



DAMILI



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UNP, ISPJ Renew Ties

Dr. Lloyd Mata

As part of the celebration of Prison Awareness Month, the University of Northern Philippines and the Ilocos Sur Provincial Jail forged a new Memorandum of Agreement on October 17, 2022, at the ISPJ facility.

The MOA was sealed by its signing by Dr. Erwin F. Cadorna (UNP President) and Hon. Jeremias "Jerry" Singson (Governor, Province of Ilocos Sur). The signing was witnessed by Dr. Fatima F. Rocamora (VPRE), Dr. Christopher F. Bueno (UEO Director), Dr. Lloyd Mata, and Ms. May Evelia Ruadap (UEO Coordinators) as well as Mr. Raymond T. Tabios (Provincial Warden). The MOA is a manifestation of the desire of the two institutions to be partners in the promotion of the welfare and rehabilitation of the Persons Deprived of Liberty inside the facility.

EDITOR'S NOTE



UNP Highlights Social Responsibility

In today's quickly changing global landscape, Higher Education Institutions play a critical role not only in information transmission but also in developing responsible individuals and positively contributing to society. Higher Education Institutions like UNP hold immense potential to act as catalysts for positive societal change. By embracing social responsibility across various facets of their operations, from curriculum development to community engagement and beyond, they can cultivate a culture of responsible citizenship that extends far beyond their campuses.

Anchored by the United Nations' Sustainable Development Goals, the University of Northern Philippines aims to be an instrument and a partner of the national government in attaining sustainable development through its various extension activities. Capitalizing on its resources and expertise, the University of Northern Philippines is selflessly offering its services to societies and organizations in order to attain its shared goals and mission.

Deeply rooted in Dr. Erwin F. Cadorna's developmental goals, various units of the university are geared towards providing responsive and relevant sustainable services to the community that will eventually create a positive impact on the lives of the beneficiaries in particular and the community in general. Through its social responsibility, the university continues to engage in meaningful partnerships and collaborations that bring about positive change and usher communities toward development and progress. It highlights the value of cooperation and oneness so that no community is left behind.

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CAS conducts training on Mental Health and Gender Awareness Development

Mr. Stephen Tabios



Prof. Stephen Tabios delivers his lecture to the participants.



Upon the invitation of the Sacuyya Community School, Santa, Ilocos Sur, the College of Arts and Sciences conducted a school-based training on mental health and gender awareness development on November 11-12, 2022.

The activity aimed in enhancing the knowledge and awareness of the teachers and personnel on maintaining

good mental health as well as issues on gender and development. The two-day activity had a workshop presentation where the outputs were subjected to critiquing and evaluation.

Prof. Stephen Tabios, the Unit Extension Coordinator, served as the lecturer of the training.

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CBAA Academic Programs Empower Communities with Business Concepts

Ms. Eileen Quilon



Lecturers and participants pose for the camera after the lecture.

The College of Business Administration and Accountancy (CBAA) – Bachelor of Science in Cooperative Management (BSCM) program in cooperation with the University Extension Office spearheaded an extension activity to the members of the Philippine Army Reserve Force at 102nd RRIBn, Camp Elpidio Quirino, Bulag, Bantay last August 14, 2022, through the “Cooperative Development Training”. Dr. Melvin S. Laureta presented the principles, concepts and philosophies of cooperatives. In the afternoon, Mr. Raymund N. Pilorin, a Provincial Cooperative Development Specialist in Ilocos Sur presented the Pre-registration Seminar on Cooperatives wherein he discussed why cooperative is important in an organization, and the different requirements in registering a cooperative such as the Economic Survey, Articles of Cooperation and By-laws.

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CBAA NEWS

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The CBAA – Bachelor of Science in Accountancy (BSA) Program together with the University Extension Office conducted Training on Bookkeeping on Mushrooms Sales to the residents of Barbar, San Juan, Ilocos Sur. The extension activity took place on September 26, 2022. The extension program concluded with the objectives of the activity being met. The organizers hope to increase the profit of Mushroom Sales through a better understanding of the importance of accounting, decision-making, and operations. The team determined that one of the community needs is a better distribution channel from the producers to their intended customers which the resource speakers lack expertise. The team recommends that another extension activity focused on the distribution channel will be conducted in the future.



Mr. Ramon Puruganan delivers his lecture to the participants.



Ms. Katherine Alon giving her lecture on Financial Literacy.

The CBAA Extension Unit in collaboration with the University Extension Office conducted a “Training on Financial Literacy” for the teachers at Pantay Tamurong National High School at Caoayan, Ilocos Sur. This training empowered the teachers with financial knowledge to help shape the organization's future.

The CBAA spearheaded by B.S. Entrepreneurship Program in cooperation with the University Extension Office, and Local Government of San Vicente has brought out the Kakibin Pagrang-ayan-Training- Seminar on Pastillas and Polvoron making for GAWAD KALINGA (GK) Project. One-day training and lectures were carried out. Topic 1 is the training-seminar on Pastillas Making which was delivered by Dr. Rozen C. Villa, CTE faculty. A hands-on making of Pastillas took place, and in the afternoon, the training- seminar on Polvoron-making took place.



Dr. Rozen C. Villa giving instructions to the participants.



*From left to right: Participants listening intently to the lecture.
Participants with the lecturers pose for the camera after the training.*

The BSBA major in Human Resource Development Management spearheaded the **“Training on Building Outstanding Personnel and Interpersonal Abilities”** at Baluarte Zoo Foundation headed by their Administrative Manager, Mr. Ignacio Tadeo. This extension activity aimed to educate Baluarte Zoo employees to help them obtain and hone knowledge and skills when it comes to verbal and non-verbal communication, the ability to handle conflict, teamwork, empathy, listening, and a positive attitude by being flexible and positive for success at work. Mr. Glenn Paul

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CBA NEWS*From page 4*

Briones discussed Turning the Mediocrity of Employees into Go-getters and Promoting 6S Management in the Workplace while Dr. Princess Neptalia Quebral talked on What makes a Great Manager and Employees Superb Interpersonal Skills.

To continuously implement its different extension activities, CBA has forged partnerships with new and existing beneficiaries by inking a new Memorandum of Agreement with 102nd (ILS) Ready Reserve Infantry Battalion (RRIBn) and the renewal of agreement with Brgy. Ayusan Norte, Vigan City, Ilocos Sur. This is to foster collaborative efforts for livelihood programs, community development, and other related endeavors.



From left to right: Ceremonial Signing of Memorandum of Agreement between the university and 102nd (ILS) Ready Reserve Infantry Battalion (RRIBn).



From left to right: Renewal of MOA between the university and Brgy. Ayusan, Vigan City Ilocos Sur.

CCJE NEWS

CCJE on the go for Extension Activities

Dr. Wilson Tolio

The College of Criminal Justice Education through its We P.R.O.T.E.C.T. Program emphasized the importance of conducting extension activities. This was reiterated during its regular faculty meeting where Dr. Sina C. Bestre, the Dean, facilitated the regular faculty meeting of the



Faculty members attentively listened to the dean.

college. Included in the discussion are the scheduled extension activities for the SY 2022-2023.

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CCJE NEWS

From page 5

The activities that were planned included the Seminar on PD 603 or Child and Youth Welfare Code cum Research Dissemination at Gawad Kalinga located at Barangay San Sebastian, San Vicente, Ilocos Sur on November 18, 2022. This is in relation to the nationwide celebration of National Children's Month 2022 with the theme: "Kalusugan, Kaisipan, Kapakanan ng Bawat Bata Ating Tutukan." The said activity aimed to promote awareness to the community on how to properly highlights children's rights and to share the findings of the research entitled Internet Culture of Students. Dr. Arlan G. Reburon served as the resource speaker while Dr. Loida A. Rilveria discussed to the audience the findings of the above-mentioned research authored by them.



Dr. Arlan G. Reburon, acting as the resource person in this activity, elaborated to the participants the different provisions of PD 603 as they attentively listened.

The College through its Research and Extension Office and the Open University in partnership with the University Extension Services Office and the University Research Development Office conducted an activity entitled Seminar on RA 9262 or Anti-Violence Against Women and their Children Act cum Research Dissemination at Gawad Kalinga located at Barangay San Sebastian, San Vicente, Ilocos Sur on November 18, 2022. This is in relation to the nationwide celebration of 18-Day Campaign to End Violence Against Women, an advocacy campaign that is observed annually from November 25 to December 12 as mandated by Proclamation 1172 s. 2006. The said activity aimed to promote awareness to the community on how to properly highlights women's rights, and to share the findings of the research entitled Work Environment of Probationers in Ilocos Sur.

