



# DAMILI



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## UNP, LDS Promotes Inclusivity

By: Bernardo Oliber A. Arde, Jr.



The distribution of 21 wheelchairs on April 27, 2023, marked a significant milestone in the collaborative efforts of the University of Northern Philippines (UNP), Latter Day Saints Charities, and the Local Government Unit (LGU) of Santo Domingo, Ilocos Sur, to support persons with disabilities (PWDs) in the community. Held at the esteemed Santo Domingo Coliseum, the event not only provided essential mobility aids but also symbolized a commitment to inclusivity and empowerment.

Dr. Erwin F. Cadorna, esteemed President of UNP, graced the occasion with his presence, underscoring the university's dedication to community service and social responsibility. Alongside him stood the Local Chief Executive of Santo Domingo, highlighting the unity of purpose among governmental and non-governmental entities in addressing the needs of PWDs.

The presence of coordinators from the University Extension Office (UEO) further emphasized the holistic approach adopted by UNP, extending beyond mere distribution to encompass sustainable

support and engagement. Additionally, assessors specializing in wheelchair assessments from the College of Nursing and College of Health Sciences played a crucial role in ensuring that the distributed wheelchairs were tailored to the specific needs and conditions of the recipients.

Beyond the tangible impact of providing mobility aids, the event fostered a sense of dignity, belonging, and solidarity among PWDs, reaffirming their rightful place in society. By facilitating access to essential

resources and services, UNP, together with its partners, not only improves the quality of life for individuals with disabilities but also promotes a more inclusive and compassionate community.

As the wheelchairs found their new homes in the various barangays of Santo Domingo, they symbolized more than just a means of transportation; they represented hope, independence, and the collective efforts of a caring community dedicated to leaving no one behind.





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# EDITOR'S NOTE

## UNP Stays Committed to SDGs

In today's rapidly changing world, universities play a crucial role in knowledge development and innovation, with a profound responsibility to lead communities towards sustainable development. As every member of society continues to navigate through complex global challenges such as climate change, poverty, and inequality, it becomes imperative for higher education institutions to extend their expertise and resources beyond the classroom walls and actively engage with communities to address pressing societal issues.

At the heart of this commitment, the University of Northern Philippines (UNP) capitalizes on its resources, expertise, and partnerships to empower communities, promote societal equity, and foster environmental stewardship. With the United Nations Sustainable Development Goals (SDGs) as one of its guiding frameworks, UNP, through its extension services, engages in collaboration and knowledge exchange with local governments, non-profit organizations, businesses, and civil society groups organizations in order to co-create innovative solutions to existing issues and concerns of the society which hampers sustainable development.

Through different extension activities, UNP is demonstrating its unwavering commitment to advancing the SDGs and making a meaningful difference in the lives of people, both locally and globally. As it continues to stay committed to sustainable development, UNP expands its engagements with communities to fulfill its role as an agent of positive change towards a more just, inclusive, and sustainable world and a prosperous future for all.

# A Green Initiative Takes Root: UNP College of Engineering Cultivates Environmental Consciousness Through Awareness Lecture and Tree Planting

By: Engr. Romel D. San Diego

In a commendable effort to foster environmental consciousness and sustainability, the UNP College of Engineering organized an extension activity compelling environmental awareness lecture cum tree growing initiative. The said extension activity was held at the Barangay Pagsanaan Sur, Magsingal, Ilocos Sur, and Arinaya Elementary School, an educational institution under the supervision of the Department of Education located at Brgy. Pagsanaan Sur, Magsingal, Ilocos Sur last March 31, 2023. The event aimed to not only educate the students and the barangay household members but also actively contribute to the preservation of the environment.

Through Sustainable Development Goal No. 11 (Sustainable Cities and Communities) and Sustainable Development Goal No. 13 (Climate Action), the UNP College of Engineering took a proactive step towards environmental stewardship by organizing a tree planting event. The faculty members of the College of Engineering led by Dr. Nelia P. Verzosa, the teachers and students of Arinaya Elementary School, and the Barangay Officials



*Dr. Nelia P. Verzosa, OIC-Dean of the College of Engineering, together with Mrs. Lorelie Anne Rosario, Master Teacher 1, representative of Arinaya Elementary School inked a Memorandum of Agreement.*



*The UNP College of Engineering, the student organization presidents of the college, and the teachers of Arinaya Elementary School after the MOA Signing.*



*Engr. Nereo Querubin, Engr. Isidoro Rusibin, Eng. Norbert Aquino together with Mr. Wilson Villahermosa, the principal of Arinaya Elementary School conducted the tree planting.*



*The UNP College of Engineering faculty members and the students of the different programs together with the teachers of Arinaya Elementary School after the tree planting activity*

of Brgy. Pagsanaan Sur, Magsingal, Ilocos Sur participated the said extension activities.

The environmental awareness lecture was on the role of engineers in addressing environmental challenges, emphasizing the need for innovative solutions to mitigate the impact of human activities on Earth. Students and the Barangay household members were encouraged to think critically about their role in promoting sustainable

development and the lecture sparked engaging discussions on the intersection of technology and environmental responsibility.

The tree planting was held at Arinaya Elementary School. It was not merely a symbolic gesture, but it was also a commitment to sustainability. The extension activity is a testament to the power of education and community engagement in fostering a sense of responsibility towards the environment.

# A Milestone MOA Signing: UNP College of Engineering Partners with Barangay Pagsanaan Sur for Water Sustainability

By: Engr. Romel D. San Diego

One of the key functions of the University of Northern Philippines is extension services, which the College of Engineering supports. In a remarkable effort to bridge the gap between the academe and local communities, the UNP College of Engineering has been making significant strides through its extension activities, creating a positive impact on society with the PROJECT ISEM (Innovative and Sustainable Engineering projects for Mankind) has been launched. Extension services go beyond the traditional boundaries of the classroom, reaching out to address real-world challenges and contribute to community development. In a significant leap towards Sustainable Development Goal No. 6 (Clean Water and Sanitation) and Sustainable Development Goal No. 11 (Sustainable Cities and Communities), the University of Northern Philippines - College of Engineering and Barangay Pagsanaan Sur, Magsingal, Ilocos Sur, have formalized a partnership through the signing of a Memorandum of Agreement. The collaboration aims to conduct a comprehensive feasibility study for the establishment of the Pagsanaan Sur Water Refilling Station. It happened last March 23, 2023, which tied up the two parties in attaining their goal to assist in the development of the said community.

The signing ceremony was held at the Barangay Hall of Pagsanaan Sur, Magsingal, Ilocos Sur, attended by Dr. Nelía P. Verzosa, OIC-Dean, and Engr. Franklyn T. Amistad, Assistant Dean, together with the faculty members of the college and the barangay officials and households.



*Dr. Nelía P. Verzosa, OIC-Dean of the College of Engineering, oriented the barangay household members as they answered the questionnaires for the market aspect of the said feasibility study.*



*A barangay household member as she answers the questionnaire for the market aspect of the feasibility study for the establishment of Pagsanaan Sur Water Refilling Station.*



*Dr. Nelía P. Verzosa, OIC-Dean of the College of Engineering, together with Mr. Erwin Atayan, the Punong Barangay of Pagsanaan Sur, Magsingal, Ilocos Sur tied up through MOA Signing.*



*The Barangay Pagsanaan Sur, Magsingal, Ilocos Sur Barangay Officials, the Barangay Health Workers, and the Faculty members of the College of Engineering, after the MOA Signing.*

The said partnership is not only a testament to the UNP College of Engineering's commitment to community extension service but also underscores the importance of harnessing academic expertise to address real-world challenges.

The Memorandum of Agreement outlines the specific commitments of each party involved in the partnership. Among these are the key components: Barangay Pagsanaan Sur, Magsingal, Ilocos Sur is the adopted community of the UNP College of Engineering. The college will provide engineering services such as the preparation of plans and specifications, estimates, surveying, and other engineering services upon request of the residents of the adopted community. The college will also conduct an information drive and other advocacy programs such as

environmental awareness, climate change, and solid waste management. Also, the conduct and provision of technical assistance for skills training, technology transfer, and livelihood projects.

The feasibility study will serve as the foundation for the design and implementation of the Barangay Pagsanaan Sur water refilling station. The anticipated benefits of the Pagsanaan Sur Water Refilling Station include improved access to clean and safe drinking water, economic opportunities for the community, and a model for other regions facing similar water challenges. This collaborative effort between the UNP College of Engineering and Barangay Pagsanaan Sur is not just a technical project but a symbol of collective action towards a more sustainable and resilient future.

# CArch Passionate in Province-Built Heritage Conservation

By: Engr. Maila P. Ragasa

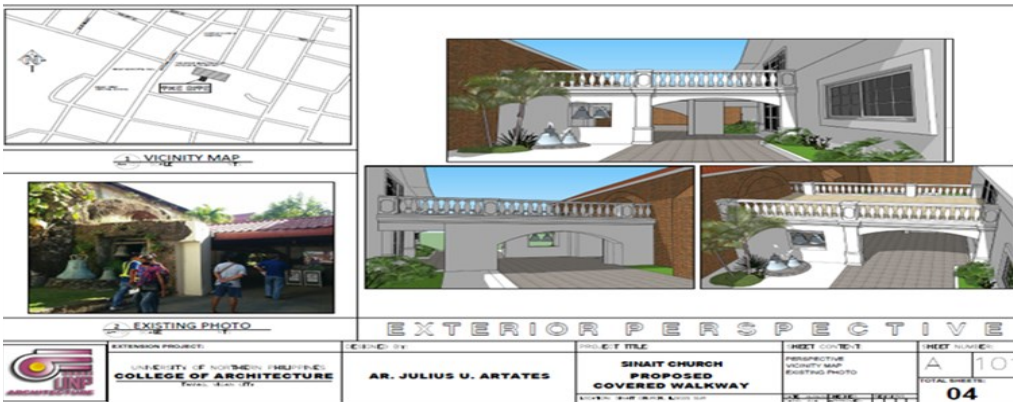


The College of Architecture (CArch) and Norfil Foundation Inc. and its Enable Communities For Inclusion (ECFI) Program continues its commitment to ensuring the accessibility and mobility of persons with disabilities in compliance with Batas Pambansa 344 (BP 344), also known as the Accessibility Law. The audit team started the first month of the year 2023 by conducting an Accessibility Audit and Seminar-Workshop on BP 344 in the three (3) remaining public schools from the eight (8) selected schools in the Second District of Ilocos Sur, in which the first five was done last year. First, on January 26, 2023, at Quirino Elementary School, on January 27, 2023, at San Elias Elementary, Sigay, and on February 6, 2023, at Sugpon National High School, Sugpon, Ilocos Sur. This audit resulted in many recommendations that were not provided or considered during the construction of school buildings and other important facilities. These recommendations may help as their reference for future construction and improvement of the facilities. The major concern that was provided by the audit team was the design and estimate of the PWD Toilet which this

organization funded. The project brought about a positive impact from the partner LGUs and schools in promoting accessibility and mobility of Persons With Disabilities (PWD).

