



DAMILLI



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UNP Community joined forces in the delivery of relief goods to typhoon-hit victims.

The twin typhoons wrought havoc on the region, causing widespread flooding that inundated homes, businesses, and agricultural lands. Recognizing the urgent need for assistance, UNP President Dr. Erwin F. Cadorna led a team of university officials and volunteers to distribute relief packs to affected families.

Joining Dr. Cadorna in this humanitarian endeavor were Hon. Ryan Luis V. Singson, Vice Governor of Ilocos Sur, and UNP Alumni Regent, and Hon. Brigido Camarillo, Jr., Mayor of Sta. Maria. Together, they worked tirelessly to ensure that the relief goods reached those who needed them most.

Project Salukag exemplifies UNP's dedication to serving the community, especially during times of crisis. By extending help to the typhoon victims, the university reinforces its role as a catalyst for positive change in the region.

UNP Holds Project Salukag for Typhoon-hit Community

By Bernardo Oliber A. Arde, Jr

In the aftermath of the devastating Typhoons Egay and Goring, the University of Northern Philippines (UNP) stepped up to aid the hard-hit communities of Northern Luzon. As part of its commitment to social responsibility, UNP launched Project Salukag on September 22, 2023, to provide much-needed relief to the residents of Barangay Nagsaoayan, Sta. Maria, Ilocos Sur.

A Brushstroke of Creativity: DLH Faculty Brightens Communities

By Mr. Nolito Ragonjan

The Department of Languages and Humanities (DLH) at has been actively involved in community outreach programs, focusing on cultural preservation and educational enhancement. Two recent initiatives highlight the department's commitment to these goals:

Mural Painting: A Vibrant Expression of Creativity

On October 21, 2023, the Department of Languages and Humanities (DLH) at the College of Arts and Sciences embarked on a vibrant community outreach project. A team of dedicated faculty transformed the stage backdrop of Balaleng Elementary School in Bantay, Ilocos Sur, into a captivating mural.

School murals serve as powerful visual tools that can inspire and uplift students. They can reflect a school's values, culture, and aspirations. The DLH faculty recognized this potential and sought to create a visually stunning, and meaningful artwork for the young learners of Balaleng Elementary School.

The project was a collaborative effort spearheaded by Benedict V. Bautista, Mae Oliva M. Piano, and Nolito R. Ragonjan. A total of 20 faculty from the DLH enthusiastically participated, contributing both their artistic talents, and financial support for the necessary materials.

Beyond the creation of the mural, the DLH faculty also shared valuable insights with the school's teachers on how to preserve the artwork. By providing tips on proper care and maintenance, they ensured that the mural would continue to inspire generations of students to come.

This community outreach initiative exemplifies the DLH's commitment to not only academic excellence but also to fostering creativity, community engagement, and social responsibility. Through this vibrant mural, the faculty has left a lasting impression on the students and staff of Balaleng Elementary School, enriching their learning environment and inspiring their imaginations.



Faculty participants doing cleaning and painting work at Balaleng Elementary School

Restoring History: DLH Revives NNCH's Century Old Post

DLH also embarked on a significant project at Narvacan National Central School. On October 7-8, 2023, a dedicated team of DLH faculty, led by Benedict V. Bautista, Mae Oliva M. Piano, and Nolito R. Ragonjan, joined forces to restore, and reintegrate century-old posts and markers into the school's landscape.

These historical artifacts, once discarded during a major school renovation, were salvaged and repurposed into striking visual elements. The DLH team meticulously cleaned, painted, and adorned the posts with ornamental plants, breathing new life into these relics of the past. By strategically placing them within the school grounds, the project aims to instill a sense of cultural pride and historical

awareness among students, and the local community.

A total of 20 DLH faculty actively participated in the two-day restoration effort, contributing both their time and resources. The faculty collectively funded the purchase of essential materials, including paints, plant pots, snacks, and other supplies.

While the project has successfully revitalized these historical artifacts, the challenge of long-term preservation remains. The school administration is currently exploring sustainable strategies to maintain the beauty and integrity of these restored posts, ensuring that they continue to inspire future generations.

This initiative highlights the commitment of the DLH to cultural heritage, and community engagement. By restoring these historical markers, the department has not only preserved a piece of Narvacan's past but also fostered a deeper appreciation for the region's rich cultural heritage.



