



## CAS Initiates Bayanihan Challenge

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# CAS Initiates Bayanihan Challenge

Mr. Mico Molina

Ms. Alexandria Blake Real

The University of Northern Philippines (UNP) demonstrates its commitment to the United Nations' sustainable development goals (SDGs), particularly SDG number 3: Good Health and Well-being and SDG number 10: Reducing Inequalities, by aligning its extension programs with these global objectives. In celebration of the 56th Founding Anniversary of the College of Arts and Sciences, the BS Psychology program, together with the Psychology Students Organization (PSO), conducted a community pantry as a response in the challenge of Festival of Arts and Sciences CAS Bayanihan to the Special Education (SPED) children of Bantay West Integrated School (BWCS), last March 28, 2022.



*The BS Psychology faculty, PSO officers, and the School Principal preparing the gift packs and learning kits for the SPED pupils.*



The initiators were Ms. Kristina Camille V. Pacris, Mr. Mico M. Molina, Mrs. Precious Lyn C. Babida, and Ms. Alexandria Blake C. Real, together with the PSO officers namely, Ms. Janica Pilien and Ms. Lovelyn Azcueta. This extension activity was conducted to express “Kagandahang-loob” – one of the components of Project Hiraya, the Extension program of the BS Psychology. This primarily aimed to give gift packs and learning kits for the SPED pupils of BWCS. By conducting psychosocial support through outreach program, UNP’s initiative is in line with the broader objectives of SDG 3 and SDG 10. By practicing genuine acts of generosity, kindness, and caring, shared humanity and socio-personal values are being established, and that support services for people with disabilities are provided.



*SPED pupils of BWCS receiving their gift packs and learning kits.*



*SPED pupils of BWCS receiving their gift packs and learning kits.*

The College of Arts and Sciences, through the BS Psychology program, at the University of Northern Philippines plays a significant role in promoting mental health and well-being to the community. This program exemplifies UNP’s commitment to attaining SDGs by providing equal treatment and support to the SPED pupils. The SPED Pupils attended with smiles as they received their gift packs and learning kit. The entire afternoon was spent with friendly conversations with the pupils, BS Psychology faculty and the faculty of BWCS, headed by the School Principal, Mr. Gil P. Savellano.

This program aimed to emphasize the importance of gift-giving, establish a stronger bond between the BS Psychology faculty and students and children with special needs, and enhance the instruction, extension, and advocacy functions of the program. The success of this event was seen by the bright smiles and continuous gratitude of the pupils and adviser of SPED Program of the BWCS.



# CN Trains Women on Breast-self Exam

*Ms. Rizza Abinsay*



*Trainers of the Breast Self Examination discussing Breast Self examination while participants listen attentively to the presentation.*

The University of Northern Philippines (UNP) demonstrates its commitment to the United Nations' sustainable development goals (SDGs), particularly on SDG number 3: good health and well-being, and SDG number 5: gender equality, by aligning its extension programs with these global objectives. In observance of Women's Month, a significant period dedicated to honoring women's contributions and recognizing their resilience and achievements, UNP - College of Nursing organized the "Women's Month Celebration: A Training on Breast Self-Examination" on March 25, 2022, in Pantay Tamurong, Caoayan, Ilocos Sur.

Trainers and speakers were Ms. Judilyn Tabin, Ms. Rhea Golden Savella, and Mr. Gregg Talingdan, faculty members of the College of Nursing. This program aimed to equip women with the necessary knowledge and skills to perform effective Breast Self-Examination (BSE), enabling early detection of breast cancer. Additionally, participants were educated about cervical cancer, a critical global health concern for women. The diverse group of attendees included teachers from the local community, emphasizing the importance of comprehensive health awareness for both men and women.

By incorporating cervical cancer education into the program, UNP's initiative is in line with the broader objectives of SDG 3 and SDG 5. By promoting women's health through BSE training, progress can be made towards achieving these goals. Empowering women with knowledge about their health not only contributes to improved well-being but also fosters gender equality by enabling them to take control of their own lives.

The College of Nursing at the University of Northern Philippines plays a significant role in advancing women's health and well-being through initiatives such as BSE training. This program exemplifies UNP's commitment to attaining SDGs by empowering women with knowledge about their health and promoting gender equality.