San Nicolas de Tolentino Parish in Sinait, Ilocos Sur where the shrine of Santo Cristo Milagroso is located celebrated its official declaration by the Vatican as Basilica Menor on February 12, 2022. One of the requirements of the Vatican for this declaration was the enhancement of the church complex which the College of Architecture provided by designing its Adoration Chapel, raising the floor level of its choir loft, and altar lighting. It is the pride and honor of the College of Architecture and the University of Northern Philippines in general to be part of the realization of this significant Church milestone of San Nicolas de Tolentino Parish.

The conservation project for Sinait Church continues. It now focuses on the design for the restoration of the old Funerary Chapel of the Public Cemetery of Sinait which was struck by a strong typhoon in the early nineteen hundreds and the Concrete Walkway that will serve as a view deck between the Parish Hall and the church. The design was started on May 8, 2023, and turned over to the Parish Priest Rev. Fr. Jerry Avisia on May 12, 2023.



The Concrete slab walkway was completed and was designed by Ar. Ronnel Carlos T. Ramos and Ar. Raymund P. Queypo and the 3D visualizer were Ar. Julius Artates and Ar. Gener A. Retuta. Photo on the left is the Parish Priest Rev. Fr. Jerry Avisia of the Basilica Menor of Santo Cristo Milagroso, Dean, Fatima Nicetas Rabang Alonzo, BSArch Program Head Ar. Mon-Cres A. Toje, Unit Extension Coordinator Engr. Maila P. Ragasa, and Ar. Gener Rututa during their inspection of the progress of construction work.



The Ruins of the Funerary Chapel of Sinait Public Cemetery, inspected by the group of the College Extensionists headed by Engr. Maila P. Ragasa, the Unit Extension Coordinator, Ar. Raymund P. Queypo, Ar. Ronnel Carlos T. Ramos, and Ar. Gener A. Retuta. The same group made the documentation and design of the restoration of the chapel and is now ready for the turnover to Rev. Fr. Jerry Avisia for appropriate action.

## CAS conducts lectures at GK Candon

By: Mr. Stephen Tabios

One of the key functions of the University of Northern Philippines is extension services, which the College of Engineering supports. In a remarkable effort to bridge the gap between the academe and local communities, the UNP College of Engineering has been making significant strides through its extension activities, creating a positive impact on society with the PROJECT ISEM (Innovative and Sustainable Engineering projects for Mankind) has been launched. Extension services go beyond the traditional boundaries of the classroom, reaching out to address real-world challenges and contribute to community development. In a significant leap towards Sustainable Development Goal No. 6 (Clean Water and Sanitation) and Sustainable Development Goal No. 11 (Sustainable Cities and Communities), the University of Northern Philippines - College of Engineering and Barangay Pagsanaan Sur, Magsingal, Ilocos Sur, have formalized a partnership through the signing of a Memorandum of Agreement. The collaboration aims to conduct a comprehensive feasibility study for the establishment of the Pagsanaan Sur Water Refilling Station. It happened last March 23, 2023, which tied up the two parties in attaining their goal to assist in the development of the said community.

The signing ceremony was held at the Barangay Hall of Pagsanaan Sur, Magsingal, Ilocos Sur, attended by Dr. Nelia P. Verzosa, OIC-Dean, and Engr. Franklyn T. Amistad, Assistant Dean, together with the faculty members of the college and the



The DMNS & DSSP faculty members acted as lecturers with the residents of GK Candon.



barangay officials and households. The said partnership is not only a testament to the UNP College of Engineering's commitment to community extension service but also underscores the importance of harnessing academic expertise to address real-world challenges.

The Memorandum of Agreement outlines the specific commitments of each party involved in the partnership. Among these are the key components: Barangay Pagsanaan Sur, Magsingal, Ilocos Sur is the adopted community of the UNP College of Engineering. The college will provide engineering services such as the preparation of plans and specifications, estimates, surveying, and other engineering services upon request of the residents of the adopted community. The college will also conduct an information drive and other advocacy programs such as environmental awareness, climate change, and solid waste management. Also, the conduct and provision of technical assistance for skills training, technology transfer, and livelihood projects.

The feasibility study will serve as the foundation for the design and implementation of the Barangay Pagsanaan Sur water refilling station. The anticipated benefits of the Pagsanaan Sur Water Refilling Station include improved access to clean and safe drinking water, economic opportunities for the community, and a model for other regions facing similar water challenges. This collaborative effort between the UNP College of Engineering and Barangay Pagsanaan Sur is not just a technical project but a symbol of collective action towards a more sustainable and resilient future.

## CAS focuses on Mental Health and Gender Awareness Development

By: Mr. Stephen Tabios

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 to



Prof. Stephen Tabios delivering his lecture and given a certificate of appreciation

enhance 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.

# CCIT Assists Magsingal North Central School in IT Projects

By: Mr. Rogelio Rabena

On May 12, 2023, the College of Communication and Information Technology (CCIT) provided technical assistance on the Information and Communication Technology (ICT) infrastructure of Magsingal North Central School.

The project was initiated by Dr. Marides S. Datu, School Principal III, who sought the assistance of the University of Northern Philippines through the CCIT Extension Unit. The team from the CCIT who responded to the request were Mr. Rogelio Rabena, Unit Extension Coordinator, together with Mr. Harold Costales, Mr. Mariano Romano Jr., Mr. Gian Paolo Cabanas, and Mr. Eddiemar Cinco, who are faculty members of the college.

The CCIT donated two high-end routers and a couple of meters of Category 5 Unshielded Twisted Pair (CAT 5 UTP) cable, a recommended cable in ICT infrastructure. The cable was used for the expansion of the school's internet connection in the two separate buildings from north to



*Dr. Lloyd Mata, UEO Coordinator, with Mr. Mariano Romano, Jr., CCIT during the round-table discussion with Dr. Marides Datu, School Principal III of Magsingal North Central School*

south of the school. After setting up successfully, the teachers were able to connect to the internet in their respective classrooms. Phase two of the project will be conducted in the first semester of the academic year for the other building with no internet connection.



*Faculty members of the CCIT during the installation of ICT equipment for the ICT expansion of the School.*

## CCIT Conducts IT Training Workshop for Student Leaders

By: By Mr. Rogelio Rabena

The College of Communications and Information Technology (CCIT) in collaboration with the UNP Student Council conducted a one-day Training Workshop on the use of MS Word, Excel, and Powerpoint at Lipit National High School, Cabugao, Ilocos Sur on March 27, 2023. The event also was used to discuss Proper Etiquette in the use of the internet (Netiquette).

Student leaders of the said school paid attention to the discussion of the resource speakers from the CCIT in the person of Ms. Maribel Tacla for the topic Google apps, Ms. Caren Kate Cubon for Netiquette, Mr. Daryl Buen for PowerPoint and Dr. Jennyfer Alasaas for MS word and excel.

The topics discussed are essential for students to thrive in the new normal in the educational landscape.



Resource speakers discuss their assigned topic with the students who, in turn, are listening attentively.



Resource speakers receive their certificates from the school.



## CCIT Faculty Serve at Kannawidan Ylocos Festival

By: By Mr. Stephen Tabios

Kannawidan Ylocos Festival is an annual event conducted by the Provincial Government of Ilocos Sur and for various years the faculty members of the College of Communications and Information Technology (CCIT) have been tapped to be one of the official tabulators of the different events. For the year 2023, the Kannawidan Ylocos Festival was celebrated from January 28 to February 14.

During the said celebration, CCIT faculty members served during the Kannawidan Street Dancing Showdown on February 7, 2023. The objectives of the activity are: 1) To generate accurate and fast result of scores, 2) To provide an avenue for the college to showcase the different software that has been developed such as the tabulation system, and 3) To extend the different technology developed by the college to improve the quality of life.

Ms. Rosanne Agup, Dr. Richard C. Arruejo, Mr. Rogelio Rabena, Dr. Remedios Navarro, Dr. Arpee



Ms. Avo and Ms. Arruejo assisting the board of Judges.



The Tabulation Team from left: Ms. Avo, Ms. Arruejo, Ms. Tacla, Ms. Navarro, Mr. Lamarca, Mr. Arruejo, Mr. Riberal, Mr. Queypo, Mr. Romano, & Mr. Rabena



The Tabulation team is calibrating and checking the system.



The team before the battle.

Arruejo and Ms. Maribel Tacla served as the organizers on the said event. On the activity proper, the tabulators were Dr. Richard Arruejo, Mr. Mariano Romano Jr., Dr. Honey Girl Avo, Dr. Fernandino Perilla, Dr. Shareen A. Navarro, Dr. Bryan Irvin Lamarca, Dr. Arpee Arruejo, Mr. Norie Tactay, Mr. Gian Paolo Cabanas, Mr. Jonathan Riberal and Mr. Emmanuel Paul Queypo.



# CCJE, UNP-OU Collaborate to Enhance Investigative Skills of PNP Personnel

By: Dr. Wilson Tolio

In a groundbreaking collaboration aimed at fortifying the investigative prowess of the Philippine National Police (PNP), UNP Open University (UNP-OU) and the College of Criminal Justice Education (CCJE) jointly conducted a specialized training workshop on Investigative Report Writing and Presentation. This transformative initiative unfolded at UNP Guestel Hall last January 13, 2023, uniting academic expertise with practical insights to empower PNP personnel with advanced skills in report crafting and presentation.

The comprehensive training workshop brought together a diverse cohort of PNP personnel, including officers from various units and ranks. This strategic partnership between the esteemed UNP-OU and the specialized knowledge of the CCJE underscores a commitment to elevating the standards of investigative practices within law enforcement.

The meticulously designed curriculum of the workshop encompassed key modules:

**Foundations of Effective Report Writing:** Participants delved into the principles of precision, clarity, and objectivity in crafting investigative reports, with a focus on real-world application.

**Strategic Information Collection and Analysis:** Officers were equipped with advanced techniques for gathering, evaluating, and synthesizing information vital to comprehensive investigative reporting.

**Effective Verbal and Visual Communication Techniques:** The workshop emphasized not only the content of reports but also the art of impactful presentation, providing officers with skills to articulate findings persuasively.

**Ethical Considerations in Investigative Reporting:** The collaboration between UNP Open University and the College of Criminal Justice Education offered a holistic approach, guiding participants through legal and ethical considerations to maintain the integrity of their investigative processes.