DLH Faculty members joined hands in preserving NNCH's century-old school post

A Trio of Digital Empowerment: CCIT's ProjectE2Row Impactful Initiatives

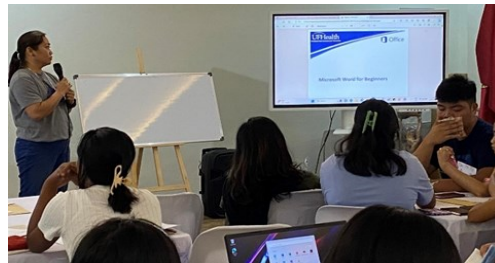
by: Mr. Rogelio R. Rabena

The College of Communication and Information Technology (CCIT), a beacon of digital literacy and community development, has been actively engaged in various initiatives to empower individuals and communities through their Project E2Row.



Empowering Future Educators: A Digital Toolkit for Success

The Ilocos Sur Learning and Advocacy Lab is committed to providing valuable educational resources and skills development opportunities to tutor the learners in Junior and Senior High School students with learning difficulties. In line with this commitment, as a tutor, the college aimed to enhance proficiency in using Canva, Microsoft Word, Microsoft Excel, and Microsoft PowerPoint. The 4-day tutorial program was conducted from August 24 to 27. A total of 32 students were in the sessions. Faculty members were invited as experienced trainers and facilitators to conduct the tutorial sessions, ensuring high-quality instruction. The tutors designed a comprehensive topic that covered the essential aspects of Canva, which was explained by Ms. Victoria Kirsten R. Sison on the first day of the training and facilitated by Dr. Jennyfer Alasaas, Mr. Daryl Buen, Mr. Joel Morales, Mr. Rogelio Rabena, Mr. Mariano Romano Jr., Mr. Harold Costales, Mr. Noel Rafanan, Mr. Eddiemar Sinco, and Ms. Maribel Tacla. The MS Word basics was explained by Mrs. Maribel T. Tacla during the second day of the training with Mr. Dr. Jennyfer Alasaas, Mr. Daryl Buen, Mr. Joel Morales, Mr. Rogelio Rabena, Mr. Mariano Romano Jr., Mr. Harold Costales, Mr. Noel Rafanan, and Mr. Ed-



CCIT Faculty Members deliver their respective lectures to the participants.

diemar Sinco as facilitators. MS Excel was discussed during the third day of the training with Dr. Fernandino S. Perilla as the trainer and the facilitators were Dr. Jennyfer Alasaas, Mr. Daryl Buen, Mr. Joel Morales, Mr. Rogelio Rabena, Mr. Mariano Romano Jr., Mr. Harold Costales, Mr. Noel Rafanan, and Mr. Eddiemar Sinco. Lastly, Mrs. Caren Kate Q. Cubon was tasked to train the participants with MS PowerPoint, joined by Mr. Dr. Jennyfer Alasaas, Ms. Maribel Tacla, Mr. Daryl Buen, Mr. Joel Morales, Mr. Rogelio Rabena, Mr. Mariano Romano Jr., Mr. Harold Costales, Mr. Noel Rafanan, and Mr. Eddiemar Sinco as facilitators. The tutorial sessions were conducted interactively, with pre and post-test exercises, and real-life examples to engage students effectively.

Students demonstrated significant improvements in their proficiency levels throughout the tutor sessions. They learned how to create visually appealing designs using Canva, different format documents in MS Word, perform data analysis in MS Excel, and create dynamic presentations in MS

PowerPoint.

Upon successfully completing the tutoring sessions, students received a certificate of accomplishment and various awards that recognized their newfound skills, activeness, and knowledge. Students manifested improvement on their digital skills in Canva, enabling them to be more proficient in MS Word, MS Excel, and MS PowerPoint. Many students expressed increased confidence in using Canva, MS Word, MS Excel, and MS PowerPoint for personal and school purposes.



Facilitators actively demonstrate the tools provided by the lecturer.

Bridging the Digital Divide: Upgrading School Infrastructure

The CCIT conducted a crucial initiative to enhance the digital learning environment at Magsingal North Central School on December 12, 2023. The activity involved the maintenance of the school's network infrastructure and a training-workshop on basic networking.