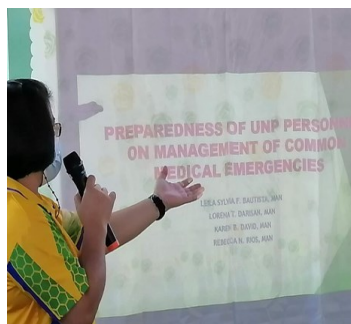


Participants had an active participation with regards to the topics discussed unto them. After which Facilitators of this activity coming from the college together with the active participants.

CHS Faculty Members Disseminates Research Findings

Dr. Ismael Rivera

The faculty members of the College of Health Sciences disseminated the results of their research study on November 9, 2022. The study entitled Preparedness of UNP Personnel on Management of Common Medical Emergencies was authored by Ms. Leila Bautista, Ms. Lorena Bautista, Ms. Karen David, and Ms. Rebecca Rios. The activity was followed by a Training on Herbal Medication Preparation. These activities were presented by Ms. Gerldine Palomares, Mr. Alfredo Corpuz, Ms. Rebecca Rios, Ms. Leila Bautista, Dr. Fe Rodillas, and Dr. Gerald de Peralta.



Ms. Rebecca Rios and Mr. Alfredo Corpuz present the result of their study to the residents.

CHS Includes Extension Activities in its Foundation Celebration

Mr. Greg Quilana

The College of Health Sciences celebrated its 30th founding on November 8-12, 2022. Through their SAFER CHS “Sustainable Activities for Empowered and Resilient Community- Care for Human and its System” program the college conducted sustainable extension activities to their adopted barangays to assist and empower them to become more resilient to face health crises and towards the optimal level of functioning on November 10-11, 2022.



Safety measures and Gender Issues across Life span and Basic Health Skills Training at Caparacadan, Caoayan Ilocos Sur, November 10-11, 2022

The BS Community Health Management/Emergency Health Services conducted the Safety Measures and Gender Issues across the Lifespan and Basic Health Skills Training on November 10-11, 2022 at Caparacadan Caoayan Ilocos Sur and participated in the barangay officials and selected mothers and residents of the barangay. This activity aimed to impart information on safety issues and measures or interventions across the life span as well as train the participants in basic health skills, especially in common emergencies in the barangay. Topics discussed for the 1st day were Child Safety by Prof. Lorena Darisan, Adolescent's Gender Issues, and Safety Measures by Pro. Greg Quilana, Gender Issues and Safety Measures for Adults by Prof. Maria Yolanda Aquino, and Safety Measures for Elderly by Porf. Rebecca Rios. For the 2nd day; the Concepts of Vital Signs by Prof. Karen David, Respiration and

CHS NEWS*From page 7*

Pulse by Prof. Leila Sylvia Bautista, Temperature by Prof. Ma. Cristina Alcausin, and Independent Functions for Common Health Problems by Prof. Evelyn Rafanan.

The BS Midwifery program tendered the Health Assessment and Basic Health Skills Training at Sived Sto. Domingo Ilocos Sur on the

same date aims to enhance the competencies of the BHWs and selected mothers on basic health assessment and in providing health interventions to sick family members. Dr. Fe Rodillas discussed the Different Vital Signs and the procedures for taking the vital signs and Dr. Romelia Tamayo discussed Health and Nutritional Assessment. The second day is allotted for the demonstration and return demonstration of the procedures.



Health Assessment and basic health skills training at Sived Sto. Domingo Ilocos Sur, November 10-11, 2022

The BS Medical Laboratory Science through their Kalusugan Panatilihin, Healthy Lifestyle Ugaliin Program conducted a Training on Basic Personal Hygiene for Grades 1 and 2 pupils of Villamar Elementary School, Villamar Caoayan Ilocos Sur. The 2-day activity entails talk regarding lifestyle-related diseases including basic personal hygiene. The topics discussed for the 1st day were; Personal Hygiene: An Introduction by Prof. Alfredo Corpuz, Handwashing by Prof. Ace Daniel Averro and Prof. Carmela Florentino, and Toothbrushing by Prof. Nigell Mikhail Gallardo; for the second day, training on toilet use by Prof. Sherwin Alvaro, Proper Food and Proper Food Handling by Prof. Carmela Reotutar.



Kalusugan Panatilihin, Healthy Lifestyle Ugaliin V: Training on Basic Personal Hygiene for Grades 1 and 2 Pupils at Villamar Elementary School, Villamar Caoayan Ilocos Sur, November 10-11, 2022.

On December 15-26, 2022 the BSMLS program also conducted the Kalusugan Panatilihin, Healthy Lifestyle Ugaliin VI: Training on Basic Nutrition for Mothers at Villamar Caoayan Ilocos Sur. Topics discussed; were the food groups, nutrition for pregnant and lactating mothers, and nutrition for children and teenagers. The 2nd day topics were nutrition for healthy adults, nutrition for adults with lifestyle-related illnesses, nutrition for senior citizens, and food and water safety.



Kalusugan Panatilihin, Healthy Lifestyle Ugaliin VI: Training on Basic Nutrition for Mothers at Villamar, Caoayan, Ilocos Sur, December 15-16, 2023 .

CHTM at your SERVICE

Mr. Glenn Benzon

Social responsibility & Endless supports t that is Responsive to changing world thru Viable and Innovative Community Extension Service (S.E.R.V.I.C.E.), which is the college's flagship extension program aims to assist communities to become resilient and self-reliant.

On December 13, 2022, Dr. Marjorie R. Dafun, Dr. Marilen P. Pablico and accompanied by Prof. Jevie Alejon initiated a Training on Front Service Management for Police ushers and usherettes held at Ilocos Sur Police Provincial Office (ISPPPO). It was attended by twenty-five (25) uniformed personnel. The Training was facilitated by Dr. Pablico and Dr. Dafun was the resource speaker. She emphasized the role of police in local tourism by ensuring the public safety of both tourists and locals and also are responsible for acting as tourism service support. This training was designed in the preparation for Batang Pinoy National Championship which commenced from December 17 – 22, 2022 hosted by Ilocos Sur province.



Resource Speaker Dr. Marjorie Rea Dafun and PCOL. Marlo A. Castillo, Director of Ilocos Sur Police Provincial Office conducted one (1) day training on Front Service Management for Police Ushers and Usherettes

According to National Sports Commission, around 6,000 athletes from over 140 local government units were expected to attend this sporting event concomitant to a higher tourist influx in the Province.

Other highlights of the activity were ensuring good practice in personal care service training of the uniformed personnel. It aims to encourage hygiene and grooming practices and is appropriate for Tourist Police Models. Furthers the goals of PNP by projecting a positive and professional image to the public and tourists.



The Tourism Students Organization also showcases their skills in cosmetology as needed for Police Personal Grooming (PPG)



ISPPPO provide ushering assistance to the athletes during Batang Pinoy sporting event in the province

Photo credited to ISPPPO; <https://www.facebook.com/ilocossurppoofficialpage?mibextid=ZbWKWL>

Promoting health within a community is an important activity that can result in better overall well-being and quality of life for its members. With this in mind, the College of Medicine (CMed) took the initiative of conducting various activities that put a premium on health.

On November 19, 2022, a Grand Medical and Surgical Mission and Bloodletting was held at the UNP Gymnasium. Faculty and Staff, CMed Alumni Doctors, and Medical Students were involved in the said activity. The said endeavor intended to benefit residents of Vigan City and nearby municipalities.

CMed brings Health to the Fore

Dr. Pablo Quedado



Dr. Vivien Abitong, a faculty of the College of Medicine, assisted by Dr. Kathlyn Sagmayao, also a graduate of the UNP CMed, and third year medical students, performed surgery on a male patient.



Eye check-up was also conducted by ophthalmologists.

Free Flu Vaccination for UNP Students and UNP Employees was also conducted on November 19, 2022 at the UNP Gymnasium which involved CMED Faculty and staff, Medical Students, and Clerks. The activity aimed at providing flu vaccination for free in order to significantly reduce the risk of getting the flu. Vaccines used in this activity were donated by the Provincial Health Office of Ilocos Sur.



A free flu vaccination to all faculty and employees of the university, medical students who will undergo clerkship and nursing and midwifery students who are on community and duty from the College of Nursing and Health Sciences.