*Dr. Wilson R. Tolio, Extension Coordinator of CCJE, delivers his welcome remarks.*



*PCOL Marlou A Castillo shared his inspirational message.*

Participants, eager to absorb the combined wealth of knowledge from academic and practical perspectives, expressed their enthusiasm for the program's relevance to their daily duties.

"This collaboration has opened new dimensions in our approach to investigative reporting. The synergy between academic insights and real-world experience is invaluable," remarked PLTCOL Reynaldo C Mendoza, Jr., Chief of, Provincial Administrative Resource Management Unit.

Faculty members from both UNP-OU and CCJE recognized experts in their fields, co-facilitated the workshop. Their collaborative effort enriched the learning experience, providing a balanced blend of theoretical knowledge and practical application tailored to the unique challenges faced by law enforcement professionals.

As the PNP personnel return to their respective units, the impact of this collaborative training is anticipated to resonate across the entire law enforcement spectrum. The successful fusion of academic rigor and practical expertise exemplifies a progressive approach to professional development within the Philippine National Police, ensuring officers are well-equipped to navigate the complexities of investigative reporting and presentation.



*Professor Johnny A. Allagadan, Broadcast Media Coordinator of UNP-PIO, delivering his lecture to the participants.*



*Dr. Dolores R. Bersamina, OIC-Dean of UNP Open University, actively monitored the workshop.*



*For the successful conduct of the training-workshop, certificates were awarded to the participants.*

## CFAD-BSID conducts seminar workshop on designing libraries for conducive learning

By: Mr. Karl Marx Pilar

The College of Fine Arts and Design initiated the forging of MOA between the University of Northern Philippines (UNP) and Sinait National High School (SNHS) last April 12, 2023. The activity was attended by Pres. Erwin F. Cadorna, VPRE Fatima F. Rocamora, OIC Director of UEO, Christopher F. Bueno, Prof. May Evelia Ruadap and the Dean of College of Fine Arts and Design, Prof. Ashley Paulino S. Martinez with the Faculty of the Bachelor of Fine Arts and Design (BFA) and Bachelor of Science in Interior Design (BSID) Programs.

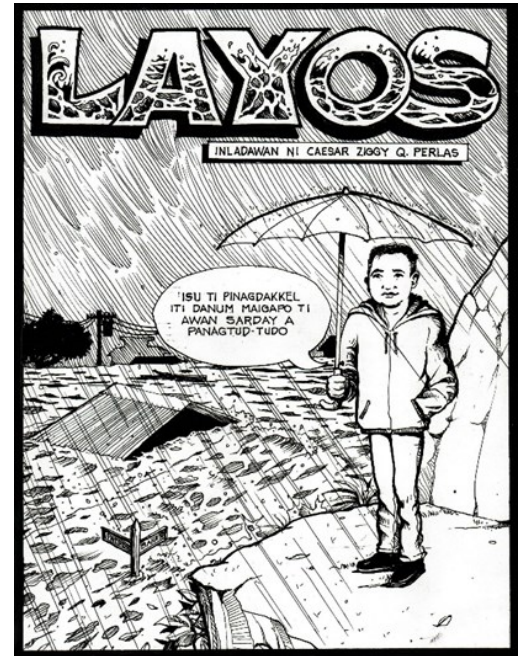
Part of the MOA signing was the initial site visit of CFAD BSID Program for the refurbishing of the SNHS main library. CFAD programmed a series of seminars, and trainings to slowly revamp the interior of the library with the purpose of drawing schoolchildren back to the library.

On April 15 and 22, 2023, BSID Program conducted its first extension activity at SNHS with the title: Interior refurbishment of SNHS library: Creating an active and functional space (Phase 1: Training on Environment Psychology Theory: How the environment affects the learning process). The activity aimed to orient the selected individuals of the SNHS regarding the importance of Interior Design, the purpose of properly arranged interior space, and the importance of color. It was also an opportunity to discuss the program on how will the activity will commence and when will the next activity be undertaken and implemented. The activity was participated by the Senior High School Faculty of SNHS and the seminar workshop was led by the

BSID Program Ar. Ryan D. Quario, IDr. Clareth T. Renon and IDr. Melinda M. Madriaga assisted by a 4th year student, Mr. Mark Kyle Perez. An open forum regarding topics discussed and the whole project was conducted after the seminar.

Another Extension activity was also undertaken by Prof. Caesar Ziggy Q. Perlas. He created a Infographic for the municipality of Sta Catalina, Ilocos Sur. The infographics were in a form of comics warning of flood to be used for the municipality.

On April 28, 2023, Mr. Ryan F. Ferales, Ms. Mikee Elaine Fiesta, I Dr. Melinda M. Madriaga and Mr. Karl Marx P. Pilar also supported the University and Gawad Kalinga during the Volunteer week at Gawad Kalinga Community, Candon, Ilocos Sur. Where they painted the houses while being assisted by residents of the community.



Infographics created by Prof. Caesar Ziggy Perlas for the Municipality of Sta Catalina, Ilocos Sur



University Personnel and the SNHS Personnel during the MOA Signing between the 2 institutions



BSID Faculty discussing during the seminar workshop on color and interior spaces



CFAD volunteers painting the houses during the Volunteer week in Gawad Kalinga Candon

In an era marked by sedentary lifestyles, processed foods, and increasing stress levels, the importance of embracing healthy lifestyle activities cannot be overstated. Engaging in such activities is not merely a fleeting trend; rather, it is a profound commitment to one's overall well-being. The College of Health Sciences, through the different extension activities of its different degree programs, highlighted the importance of a Healthy Lifestyle to promote optimum wellness and well-being.

On May 9, 2023, the KALUSUGAN PANATILIHIN, HEALTHY LIFESTYLE UGALIIN VII: SERBISYONG PANGKALUSUGAN, PARA SA MABUTING KALAGAYAN conducted a transformative event titled the "Medical Mission Cum Lecture-Training." This exceptional initiative aimed to enhance the overall health and well-being of the community by imparting valuable knowledge and skills to the residents of Barangay Villamar, situated in the Barangay Villamar, Caoayan, Ilocos Sur. This event was organized by the Bachelor of Science in Medical Laboratory Sciences (BSMLS) Faculty along with the students, supported by the University Clinic led by Dr. Duane Oandasan, along with Dr. Christopher F. Bueno who spearheaded the Extension Office. This event keened on the community's cry for help. It provided a voice of information for those in this marginalized community through the act of

## CHS Embarks on Healthy Lifestyle Activities

By: Mr. Greg Quilana



*Kalusugan Panatilihin, Healthy Lifestyle Ugaliin VII (Medical Mission and Gender Sensitivity) at Villamar, Caoayan, Ilocos Sur, May 2023*



*Disaster Preparedness, Basic First Aid and Basic Rescue Techniques Training at Villamar Caoayan Ilocos Sur, June 26-27, 2023*

service of a Medical Mission along with a simultaneous lecture training for the location.

The BSMLS together with the University Extension Office, College of Health Sciences and University Clinic provided the residents of Brgy. Villamar with knowledge on tackling different non-communicable diseases through the implementation of different activities such as (1) regular assessments, (2) training on the prevention and management of heat stroke, (3) training on the prevention and management of food and

water-borne diseases during summer, among other activities. Key activities that were implemented are as follows: 1.) Assessment (Blood Glucose Monitoring and Blood pressure monitoring) and consultation/Dispensing of Medicine, 2.) Training on the Prevention and Management of Heatstroke, 3.) Training on the Prevention and Management of Food and Water-borne Diseases during Summer: Typhoid, Cholera, Hepatitis A, Food Poisoning and Other Diarrheas, 5.) Training on the Prevention and Management of Other Conditions: Sunburn, Prickly, Heat, and Sore Eyes, 6.) Training on Gender Sensitivity and Monitoring and Evaluation. On June 29-30, 2023, the KALUSUGAN PANATILIHIN, HEALTHY LIFESTYLE UGALIIN VIII: Training on Kidney Care and Gender Sensitivity was also conducted.

The Bachelor of Science in



*Kalusugan Panatilihin, Healthy Lifestyle Ugaliin 8 (Training on Kidney Care Urinalysis and Gender Sensitivity at Villamar, Caoayan Ilocos Sur, June 29-30, 2023*

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Emergency Health Services (BSEHS) program tendered activities from requesting agencies like Standard First Aid and Basic Life Support at the College of Engineering last January 17, 2023, and Training-Workshop on Basic Life Support and Earthquake Drill cum Psychological Wellness at Immaculate Conception Minor Seminary in cooperation with the University Extension Office last April 17-18, 2023. The group focused the training on basic first aid, bandaging, rescue techniques, and basic life support. The group also conducted an earthquake drill on the last day of the training.

The BSEHS/BSCHM program also implemented activities in their Adopted Communities. On June 26-27, 2023 they conducted the Development Program through Disaster Preparedness (Basic First Aid and Basic Rescue Techniques) at Villamar, Caoayan Ilocos Sur was fully participated by the residents of the barangay. Topics that were discussed were concepts of disaster, phases of disaster risk reduction and management, basic first aid, bandaging, and basic rescue techniques. Another activity was conducted on June 29-30, 2023, the Training on Leadership and Human Resource Management and Mainstreaming Gender and Culture in the Community at Caparacadan, Caoayan, Ilocos Sur which was attended by the Barangay Officials and other leaders/officers of Sanguniang Kabataan and other Non-Government Organization. Topics



*Training on Leadership and Human Resource Management and Mainstreaming Gender and Culture in the Community, June 29-30, 2023*



*Seminar-Workshop on Leadership and Management cum Gender and Culture in Leadership at Sived, Sto. Domingo Ilocos Sur, May 22-23, 2023*

were human resource management, concepts of leadership, leadership styles, and communication and conflict management. For the second day, gender and leadership and culture in leadership.

The Bachelor of Science in Midwifery (BSM) program also initiated activities in the adopted community, in Sived Santo Domingo Ilocos Sur. On May 22-23, 2023 the Seminar-Workshop on Leadership and Management cum Gender and Culture in Leadership. Topics discussed for the 1st day were gender-sensitive leadership, leadership and management, and culture in leadership and

management; for the 2nd day, the community organizing participatory approach and research. On June 5, 2023 the Gender and Cultural Enhancement with the Theme: “Nagannak a pagwadan, Intay Ida Iwanwan para iti nasayaat a masakbayan” and on June 29-30, 2023, the Seminar-Workshop on the Care of the pre-School Children and the group discussed the child’s development and needs, discipline among preschoolers, nurturing strategies and common mistakes in child parenting, and for the last day lecture on handwashing, toothbrushing, parasitism and nutrition.



