021 in Brgy. San Isidro, Bantay, Ilocos Sur. The coordinator for Health and Allied Services, Mrs. Jevie A. Abella, initiated and imparted the purpose of the activity. Dr. Ismael C. Rivera distributed flyers that served as the reference for the participants. The discussion was centered in the “10 Rights of Administration of the medication.” The participants demonstrated how to prepare different forms of medications such as syrup, tablets, and capsules. They also learned the importance of familiarizing the labels of the medicines, like the dosage, the indication or use of the drugs, and the preparation.

At the end of the training seminar, Dr. Marciana P. de Vera, the UEO Director, commended the participants for their active participation and encouraged them to apply the theories, knowledge, and skills they acquired from the conducted activity.



All photos: UEO Staff facilitates the distribution of medications to the beneficiaries.



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# College of Arts and Sciences on the move

by Stephen Tabios

Despite the covid 19 pandemic and most places and municipalities of Ilocos Sur placed under modified enhanced community quarantine, the college still managed to undertake several extension activities geared towards extending support and assistance to the partner communities.

The Bachelor of Arts in Communication program conducted fora on the Responsible Use of Social Media and Business Correspondence on the first week of February 2021 at the San Vicente Integrated School. And on the second week of the month, they spearheaded the conduct of Journalism and Public Speaking at the Immaculate Conception Major Seminary in Vigan City.

On the other hand, the Department of Social Sciences and Philosophy, with the invitation of DZVV Bombo Radyo, had an opportunity to become guest counselors on the program Kahapon Lamang and Whisper in the Night. Also, one faculty member anchored the radio program Operation UNP aired every Friday from 4:00 to 5:00 pm starting in April.

The Bachelor of Science in Biology Marine program had extended their expertise to the listeners of Cultura Aglawlaw ken Sika aired on DZNS Radyo Totoo in May 2021, discussing topics on the different Coastal and Marine Ecosystems



The Pantay Tamurong Elementary and High School Teachers performing the Philippine Folk Dance as demonstrated and presented by the PE Faculty



The PE Faculty together with the Pantay Tamurong School Teachers during the Zumba Dance.

that are found in our country.

The Department of Physical Education, on the other hand, initiated the Training on Zumba Dance to reinforce the importance of physical activity on the life of the participants. Moreover, the department also conducted a Training Workshop on Philippine Folk Dances. Both activities were undertaken at Pantay Tamurong Elementary School, Caoayan, Ilocos Sur, on February 18-19, 2021.

The Master of Statistics program extended their Information Dissemination on the Philippine Identification System last February 27 through the DZNS radio station. Additionally, the program conducted a Tutorial on MS Excel at the Solot-Solot National Highschool at San Juan, Ilocos Sur.



The MOS Faculty during the Information Dissemination on the Philippine Identification System

Marine Biologists faculty, talking on Coastal and Marine Resources during on-air phone patch in DZNS 963.

The Department of Mathematics and Natural Sciences launched the *Math-tutoka sa Siyensya* at Fuerte, Caoayan, Ilocos Sur on March 24, 2021. Part of the activity was a coastal clean-up in the morning, and a lecture was done in the afternoon. In addition, some of the faculty members discussed safeguarding the coastal resources against possible human exploitation.

More extension activities could have been undertaken, but due to the rising cases of covid 19 and placing most parts of the locality under enhanced community quarantine, the college had to shelve the conduct of the outreach activities in adherence to the protocols set forth by the Inter-Agency Task Force of the government.



The DMNS Faculty lecturing on Safeguarding Coastal Resources against possible human exploitation

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# Laboratory Schools conducts Series of Extension Activities

By Jayson B. Burlaza

## First Day of Training



As part of its strategy to reach out to more beneficiaries during the pandemic, the Laboratory Schools conducted a series of extension activities to their partner agencies.

**Gender and Development and Livelihood / Productivity Development Program** (*Skills Training on Manicure, Pedicure and Foot Spa*)

The three-day skills training was conducted from March 19 to 21, 2021, at the UNP Guestel. The first day started with a lecture on the different

equipment, tools, materials, and cosmetics in the nail care service, followed by the proper handling of tools and implements in manicuring. Then the trainer discussed the basic manicure procedure. After the lecture, the trainer demonstrated the basic manicure procedure that the participants could display in the afternoon. Finally, they were individually supervised by the trainer and facilitators in the return demonstration.