RA 7719 (National Blood Service Act of 1994) aims to boost the campaign on voluntary blood donation to give adequate supply of safe blood and regulate blood banks. The College of Medicine in cooperation with the APMC-SN, NSTP, and the Ilocos Sur Provincial Hospital-Gabriela Silang conducted the blood letting activity to raise awareness on the benefits of blood donation, to create data bases for blood centers and blood donors in Region I, II, III and CAR, and to train the medical students in blood letting activity.

UNP College of Medicine Champions Teen-age Pregnancy Initiative

Dr. Dominetta Gonzalo

Recognizing the heavy psychological burden besetting first-time teen-age mothers, the UNP College of Medicine partnered with the Philippine Obstetrical and Gynecological Society North West Luzon Chapter and the Rotary Club Vigan to launch the Adopt an Indigent Pregnant Teen-Ager under its Child Health and Maternal Program (CHAMP) last October 20, 2022, at the Rotary Club (RC) Vigan head office.



Dr. Crispin Allan T. Viado, Dr. Glenda P. Rabino, POGS NWL officers, UNP College of Medicine students and ISMS members joined together to launch the CHAMP Program.

The goal of the program is to adopt an indigent teen-age mother who will receive a free pre-natal checkup, including an ultrasound to ensure a successful pregnancy, free medicines, family planning, and counseling, as well as a coordinated plan for safe birth in partner hospitals. Attended by Dr. Crispin Allan T. Viado, a neurosurgeon and the Rotary Club Vigan President, and Dr. Glenda P. Rabino, an obstetrician and RC-Vigan Vice President, who are both medical faculty of the UNP College of Medicine, medical students of the UNP College of Medicine, and members of the Ilocos Sur Medical Society, the program also provided training on breastfeeding and early infant care like bathing. The selected teen-age mothers and their families also received counseling during the activity.



With the adopted teen-age mothers, UNP College of Medicine medical faculty and medical students.

UNP College of Medicine Pushes Women's Reproductive Health Advocacy

Dr. Dominetta Gonzalo

Kicking off this year's health advocacy programs, the University of Northern Philippines College of Medicine, in cooperation with the Philippine Obstetrical and Gynecological Society-North Western Luzon (POGS NWL) Chapter and the Ilocos Sur Medical Society conducted a Cervical Cancer Awareness and Screening last September 22, 2022 at the Magsingal Rural Health Unit. Dra. Glenda P. Rabino, a medical faculty and a current officer of POGS NWL chapter, led a team of obstetric specialists and medical students in the said activity. It offered free cervical cancer screening using the Visual inspection with acetic acid (VIA) method to thirty women recipients.

Part of the one-day activity was a lay forum on cervical cancer which tackled the important issues of risk factors and the telling signs and symptoms of this dreadful disease. Dr. Cheryl Cabebe, president of the POGS NWL Chapter and a practicing obstetrician-gynecologist in Metro Vigan area, also talked about the benefits of the

cervical cancer vaccination among vulnerable women and where to get the vaccine. The medical team and other volunteers of the Magsingal Rural Health Unit provided free consultation on women's health issues and concerns during the said activity.



Above: Participants listened attentively to the lecture of Dr. Cabebe.

Below: Medical doctors and students conducting cervical cancer screening using the Visual inspection with acetic acid (VIA) method

College of Nursing Cares for the Communities

Ms. Jenifer Cabides

The College of Nursing participated in this year's Brigada Eskwela, with the theme "Tugon sa hamon ng ligtas na balik aral". This serves as a call to the college to deliver services to the community by participating in the different activities related to the health and welfare of the people. Faculty members and students of the College responded to the request of Capangpangan Elementary School (CAPES, and the activity conducted was entitled "Maki-isa sa BRIGADA ESKWELA" cum Sustaining the School Herbal Garden. They helped in cleaning the surroundings as well as repainting the tables and chairs, cabinets and the plant boxes.



Moreover, a "Medical Mission and Brigada Eskwela cum Lecture on Disease Prevention" was conducted at Paing Elementary School. The said activity was in partnership with the PNA Ilocos Chapter, KIWANIS Ilocos, and CARIDAD Chapter respectively. Faculty members from the College of Nursing participated in assessing clientele for consultation, dispensing medications, and in giving health teachings.

On the other hand, bloodletting programs assist blood banks in maintaining the quality of blood supply in order to meet patients' blood demands and save lives. Thus, the college of nursing supports this endeavor. Faculty from the College served as volunteers during the conduct of BLOOD LETTING Program of NSTP, they helped in blood extraction, assess/ monitor vital signs and rendered health teachings to the blood donors.



On December 19, 2022, the College of Nursing conducted an activity entitled Training on Basic Vital Signs Taking and Monitoring, Lecture on Women's Rights and Handog Pamasko to the adopted barangay: Napo, Sto. Domingo, Ilocos Sur a farmland barangay located in the first district of Ilocos Sur and an adopted community of the College. The said activity is the colleges' participation in the 18-day campaign to end Violence Against Women wherein the college is committed in the implementation of the different programs concerning Women's Rights and Health. Topics on Women's Rights was discussed by Dr. Bernardo Oliber A. Arde and the Reproductive Health Rights was discussed by Prof. Claudine Cecilia H. Almachar respectively.

In addition, a Training on vital signs taking, and demonstration on the proper monitoring of vital signs was also conducted. The said topic was discussed by Prof. Mercedes P. Anicas, Prof. Fe T. Tuzon and Prof. Sheila G. Obispo respectively. The objective of the activity aimed to empower the barangay officials particularly the women for them to be able to assume their responsibilities in their community, as well as to their family.



Moreover, since it's the season of giving, the College of Nursing, in cooperation with the Federated Alumni and the College of Nursing Alumni Association extended their love, to the barangay and distributed a Noche Buena package. Officers of the CNAA and representative from the Federated Alumni joined the Faculty Members of the College to hand over a total of 145 Noche Buena package to the residents of the adopted barangay.

The residents together with the Barangay Officials headed by the Barangay Captain Candido Quinto expressed their gratitude for all the services rendered in their barangay. The success of the said activity was made possible through the help and support of the CN Alumni, Federated Alumni and the University officials headed by the President, Dr. Erwin F. Cadorna.

CTE NEWS

The College of Teacher Education adopted Rancho Elementary School (RES) through the initiative of the Bachelor of Technical and Vocational Teacher Education/ Bachelor of Technology and Livelihood Education and Master of Arts in Technology Programs.

Dr. Florida Q. Paz forwarded a request letter to the Office of the University President, intimating a possible collaboration for the training of the teachers on Information and Communication Technology use for instruction and administrative tasks. As a response, the President directed the CTE Dean to act on the aforementioned request. A consultative meeting with the stakeholders of RES was conducted and laid some plans on how to go with the project.

As a result, a Memorandum of Agreement (MOA), adopting the RES under the University's Adopt-a-School and Community Program was signed on December 2, 2022, to formalize the extension services that will be served. The occasion was graced by the CTE faculty which was led by the CTE Dean, Dr. Ma. Teresa Susan L. Manzano who pledged her commitment to give all the best the College may provide to the elementary school. In response, Dr. Paz said that the RES family is beyond grateful for including them in the University's Adopt-a-School Program. She also added that the MOA signing manifested the beginning of a new friendship/partnership between UNP/CTE and RES.

The lined activities for the RES was the ICT upskilling of the teachers. Dr. Dave Fontejen, Prof. Reynaldo Regucera, and Dr. Jojit Aquino served as the main trainers in the conduct of ICT training which included PC operation, internet use, computation of grades using spreadsheet applications, improving multimedia lessons using video editing programs, among other ICT competencies. The RES teachers expressed their deep appreciation to the College as the training were very helpful in discharging their work as teachers and in the preparation of their reports.

Additionally, the Master of Arts in Technology and Livelihood Education students under the Agricultural Arts class of Dr. Efren Galapon gave some lectures on best practices in vegetable gardening to the Student Body Organization of RES which is composed of learners from grades 3 to 6 on December 10, 2022. The learners expressed their warmest gratitude to the extensionists as they had learned significantly from the lectures.

CTE Initiates the Adoption of Rancho Elementary School

Dr. Efren Galapon



The UNP Delegates and the RES faculty witness the MOA signing represented by Dr. Ma. Teresa Susan L. Manzano of CTE and Dr. Florida Q. Paz of RES



Dr. Jojit Aquino gives some inputs on how to use the different ICT tools in improving teaching and administrative tasks for the RES



Mr. Mark Palomares, MATLE Student gives lecture to the SBO students (leftmost photo), the MATLE students pose with the RES learners (Middle), and the variety of seeds and fertilizers donated to RES

CTE Sustains its Extension Projects in the 2nd half of 2022

Dr. Efren Galapon

The College of Teacher Education relentlessly gives its best in providing extension projects and activities to its identified impact schools and communities.