*Seminar-Training on Gender Awareness and Cultural Enhancement at Sived, Sto. Domingo, Ilocos Sur, June 5, 2023*

*Seminar-Workshop on the Care of Pre-School Children and Research Dissemination at Sived Sto. Domingo, Ilocos Sur on June 29-30, 2023*

# CHTM Volunteers: UNP's Bayanihan Challenges 2023

By: Mr. Greg Quilana



*The devoted faculty of the College of Hospitality and Tourism Management led the revitalization efforts by meticulously repainting the GK Houses. Their dedication not only restored the structures but also embodied the college's commitment to community service, infusing the homes with vibrant colors that symbolize hope and unity within the Gawad Kalinga community.*

In the celebration of UNP Volunteer Week 2023 with the theme "Bayanihan Challenge". A collaborative effort of the Office of the Vice President for Research and Extension, the University Extension Office, and the College organizes the repainting of houses and skills training at Gawad Kalinga Village

located in Barangay Tamurong, Candon City, Ilocos Sur.

On April 26, 2023, the Faculty and Students Organization of the College of Hospitality and Tourism Management organized an event for the residents of GK village. The event included repaint-

ing houses and livelihood training, specifically, Puto making and table skirting and designs. This event aimed not only to beautify the houses of the residents but also to provide them with an opportunity to learn new skills and knowledge that would help them earn a living.

During the training, the attendees learned basic table skirting designs such as box pleat continuous and diamond patterns, which they could use during catering services for various events like birthday parties and weddings. Furthermore, a cooking demonstration was conducted to teach the attendees how to make Cheese Puto, a popular Filipino snack. This activity aimed to inspire the residents to start a small production of Puto in GK village as one of their sources of income.



*Livelihood Training (Puto Making) was spearheaded by the College-mandated student organization, SHATS, and accredited by HMSO.*



*The Hospitality Management Program conducted a Skills Training session on Table Skirting and Designs. Mr. Victorino Bersamina II, the trainer, wholeheartedly shared his expertise, while Dr. Rogelio Quario, the Head of BSHM, and Dr. Kevin Cesar Martinez, the Asst. Dean of the College, assisted and supervised the training program.*

# CHTM's 9th Founding Anniversary: Empowering Locals Through Tourism Training

By: Mr. Glenn Benzon

The College of Hospitality and Tourism Management celebrated its 9th Founding Anniversary with the theme "Amalgamating Business Innovation, Competencies, Service for a Unified UNP CHTM". As part of the celebrations, a Seminar-Workshop on Basic Tour Guiding was conducted at Barangay Cacadiran, Eco Tourism Park, Cabugao, Ilocos Sur on February 24, 2023.

The training was designed to provide basic tour guiding education for the community, to create future local tour guides. The training aimed to improve the tourist experience by helping the guides better understand their cultural background and personal expectations. The training also focused on interpreting natural sites and understanding the behaviors of tourists and local visitors.

Local officials of the Barangay who are managing the ecotourism park as their income-generating project attended this one-day training. The activity is part of a community-based tourism approach aiming to sustain the operation of the ecotourism park. Community empowerment plays a vital role in inclusive tourism development.



Mr. Jervin Dale Formoso a faculty of the tourism program is the resource speaker for the Training Workshop on Tour Guiding



The CHTM Faculty and Local Officials of Barangay Cacadiran Cabugao showing the "Mabuhay Gesture" is used as a special greeting while displaying Filipinos' warmth and inique sense of hospitality.



The MAN Students preparing the venue.

# CN-MAN Spearheads Medical, Dental Mission

By: Bernardo Oliber A. Arde, Jr.



Ms. Jermie Allen Alconis, MAN Students/ CN Faculty taking patient's.



Vital signs prior to consultation. While the other students, collecting patient's data and taking chief complaints. Lastly, CN Faculty and MAN Students dispensing prescribed medication and rendering health teachings.



The Master of Arts in Nursing Program students of the College of Nursing organized a Medical and Dental Outreach in Barangay Paguraper, Santo Domingo, Ilocos Sur, on January 14, 2023. Named "Sidadaan a MANGtarabay, Salun-at ti Bumarangay," the event was a collaborative effort with various organizations aimed at promoting health and wellness within the community. Alongside the main Medical-Dental Outreach, the event featured Health Education sessions tailored for both children and adults. Additionally, the students provided dental kits to children and instructed them on proper teeth brushing techniques.

The cornerstone of the outreach was the comprehensive Medical-Dental Mission, where skilled healthcare professionals and diligent students joined forces to provide essential medical and dental services to individuals of all ages. From basic check-ups to dental procedures, every aspect of healthcare was meticulously attended to, ensuring that no ailment went unnoticed or

untreated.

Also, recognizing the significance of dental hygiene in overall health, the students went above and beyond by distributing dental kits to children and imparting crucial lessons on proper teeth brushing techniques. Through hands-on demonstrations and engaging activities, the young participants not only learned the importance of oral care but also developed lifelong habits that would contribute to their overall health and well-being.

Beyond the tangible medical and dental services provided, the outreach left an indelible mark on the community, fostering a sense of unity, empowerment, and resilience in the face of health challenges. In the hearts of the students and organizers alike, the success of this endeavor served as a testament to the transformative power of collective action and the unwavering commitment to serving those in need.



Showing the venue set-up.



Doctor on duty explains the findings & prescriptions

# Community Engagement and Empowerment: UNP College of Engineering tied up with Gawad Kalinga Nueva Segovia for the Facilities Refurbishment and Training Program

By: Engr. Romel D. San Diego

In a significant stride towards community development and experiential learning, the UNP College of Engineering has initiated a collaborative effort for the Gawad Kalinga Nueva Segovia located in Barangay Tamurong, Candon City, Ilocos Sur last May 5, 2023. It focused on the assessment and refurbishment of its physical facilities. This extension activity aimed to elevate both educational and community spaces in fostering sustainable development.

The faculty members of the UNP College of Engineering led by Dean, Dr. Nelia P. Verzosa conducted a comprehensive assessment of the existing facilities at Gawad Kalinga Nueva Segovia. Simultaneously, the UNP College of Engineering has rolled out an extensive training program designed to empower the local community with essential refurbishment skills. Engaging the residents of Gawad Kalinga Nueva Segovia, the training covers various aspects of construction and refurbishment, including sustainable building practices.



The UNP College of Engineering faculty members and the members of the Gawad Kalinga Nueva Segovia, Tamurong Candon City after the assessment, training, and refurbishment of its physical facilities.



Dr. Nelia P. Verzosa, OIC-Dean of the UNP College of Engineering during the training and assessment of the physical facilities in Gawad Kalinga Nueva Segovia, Candon City, Ilocos Sur.



Engr. Wilfredo Reyes, as he extensively elaborate to the community with the essential refurbishment skills.



Engr. George Alonzo and Engr. Isidoro Rusibin inspected the electric meters of the Gawad Kalinga Nueva Segovia, Tamurong, Candon City, Ilocos Sur



Engr. George Alonzo, a Professional Electrical Engineer explained the different aspects in matters of electricity.



The UNP College of Engineering faculty helped the Gawad Kalinga community in refurbishing its facilities through painting of the walls..

The UNP College of Engineering extends beyond physical refurbishment, emphasizing community engagement and empowerment. The college is working closely with Gawad Kalinga Nueva Segovia to involve residents in ensuring that the assessment and refurbishment of the facilities align with the community's unique needs and aspirations. This collaborative effort between UNP College of Engineering and Gawad Kalinga Nueva Segovia exemplifies the power of academic institutions to drive positive change in local communities.





## CTE Joins UNP Volunteerism at GK Candon

By: Mr. Dave Fontejon

**Dr. Jojit Aquino**, Program Head of BTVTED/BTLED as he presented the training overview and objectives.

An extension service was initiated by the BTVTED/BTLED and MATLE faculty In the observance of Volunteerism Week at Gawad Kalinga in Candon City last April 28, 2023 entitled Securing FUTURE: Livelihood and Skills Training program. The aim of the activity is to provide valuable knowledge and skills to volunteers who are interested in snack production particularly on Buchi making and Chorus making. The training was held for the entire day, and a total of 20 men and women in Gawad Kalinga participated. The training was aimed at equipping the participants with the necessary skills and knowledge to produce several types of snacks that can be sold or used for the purpose generating additional income.

The training started with a prayer and national anthem through a prepared powerpoint presentation, it was followed by the training



**Mr. Arthur Pascua**, BTVTED/BTLED faculty addresses the concern of the participants in making Ube Buchi



**Dr. Rozen C. Villa**, BTVTED/BTLED faculty during her demonstration in making Churros

objectives and overview by Dr. Jojit Aquino the program head of the BTVTED/BTLED program. Training proper started at 8:30 in the morning, Dr. Rozen C. Villa, Dr. Ma. Rochelle F. Cabrales and Mr. Marnie Tabilin taught trainees on recipe development, ingredient selection, food safety, and quality control they also trained them in the snack production, specifically on UBE Buchi. Some of the participants even

tried making it on their own during the return demonstration. The first activity ended at 11:30 in the morning. In the afternoon, Dr. Jeanina B. Batin and Mr. Athur Pascua deliver their part and trained the participants in making churros which ended at 3:30 in the afternoon the closing program started right away through the closing remarks of Dr. Efren Galapon-Coordinator of Extension Services, followed by the distribution of certificates to the participants and resource speakers.



**Dr. Ma Rochelle F. Cabrales** BTVTED/BTLED faculty as she delivers her part in the training program



The skills training program on snack production was an enormous success, with the participants learning various aspects of snack production, such as recipe development, ingredient selection, food safety, and quality control. Here are some of the key accomplishments of the training program:

**Improved Knowledge and Skills:** The participants were able to improve their knowledge and skills in snack production. They learned

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about the several types of snacks that can be produced, the ingredients needed, and the proper techniques for producing high-quality snacks, particularly, on ube buchi and chorus production.

**New Products Development:** Through the training, participants were able to develop new snack products that they could sell to generate additional income. They were taught how to modify existing recipes and create new ones that would appeal to different target audiences.

**Improved Food Safety and Quality Control:** Participants were educated on food safety and quality control measures in snack production. They were taught how to identify and prevent potential hazards such as contamination and how to maintain quality standards in snack production.

**Teamwork and Communication:** The training program also helped to promote teamwork and communication skills among the participants. They were given group task that required them to work together, and this helped to improve their teamwork and communication skills.

**Positive Feedback:** The participants gave positive feedback on the training program, expressing their appreciation for the knowledge and skills they acquired. Many expressed interests in applying the knowledge and skills gained in future snack production endeavors.