In conclusion, the "Women's Month Celebration: A Training on Breast Self-Examination" organized by the University of Northern Philippines serves as a testament to its dedication to promoting women's health and well-being. By aligning with the UN's SDGs of good health and well-being and gender equality, UNP contributes to creating a world where women are empowered to prioritize their health and lead fulfilling lives. Through collaborative efforts, we can work towards the realization of these global objectives.



# CN Holds VS Taking Training

*Ms. Hyatt Feliciano*

Community extension is the lifeblood of an institution adhering to the UN Sustainable Development Goals (SDGs). The College of Nursing continues to impact society for many years with its community involvement which makes the public feel the institution's presence. Its commitment to empowering the public, specifically SDG 3.8 "Achieve Universal Health Coverage" which aims to provide excellent quality, essential healthcare services, was again witnessed in the conduct of "Training on Basic Vital Signs Taking and Monitoring Cum Supplemental Feeding on Children" at Barangay Tamurong, Candon City Ilocos Sur.

On June 4-5, 2022, the College of Nursing faculty, under the guidance of Dean Francis Don L. Nero and the assistance of Prof. Jenifer Cabides, the extension coordinator, organized a training on vital signs taking. The goal of the said activity is to allow the participants to learn the proper skills in taking the basic vital signs and rendering the basic care and management of the altered results. Additionally, supplemental feeding to nutritionally-deprived children was also orchestrated. About 30 participants underwent the training.

Mr. Ariel Paiste and Ms. Cherry Banilad gave a talk on basic vital sign monitoring to kick off the activity. Following that, lectures on lifestyle diseases and how to assess irregularities in vital signs were carried out. The nursing instructors shared their expertise in the monitoring of vital signs. As a final exercise, a return demonstration was conducted for the participants to assess the transfer of skills. The community service proved to be a huge success because everyone who took part gained knowledge and appreciated the abilities they had acquired.

The call for greater relevance and service through the C-A-R-E Program, its flagship project, once again fulfills the extension services purpose of partnering with underserved and marginalized populations through provisions of skills and information drive to take charge of their health, and capacity-building leading to a healthier and more developed society.



*Faculty members of the College of Nursing facilitate the return demonstration of the participants in taking vital signs and the distribution of food to children.*

## NEWS

# Empowering Women Through Breast Self-Examination Training

*Ms. Jevie Abella*

In a proactive effort to promote women's health and raise awareness about breast cancer, a comprehensive Breast Self-Examination (BSE) training program was held in Pantay Tamurong, Multipurpose Hall, Caoayan, Ilocos Sur last March 25, 2022. The event, organized by the University Extension Office in partnership with the College of Arts and Sciences, aimed to empower women with the knowledge and skills necessary for early detection and prevention of breast cancer.

A breast self-examination, or BSE, is an early detection method that involves seeing and physically inspecting the breasts to check for signs and symptoms of breast cancer. A breast self-examination aims to become familiar with the normal feel and appearance of the breasts. Breast self-awareness, sometimes referred to as one's natural breast appearance and sensation, is a helpful technique for identifying any anomalies or modifications to one's breasts, such as a new lump or skin alterations.

This activity attended by the Barangay Health Worker (BHW), Barangay Nutrition Scholars (BNS), Barangay Officials, SK Representatives, and volunteered residents who were actively listened and showed willingness to perform the BSE procedure. The Faculty members from the College of Nursing namely Mrs. Marjorie F. Joven discussed the overview of breast cancer and the procedure of BSE. While Mrs. Jevie A. Abella demonstrated how to perform the BSE. In addition, a lecture on Women's Right rendered by Dr. Ismael C. Rivera was also conducted.

Mrs. Isabel R. Pacpaco, the BHW leader, commended the participants for their work and collaboration in making the event a success during the final activity segment. She additionally thanked the trainers for their precise but educational lecture training.