The Master of Arts in Teaching Filipino (MATFIL), Master of Arts in Teaching English (MATEng), together with the Bachelor of Secondary Education (BSEd) majors in English and Filipino continued their Literacy Program at Puro National High School. This aims to help the struggling learners in reading. The MAT students help in devising ways of helping the struggling learners to improve their reading abilities while the undergraduate language students are the ones in going to Puro NHS, carrying out the intervention plan. The college students give one on one intensive reading exercises to the learners so that they will become better readers in due time. On the other hand, the teachers of Puro NHS are also continuing in developing their action research while they are conducting the literacy program. Moreover, the health and wellness extension program is also sustained by giving lectures on gender and sexism.



The UNP Delegates and the RES faculty witness the MOA signing represented by Dr. Ma. Teresa Susan L. Manzano of CTE and Dr. Florida Q. Paz of RES

Barangay Manzante was adopted under the Adopt-a-Community and School project of the University. The MOA signing was graced by the CTE faculty which was headed by the Dean, Dr. Ma. Teresa Susan L. Manzano. The programs slated for the community are wellness and sports and livelihood development. The Master of Arts in Teaching and Bachelor of Physical Education faculty and students, provided the grassroots training in arnis, catering the local barangay Kagawad and tanods of barangay council of Manzante and students of Manzante NHS on December 2-3, 9 and 10, 2022. This activity was initiated by Dr. Matilde Concordia, the Program Head. The pool of trainers were headed by Prof. Schubert Soliven and Prof. Eric F. Reotutar. The activity was hailed to be of great importance as the recipients were able to develop the basic skills in defending themselves using the traditional arnis sticks.



Still in Manzante, the faculty and students of the Bachelor of Technical-Vocational Teacher Education and Bachelor of Technology Education slated the training on practical house wiring for the parents and students. This helped them develop the skills and knowledge on how to repair their domestic appliances. More activities such as cultural heritage preservation are on the line.

On the other hand, the faculty and students of the BEED and MAEd programs sustained their extension project at Singson Versoza Elementary School in San Juan, Ilocos Sur. They have a series of activities which include Training on the Role of Men and Women in Education under the Gender and Development Program on December 1, 2022; and Training on Evaluating and Critiquing Instructional Materials, held on December 15, 2022 under the Learning Resources Development Program.



NEWS

High School Teachers and Students Receive Mental Health Lecture

Ms. Jevie Abella

Teachers and Students of San Juan National High School took part in the Training Seminar on Psychosocial Support (PSS) Activities Geared Towards Mental Wellness, Coping with Stress, and Building Resilience for Teachers and Pupils on September 01, 2022. This activity was initiated by the University Extension Office.



The activity started with a short prayer which was facilitated by the teachers of SJNHS. Mr. Elvis Tabugader, the School Principal, rendered his welcome message and formally opened the conduct of the program.



Teachers and students participated and listened attentively as manifested by their shared impressions

The students and teachers were assigned to their respective break-out rooms and followed by the Faculty of the College of Nursing – Dr. Epifania Marlene R. Purisima, Prof. Edna R. Javier, Prof. Fe T. Tuzon, Prof. Marjorie F. Joven, Prof. Gerardo Joven, and Prof. Rex T. Tomas and the College of Health Sciences – Prof. Lowie Lynette Basconillo, Prof. Yolanda Aquino, Prof. Vincent Viste and Prof. Greg Quilana to provide lectures and training on psychosocial support activities. Specific topics that were given are Coping Mechanism, Management of Anxiety, Fears and Depression.

After the room sessions, all participants convened and solicited their impressions and learning insights regarding the training-seminar.



NEWS

HS Teachers Join Soap Making Training

Bernardo Oliber A. Arde, Jr.

High School Teachers of Pantay Tamurong National High School participated in the 2-day Skills training on September 23 and 24, 2022. This activity was organized by Ms. Edna A. Miguel, the school's focal person in partnership with the University Extension Office.

Supported by Ms. Esmeralda S. Molina, the school principal, the activity was intended to equip the participants with the necessary skills in dishwashing soap and fabric conditioner making as a means of additional livelihood. In her closing statement, the Principal thanked the university for its assistance and emphasized the need to share the skills learned by the participants to the parents of their students as a way of giving back to the community and helping them to earn additional income.



Faculty member activity participants in the demonstration the soap-making and happily pose for the camera.

NEWS

ISPJ Partakes on various Activities

Mr. Jake B. Garnace

Ms. Arlene Kriszel M. Tabbuac

Ms. Claudette Rabago

Mrs. May Evelia V. Ruadap

The College of Teacher Education – Laboratory Schools spearheaded various activities at the Ilocos Sur Provincial Jail on November 11 to 12, 2022. It conducted the Lecture-Workshop on RESILIENCY: CATHARSIS EFFECT at the Ilocos Sur Provincial Jail, Bantay Ilocos Sur on November 11, 2022.

The activity started with Ms. May Evelia Ruadap, University Extension Office Coordinator, explaining the rationale of the activity. She explained that the lecture-series for the day is a continuation of the previous workshops that have been conducted by the university.

Mr. Jeffrey R. Valencia was the first speaker on Lecture-Workshop on Resiliency: Catharsis Effect. He grounded the lecture by the meaning of catharsis – change of heart. The discussion started by a question: “So kumusta ka naman, bukod sa pagiging okay lang?” One of the persons deprived with liberty shared that they hide their true feelings because that shows how strong a person is. They want to show to their loved ones visiting them that they are okay. The lecture went on by the story of the Movie, Dull House. The persons deprived with liberty, specifically the fathers, shared their experiences on how they communicate with their children. On our points of view, we can see that the persons deprived with liberty long for their family who are outside the provincial jail. The sharing went on as the community discussed things about the mistakes they have done in the past and the speaker emphasized that no one is perfect. He also highlighted that when times that they feel down, they need to think of those who continuously gives them inspiration to continue to move forward.



Participants listening attentively to discussion of the speaker.

The speaker commended the resiliency of the persons deprived with liberty while they continue to have their discussion. Claps and laughs filled the air in the community as one of the persons deprived with liberty jokes the speaker of their possible love affair. He continues the talk by emphasizing the provincial jail should serve as their refuge to change for the better. He also shared a theological belief – Faith, Hope, Love. He highlighted that when times come that someone loses faith, hope, and love, the only solution is to continue to be strong.

He explained the interrelationship between Faith, Hope, and Love. Hope to start thinking, Faith to start healing, and Love to start an action to rebuild yourself. He ended the lecture by sharing that “One can only attain resiliency when someone rests on silence. Be strong, haan yo ibagbaga ti bagbagiyo jay label nga siayk ket dakes.”

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Mr. Joey Camello continued the second half of the lecture by emphasizing “self-worth” and “love of and for mothers” since the first speaker concentrated on the “love of and for fathers”. The speaker grounded the lecture on the 20-peso bill. No matter how dirty or worn out a 20-peso bill is, it has still value. He said losing a sense of self-worth leads to depression and self-pity, hence resulting to mistakes. He shared his life story about how his mother sacrificed everything for his elementary to college education. Although he wanted architecture, his mother wanted him to pursue Philosophy. He shared that he even thought of ending his life but his mother continued to show support for him. He ended the lecture by emphasizing that the love of mothers is never-ending and has no bound.

After the lecture series on Resiliency: Catharsis Effect led by Mr. Jeffrey Valencia and Mr. Joey Camello, the next session is centered on the topic of crocheting, which is part of the livelihood workshop series of the university. This activity took place on November 12, 2022.



Participants actively participated in the Crocheting Training.

Dr. Elmarie Rin, a Senior High School faculty member, served as the head lecturer of the learning session. Other Laboratory Schools faculty members, which include Ms. Arlene Tabbuac, Mr. Jake Garnace, Mr. Rey Vecina, Mr. Jeffrey Galangco, Ms. Janet Molina, Ms. Jennielou Pigao, Mr. Randall Rabacal, and Mrs. Mila Lopez, also served as facilitators and documenters. In addition, Grade 12 STEM students, Ms. Eva Shelyn Paat and Ms. Beatrese Ryanne Tubon also helped during the workshop part.