The skills training program on snack production for Volunteerism Week was a resounding success. The participants were able to improve their knowledge and skills in snack production, create new snack products, and improve their food safety and quality control practices.

## PRODUCT PROCESS AND OUTPUTS



*The trainer showing proper preparation & handling & cooking of mixtures.*

The training also helped to promote teamwork and communication skills, and the participants gave positive feedback on the program. The skills and knowledge acquired from the training will undoubtedly be beneficial in their future snack production endeavors.

# CTE-LS Holds Skills Training on Hand-Wash and Buchi Making

By: Janet Molina, Claudette C. Rabago, and Arlene Kriszel Tabbuac

The College of Teacher Education -Laboratory Schools conducted a Skills Training on Hand-Wash and Buchi Making on February 9-10, 2023 at Parparia Elementary School, Parparia, Narvacan, Ilocos Sur.

On the first day of the activity, the facilitators assisted in the registration of the teachers and parents of Parparia Elementary Schools upon arrival at the activity area. Mrs. Baby May Chan, master of the ceremony, hosted the conduct of the program and shared her gratitude for this beneficial activity not only for the school but for the

parents also. The program started with prayer and singing of the national anthem via audio-visual presentation. Mrs. Cheryl Cabatic took charge of acknowledging the participants of the said activity. The participants were the parents from kindergarten to grade level as well as teachers of Parparia Elementary School and the delegates from UNP-University Extension Office, namely: Ms. Claudette Rabago, Mrs. May Evelia Ruadap, and Dr. Marites Duquinal; and Laboratory Schools, namely: Ms. Arlene Kriszel Tabbuac, Mrs. Roselyn Alan, Ms. Janet Molina, Mr. Maxie Tolentino, and Ms. Erika Gascon, who shared their skills and



The trainer and the participants during the demonstration of the hand-wash making process.

## DAY 1: HAND-WASH MAKING



Mrs. Baby May Chan, the master of ceremony, hosting the opening program



Ms. Claudette Rabago giving her message to the participants during the opening program



The school head of Parparia Elementary School, Mr. Dexter John Collo giving his opening remarks



Mrs. Edna Samarro, the PTA President, giving her message during the opening program



The trainer, facilitators, teachers, and parents and the finished product – hand wash

guidance on hand-wash and buchi making.

The benefactors were joyful and felt lucky as expressed by the PTA President of the school, Mrs. Edna Samarro, because of how this activity could be a great help not only to the well-being of the pupils but to the teachers and parents who plans to apply the learnings from this activity as a means of generating additional income for their everyday lives. For the closing remarks, Mr. Dexter John Collo, school head of the school, shared his heartfelt gratitude and emphasized the importance of partnership. He said, “This partnership is not for monetary purposes only but for assistance and learning para sa matatag na

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edukasyon.” Moreover, he added, “No source of income, mahirap ang buhay.” This further showed how learnings from this activity will expound their knowledge in hand-wash and buchi making as a source of income. Ms. Rabago, the project coordinator, shared her warm message and acknowledged the camaraderie between the school, the parents, and the community to provide a better learning environment for the pupils.

Before starting the second part of the activity, that is, hand wash making, Mrs. Chan introduced first the trainer’s background. The trainer, Ms. Rabago, shared the importance of hand washing to the pupils and how hand wash-making could benefit the teachers and parents in generating income. Ms. Rabago presented the ingredients needed in making the hand wash and together with the facilitators, assisted the teachers and parents as they eagerly participated in following the procedures.

## DAY 2: BUCHI MAKING



*The trainers presenting the ingredients in making the buchi*



*The participants evaluating the activity conducted*

On the second day, Mrs. Chan introduced the two trainers in buchi making – Mrs. Roselyn Alan and Ms. Arlene Kriszel Tabbuac. The trainers presented the recipe for local buchi and the common buchi. All of the teachers and parents took part in making the buchi. Fun and excitement were evident in their faces as the two trainers and facilitators assisted them in cooking which made them actively participate throughout the activity.

For the last part of the program, prayer was done via

audio-visual presentation and participants gave their impressions of the activity. Mrs. Ruadap expressed her words of gratitude to the school, teachers, parents, and the UNP delegates for the success of the activity. The school head, together with his teachers, awarded certificates to the project coordinator, facilitators, and trainers. To formally close the program, Mrs. Catherine Lucendo gave her message and gratitude to the teachers, parents, facilitators, and trainers.

## UnivERT Augments for Takbokayon 2023

The University Emergency Response Team (UnivERT) augmented for the Takbokayon (Takbo para sa Bokasyon) 2023 of the Immaculate Concepcion School of Theology (ICST) on February 11, 2023. The members of the UnivERT were in the loop for any possible emergencies during the said event. They were deployed to various places to assist with the needs of the runners.

The Takbokasyon is an annual activity of the ICST. This is a fund-raising activity of the said institution which was participated any all interested individuals within the province, young and old alike.



*UnivERT stands by at their designated post during the fun run.*



*UnivERT was awarded a certificate of recognition by the organizers.*

## CBAA initiates Training at BWICS

The University Extension Office in collaboration with CBAA and Articulo Uno Masigasig Eagles Club spearheaded the skills training on "Genderized Skills Training on Puto Cheese Making" and "Training on Pricing and Costing on Puto Cheese Making" at Bantay West Integrated Central School last February 23, 2023.



*The participants demonstrating the preparation of Puto cheese before steaming.*



*Ms. C. Rabago, the trainer discussing the procedure on how to make Puto Cheese.*



*Mrd. M. E. Ruadap, UEO Coordinator for Skills Training & Livelihood presenting the necessary ingredients and equipment needed for Puto Cheese making.*

# FAST NEWS

## UnivERT, PRC-Ilocos Sur Partner for Water Safety Training

Members of the UNP - University Emergency Response Team and Philippine Red Cross Ilocos Sur Chapter conducted Water Safety and Survival Training for the Girl Scouts of the Philippines Ilocos Sur Chapter at Heritage Resort of Caoayan, Ilocos Sur on March 12, 2023. This activity is a testament to the University's commitment to empower communities with the knowledge and skills needed to prepare for and respond to emergencies.



*Participants actively joined the Water Safety Drill.*

## UNP, Various Agencies Partner for a Training Program

A training on liquid dishwashing soap making was conducted on March 18, 2023 at Sta. Cruz Ilocos Sur. This activity was made possible through the collaboration of Department of Trade and Industry (DTI), Ilocos Sur Provincial Government, Local Government Unit of Sta Cruz, Ilocos Sur and UNP University Extension Office. This activity aims to equip participants with the skills and knowledge needed to pursue sustainable livelihood opportunities and enhance their socio-economic well-being.



*Organizers pose for the camera and participants listen attentively to instructions.*

## CBAA ventures to Women Empowerment

In celebration of International Women's Month, the CBAA Graduate Studies spearheaded a two-day extension training with a theme "Who Run the World (Girls): Training Ilokano Women to a Transforming Business Landscape" at Brgy. Ayusan Norte, Vigan City, Ilocos Sur headed by Brgy. Capt. Ignacio Tadeo on April 1 and 2, 2023.



*Participants listen attentively to the lecture.*

## UNP Holds BLS Training at ICMS

The University of Northern Philippines conducted a two-day Training on Basic Life Support on April 17 and 18, 2023 at Immaculate Conception Minor Seminary. Participants of the training were students of the said institution while trainers were faculty members of the College of Health Sciences. The first day centered on the theoretical basics while the second day was dedicated to the teaching of practical skills and return demonstration of the students.



*Dr. Lloyd A. Mata, Introduces the trainers/ lectures*

*The Faculty From CHS discussing & demonstrating the appropriate procedures on bandaging & splinting*

## LS Participates UNP Volunteer Week 2023

As part of the UNP Volunteer Week 2023 at Gawad Kalinga Candon City, the Faculty Members of the Laboratory Schools conducted a Skills Training on Hair Science on April 19, 2023. Mr. Randall Rabacal served as the Lead Trainer. This activity equips individuals with practical skills and knowledge essential for careers in the beauty and haircare industry. By undergoing hair science training, individuals enhance their employability and open doors to a wide range of job opportunities in salons, spas, beauty parlors, the fashion industry, or other settings where specialized haircare services are required.



*Ms. A. Tabbuac & Mrs. R. Alan demonstrates proper application of hair coloring*



*Mr. R. Rabacal the lead trainer, showing the procedure of right techniques on hair cutting*



*While Mrs. E. Rin & Mrs. M. Yasay on hair spa & styling*

# FAST NEWS

## UNP Hosts ILAARRDEC's 2Q Meeting

As a proactive participant within the Ilocos Agriculture, Aquatic, and Natural Resources Research and Development Consortium (ILAARRDEC), the University of Northern Philippines (UNP) took the helm in hosting the Second Quarter Meeting of the consortium's Regional Technology Transfer Cluster on May 9, 2023. Held at the UNP Guestel, the gathering convened representatives from diverse member institutions of ILAARRDEC. Dr. Erwin F.

Cadorna, UNP President, led the discussions, guiding attendees through a range of agenda items pertinent to the consortium's objectives.



*Dr. Erwin F. Cadorna delivers his message and participants during the workshop.*

## UEO Intensifies Mushroom Processing

On May 12, 2023, the University Extension Office (UEO) organized an Enhancement Seminar on Mushroom Processing at Gawad Kalinga, San Vicente, Ilocos Sur. Led by Ms. Claudette Rabago, Coordinator for Food Processing, and facilitated by Ms. May Evelia Ruadap, Coordinator for Livelihood and Skills Training, the seminar aimed to enhance participants' knowledge and skills in mushroom processing for economic empowerment and sustainable livelihoods.



*Trainers instructing the appropriate procedures while the participants demonstrates actual preparation of mushroom mixtures*



## UEO, LDS Assess Individuals in need of Mobility Devices

UEO staff, in collaboration with Latter Day Saints Charities, embarked on a visit to Barangay Cabaroan, Sta. Catalina, on June 1, 2023. Their mission: to assess and identify individuals requiring mobility devices. This joint effort demonstrates a commitment to addressing the needs of the community, ensuring that assistance is provided to those requiring mobility support.



*Dr. Bernardo Oliber A. Arde, Jr., Mrs. Jevie A. Abella & Dr. Ismael G. Rivera, Certified wheelchair assessors, assessing the PWD residents Facilitated by Ms. Claudette C. Rabago*

## Teachers Participate in Fish Processing Training

On June 10 and 11, 2023, educators from Nagtupacan Elementary School underwent a comprehensive training program on fish processing, generously provided by the University of Northern Philippines (UNP). Led by experienced trainers Ms. Claudette Rabago, a dedicated UEO Staff member, and Mr. Randal Rabacal, esteemed faculty from the Laboratory Schools, the training aimed to equip teachers with practical skills and knowledge in fish processing techniques. This initiative not only enhances the professional development of educators but also enriches the school curriculum, enabling them to impart valuable insights and hands-on experiences to their students. Through collaborative efforts like these, UNP continues to



fulfill its commitment to community engagement and capacity building in the field of agriculture and fisheries.