On the second day, the participants



were given a lecture on the foot spa service, which started with a lecture, followed by a demonstration by the trainer and facilitators. After the demonstration, the participants were given a chance to ask questions before having their return demonstration (*hands-on*) in the foot spa service. In the afternoon, they demonstrated the foot spa service following the step-by-step procedure and



correctly handling tools and proper position while doing the service. The trainers and facilitators individually supervised the participants.

The participants successfully passed the skills training, and were given certificates after the training. It was a productive skills training program conducted by the Laboratory Schools and University Extension Office.

## Second Day of Training



**Mushroom - Cultured Production Program** with the theme "Cultivating Alternative Livelihood" A Joint Venture Program of the Laboratory Schools Extension and the Candidate for the Girl Scout Medal Scheme. This extension

program aimed to strengthen the promotion of mushroom cultivation, increase the production of mushrooms, create new opportunities for the people of the barangay, and empower the

community with entrepreneurial skills through the production and sales of the mushroom.

On September 26-27, 2021, the candidate for the Chief Girl Scout, together with the LS representative and the selected residents of the barangay Paras, Sto. Domingo, Ilocos

Sur did the mushroom cultivation on its bagging and processing. In addition, there was training and lectures done by the LS team. After the lecture-demonstration, the participants and the team did the step-by-step process on the cultured mushroom production. On the said day, the participants were also taught how to





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take good care of the mushroom, the maintenance of the surroundings of the site, and the maintenance/increase of the mushroom production. In addition, they were also taught the importance and benefits of the said activity that could help them improve their lives, not only for the barangay in general but also for

them individually.

On June 27, 2021, the project was turned over by Audrey Lizette (GS candidate) and Dr. Aurelia T. Vitamog (Troop leader/LS Principal) to the three groups of the different associations of Barangay Paras, Sto. Domingo, Ilocos Sur. There will be a project

visitation done by the unit that could assess the program's sustainability. This program was continued from January, 2020 to June, 2021 at Barangay Suksukit, Sto. Domingo, Ilocos Sur and was turned over to the Barangay Officials of the said barangay.



**Agriculture: Putting Up Herbarium Garden** with the goal *"To initiate herbarium to help the needy and unemployed parents in curing wounds of their children and to develop a well-managed society"* A Joint Venture Program of the Laboratory Schools Extension and the Candidate for the Girl Scout Medal Scheme.

Planting an herbal garden/putting up an herbarium is lovely, but it is not easy. That is why the Laboratory School, together with the Chief Girl Scout candidate for the medal scheme, decided to conduct an extension activity by putting up a herbarium garden at barangay Suksukit, Sto. Domingo, Ilocos Sur. This aimed to teach/develop knowledge of the barangay's people (selected residents) regarding the proper planting and gardening, maintaining the environment, propagation of herbal plants, health benefits of herbal plants, and

the importance of having an herbarium in the said locality.

During the first day, the participants were given a chance to select the available herbal plants they were going to put in the herbarium. They were also taught about herbal gardening and its benefits as a source of alternative medicine, but it could also be a source of a great flavor to foods.

On the following schedule, participants, barangay officials, and selected residents of the barangay started putting up an herbarium by vacating and cleaning the surroundings, removing weeds, and cultivating the soil. Then, in the afternoon, they planted some of the herbal plants that were available to them. This was supervised by the trainers and selected faculty members of the Laboratory Schools.

Barangay

officials, people of the barangay, and selected participants showed their full cooperation in the said activity. They helped one another to put up an herbarium that could be a great help to their community for alternative medicine. In addition, there will be a project visitation done by a representative of the University Extension Office and Laboratory Schools to ensure the sustainability of the project.



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*Literacy and Numeracy Program "Umay Nakam Pasiglaten: Sirib ken Talugading Intay Linayen"* The Laboratory Schools, Laboratory Grade School Department initiated an extension activity entitled "Umay Nakam Pasiglaten: Sirib ken Talugading Intay

*Linayen"* on April 29, May 6, 13, and 20, 2021, which was all conducted in the morning. This aimed to teach pupils to improve and develop their reading and numeracy abilities. The Laboratory Grade School teachers had a chance to lead the pupils individually to

continue to learn and refine their skills in *r e a d i n g*, comprehension, and numeracy. As a result, these pupils learned to understand, analyze, interpret and evaluate information, develop and express their ideas, and interact with others and participate in their activities in school. Pupils also become numerate as they develop the knowledge and skills to use *m a t h e m a t i c s* confidently and purposefully across all learning areas at school and their lives

more broadly.