Dr. May Ruadap and Ms. Claudette Rabago from the University Extension Office were also present.

Hooks and crochet threads were given to the participants during the workshop. Through learning by doing, and through the guidance of the facilitators, the participants tried their best in making tulip crochet materials.

OU Goes to Communities

Dr. Dolores Bersamina

Aiming to provide assistance to partner agencies, the UNP-Open University (OU) delves into providing various extension activities during the last half of the Year 2022.



18-Day Campaign to End Violence Against Women 2022 (Seminar on RA 9262 cum Research Dissemination which was held on November 26, 2022, at San Sebastian San Vicente Ilocos Sur.



OU took part in the 18-Day Campaign to End Violence Against Women 2022 (Seminar on RA 9262 cum Research Dissemination which was held on November 26, 2022, at San Sebastian San Vicente Ilocos Sur. Dr. Dolores R. Bersamina, the Assistant Dean of Open University and an affiliate faculty member of the College of Criminal Justice Education participated in the extension activity entitled, “Seminar on RA 9262 cum Research Dissemination”. The said activity aimed to equip the residents of Gawad Kalinga in San Sebastian, San Vicente, Ilocos Sur the knowledge pertaining the salient provisions of Republic Act No. 9262 or the Anti-Violence Against Women and their Children Act of 2004.

Dr. Moderina A. Malcaba, the OIC-Dean of the Open University and an affiliate faculty member of the College of Business Administration and Accountancy participated in the conduct of an extension activity entitled “Building Outstanding Employees and Improving Interpersonal Skills Training” among the Team Leaders, Managers and Staff of Baluarte Zoo on December 15-16, 2022 at Baluarte Zoo, Vigan City, Ilocos Sur. The said activity aimed to capacitate the participants to have better knowledge on how to be great leaders and improve their



Building Outstanding Employees and Improving Interpersonal Skills Training December 15-16, 2022 at Baluarte Zoo, Vigan City, Ilocos Sur

NEWS

PDLs Participate in UNP's Livelihood Program

Bernardo Oliber A. Arde, Jr.

The University of Northern Philippines (UNP), through the University Extension Office (UEO), held a candle-making livelihood training program for the PDL of the Ilocos Sur Provincial Jail (ISPJ) on August 18, 2022. This effort seeks to implement Livelihood Programs for PDLs in order for them to become productive citizens upon release and absorbed back into society.

Ms. May Evelia Valencia Ruadap, UEO Coordinator for livelihood and skills training services, co-facilitated the training with Ms. Claudette C. Rabago, UEO Coordinator for Food Processing; Mr. Marito R. Requilman, documenter; and Mr Dan Alvin A. Marias, trainer. ISPJ Jail Personnel, led by Provincial Warden Raymond T. Tabios, assisted.



PDLs perform the return Demonstration in Candle-making at the ISPJ.

SOCIAL SERVICES AS FRAMEWORK FOR SOCIAL INCLUSIVITY

Dr. Lloyd A. Mata

Social services in the paradigm of the University Extension Office exemplify the principles of human flourishing, responsiveness, kind-heartedness, and humanity. It abridges complex programs, projects, and activities designed to improve societal prosperity and well-being. These perspectives are premeditated to succor individuals, families, and communities who are marginalized, and underprivileged, thereby upholding the concept of impartiality and social justice. This entails the continuing task of capacity building towards self-reliance and empowerment, within the context of poverty and deteriorating level of human development.

The university adheres to social services as it plays significant landmarks in fostering communal soundness. It addresses diversities of social, political, and economic issues, including poverty, illiteracy, unemployment or underemployment, and healthcare. By reaching out to the marginalized, underserved, and underprivileged, social service supports bridging the socio-economic boundary. The university through its extension programs supports creating a well-adjusted society where opportunities are not dominated by an advantaged few but are available to all.

The university's social services can be evident in copious facets. It can be as simple as responding to requests from the community, various faces of volunteerism, livelihood programs, skills, and food technology transfer, or as complex as implementing extensive social programs. It can embrace various areas such as education, healthcare, environment, culture, and human rights among others. Through a lens, tutoring underprivileged pupils, providing medical aid to the disadvantaged, organizing environmental sustainability drives, or advocating for human rights are all forms of university extension programs.

While the university and non-profit groups play a significant role in extension services, the accountability also lies with the community people. Everyone can contribute to progress and development in their exceptional means. Even small gestures of extending hands to the needy or mentoring a pupil can have a profound impact on the lives of many. By actively participating in extension services, individuals can nurture a sense of community and mutual respect.

The impact of social services on society is enormous. It does not only address instantaneous needs and concerns but also underwrites to longstanding societal progress and empowerment. It aids in producing a vigorous societal fabric where communities are empowered and people become self-reliant. Moreover, social services advocate a culture of compassion and self-sacrifice, promoting societal harmony and human flourishing.

Inferentially, social services are an influential instrument for societal transformation. It is a demonstration of humankind's capability for responsiveness and unselfishness. By participating in social actions, we can contribute to producing a more impartial and just humanity. It is an aide-mémoire that every individual, heedlessly of their socio-economic position, has the right to dignity, respect, and a fair fortuitous at existence. It is not just a piece of charity but a pledge to social justice and human dignity.

NEWS

UEO Advocates for Health Promotion

Ms. Jevie Abella

Promoting health is critical for creating healthier individuals, communities, and societies. It not only prevents illnesses, but it also fosters surroundings that promote general well-being and resilience. With this goal in mind, the University Extension Office conducted the Medical Mission and Brigada Eskwela cum Lecture on Uplifting the General Health of the Community through Empowering the KSA among School Children and Adults against COVID-19 Pandemic Effects and Lecture on TB Awareness at Paing Elementary School, Paing Banatay, Ilocos Sur on August 20, 2022.

The University Extension Office planned to engage in activities that would make individuals understand the genuine worth and significance of the government's campaign in promoting health and prevention of illness. The office hopes that the concerns and inquiries of the vulnerable will be taken seriously. The cornerstones of empowerment include showing them some concern and teaching them to value social duty and services. The activity's goal is to instill in the children a sense of independence and confidence so that they can grow and develop in a healthy way by learning how to take care of themselves. This will ensure the children are equipped with the best defense against all forms of illnesses.

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School Children enjoying the food served to them after the lecture.

Ms. Cathlene Joy de Guzman, Ms. Rizza C. Abinsay, Mr. Lovie Japhet Lopez, Ms. Elaine Ferrer also participated in assessing the clientele for consultation, dispensing, of medications and imparted health teachings. The PNA Ilocos Chapter was also present in extending its services.

Dr. Porfirio "Jun" Tugas, Jr., the president of the KIWANIS Ilocos Chapter served as the medical consultant during the medical mission together with his allies. While the CARIDAD Chapter of KIWANIS provided supplemental feeding to the children. There was also free haircut initiated by the Ilocos Sur Police Officers. The faculty members from the College of Nursing namely Ms. Jenifer T. Cabides, Mr. Constantino Y. Mendoza, Ms. Jonalyn Rocero, Ms. Laurence Aquino, Ms. Julie Ann Palma, Ms. Fritchey Forneas,

NEWS

UEO Holds Training at ISPJ

Ms. Jevie Abella



Participants listening to the lecture of the speakers.

The University of Northern Philippines through the University Extension Office conducted Training on Hypertension Prevention and Basic Management, Training on Passive Range Exercises, Proper use of Medical Assistive Devices, and Self-Care Behavior Awareness cum Assessment of PWDs on Health and Mobility at the Ilocos Sur Provincial Jail, Taleb, Bantay, Ilocos Sur on October 27, 2022.

The activity was conducted in response to the request of Warden Raymond Tabios due to the presence of some Persons Derived of Liberty who cannot walk properly and need medical assistive devices. The UEO coordinators served as assessors and conducted initial assessments to check the specific medical device needed to provide for the PDL.

With the help of the CHS faculty namely Prof. Venerand de la Cruz, Prof. Greg Quilana, and Prof. Jose Unciano, the participants were able to learn and increase their knowledge in improving their independent functioning through practicing passive to active range exercises on their daily activities. They actively performed Zumba and passive exercises led by Prof. Lloyd Sison, a faculty from the Department of Physical Education. The participants were also given a chance to verbalize their concerns regarding the basic management of hypertension. Stress ball and quad cane were distributed to the PDL who needed it most, and they expressed their appreciation.