*Participants actively participates to the demonstration.*

# Forging Community Growth: UNP-CHTM and Barangay Cacadiran's Shared Vision for Progress.

By: Janet Molina, Claudette C. Rabago, and Arlene Kriszel Tabbuac

"The partnership between the University of Northern Philippines' College of Hospitality and Tourism Management (UNP-CHTM) and Barangay Cacadiran, situated in Cabugao, Ilocos Sur, was solidified through the signing of a pivotal Memorandum of Agreement. This significant accord, formally reestablished on May 11, 2023, at the Barangay Cacadiran Multipurpose Center, delineates the specific commitments and responsibilities undertaken by both parties in their collaborative pursuit of extending essential services to the

community. Encompassing a comprehensive framework, this agreement serves as a blueprint, outlining the shared objectives, operational guidelines, and mutual obligations aimed at fostering sustainable development and enriching the lives within the local area. The signing ceremony marked a momentous occasion, symbolizing the collective dedication of UNP-CHTM and Barangay Cacadiran towards cultivating a thriving partnership geared towards community growth and advancement."



*Dr. Blessie Cabanting, Dean of CHTM, alongside Dr. Christopher F. Bueno, OIC Director of the University Extension Office, and Dr. Fatima F. Rocamora, Vice President for Research and Extension, joined by Dr. Erwin F. Cadorna, University President, and Brgy. Captain Ronnie Wilfredo Esteban, alongside esteemed faculty from CHTM and University Extension Coordinators and the Barangay Officials, graced the momentous MOA signing.*

The College of Teacher Education (CTE) won the FUTURE OF SUSTAINABILITY AND GREEN AWARD in January 2023 during the Education Night in celebration of the Vigan City Fiesta. VIGAN CITY recognized the efforts and best practices of the CTE in addressing various problems and issues not only in learning institutions but also in communities needing support.

The College bested the extension projects of other schools in Vigan City, showcasing its accomplishments in the previous year (2022). The Securing FUTURE (Free and Unlimited Transfer and Utilization of Resources in Education) is the program of the College which caters to the different needs of the communities along literacy and numeracy, teachers training, Leadership Capability Building, Research Output Dissemination and Technology Transfer, Cultural Heritage Preservation Health, Wellness and Sports Development Gender and Development, Environmental Protection Learning Resources,

## FUTURE SECURED! CTE Bags 2023 Future of Sustainability and Green Award

By: Dr. Efren Galapon



*Dr. Ma. Teresa Susan L. Manzano, CTE Dean, poses with the Vigan City Officials as she receives the 2023 Future of Sustainability and Green Award*

Development Social Support Program- Building Resilience, self-care and stimulation procedures for Children, Parents and Teachers; and Livelihood and Skills Training.

The extension activities of the college are anchored on the general program Securing FUTURE. The program aims to assist the teachers in basic education in their professional and teaching needs; provide supplemental enhancement activities for the pupils to brace them in challenging and constantly changing basic education milieu; Capacitate the communities for them to become resilient partners of schools in developing a productive manpower in the future; make the college of teacher education as effective instrument for social development.

# GK Candon City Residents receive Vital Fire Suppression Skills

By: Dr. Wilson Tolio

In observance of Fire Prevention Month 2023, UNP Open University and the College of Criminal Justice Education have united in a commendable effort to provide essential fire suppression training to the residents of Gawad Kalinga in Candon City, Ilocos Sur. The collaborative training initiative, conducted at the heart of the community last April 20, 2023, aims to empower residents with crucial skills and knowledge to enhance fire safety awareness.



*Dr. Marlow T. Pacapac, faculty member of CCJE, ably delivered his lecture on fire suppression.*

The program, strategically aligned with the national campaign for Fire Prevention Month, included a comprehensive curriculum addressing key aspects of fire suppression and prevention. The collaboration between UNP Open University and the College of Criminal Justice Education underscores a commitment to community well-being and a proactive approach to emergency preparedness.

Key components of the training initiative:

**Fundamentals of Fire Suppression:** Participants engaged in hands-on sessions and theoretical discussions, covering the basic principles of fire suppression, effective use of fire extinguishers, and safe evacuation procedures.

**Fire Prevention Strategies:** The training not only focused on responding to fires but also emphasized proactive measures for preventing fire incidents. Residents gained insights into identifying potential fire hazards and adopting preventive measures.

Residents of Gawad Kalinga expressed gratitude for the timely and valuable training, recognizing its significance in enhancing their ability to respond effectively to fire emergencies.

"We are truly thankful for this initiative. The knowledge we gained about fire suppression and prevention is empowering. It's comforting to know that we now have the skills to protect our homes and our neighbors in case of a fire emergency," shared Mrs. Virginia Cabildo.



*Out of what the participants gained from the lecture, demonstration on fire suppression was conducted.*

Facilitated by faculty members from UNP Open University and the College of Criminal Justice Education, experts in fire safety and emergency response, the training sessions provided a dynamic and engaging learning experience for the participants.

As Fire Prevention Month continues, the impact of this collaborative effort is anticipated to resonate throughout Gawad Kalinga, fostering a community that is not only aware but also well-prepared to face the challenges of fire emergencies. The joint initiative by UNP Open University and the College of Criminal Justice Education exemplifies a proactive approach to community safety, reflecting the spirit of solidarity and shared responsibility in promoting a safer living environment for all.

# ICMS Faculty Members Receive IT Training – Workshop

By: Mr. Rogelio Rabena



*Dr. Bryan Lamarca giving lecture on MS Publisher.*



*Photo Ops after the 1st day of training of Photoshop by Mr. Cabanas.*

On March 3 and 4, the College of Communication and Information Technology conducted a two-day Training Workshop on Microsoft (MS) Excel, MS Publisher, and Adobe Photoshop at Immaculate Conception Minor Seminary (ICMS) at Ayusan Sur, Vigan City. The activity started with an opening program, spearheaded by the assistant dean and the unit extension coordinator, and the ICMS counterpart, Dr. Milagros Remular.

Speakers for the activity were Mr. Gian Paolo Martin Cabanas (Adobe Photoshop), Dr. Bryan Irvin Lamarca (MS Publisher), and Dr. Arpee Arruejo (MS Excel). They were listened to by the faculty members of the ICMS faculty members.

Facilitators during the first day of the extension activity were Mr. Daryl Buen and Dr. Jennyfer Alasaas. For the second day of the training, Mr. Noel Rafanan, Mr. Ferino Gem Madriaga, and Mr. Joel Fabillaran acted as facilitators. The



*Facilitators are busy assisting the trainees.*



*Photo ops after the training of MS Excel by Dr. Arruejo*

workshop ended with a closing program and all activities given by the speakers were finished by the participants.

The conduct of this activity was based on the results of the needs assessment survey conducted by the CCIT Faculty Members at the said institution.

With the collaborative efforts of the University of the Philippines together with the National Center for Transportation Studies Foundation, Inc., joined hands with the University of Northern Philippines in the orientation and conduct of the traffic volume count held last June 19, 2023, in UNP College of Engineering Building and along the National Highway, particularly in Cabaroan, Bantay, Ilocos Sur. The objective of this extension activity is to perform a comprehensive traffic volume count at a designated location to accurately assess and qualify the vehicular flow on a specific roadway.

## Pioneering Traffic Insights: UNP College of Engineering Collaborates with the University of the Philippines with the National Center for Transportation Studies Foundation, Inc., for Innovative Traffic Volume Count

By: *Engr. Romel D. San Diego*

This information provided crucial data for transportation planning, infrastructure development, traffic management, and urban design projects. By conducting a systematic and reliable traffic volume count, the UNP College of Engineering aims to achieve the following objectives: Quantity Traffic Patterns, Assessment of Peak Hour Volumes, Analyze Traffic Fluctuations, Support Planning and Decision-making, Validate Existing Models, and Enhance Safety and Efficiency.

The University of the Philippines, NCTSFI, and UNP College of Engineering have combined their expertise to execute a comprehensive traffic volume count at a designated location. This initiative is part of a broader strategy to address the challenges posed by increasing urbanization and the growing demands on transportation infrastructure.

As part of their commitment to transparency and public engagement, the collaborators have initiated to involvement of the UNP College of Engineering faculty members and the students of Bachelor of Science in Civil Engineering Major in Transportation Engineering. The involvement of the said people who participated in surveys and shared their experience, provided valuable qualitative data to complement the quantitative insights.

The collaboration between the three institutions is a testament to the power of interdisciplinary partnerships in addressing complex societal challenges. As the traffic volume count progresses, the insights generated are expected to drive evidence-based policies, making a significant impact on the quality of life for residences in rural and urban areas.

## San Vicente Beauty Tilt Seeks Assistance of UNP IT Experts

By: *Mr. Rogelio Rabena*

The Municipality of San Vicente sought the help of Information Technology Experts of the University for its Miss San Vicente Coronation Night on April 26, 2023. The College of Communication and Information Technology was designated as the official tabulator for Miss San Vicente 2023. The Local Government of San Vicente, headed by Mayor Jose Tabanda III, organized this very important event in celebration of the town's fiesta.

Faculty members of the college who attended the activity as tabulators were Dr. Richard Arruejo, Dr. Arpee Arruejo, Dr. Evelyn Ruadap, Mr. Mariano Romano Jr., Mr. Rogelio Rabena, Mr. Gian Paolo Cabanas, Ferino Gem Madriaga, together with them were student volunteers. With their expertise and use of computerized tabulation, the flow of the program was smooth-sailing and sped up the computation of scores from the judges.



*Faculty of the CCIT tabulating the judges' scores of the contestants.*

# UNP College of Engineering Strides in Transforming Construction and Water Solutions in Pagsanaan Sur, Magsingal, Ilocos Sur

By: Mr. Rogelio Rabena

Last May 19, 2023, the UNP College of Engineering conducted an extension activity in Barangay Pagsanaan Sur, Magsingal, Ilocos Sur. It explores two significant developments: the evolution of concrete hollow block production with the integration of waste glass as a suitable alternative to traditional aggregates and the continuation of the conduct of a feasibility study of Pagsanaan Sur Water Refilling Station on its technical aspect.