This was a successful extension program of the Laboratory Schools because it helped pupils in terms of their skills and abilities that will serve as their foundation for the next step of education.



### **Sports Clinic in Volleyball and Basketball with the theme: "Umuna Naballaigan Panagay-ayam: Kadagiti Agtutubo a Kalugaran ken Kabangibang a Lugar"**

The Laboratory Senior High School Department conducted an extension program/activity Sports Clinic in Volleyball and Basketball with the theme: "Umuna Naballaigan Panagay-ayam: Kadagiti Agtutubo a Kalugaran ken Kabangibang a Lugar" on April 29, May 6, 13, and 20, 2021 at Sto. Domingo Coliseum, Sto. Domingo, Ilocos Sur, which was all conducted in the afternoon at Sto.

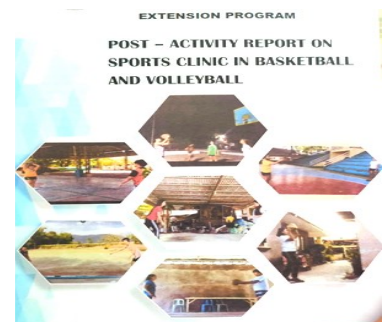
Domingo, Ilocos Sur. This aimed to mentor senior high school students on the basics of basketball and volleyball. A lecture and a demonstration were conducted during the activity. The trainers lectured about basketball by shooting the ball through the basket or hoop, basketball team size, playing environment, court design, basketball equipment, standard basketball terms, and the rules of

the game.

On the following schedule, the participants were also mentored by the trainers with the volleyball game. They discussed the objectives of volleyball, gain, and control, making the points, the joy of teamwork, and playing within the rules.

After the lecture, trainers and coaches demonstrated the ball

games' basics, and the participants also did it. Trainers and coaches enjoyed playing the game, following the rules of the games, and also making the points. It was another successful extension program activity done by the Laboratory Schools.





# MUSIC, DANCE AND SPORTS: MAT-PE AND BPED CONDUCTS "SECURING FUTURE" EXTENSION

by Matilde Concordia

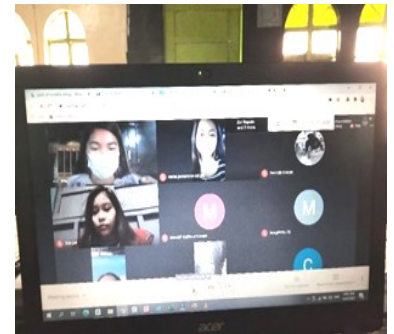
The Master of Arts in Teaching Physical Education (MAT-PE) and the Bachelor of Physical Education (BPED) from the College of Teacher Education conducted a series of extension activities in different municipalities of Ilocos Norte and Ilocos Sur from January 17-30, 2021.

Guided by the objective of the college in helping the community and other stakeholders, the graduate and undergraduate Physical Education programs conducted the Rondalla and Folk Dancing Skills Training at City of Batac National High School on July 17 and 18, 2021. The activity was attended by MAPEH Faculty and Special Program in the Arts (SPA) students who underwent preliminary music training and a virtual folk dance workshop via Google Meet.

The second extension session entitled "Sayaw Sala Ed Anged Intay Sublianan para sa Masakbayan" was conducted on January 20, 2021, at San Emilio, Ilocos Sur, to encourage the youth of Paltoc, San Emilio, to learn and appreciate the traditional dances of their municipality. The third activity was the "Zumbaranggay Extension Program," which took place in Art camp, Cabittaogan, Sta Catalina, Ilocos Sur, on January 23, 2021. Dr. Oliver Rabara, retired UNP faculty, discussed the event's backdrop and the significance of Zumba as a fitness-oriented dancing workout and immunity booster, especially this time of the Covid-19 pandemic. The last extension activity gave volleyball drills as support to physical activity and mental health, especially during the pandemic.

Teenagers from Brgy Maynganay Norte, Sta. Maria, Ilocos Sur attended the activity on January 30, 2021.

These activities were facilitated by BBMAT-PE and BPED students in their respective communities to provide assistance and service to their target clients. The conduct of the face-to-face activities considered all health protocols identified by the National and Local IATF.