NEWS

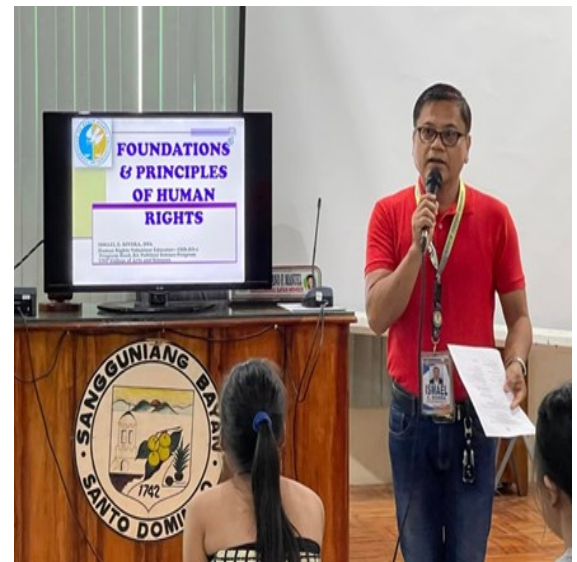
UNP, CHR Partner for PWD Rights Orientation

Dr. Ismael Rivera

The Commission on Human Rights in partnership with the University of Northern Philippines conducted an Orientation on Human Rights with emphasis on the Rights of Persons with Disabilities and other laws on September 20, 2022, at the Sanguniang Bayan Session Hall of Santo Domingo, Ilocos Sur. About 25 PWDs together with their significant others attended the said activity.

The activity started with the words of welcome of Hon. Bryan Dexter V. Tadena, Municipal Mayor, ably represented by Ms. Fe Valencia, MSWDO. Speakers of the different topics were Dr. Ismael Rivera and Prof. Johnny Allagadan of UNP. Together with them were Atty. Mhelanie C. William (Attorney IV, CHR-Region I) and Mr. Danilo T. Balino (Head, Promotion & Advocacy of CHR-I).

The endeavor was intended to provide information, education, and clear understanding of Human Rights with emphasis on the Rights of PWDS and other related laws; to foster stronger partnership and cooperation with LGU partners; and to empower participants to become future human rights advocates.



Dr. Rivera delivering his lecture during the celebration of PWD Consciousness Month.

Bio on Herbal Medicine

Ms. Charo B. Rojas

The United nation's Sustainable Development Goals (SDGs) represent a global blueprint for a better and more sustainable future. UNP is steadfast in its commitment to promoting gender equality, as outlined in SDG 5 and SDG 3: good health and well-being, by aligning its extension programs with these global objectives. In celebration of Women's Month, the BS Biology Program of UNP- College of Arts and Sciences conducted an activity entitled, "Women towards Herbal Medicine: Traditions, Culture, and Gender Role" in collaboration with the University Extension Office on December 19, 2022, in Gawad Kalinga, San Sebastian, San Vicente, Ilocos Sur.



Lecturers of the said activity, discussing several herbal plants approved by the DOH and their proper utilization.

Lecturers were Mrs. Charo B. Rojas, the Program Head of BS Biology; Ms. Olive P. Barcesa, Ms. Althea Jomari G. Lagazo, and Ms. Berlin Aagsalog, faculty members of BS Biology Program. There were four presentations discussed: Herbal Plants approved by the DOH, Traditional Practices for Respiratory Ailments Among Farmers, Health Benefits and Uses of Samak Plany (*Mocaran-ga tanarius L.*), The Medicinal Values of Bugbugay-yong (*Abrus precatorius L.*), respectively.

This activity aimed to educate women, particularly in the Gawad Kalinga, San Sebastian, San Vicente, Ilocos Sur on the proper utilization of herbal plants as a preventive measure or as a treatment due to personal dissatisfaction with conventional treatment, side effects of prescribed medications, and history of treatment failure. Moreover, it will introduce and raise awareness also the public on the special considerations for herbal medicine because they can be mistakenly thought to be completely safe because they are natural products. They may produce negative effects also that can range from mild to severe.

Through this activity, the "Women Towards Herbal Medicine: Traditions, Culture, and Gender Roles, organized by BS Biology Program of the College of Arts and Sciences shows its dedication to promoting women's health and well-being and gender equality. In doing so, UNP helps bring the world closer to realizing the vision of SDGs and a better future for all.

CAS Faculty Joins 18-Day Campaign to End VAW, International Day of Persons with Disability

*Ms. Alexander Blake Real
Mr. Mico Molina*



Mr. Mico M. Molina, Program Head of BS Psychology, delivering his lecture on mental health issues and coping strategies to groups of women, out-of-school youth, and persons with disabilities at LGU Bantay Gymnasium, December 13, 2022.

In recognition of the 18-Day Campaign to End VAW and the International Day of Persons with Disability (PWD), the BS Psychology program provided a lecture on mental health issues to women and youth in collaboration with the University Extension Office and Municipal Social Welfare and Development Office.

The activity aimed to enhance the women's and young people's psychological well-being through community-based mental health support. Further, the purpose of the activity was to educate members of the community who regularly deal with stress and other mental health problems about the value of maintaining good mental health. Additionally, the activity taught various coping skills for handling daily pressures to the participants, thus, recognizing that mental health is an important issue in society that requires widespread attention.

Mr. Mico M. Molina, Program Head of BS Psychology, delivered a lecture on mental health issues and coping strategies to a group of women, out-of-school youth, and persons with disabilities last December 13, 2022, at Bantay Gymnasium.

Delivering mental health issues and coping strategies among women has touched three major goals of UN SDG: Goal #3 on free access to mental health and Goal #5 on gender equality and Goal #10 on reduced inequalities. The more that advocates emphasize that mental health is for all, the more it becomes more inclusive. Inclusivity is not mainly about involving all persons with different agenda, rather, it is about taking into consideration the needs of all these persons (i.e. women and PWDs) and assessing what they need to achieve their optimum well-being.

CAS Highlights Mental Health on Its Radio Show

Mr. Mico Molina

Ms. Alexandria Blake Real

One of the year-round extension activities of College of Arts and Sciences at the University of Northern Philippines, including the BS Psychology program is airing advocacies through the CAS Radio Program: Cultura, Aglawlaw ken Sika at the DZNS Radio Station. As advocates of Mental Health, the BS Psychology Faculty namely, Mr. Mico M. Molina and Ms. Alexandria Blake C. Real discussed Mental Health issues pertaining to depression, anxiety disorders, suicide preventions, overthinking, and stress disorders. The activity was conducted in the DZNS Radio Station last September 3, 2022.

The activity primarily aimed to raise mental health awareness as well as to provide information on how to handle adverse emotion that may lead to serious mental health concerns to the public. The UNP's commitment to the United Nations' sustainable development goals (SDGs), particularly SDG number 3: Good Health and Well-being is being demonstrated through this program. The public is being provided with access to free mental health information that can



help them improve their physical health and well-being. Moreover, by implementing this activity that provides relevant information, such as strategies for suicide prevention – education, support system, access to professional help, and raising awareness – we do not only realize the global objectives, but we can also save lives and create a world where mental health is prioritized.



Ms. Alexandria Blake C. Real and Mr. Mico M. Molina, BS Psychology Faculty, are discussing mental health issues such as depression, anxiety, suicide, and stress at DZNS Radio Station on September 3, 2022.

Psych Experts Provide Mental Health Support for Teachers, Students

Mr. Mico Molina

Ms. Alexander Blake Real

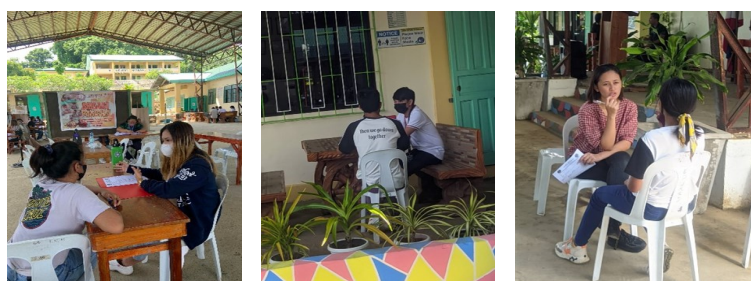
According to the Municipal Health Office (MHO) of Lidlidda, forty (40) students of Lidlidda National High School experienced widespread panic on September 7, 2022, in the same school. Following what occurred, the municipality enlisted the assistance of mental health providers from the University of Northern Philippines to do Mental Health and Psychosocial Support (MHPSS) and counseling among the students who were affected.