Recognizing the pivotal role of technology in modern education, CCIT aimed to strengthen the school's digital capabilities and empower educators with essential networking skills. By improving the network infrastructure, the school can ensure seamless access to online resources and digital learning tools, thereby enhancing the overall quality of education.

The training-workshop focused on providing practical knowledge and skills in network troubleshooting, configuration, and maintenance. By equipping educators with these skills, the school can effectively manage and optimize its network infrastructure, minimizing downtime and maximizing learning opportunities.

This initiative aligns with the Sustainable Development Goals (SDGs) 4 and 9, emphasizing the importance of quality education and innovation in infrastructure. By investing in digital infrastructure and capacity building, CCIT and Magsingal North Central School are contributing to the advancement of education and the overall development of the community.

Through this collaborative effort, CCIT and Magsingal North Central School are working together to create a digitally empowered learning environment that will benefit students and educators for years to come.



Top Photos and Bottom Left: CCIT Faculty Members deliver a lecture on Basic Networking and pose for the camera.

Bottom Right: Mr. Baja is conducting a maintenance check on the network router provided by CCIT.

Promoting Digital Citizenship: A Responsible Online Community

The CCIT spearheaded a training-workshop on responsible social media use in Barangay San Sebastian, San Vicente on December 13, 2023. The workshop aimed to equip community members, particularly beneficiaries of Gawad Kalinga, with the knowledge and skills to navigate the digital landscape safely and ethically.

In today's digital age, social media has become an integral part of our lives. However, it is essential to use these platforms responsibly to avoid negative consequences. The workshop focused on the following key areas: Digital Citizenship, Online Safety, Digital Literacy, and Ethical Social Media Use.

By empowering individuals with these essential skills, CCIT aims to foster a more informed, responsible, and inclusive online community. This initiative aligns with Sustainable Development Goals 4 (Quality Education) and 9 (Industry, Innovation, and Infrastructure) by promoting digital literacy and innovation.

Through this workshop, CCIT continues to demonstrate its commitment to community development and digital empowerment. By providing valuable training and resources, the organization empowers individuals to harness the potential of technology for positive social impact.

Through these impactful initiatives, CCIT continues to make significant strides in promoting digital literacy, empowering individuals, and driving positive social change.



Mr. Ade Gestole lectures on Responsible Use of Social Media

Caparacadan Residents Empowered Through Food Processing Training

By Ms. Claudette Rabago



UEO Coordinator demonstrates the process of emutido-making.



Processing Training

By imparting knowledge and practical techniques in food processing, the training directly contributes to several Sustainable Development Goals (SDGs). It aligns with the goals of poverty reduction, hunger alleviation, gender equality, economic growth, and responsible consumption.

On November 10, 2023, the residents of Barangay Caparacadan, Caoayan, Ilocos Sur, took a step towards economic empowerment by participating in a training on Siomai and Embutido Making. The initiative, led by Ms. Claudette Rabago, UEO Food Processing Coordinator, and supported by faculty members of the College of Health Sciences, aimed to equip the community with valuable skills for potential income generation.

As an adopted community of the College of Health Sciences, Barangay Caparacadan benefits from various outreach programs, including this food processing training. This collaborative effort highlights the institution's commitment to community development and social responsibility.

Caring Hearts, Curing Souls: The College of Nursing's Community Initiatives

By Ms. Jenifer T. Cabides

Beyond the walls of the classroom, the College of Nursing extends its compassionate reach into the community, embodying the true spirit of healthcare. Through a myriad of initiatives, nursing students and faculty are making a tangible difference in the lives of countless individuals, demonstrating that nursing is not just a profession but a calling to serve humanity.

Lecture/Training on Mental Health Awareness and Stress Debriefing

In the wake of the devastating Typhoons Egay and Goring, the University of Northern Philippines (UNP) and the UNP-Federated Alumni Association (FAA) have launched "Project Salukag," a volunteer initiative dedicated to aiding affected communities. As part of this project, the College of Nursing organized a vital Lecture/Training on Mental Health Awareness and Stress Debriefing on September 22, 2023.

Recognizing the significant toll that natural disasters can take on mental health, the training aimed to

equip individuals with essential coping mechanisms and strategies for managing stress and anxiety. The event, held in Nagsayaoan, Sta. Maria, Ilocos Sur, drew active participation from local residents who shared their personal experiences and concerns.