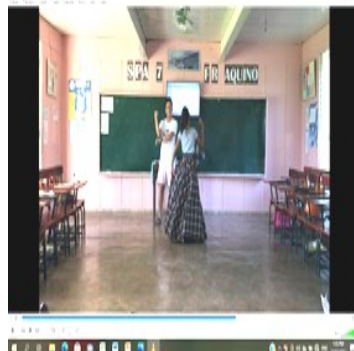
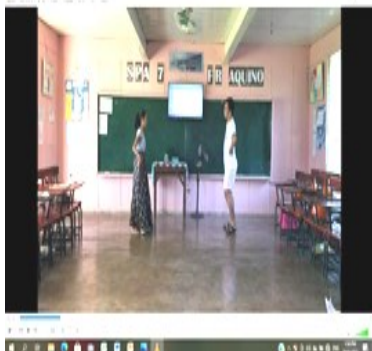


Recital in Rondalla

The second extension session



The participants during their engagement to skills training with Ms. Jasmin Paula de Villa, the trainer.



Selected couple on virtual dance showcasing "Pandango Ilocano"

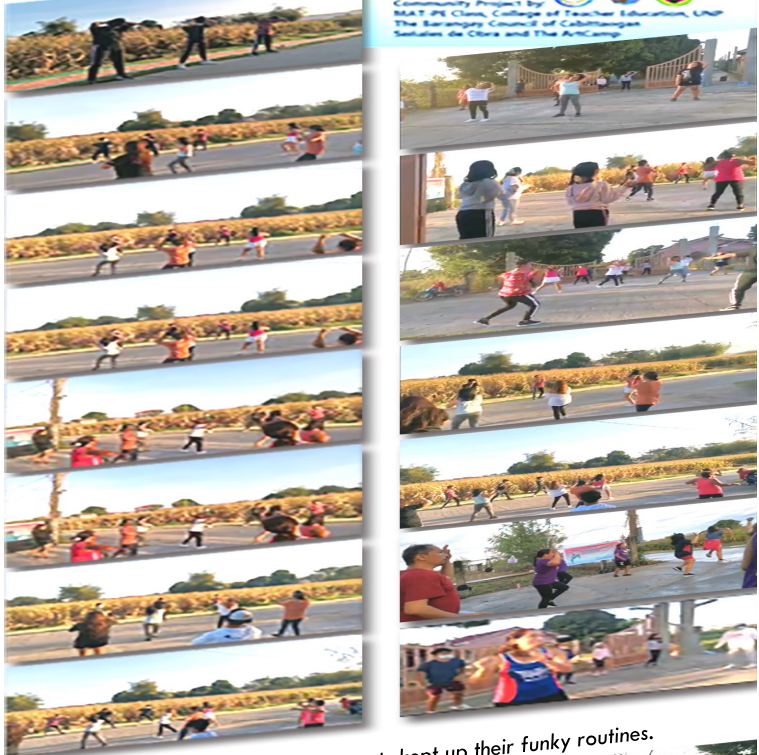


## "Sayaw Sala Ed Anged Intay Sublianan para as Masakbayan"



The participants together with the elder, Mr Virgilio Dumasing, Ms Shamila Laoagan and Mr. Joler Valdez, MAT-PE students who worked as partner to hold the extension program to the community of San Emilio and Mr. Reymond Sebastian, as the guest speaker and trainer.

## Zumbarangay Extension Program



Even after the downpour, the participants kept up their funky routines.



The participants during their photo opportunity with the MAT-PE students who served as trainers namely: Ms. Romely Teano, Mr. Fitch Tumbaga, Mr. Raymart Ablog, Mr. Jasper Neil Ped, Mr. Michael Manzano, and Mr. Mark David Patricio





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# Operation UNP Launched in Radio Station

by Mr. Stephen Tabios

To enhance information to the community and the stakeholders, the University of Northern Philippines, through the College of Arts and Sciences, launched Operation UNP: Umarangkada ken Nasamay nga Panangipadamag in April 9, 2021, at DWRS Commando Radio.

The said program airs every Friday from 4 o'clock to 5 o'clock in the afternoon. The different deans and heads of non-academic units, including the Faculty Union President and

the Student Council President, will serve as guests and discussants to expand the objectives and vision of their respective units, including the policies and other pertinent pieces of information that will be tackled.

The radio program is anchored by Prof. Stephen C. Tabios, CAS Extension Coordinator, and the college is presently under the deanship of Dr. Remedios T. Navarro. The radio station manager is Ms. Rosario "Chato" Alda.

## UEO CONDUCTS COOKING SKILLS TRAINING

By Claudette Rabago

As a partner agency for extension programs and technology transfer, the University Extension Office of the University of Northern Philippines conducted a skills training on cooking butchi, empanadita, and puto pao making at Sitio Mindanao, Barangay Paratong, Sta. Catalina, Ilocos Sur on July 24-25, 2021. This activity was conducted due to the request of residents of the said barangay to help augment their

needs in this trying time.