The faculty also intended to incorporate UN SDG, specifically Goal #3, which is to provide free access to mental health for all. Because the faculty members of the BS Psychology program are also mental health professionals by practice, they have provided free psychological first aid to all affected students, and mental health and psychosocial support to those who were reported to be experiencing moderate to severe cases upon intake interview and/or communication of the medical doctors and/or teachers. Additionally, the program was also able to achieve Goal #17 by having initial partnership with the Provincial Health Office as a continued implementation of their sameness of goal towards overall health outcomes.

With this knowledge, a few faculty members from the BS Psychology Program who are registered psychologists, psychometricians, and guidance counselors provided mental health and psychosocial assistance, as well as counseling, to students. The MHPSS provider and the student had a one-on-one session. Thirty-three (33) students received psychological counseling. Following the interview and psychological counseling, an exit conference was held with the MHPSS provider from UNP, PHO, and MHO, as well as the school administration, to discuss the results and recommendations.



The Ilocos Sur Provincial Health Office, UNP BS Psychology Faculty and volunteers, Lidlidda National High School Administrators having brief orientation about the activity.



The mental health professionals from UNP (Ms. Alexandria Blake C. Real, RPm, Mr. Mico M. Molina, RPm, RPsy, and Ms. Michelle Faith Rubio, RPm, providing one-on-one psychological counseling to the students in Lidlidda National High School.



Mr. Mico M. Molina and Ms. Alexandria Blake C. Real, BS Psychology faculty members, conducting exit conference with PHO and MHO, and the school administrator to talk about the findings obtained from the psychological counseling with the students and to provide recommendations on further healing process.



The mental health professionals from UNP, PHO and MHO, and the school administrator after the activity in Lidlidda National High School.

Psych Faculty Endeavors Virtual Seminar on Psychological First Aid

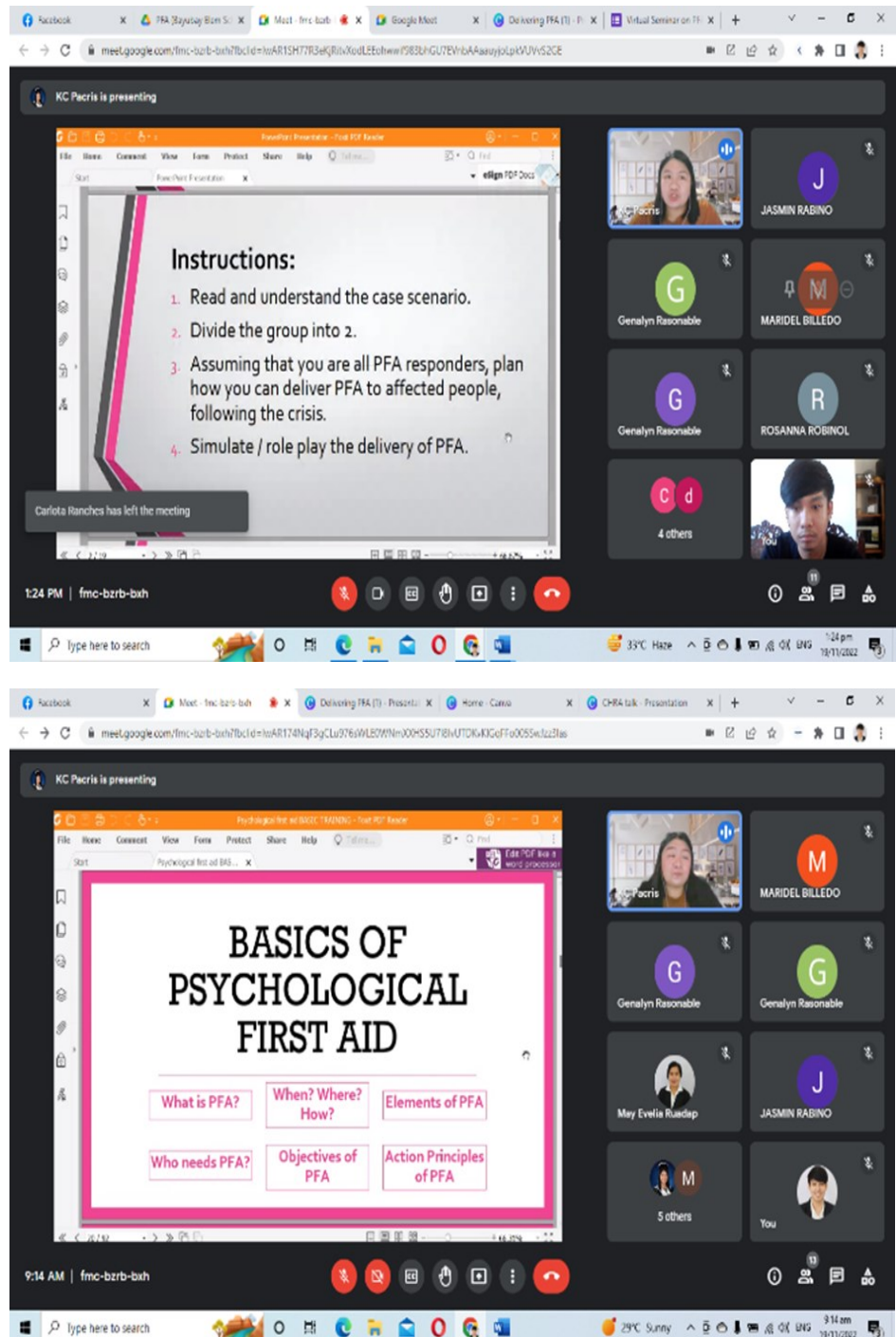
Mr. Mico Molina

Ms. Alexander Blake Real

The faculty members of the BS Psychology program, in cooperation with University Extension Office, extended their expert services along mental health to the stakeholders through trainings and workshops. This program aimed at capacitating the teachers, students, and parents of Bayubay Elementary School to provide mental health and psychosocial support in the form of Psychological First Aid (PFA) to friends, family members, and relatives, as well as people of the community, who have been adversely affected by a natural disaster.

The objective of the program is directly aligned with the UN SDG Goal #5 on Gender Quality emphasizing the importance of development in the interest of gender cohort. But more specifically, the aim of the program is towards UN SDG Goal #3 which is towards good mental health and well-being delivering Psychological First Aid to the beneficiaries, and UN SDG #4 that provides quality education as the discussants are mental health professionals have provided free service despite COVID-19 pandemic outbreak. Hence, providing quality education should not be jeopardized despite adversities, rather this was taken as a challenge to become more resilient and productive to reach more people who need them the most.

In the morning, Ms. Kristina Camille V. Pacris discussed about the Basics of Psychological First Aid, including the objectives, action principles, and elements of PFA, while Mr. Mico M. Molina talked about Delivering PFA, including the preparations, professional behaviors, and what to avoid in PFA. In the afternoon, a workshop was conducted to strengthen the basic knowledge of the participants on the topic. The whole day activity was attended by teachers, students, and Parent-Teacher Association Officers of the school last November 19, 2022 via Google Meet.



Ms. Kristina Camille V. Pacris and Mr. Mico M. Molina, BS Psychology faculty members, delivering their lectures and workshop on Basics of Psychological First Aid and How to Deliver PFA, November 19, 2022 via Google Meet.

UNP-BIOSOC on Global Hand washing Day

Ms. Charo B. Rojas



Biology Officers and Instructor demonstrate proper hand washing techniques to the kindergarten and teacher of Pantay Fatima during the Global Hand washing day in collaboration with the United Nation's Sustainable Development goal number 3.

In conjunction with the celebration of Global Handwashing Day on December 09, 2022, the University of Northern Philippines - Biology Society of College of Arts and Sciences held an extension program at Pantay Fatima Kindergarten Center, Vigan, Ilocos Sur. This program was in line with SDG number 3 of the United Nations, which aims to ensure healthy lives and promote well-being for all at all ages. The BioSoc Officers and Ms. Karenth Olive P. Barcesa, the biology instructor, discussed the significance of health and wellbeing in preventing disorders that might cause needless suffering or, in the worst case scenario, result in a child's death. By demonstrating proper handwashing techniques with soap, encourages the importance of being safe and clean at every specific stage of an individual's life to prevent illnesses, and protect and preserve lives effectively and affordably.