Expert faculty members, Prof. Matt Joseph T. Cabanting and Prof. Claudine Cecilia H. Almachar, shared their knowledge and insights on psychological first aid, mental health awareness, wellness, and stress management. By providing practical tools and techniques, the training empowered participants to better understand and address their emotional needs.

Through this initiative, UNP and FAA have demonstrated their commitment to not only providing physical aid but also prioritizing the mental well-being of affected communities. By addressing the psychological impact of natural disasters, they are helping individuals rebuild their lives and foster resilience.



Faculty of the College of Nursing conduct lecture on Mental Health Awareness and Stress debriefing.

Training on Proper Hygiene and Health Education on Waterborne Diseases Cum Medical Mission

A collaborative effort between the College of Nursing, University Extension Office, and College of Health Sciences at the College of the Holy Spirit of Ilocos Sur (CSU-I) culminated in a successful health initiative on September 22, 2023. The event, held in partnership with the 4P's Department of Social Welfare and Development of Sta. Cruz, Ilocos Sur, aimed to empower the community through health education and medical services.

A key component of the initiative was health education on waterborne diseases. Prof. Alyssa Arrojo led informative sessions on the transmission, prevention, and impact of these diseases. Participants



CN Faculty join the medical mission and conduct health education on Waterborne diseases.

received practical guidance on maintaining proper hygiene and sanitation practices to minimize the risk of waterborne illnesses.

Simultaneously, a medical mission offered essential healthcare services, including check-ups and consultations. This initiative aimed to improve the overall health and well-being of the community members.



By combining health education and direct medical services, CSU-I demonstrated its commitment to social responsibility and its dedication to improving the lives of others. The event highlighted the university's proactive approach to addressing community health concerns.

Responsible Parenthood and Gender & Sensitivity Training

San Juan National High School in San Juan, Ilocos Sur took a significant step towards fostering a more informed and inclusive society by hosting a comprehensive Responsible Parenthood and Gender & Sensitivity Training on November 25, 2023. This initiative, organized in collaboration with the College of Nursing and the Center for Gender and Development, aimed to empower participants with the knowledge and skills needed to make informed decisions about family planning, gender roles, and respectful relationships.

A team of experts from the College of Nursing, specializing in Maternal and Child Health, delivered insightful lectures on various aspects of responsible parenthood. Prof. Winda Brigado shed light on the intricacies of the Reproductive Health Law, while Prof. Rizza Abinsay delved into the responsibilities and challenges of parenting. Professors Marjorie Joven and Jenifer Cabides provided comprehensive information on different contraceptive methods, empowering participants to make informed choices about their reproductive health.

By addressing these critical issues, the training program not only empowers individuals but also contributes to the overall well-being of families and communities. Through such initiatives, the College of



CN Faculty deliver their respective topics.

Nursing and the Center for Gender and Development continue to play a pivotal role in promoting gender equality, reproductive health, and responsible parenthood.

Training Basic Vital Signs Monitoring and First Aid Measures

The College of Nursing recently undertook a significant community outreach initiative, the “SALWAD-SALUN-AT” Project, as part of its C-A-R-E Program. In response to a request from the Municipal Link of Sta. Cruz, the College embarked on a two-day mission to the remote community of Brgy. Pidpid, Sitio Linggawa, Sta. Cruz, Ilocos Sur.



First Aid Kits, glucometer and Vital Signs Equipment were donated to the community

To reach this underserved area, the team endured a challenging 2-3 hour trek through mountainous terrain on December 9-10, 2023. Once there, they conducted a comprehensive training program designed to empower residents with essential healthcare knowledge and skills. Experts from the College shared their expertise in vital signs monitoring, first aid measures, and basic life support.

The successful implementation of this project was made possible through the collaborative efforts of the University Extension Office, the College of Nursing (including NSO, BSN, and MAN students, and the Nightingale Publication), the Student Council, and the Local Government Unit of Sta. Cruz.

By equipping the community with these vital skills, the C-A-R-E Project aims to improve the overall health and well-being of its residents. This initiative underscores the College of Nursing’s



Prof. Iann Patrick Fontano, Faculty from the College of Nursing having his lecture on Basic Life Support also on how to provide proper Cardio-Pulmonary Resuscitation. Also with Prof. Christine Therese Tejada demonstrating the proper way of delivering CPR to a Victim.

commitment to extending its reach beyond the campus and making a positive impact on society.