## NEWS

# Psych Faculty Members Endeavors Psychological First Aid Training

*Ms. Alexandria Blake Real  
Mr. Mico Molina*

The College of Arts and Sciences, through the BS Psychology program, at the University of Northern Philippines, contributes to the attainment of the United Nations' sustainable development goals (SDGs), particularly SDG number 3: Good Health and Well-being and SDG number 5: Gender Equalities, by aligning its extension programs with these global objectives. Ms. Kristina Camille V. Pacris, Program Head of BS Psychology, extended her expert services by imparting her knowledge on Psychological First Aid to the teaching and non-teaching staff of Paypayad Elementary School in Candon City, on June 24, 2022.



Ms. Pacris started her lecture with a short overview of mental health, then she proceeded with her discussion on Psychological First Aid (PFA) – primarily



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on the principles of PFA, a procedure for conducting PFA, and the Dos and Don'ts of PFA. Aside from simply imparting knowledge, this is as well in response to the magnitude 5.3 earthquake that hit Candon City on June 16, 2022.

The program was conducted as part of the “Kaalaman” – one of the components of Project Hiraya, the Extension program of the BS Psychology. This primarily aimed to impart knowledge on the Basics of Psychological First Aid to the staff of the abovementioned school. Through this program, the University of Northern Philippines continues to demonstrate its commitment to the objectives of SDG 3 and SDG 5. By conducting activities that capacitate personnel, regardless of gender, along with mental health and psychosocial support and services in the form of psychological first aid, UNP's initiative is aligned with the broader objectives of SDG 3 and SDG 5. Empowering both men and women in the academic community with knowledge and skills in providing psychological first aid not only contributes to improved well-being but also promotes gender equality by capacitating them with relevant skills to provide mental health support to their community.



*Ms. Kristina Camille V. Pacris, Program Head of BS Psychology, delivering her lecture on Psychological First Aid to the teaching and non-teaching staff of Paypayad Elementary School in Candon City, June 24, 2022.*



*Ms. Pacris receiving the Certificate of Appreciation as the Resource Speaker awarded by the organizers of Payapad Elementary School, June 24, 2022.*



*Ms. Pacris and the participants in the activity at Paypayad Elementary School, June 24, 2022.*



# Students, Personnel Join Training on Basic Food Preparation and Body Mass Index Calculation

*Mr. Lovie Japhet Lopez*



Young minds need to be taught about nutrition, balance, and the need of making thoughtful food choices in a world where there is a countless food alternatives. The University of Northern Philippines- College of Nursing spearheaded the “Training on Basic Food Preparation and Body Mass Index (BMI) Calculation among Elementary Pupils” on June 16-17, 2022, at Capangpangan Elementary School, Vigan City.

The participants of this activity were nine (9) pupils, thirteen (13) faculty, and one (1) non-teaching personnel. The goal of this training program is to teach elementary school pupils how to prepare delicious yet healthy meals, BMI calculation, and how our dietary decisions affect our overall health. It also aimed to strengthen the partnership and extend services to the adopted school of the University.

The participants in this two-day workshop enjoyed engaging in interactive exercises, watching a food preparation demonstration, and taking on entertaining challenges to make learning about food and BMI enjoyable and memorable. The activity aims to provide the attendees with important information that will help them both now and in the future.

This training on food preparation and BMI calculation among elementary pupils aimed to contribute to the Sustainable Development Goal (SDG) 3, which focuses on "Good Health and Well-Being." SDG 3 can be realized in this program by, first, teaching elementary school students about nutrition, balanced diets, and healthy food choices. With this, it can significantly reduce the risk of malnutrition and diet-related health problems by enabling them to make educated decisions about their meals. Second, as childhood obesity is becoming a global health issue, educating students about BMI calculations and their connection to health, may address the problem of childhood obesity by increasing awareness of the value of maintaining a healthy weight. Third, this training serves as a platform for health education that helps people understand how lifestyle decisions—including what they eat—may affect their health and well-being. Lastly, the program empowers elementary pupils by helping them make educated decisions about their personal health by teaching them how to calculate their BMI and prepare meals. This helps to meet SDG 3's goal of enabling people to lead healthy lifestyles.



*Faculty Members of the College of Nursing facilitate the training on Basic Food Preparation and Body Mass Index Calculation*

Furthermore, with the success of this program, the University is committed to continue conducting training programs that are essential for enhancing the health and well-being of young students and the larger community.

# 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 Kizel 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
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- 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

## UNP Quality Policy

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."**