The first day of training started with a short opening program. After which, there was a lecture on the activity, and trainers demonstrated the preparations and correct procedures of the said skills training. Participants were able to learn the skills, and they were ready for the return demonstration.

On the second day, the participants were given a chance to

demonstrate the skills training on cooking, especially in butchi, empanadita, and puto pao making. It was a

successful extension program because the participants performed very well in the activity.



All photos: UEO Staff facilitating the skills training on food-processing.



# SERVANT LEADERSHIP: THE WAY TO HOLINESS AND FULFILLMENT OF AN EXTENSIONIST

By Dr. Lloy Mata

The way to our Extension Mission reflected from our human capacity, and our Vision lies on the ambit of existential engagement to the community world. The transcendental understanding of our journey to the community is embedded in our practical way of life and experiences. The wise and service-oriented people come from social service-oriented individuals and the academe or higher education institutions' manpower. We, the Extensionists, are the ones who strive to seek the truth and live by the truth and remain in the promise to serve the people in the community. We balance the real world and the ideal world that makes the whole world go round for a purpose. The significant relationship of being for others and being with others define the responsibility that lies with each individual in the extension office.

Phenomenologically, "to offer" and dedicate our life to others will

show the goodness within our human core and existential material soul and "nurture" them with the essential things and stuff that are the aftermath of plans and efforts to build a community of privilege and service. Basically, it is a process wherein we uplift moral and social living standards and refine the society for human flourishing. When we touch an individual's life in the community, it is simply our way of extending human progress; a basic step of creating shared contexts in the light and path of communal transformation.

From the framework of service and dedication, our group in the extension office aspires to the realization of communal relationships that are anchored from respect, impartiality, integrity, and social responsibility. There is always a culture of unity despite the diversity of beliefs and practices that may transform society at large. Our organization directs, serves, leads, and practices

organizational prowess and good management to foster progress and development through consultation and social inclusion. In the progressively and ferocious competitive global environment, community service is an essential and fundamental tool to uplift the standard of living in the community. The way to community flourishing is deemed to improve through proficiency and adeptness.

The metamorphosis of our organizational structure operates through self-support, self-reliance, self-sustaining, and self-propelling principles. Through people's participation and collaboration, well-planned programs are consciously taken into consideration. From this paradigm, our organization will become more productive and capable of making intelligent decisions to improve and develop our holistic well-being and the community that we may serve.

The pinnacle and the zenith of organizational

mandate and the university leadership management can transpose the day-to-day services catered to affect positive change. The moral valuation and its implication to the organization is a highlight towards progress and development. As an organization in the university, we realize the deepest meaning of service through contextual and universal logic paralleled with practical learnings and intelligent intuitions. From this, we at the extension office accompany and lead the community to attain their aspirations and desire for social transformation. Life is service without borders for the attainment of total and holistic development.

In our way, we at the extension office serve the way Jesus serves, we step to the community, the way Jesus steps to the people, and we touch the lives of the people the way Jesus touches the life of the faithful.



# UEO DISCUSSES FAQS ON COVID-19 VACCINES

By Jevie Abella



There are social issues in society that need to be addressed. It is essential to give attention because it endangers life and compromises social progress if taken for granted. Vulnerable groups fear the effect of the Covid 19 vaccines.

From this light, the University Extension Office, particularly the Coordinators for the



Health and Allied Services and the Community and Social Services, in the person of Ms. Jevie Abella and Dr. Lloyd Mata respectively, initiated the conduct of **“Lecture on Frequently Asked Questions about COVID-19 Vaccines, Ethical Dilemma, and its Social Impact; Utilization of Available Resources to Alleviate Local Transmission”** in

Quimmarayan, Sto. Domingo, Ilocos Sur Sitio Mindanao, Paratong and Sitio Namnama, Tamurong of Municipality of Sta. Catalina on March 17, June 25, and 30, 2021, respectively. This activity aimed to the participants realize the actual value and importance of the advocacy of the government to help alleviate the widespread transmission of the virus.

It is the desire that the queries and questions of the vulnerable be given

importance and acts of concern for them to appreciate social responsibility and services which foundations of empowerment. It enhances a sustainable activity that further ripens holistic progress. This undertaking assisted and guided the vulnerable group to discern, reflect, and eradicate ethical dilemmas in decision-making, particularly on the issue of vaccinations. It stimulated their understanding of social enrichment, freedom, privilege, and individuality.