CAS: Serving the Community, Shaping the Future

By Ms. Mae Angeli S. Garcia,
Dr. Christy B. Venezuela,
Mr. Mico M. Molina,
Dr. Charo B. Rojas,
Mr. Antonio N. Ayop,
Dr. Grace A. Garcia

The College of Arts and Sciences (CAS) at University of Northern Philippines is dedicated to enriching lives through education and service. By actively engaging with the community, CAS empowers students and faculty to apply their knowledge and skills to real-world challenges, fostering positive change and social impact.

The college sustains a radio program which is aired every



Information and Advocacy Campaign at DZNS



Saturday at Radio DZNS Nueva Segovia dubbed as “CAS: Cultura, Aglawlaw ken Sika.” The program provides an avenue for faculty and students to discuss problems and issues of local, national, and international relevance. This is a part of its Community-Based Information and Advocacy

from page 7

program of the college. The BA Political Science Program spearheaded an advocacy campaign as part of the 18-Day Campaign to End Violence Against Women. This initiative aimed to raise awareness and educate the public on the importance of ending VAW. The activity served as a platform to amplify the campaign's key messages, reaching a wider audience and encouraging active participation in the fight against VAW. The Physics Salindunong of the BS Physics program conducted an information dissemination activity dubbed as "DZNS Radyo Talakayan" on December 23, 2023. The activity aimed to inform the public the role of Physics in achieving the sustainable development goals. An advocacy campaign focusing on Gender Attitudes Toward Environmental Protection and Awareness was conducted by the BSES program on November 25, 2023. This was participated by the BSES fourth year students who delivered topics on solid waste management, biodiversity, water conservation practices, among others. This activity served as a platform to disseminate information on environmental education, and various issues that directly affect the community. The BS Biology program talked on the environmental and health risks posed by Microplastic Pollution on December 9, 2023. They discussed the growing presence of microplastics in marine ecosystems, freshwater bodies, and even in the air, highlighting their persistence in the environment. The discussion covered potential health risks microplastics pose to humans through ingestion and inhalation, and their connection to various health conditions. The segment ended with recommendations for reducing plastic waste, raising community awareness, and engaging in more sustainable practices.

The advocacy of the college on mental health can be seen through the active participation of the BS



Left photo) Mr. Jaylord Padron, manager of Amazing Lingsat and camp leader, delivering a message to the organizers and participants. (Right photo) Mr. Mico Molina and Mrs. Alexandria Blake Real-Pisalbo also giving the objectives and flow of the program to the participants of the Hiking X Healing, October 27, 2023.



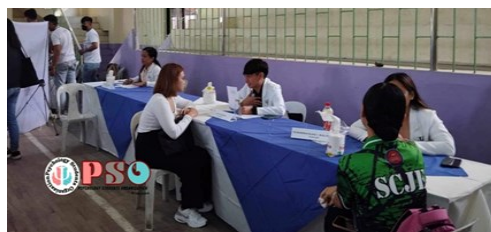
Psychology program. The program collaborated with the Provincial Youth Development Office (PYDO) through the conduct of Hiking X Healing; Your Trail in Moving Forward at Kapan-Awan Campsite, Lingsat, Bantay, Ilocos Sur on October 27-28, 2023 in celebration of the Mental Health Month. This activity aimed to help the youth with their physical, social, and mental state. This activity was aligned to the United Nation's sustainable development goals (SDGs), specifically the global objectives of SDG 3: Good Health and Well-being. Mr. Mico M. Molina and Mrs. Alexandria Blake C. Real-Pisalbo, BS Psychology faculty served as resources speakers during the said activity. The participants were student leaders and members of the ARAKUP PH, ROTARACT, and UNP BS Psychology students. Mr. Molina facilitated various activities that primarily aimed to provide the participants with the opportunity to build camaraderie and a positive connection with one another and nature. After the activities, the participants were assisted in processing their experiences during the various tasks given to them, highlighting their strategies, coping skills, and difficulties encountered during the exercises. Different insights were given by the participants, and they were able to associate their thoughts with the importance of prioritizing one's mental health and having a deeper connection with nature as part of the healing process. Mrs. Pisalbo

provided a brief therapy session employing breathing exercises and grounding techniques. She was able to facilitate the participants to listen attentively to the sounds around them which helped them divert their focus away from intrusive or unsettling thoughts. The purpose of the activity was to alleviate stress, anxiety, and overwhelming emotions by grounding themselves in the present moment, utilizing their senses, and redirecting their thoughts.