Traditionally, concrete hollow blocks have been a staple in construction, offering durability and cost-effectiveness. In Pagsanaan Sur, however, local entrepreneurs and builders are pushing the boundaries of conventional practices. The introduction of waste glass as a partial replacement for traditional aggregates is proving to be a game-changer. Hence, the participants of the training were

trained in the production and utilization of concrete hollow blocks that will be used in different structures tangent to the development of the community. The use of waste glass as a partial replacement for aggregates will reduce the amount of waste in the environment.

As the barangay's population grows, so does the demand for a reliable water supply. The college also conducted the technical aspect of the feasibility study of the Pagsanaan Sur Water Refilling Station. The result of the market aspect was presented to the community and a lecture on the technical aspect followed. After this, the Geodetic Engineering faculty members conducted a topographic survey of the location as a basis for the preparation of the plans and facilities. The Civil Engineering faculty members conducted detailed

plans on the technical aspect and the Sanitary Engineering faculty members determined the source of water.

In embracing these innovative approaches to construction and water management, Pagsanaan Sur is setting an example for other communities seeking sustainable solutions to contemporary challenges. The fusion of waste glass in concrete production and the pursuit of a reliable water source demonstrates the barangay's commitment to environmental stewardship and community well-being.

As the UNP College of Engineering forges ahead with these groundbreaking initiatives, it serves as an inspiration in seeking to balance development with environmental responsibility.

## UNP forge MOA with Various Institutions

By: Bernardo Oliber A. Arde, Jr.

The signing of Memorandum of Agreement between the University of Northern Philippines and Local Government Unit of Sta Catalina on the implementation of DRRM Programs and Activities took place on March 7, 2023 at the Municipal Hall of Sta. Catalina Ilocos Sur. The signing of the MOA underscores the collective determination to prioritize disaster risk reduction as a key component of sustainable development. By

forging strong partnerships and fostering synergy among diverse actors, the signatories aim to build a more resilient and disaster-resilient society, capable of withstanding the challenges posed by a changing climate and evolving risk landscape.

On April 2, 2023, UNP and Vigan National High School East formally inked the partnership through a MOA Signing held at VNHS-East Gymnasium.



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On April 4, 2023, UNP sealed a partnership with Cabusligan-Quimmarayan Elementary School and Saccuya Elementary School for the implementation of various programs that would emphasize the value of education.



MOA Signing in the presence of UNP President, Dr. Erwing F. Cadorna, together with Dr. Christopher Bueno, UEO Director, Dr. Fatima F. Rocamora, Vice President For Research & Extension, Dr. Rochelle P Rabe, The school Principal & Teaching Staff

On April 12, 2023, UNP stretches its arms with Cal-laguip Elementary School. The two institutions formally signed a Memorandum of Agreement represented by Dr. Erwin F. Cadorna and Dr. Rochelle P. Rabe for UNP and CES, respectively. Also, Dr. Cadorna took time to distribute vitamin supplements to Grade 1 and 2 pupils after the MOA Signing.



On the same day, UNP also sealed a deal with Sinit National High School through a ceremonial MOA signing.



UNP strengthens ties with Magsingal North Central School, solidifying their collaboration through a Memorandum of Agreement signed on May 24, 2023. This partnership aims to foster mutual support and cooperation in educational endeavors, benefiting students, faculty members, and other stakeholders and enhancing learning experiences.



These Memorandum of Agreements forged are means for university to strengthen its linkages to local institutions in the province to collaboratively work on taking steps in the realization of the Sustainable Development Goals.



UNP and Pantay Tamurong Elementary School renewed their partnership as they formally inked their Memorandum of Agreement today, May 8, 2023 at Pantay Tamurong Elementary School.



Under its Adopt-a-Community Program, the University of Northern Philippines forged a Memorandum of Agreement with the Municipality of Villaviciosa to be its beneficiary. The two institutions will serve as partners in providing community services that will enhance the welfare of the populace. The ceremonial signing was held on June 12, 2023, at Municipality of Villaviciosa, Abra. Present during the said activity were Municipal Mayor Jose W. Lagen, Jr. and Public District Supervisor Leonardo T. Balneg, MAEd, who represented the community; while Dr. Erwin F. Cadorna, Univeristy President; and Dr. Christopher F. Bueno, OIC Director, University Extension Office headed the UNP delegation.



## UNP Unfolds Volunteer Week 2023

By: Dr. Ismael Rivera

The University of Northern Philippines, being a service-oriented institution has unfolded the UNP Volunteer Week 2023 at Gawad Kalinga Candon City on April 16, 2023. This year's volunteer week was dubbed as "Bileg ti Sirmata ti Gk-Timpuyog to Galad ken Karidked."

To jump start the occasion, simultaneous activities were conducted during the said date. Arts Appreciation was designed for the children of the residents while Training on Small Engine Repair was conducted for the older residents.

The UNP Volunteer Week has become an annual event of the university which was inaugurated in



Children having fun during the art session and games.



Male residents participate during the hands on skills.

2022. Volunteer Week will shine a spotlight on the faculty members and students who generously donate their time, skills, and compassion to make a difference in the lives of others. It serves as a poignant reminder of the transformative power of volunteerism in building stronger, more resilient communities. It is a time to express gratitude and appreciation for the countless acts of kindness and generosity that often go unnoticed but leave an indelible impact on society.

In a concerted effort to promote human rights awareness and advocacy, a Trainers' Training Program on Human Rights Education has been conducted in the University of Northern Philippines – Guestel on March 31, 2023. Organized by the University of Northern Philippines and the Commission on Human Rights Regional Office-I, this initiative seeks to equip participants with the knowledge, skills, and resources needed to become effective trainers and champions of human rights within their communities.

The Trainers' Training Program is designed to provide participants with comprehensive training modules and practical tools to facilitate human rights education initiatives in various settings. Select faculty members and students of the University attended the training and shall be certified as Human Rights Educators.

## UNP, CHR Empower Human Rights Advocates

By: Dr. Ismael Rivera



Participants listen attentively to the lecture of the resource speaker.



Extension is one of the four-fold functions of the university that caters to the needs of adopted beneficiaries. One of the adopted schools of the College of Communication and Information Technology (CCIT) is the Magsingal North Central School (MNCS). Hence, a Memorandum of Agreement was signed between the University, represented by Dr. Erwin F. Cadorma, the University President, and MNCS, represented Dr. Marites S. Datu, by Principal II. The effectivity date of the MOA is from May 1, 2023 to May 1, 2024.

## UNP, MNCS Ink Partnership Deal

By: Mr. Rogelio Rabena

As stipulated in the MOA, eight (8) activities shall be conducted for the period of one year. The first activity that was successfully conducted was the Rehabilitation of the Network Infrastructure and Internet Expansion in the MNCS. This was held on May 12, 2023. The CCIT faculty had successfully installed the UTP cable and were able to set up the network connection from the Principal's Office to the different classrooms.



Photo ops after the MOA signing of both parties with President Cadorna of UNP and Principal Datu of MNCS.

From left: Doc Datu, Pres Cadorna, Dir. Bueno and Mam Tacla, signing of MOA.

After the MOA signing, the team checked and inspect the route for the Network installation of different bldg..

## UNP-CArch, Norfil Foundation Inc. commit for children and youth with disabilities welfare and Development

By: Engr. Maila P. Ragasa



Dr. Fatima Nicetas A. Rabang-Alonzo, the dean of the College with Engr. Maila R. Pedrigal-Ragasa, the College Extension Coordinator, and Ar. Ludivina A. Lozano, BS in Environmental Planning Program Head and College Research Coordinator accepted the plaque of recognition. Others in photos are Norfil Executive Director Ma. Teresa R. Nuqui, Jhonny B. Barrameda, Project-in-Charge and Ms. Norlyn G. Aylar

organization that promotes the rights of children with disabilities (CWD) and their families using Community Based Rehabilitation (CBR) as a strategy and by building partnerships with other CSOs, Disabled People's Organization (DPO), Peoples Organization (PO) and Parent Support Organizations.

One of its programs, the NORFIL's Enabling Communities for Inclusion (ECFI) Program will be implementing Accessible Rooms for All Learners (ARAL) and Accessible Rooms for Inclusive Schools (ARIS) in selected schools in the Province which will be promoting Inclusive Education with

The partnership between the College of Architecture, UNP, and Norfil Foundation Inc. started since

year 2018 up to this date. Norfil Foundation Inc. is a non-stock, non-profit leading civil society

a specific focus on the accessibility of public schools. Given the limited human resources, NORFIL is contracting a consultant. One of them is the faculty and students of the College of Architecture, UNP to conduct the Accessibility Audit and Seminar-Workshop on Batas Pambansa 344 and to provide the standard design of PWD Toilet which the said foundation will fund.

Since the conduct of previous Accessibility Audits and the provisions of PWD Toilets in the different Public Elementary Schools in the Province of Ilocos Sur have brought positive results from the partner LGUs and schools, the Norfil Foundation Inc. and its Enable Communities For Inclusion (ECFI) Program recognized the College of Architecture for their fruitful partnership during the pasts years. It was held at the Provincial Farmers Livelihood Center, Vigan City during Norfil's turnover ceremony of ECFI Projects to the Provincial Government of Ilocos Sur with the partner local government units of the province such as the municipalities of Banayoyo, Bantay, Caoayan, Cervantes, Galimuyod, Lidlidda, Salcedo, San Vicente, San Esteban, Santa, Sta. Catalina, Sta. Cruz, Sinit, Suyo, and Tagudin.



*Ar. Ludivina A. Lozano, Research Coordinator and Engr. Maila P. Ragasa, Extension Coordinator teamed up in conducting the inspection/audit of the facilities in Quirino Elem. School, San Elias Elementary School, and Sugpon National High School on Jan. 26 & 27 and Feb. 6, 2023. Attended by the representative from the Local Government Unit of the municipalities, , EPS-SPED, DWSD, DPWH 2nd District, and the faculty and staff of Sugpon National High School.*

## UNP-OU, CCJE Hold Blood Donation Activity

By: Dr. Wilson Tolio



*Volunteer-donor students of the CCJE in their blood donation drive.*

In a remarkable collaborative effort, UNP Open University and the College of Criminal Justice Education have brought a transformative training initiative, combining Blood Donor Counseling and Aftercare with a community-centric Blood Donation Drive to the residents of San Julian,

Bantay, Ilocos Sur. This comprehensive program unfolded with a dual purpose—to equip individuals with essential blood donor counseling skills and to encourage voluntary blood donation to support the local healthcare system.

The training, conducted at the said barangay last February 18, 2025, witnessed active participation from the residents of San Julian and neighboring communities. The strategic collaboration between UNP Open University and the College of Criminal Justice Education reflects a commitment to community well-being and a holistic approach to health education.