Biology Society Officer and faculty member, Ms. Karenth Olive P. Barcesa were the lecturers and

demonstrators of the program. The activity aimed to furnish children and teachers with wisdom that will equip them with such capacity to perform a thorough handwashing with soap and water that can protect you and others from a range of infectious diseases. Proper handwashing techniques help prevent the spread of respiratory and diarrheal infections. In celebration of Global Handwashing Day, an advocacy seeks to increase awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives. It is one of the most efficient and low-cost methods of preventing infections such as diarrhea and pneumonia. Handwashing with soap is one of the most influential and inexpensive strategies to prevent these infections. As many people get sick if germs are spread when a person does not wash their hands with soap and clean water, the lecturers explain why washing their hands is important after they use public comfort rooms, preparing food, before and after eating, and coughing, sneezing, blowing nose, handling objects, or doing physical activities.

UNP CHR RO1 conducts Community Based Dialogue (CBD) on the Death Penalty

Dr. Ismael Rivera



The University of Northern Philippines (UNP) in collaboration with the Commission on Human Rights Regional Office 1 (CHO RO1) conducted a Community-based Dialogue (CBD) on the Death Penalty last December 27, 2022, at the Ilocos Sur Police Provincial Office, Bulag, Banta, Ilocos Sur. The dialogue was attended by representatives from the military, the Philippine National Police (PNP), the members of the academe, and the religious sector who served as discussants/presenters on the topic of the death penalty. Each sector expressed its personal and organizational stand on the issue. Atty. Mhelanie C. William, Atty. Anna Leah T. Romero and Mr. Danilo T. Balino, CHR RO1 lawyers and staff, presented the concepts and principles of the death penalty. Dr. Fatima F. Rocamora, UNP Vice President for Research and Extension and the Coordinator of the Provincial Center for Human Rights Education presented the rationale of the dialogue while Dr. Ismael C. Rivera, UNP Extension Coordinator and Provincial Center for Human Rights Education volunteer educator, facilitated and coordinated the conduct of the activity.



Clockwise: Mr. Daryl Virtudes (UNP Student Council President) presents his stand on Death Penalty. Dr Fatima Rocamora (UNP-VP for Research and Extension) presents the rationale of the dialogue. Mr. Mr. Danilo T. Balino discusses issues on death penalty.



CPAD Continues to Engage with Communities

Dr. Joselito Dela Rosa

Dr. Alma Somera



The participants planted bananas, mahogany, and other fruit-bearing plants around the school premises.

The College of Public Administration (CPAd) has been committed to pursuing sustainable extension programs through community development programs for the people to improve their living conditions. The college appreciates the support of partner agencies and organizations in this endeavor through collaborative partnership to bring unified direction to improve the quality of life of the people. This is continuously implemented through collaboration with partners/stakeholders. The Local Government Unit (Barangay Tubigay, Sinait, Ilocos Sur) and the Department of Education (Tubigay Elementary School) are partner

agencies of the college (CPAd) in the implementation of programs/activities that can uplift the socio-economic status of their stakeholders.

BRIGADA ESKWELA

The College of Public Administration headed by Dr. Joselito D. de la Rosa in coordination with the University Extension Office and Tubigay Elementary School, an adopted school in Sinait, Ilocos Sur conducted the Lecture on KINAPATEG TI AGLAWLAW KEN NAKAPARSUAAN cum tree planting (Brigada Eskwela) on August 19, 2022, to promote volunteering and community involvement and to help in the improvement of Tubigay Elementary School through Brigada Eskwela. The participants of this activity were the Tubigay Elementary School Teachers, Parent Teachers Cooperating Agency, barangay officials, Tulong Panghanapbuhay sa Ating Disadvantaged/Displaced (TUPAD) workers, and Pantawid Pamilyang Pilipino Program (4Ps) members. Dr. Alma C. Somera, unit extension coordinator, together with Dr. Abelardo A. Anicas, Prof. Cid Javier (Asst. dean), Dr. Florida U Ursulom, Dr. Society Salcedo, Prof. Amante Cabatu and Prof. Ivy C. Carino represented the College of Public Administration.

Training/ Lecture on KAIPAPANAN TI PASKUA 2022: The ILOCANO CULTURE AND TRADITIONS

The College of Public Administration headed by Dr. Joselito D. de la Rosa through the extension unit conducted an extension Training/Lecture on “Kaipapanan ti Paskua 2022: The Ilocano Culture and Traditions” A Christmas give back activity at Tubigay Elementary School. This activity was held on December 12, 2022, at Tubigay Elementary School, Tubigay Sinait Ilocos Sur. The purpose of this activity is to develop among the children the value of sharing and giving back to the community as part of Ilokano culture and tradition, to celebrate Christmas the Ilokano way by highlighting the importance of generosity and compassion of the people, and to serve as a venue of students to be explored to the realities of life in the country

The College of Public Administration through its unit extension services led by Dr. Alma C. Somera, Dr. Abelardo A. Anicas, the adviser of Public Administration Student Society (PASS), and the students taking up the Corporate Social Responsibility (CSR) course under the leadership of Mr. Roger Baptista and Prof. Ivy C. Carino spearheaded the Community Outreach Program in Tubigay Elementary School. The head teacher of Tubigay Elementary School, Mrs. Cristeta L. Ibaan delivered her welcome message. She said that the activity is a great help to the community, especially to the elementary-grade pupils.

Dr. Society Salcedo shared her insights on the culture of Christmas of the Ilokans (Ti Kaipapanan ti Paskua) followed by storytelling. Afterward, the CSR students, CPAd and faculty members distributed Christmas gifts donated by Prof. Ace Cabatu, Faculty members, CSR students, and the Family Goal represented by Karen C. Calaycay.

CAS NEWS

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The day care children of Tubigay Child Development Center happily receives the gifts donated by the Family Goal headed by Ms. Karen C. Calaycay

Training on Small Engine and Motorcycle Repair cum Gender and Development and Poverty Alleviation

The College of Public Administration headed by Dr. Joselito D. de la Rosa spearheaded the extension program through its advocacy program in line with Sustainable Development Goals and requested the assistance of the experts on Small Engine and Motorcycle Servicing from the College of Technology headed by Dr. Julius Moises S. Albalos as the trainers of the said activity. This activity was held on Saturdays from November 19 to December 18, 2022, to strengthen the means of implementation and revitalize partnerships on sustainable development.

The Unit Extension Services led by Dr. Alma C. Somera in coordination with Barangay Captain Amador T. Caliboso initiated the 10-day training on Small Engine and Motorcycle Repair cum Gender and Development and Poverty Alleviation. The Skills training was held at the Tubigay Multipurpose Hall.

The activity started with a simple opening program in the morning attended by the participants and barangay officials. Mr. Joe Andrew Pescador while the Philippine National anthem was conducted by Prof. Ivy C. Carino.

Dr. Alma C. Somera, the unit extension coordinator of CPAd rendered her message and discussed to them the importance of the extension program initiated by the college. After this, Prof. Rolando Artates, coordinator of CTech oriented the trainees and introduced the Learning Services Providers.

Barangay Captain Amador T. Caliboso delivered his closing message. He also thanks the CPAd family for their patience in rendering extension services to Barangay Tubigay, Sinit, Ilocos Sur. He expressed his appreciation for this rare opportunity given to them. The main goal of the training was to equip the residents particularly the farmers of the said barangay the necessary skills in maintaining troubleshooting, motorcycle, and agricultural machinery.

The closing program was held on Day 10, December 18, 2022, at 3:00 in the afternoon. Pastor



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Eusebio Galano led the prayer, and Aaron Daniel Farinas and Jeane Ibe gave impressions. In the message of Prof. Rolando Artates, he urged everyone to always practice or use the skills they have learned during the skills training workshop in their daily life. He told the participants to inform the extension unit of any training they wish to learn and they are very much willing to render services and help train the Tubigay residents to the best of their ability.

The objectives of the program was successfully implemented and attained as confirmed by overall evaluation of 4.58 by the trainees and with a descriptive rating of Excellent Performance.



Participants during their hands-on activity.



Participants pose for the camera during the opening program.

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 & Research Dissemination
- Community and Social Services
- Extension Publication
- Health and Social 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. Jezinelle Punio
13. Mr. Arlene Kizsel Tabbuac
14. Mr. Rolando Artates
15. Mr. Stephen C. Tabios
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
- Department of Languages and Humanities
- Department of Mathematics & Natural Sciences
- Department of Social Sciences and Philosophy
- Department of Physical Education

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

We abide by applicable requirements and continuously review and proactively improve our quality management system for value creation and protection.

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