## UEO gears for Coastal Clean-ups

By Jevie Abella

The University Extension Office conducted “Coastal Clean Up and Information Drive on Flood, Tsunami and Earthquake Preparedness; Climate Change Mitigation and Adaptation” in the municipalities of San Vicente, San Juan, Sto. Domingo and Sta. Catalina, Ilocos Sur on April 30, May 21, May 28, June 4, and June 24, 2021.

This activity envisioned informing the residents on the value of having and maintaining the quality of the natural environment and contributing efforts to prevent the aggravation of climate change by cleaning or removing the trash along the beaches, waterways, and other water bodies.



All photos: UEO Staff during the coastal clean-ups on various sites.



# UEO, CN Conduct Research Dissemination

By Ismael C. Rivera



Dr. Ofelia Espiritu (CN Faculty) disseminates the result of their research study to the School Teachers of San Vicente Integrated School.

In collaboration with the University Extension Office, the College of Nursing conducted a research dissemination activity in San Vicente Integrated School, San Vicente, Ilocos Sur on February 9, 2021. The research entitled “Assessment on Visual Acuity among Elementary Pupils in Vigan City” is authored by Dr. Ofelia R. Espiritu, Mrs. Jevie A. Abella, and Mrs. Edna R. Javier, regular faculty of the College of Nursing.

The participants were the teaching staff of the said school. Dr. Espiritu, the lead author, presented the result of their study. She mentioned that the pupils mostly use cellphones

and tablets and are inclined to use them in a dimly lit or dark space and frequently lie in bed. She also pointed out that there seems to be a relationship between gadgets and eyeglasses among elementary students. Her fellow authors, Mrs. Abella and Mrs. Javier presented the common and basic ways of caring for the eyes, mostly when using computers and other gadgets. It was facilitated by Dr. Bernardo Oliber A. Arde Jr., the EUO Coordinator for Publication and Research Utilization and Dissemination. The participants expressed their gratitude to the presenter because the result of the study is timely because of the online classes of the pupils.



# LIST OF EXTENSION COORDINATORS



## University Extension Office Coordinator

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| 1. Ms. May Evelia V. Ruadap         | - Livelihood and Training Services    |
| 2. Dr. Ismael C. Rivera             | - Research Dissemination and Advocacy |
| 3. Dr. Lloyd A. Mata                | - Community and Social Services       |
| 4. Dr. Bernardo Oliber A. Arde, Jr. | - Extension Publication               |
| 5. Ms. Jevie A. Abella              | - Health and Allied Services          |
| 6. Mr. Jastin R. Soria              | - Disaster Risk Reduction Management  |
| 7. Ms. Claudette C. Rabago          | - Food Processing                     |

## Academic Unit Coordinators

- |                                  |   |
|----------------------------------|---|
| 1. Dr. Princess Neptalia Quebral | - College of Business Admin. & Accountancy          |
| 2. Dr. Efren U. Galapon          | - College of Teacher Education                      |
| 3. Dr. Richard Arruejo           | - College of Communication & Information Technology |
| 4. Mr. Glenn J. Benzon           | - College of Hospitality & Tourism Management       |
| 5. Mr. Karl Marx Pilar           | - College of Fine Arts and Design                   |
| 6. Engr. Maila Ragasa            | - College of Architecture                           |
| 7. Engr. Nerio Querubin          | - College of Engineering                            |
| 8. Ms. Alma Somera               | - College of Public Adm.                            |
| 9. Mr. Greg Quilana              | - College of Health & Sciences                      |
| 10. Ms. Jenifer T. Cabides       | - College of Nursing                                |
| 11. Mr. Wilson Tolio             | - College of Criminal Justice Education             |
| 12. Ms. Jessie Punio             | - College of Social Work                            |
| 13. Mr. Jayson B. Burlaza        | - Laboratory Schools                                |
| 14. Mr. Roderick Ian Dacanay     | - College of Technology                             |
| 15. Mr. Stephen C. Tabios        | - College of Arts and Sciences                      |
| 16. Dr. Novie Ada B. Urbis       | - Department of Languages and Humanities            |
| 17. Dr. Virgilio Gascon          | - Department of Mathematics & Natural Sciences      |
| 18. Mr. Edzel Publico            | - Department of Social Sciences and Philosophy      |
| 19. Mr. Marck Christian Palo     | - 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."**