The multifaceted program included the following key components:

**Blood Donor Counseling and Aftercare Training:** Participants engaged in an immersive learning experience that covered the entire spectrum of blood donation—from understanding the importance of voluntary blood donation to counseling potential donors and providing aftercare support.

**Community Blood Donation Drive:** Following the training sessions, a community-wide blood donation drive was organized, encouraging participants to put their

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newfound knowledge into action. The event aimed to bolster local blood banks and contribute to the overall health resilience of the community.

Residents of San Julian, grateful for the opportunity to enhance their understanding of blood donation and aftercare, expressed their appreciation for the initiative.

"This training has not only empowered us with knowledge about blood donation but has also inspired us to actively participate in the community blood drive. It's a wonderful way to give back to our neighbors and contribute to the health of our community," shared Hon. Paul Veronico Pre, the Barangay Captain.

Faculty members from both UNP Open University and the College of Criminal Justice Education, recognized experts in healthcare and community outreach, facilitated the training. Their collaborative efforts ensured a comprehensive and engaging learning experience for the participants, blending theoretical insights with practical application.



Counseling among blood donor students were conducted.

As the community members actively participated in the blood donation drive, the impact of this initiative is expected to extend beyond the training venue. The joint effort by UNP Open University and the College of Criminal Justice Education exemplifies a

commendable commitment to community health, emphasizing the importance of knowledge dissemination and collective action in fostering a healthier and more resilient society.



Mrs. Jevie A. Abella, together with the donors.

# UNP-OU, CCJE Spearhead Self-Defense Training for Youth in Gawad Kalinga Candon City

By: Dr. Wilson Tolio



*Dr. George Phillippe C. Amano and Mr. Kevin Mel R. Pacpaco, faculty members of CCJE, taught the children basic skills in self-defense.*

In a proactive endeavor to empower the youth and enhance community safety, UNP Open University and the College of Criminal Justice Education joined forces to conduct a transformative training on self-defense for the vibrant young residents of Gawad Kalinga in Candon City, Ilocos Sur. The collaborative initiative unfolded within the heart of the community last April 20, 2023, aiming to equip

the youth with essential skills and knowledge to ensure their personal safety.

The program, tailored to the specific needs and dynamics of the youth demographic, focused on holistic self-defense techniques, emphasizing physical, mental, and situational awareness. This collaborative effort reflects the commitment of both institutions to

fostering a sense of security and empowerment among the younger generation.

Key components of the self-defense training initiative:

**Physical Techniques and Practical Exercises:** Participants engaged in hands-on sessions that covered fundamental self-defense

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maneuvers, teaching them techniques to protect themselves in various situations.

**Mental Preparedness and Awareness:** The training underscored the importance of mental resilience and situational awareness, providing participants with strategies to stay alert and make informed decisions in potentially threatening scenarios.

**Personal Safety Strategies:** The program included discussions on crime prevention, risk assessment, and effective communication skills, empowering the youth to navigate their surroundings with confidence.

Youth participants expressed enthusiasm for the program, recognizing the value of acquiring self-defense skills in today's dynamic world.

*"This training has given us a sense of empowerment. It's not just about physical strength but also about being aware of our surroundings and having the confidence to protect ourselves if needed,"* shared Patrick Dancel.

Facilitated by expert instructors from UNP Open University and the College of Criminal Justice Education, the training sessions provided a supportive and engaging

environment for the youth to learn and practice self-defense techniques.

As the young residents of Gawad Kalinga embrace the knowledge gained from the training, the impact is expected to extend beyond personal safety, fostering a sense of resilience and self-confidence within the community. The collaborative initiative by UNP Open University and the College of Criminal Justice Education exemplifies a commitment to nurturing the potential of the youth, ensuring they are well-equipped to face the challenges of the world with both physical and mental strength.

## Women Empowerment: A Healthy Mother for a Healthy Family

By: Jenifer T. Cabides

The University conducted its 2nd Year of Volunteerism Week entitled **"UNP Volunteer Week (Bayani College)."** The College of Nursing, as an advocate of health, determines the need to promote health by providing information on disease prevention. Thus, a simultaneous extension activity entitled **"Women Empowerment: A Healthy Mother for a Healthy Family Training on Breast Self-Examination and the use of contraceptive methods"** and **"Training on the Preparation and Utilization of DOH Accepted Herbal Medicine Cum Lecture on Basic Management on Communicable and Non-Communicable Diseases"** was conducted at Gawad Kalinga, Barangay Tamurong, Candon City, Ilocos Sur last April 28, 2023.



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The said activity was participated by pool of experts from the college namely Ms. Mary Juli-An P. Taylor Prof. Jenifer T. Cabides and Ms.. Winnie R. Ponce discussed and demonstrated the techniques on the proper use of the different contraceptive methods. The knowledge that the participants gained will help them reduce anxiety and overcome fear through proper information. In addition, an empowered woman knows how to take care of herself and her family. Knowledge of the proper use of contraceptive methods is very important to provide optimal health to mothers of reproductive age.

On the other hand, Ms.. Sheila G. Obispo, Ms. Romeline Asanion, and Ms. Cathleen De Guzman shared their knowledge and skills on the Preparation and Utilization of the different DOH Accepted Herbal Medicines as well as discussed, the Basic Management of Communicable and Non- Communicable Diseases using alternative medicine, particularly the Herbal Meds.

Training on breast self-examination, contraceptive methods, herbal medicine preparation, and disease



management contributes significantly to achieving multiple Sustainable Development Goals by promoting good health and well-being, reducing inequalities,

fostering partnerships, and supporting sustainable practices. These efforts are essential for building healthier, more equitable, and resilient communities worldwide.

The idea of Bayanihan, which is ingrained in the people's collective spirit, is fundamental to Filipino culture. Bayanihan is a symbol of a strong force that brings people together to work toward a common objective. As a yearly practice of the UNP-Extension Service, it transcends its historical foundations and becomes a dynamic paradigm for sustainable development and community empowerment.

Last April 16, 2023, the College of Nursing together with the College of Teacher Education – Graduate Studies conducted a one-day activity “BILEG TI SIRMATA TI GK – TIMPUYOG TI

## Bayanihan Challenge: Back to Back Partnership with CN and CTE-GS

By: Hyacinth P. Feliciano

GALAD KEN KARIDKED (UNP Volunteer Week 2023-Bayanihan Challenge)” This joined effort was made possible with the cooperation of Gawad Kalinga Nueva Segovia Barangay Tamurong Candon City Ilocos Sur. The extension program aims to work with the partner communities to share resources, time, skills, knowledge, and expertise and encourage stakeholders to participate in initiatives, projects, and activities

promoting community growth. The College of Nursing teachers initiated activities for vital signs taking and random blood sugar monitoring. Professors Rica Marie Valdez and Laurence Adena measured the participant's vital signs while Professor April Ann Flores documented the result. Following that, individuals' blood sugar levels were monitored by Professor Jermie Allen

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Alconis. Lastly, Professor Hyacinth Feliciano discussed a health lecture entitled “Blood Pressure Matters: Protect Your Heart, So Do Your Part” Comprehending the problem of hypertension establishes the groundwork for focused intervention. The topic of normal and abnormal blood pressure, and how to get the correct procedure for BP monitoring was covered throughout the health education.

Risk factors, signs and symptoms, and prevention and management of hypertension were also tackled. Additionally covered were risk factors, signs and symptoms, as well as managing and preventing hypertension.

Bayanihan, when channeled towards health and wellness, emerges as a potent force that safeguards the community people

from hypertension. Through the promotion of health education health screenings, and community duty of care, Bayanihan emerges as an advocate for heart health. Through these initiatives, community members can not only protect themselves from diseases but also foster a healthy and successful community.



# LIST OF EXTENSION COORDINATORS

## University Extension Office

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 1. Ms. May Evelia V. Ruadap         | - Livelihood and Training Services   |
| 2. Dr. Ismael C. Rivera             | - Advocacy & Research Dissemination  |
| 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 Social Services         |
| 6. Mr. Jastin R. Soria              | - Disaster Risk Reduction Management |
| 7. Ms. Claudette C. Rabago          | - Food Processing                    |

## Academic Colleges' Extension Coordinators

- |                            |   |
|----------------------------|---|
| Dr. Crispin Allan T. Viado | - College of Medicine                               |
| Dr. Eileen Rose Q. Paculan | - College of Business Admin. & Accountancy          |
| Dr. Efren U. Galapon       | - College of Teacher Education                      |
| Mr. Rogelio R. Rabena      | - College of Communication & Information Technology |
| Mr. Glenn J. Benzon        | - College of Hospitality & Tourism Management       |
| Mr. Karl Marx Pilar        | - College of Fine Arts and Design                   |
| Engr. Maila Ragasa         | - College of Architecture                           |
| Engr. Nerio Querubin       | - College of Engineering                            |
| Ms. Alma Somera            | - College of Public Administration                  |
| Mr. Greg Quilana           | - College of Health Sciences                        |
| Ms. Jenifer T. Cabides     | - College of Nursing                                |
| Dr. Edwin Cerna            | - College of Criminal Justice Education             |
| Ms. Jezionelle Punio       | - College of Social Work                            |
| Mr. Arlene Kizsel Tabbuac  | - Laboratory Schools                                |
| Mr. Mareo Reotutar         | - College of Technology                             |
| Mr. Stephen C. Tabios      | - College of Arts and Sciences                      |
| Mr. Nolito Ragunjan        | - Department of Languages and Humanities            |
| Ms. Jenny Grace Almazan    | - Department of Mathematics & Natural Sciences      |
| Mr. Edzel Pablico          | - Department of Social Sciences and Philosophy      |
| Mr. Mark Christian Palo    | - Department of Physical Education                  |
| Dr. Wilson Tolio           | - Open University                                   |



UNIVERSITY OF NORTHERN PHILIPPINES


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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 ITI BALLIGI ITI SADINO MAN A DISSO.”

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**Vision:** A globally recognized university in a Heritage City by 2030

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### CORE VALUES

<b>S</b> Selfless service	<b>E</b> Excellence	<b>R</b> Respect and righteousness	<b>V</b> Innovation	<b>A</b> Altruism	<b>N</b> Integrity	<b>T</b> Transparency & teamwork
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### DEVELOPMENT GOALS:

1. Develop ethical leaders through academic excellence	2. Enhance the implementation of quality assurance and outcome-based education	3. Intensify functional research and development	4. Provide responsive relevant and sustainable services to the community	5. Uphold university without borders	6. Create a brand for the university
7. Ensure good governance	8. Advocate fairplay	9. Construct state-of-the-art infrastructure with complete facilities	10. Gender and Development	11. Promote and preserve cultural heritage	12. Promote mental and wellness program for employees and students

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