The participants of the Hiking X Healing gathering for the set of activities, October 27, 2023.

The Youth Mental Health Caravan, titled "Creating Hope through Action," was conducted on November 28, 2023, at Ilocos Sur Polytechnic State College, Candon City Campus. Organized by the Provincial Youth Development Office in collaboration with the BS Psychology Program, this event aimed to debunk stigma and misconceptions surrounding mental



The Psychology faculty members, namely Mr. Mico Molina, Mrs. Alexandria Blake C. Real-Pisalbo, and Mrs. Precious Lyn C. Babida providing free consultations and counseling during the Mental Health Caravan at ISPC Main Campus, Candon City, Ilocos Sur last November 28, 2023.



The Psychology faculty members with Dr. Erwin F. Cadorna, UNP President and Dr. Remedios T. Navarro, CAS Dean, during the Youth Mental Health Caravan at CAS-UNP

health while promoting a supportive environment for the youth of Ilocos Sur. The Psychology faculty, as well as student officers served as facilitators, providing psychosocial support and consultations. A Talk Show addressed mental health concerns, while the event offered activities such as “kumustahan” sessions and stress-reducing exercises.

On December 14, 2023, the caravan continued at the CAS Hallway, UNP, with the theme “We Hear You; We Are Here.” The event featured Mind Talks, art and painting sessions, and games to foster mental health awareness. The activity welcomed Hon. Victor N. Singson, PPSK Federation President, as a guest. Psychology faculty and students once again provided mental health support and facilitated the event. This initiative emphasized the importance of mental health, open dialogue, and self-expression for the university community.

Both caravans aligned with the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 on Good Health and Well-being, SDG 4 on Quality Education, and SDG 17 on Partnerships for the Goals. By

promoting mental health advocacy and reducing stigma, the events showcased collaboration between educational institutions, government bodies, and communities. These efforts contributed to fostering a culture of empathy, understanding, and mental wellness in Ilocos Sur and beyond.

As part of the Adopt a Community and School Program, the BS Political Science program organized a Human Rights and Peace Education Seminar at Divine Word College of Vigan. The seminar aimed to educate participants on fundamental human rights, the importance of peacebuilding, and the role of education in promoting social justice. The BS Physics Program conducted a school-to-school campaign and Physics Olympics at Solotsolot National High School on December 12, 2023. The activity aimed to motivate students to love physics and to enroll in the BS Physics program of the university. The Physics Olympics provided the students fun and learning experiences through the conduct of activities that involved understanding and application of physics principles. An Information,

Education Campaign (IEC) activity on Responsible River Aggregates Quarrying and Social Development and Management Program of GCAF Crushing Plant at Barangay Paing, Bantay, Ilocos Sur was spearheaded by the BSES program on November 11, 2023. Said activity served as the foundation for creating awareness, fostering participation, and catalyzing sustainable change within communities. IEC empowers individuals, build social capital, and promotes the holistic development of communities, ultimately leading to improve quality of life and greater self-reliance.



Human Rights and Peace Education Seminar at Divine Word College of Vigan



Career Campaign and Physics Olympics at Solotsolot National High School



Information, Education Campaign (IEC) activity on Responsible River Aggregates Quarrying and Social Development and Management Program of GCAF Crushing Plant at Barangay Paing, Bantay, Ilocos

The BS Biology Program in partnership with the University Environmental Management Office, Office of the Vice President for Research and Extension, University Extension Office, and College of Arts and Sciences spearheaded a coastal clean-up and mangrove planting at Sabang, Cabugao, Ilocos Sur on December 14, 2023. The event focused on environmental conservation through a coastal clean-up and mangrove planting initiative aimed at preserving the marine ecosystem and mitigating the effects of climate change. Faculty and students from the BS Biology Program actively participated, alongside local community members, environmental groups, and government agencies, fostering collaboration for environmental stewardship. Participants removed plastic waste, debris, and non-biodegradable materials from the shoreline, improving the local environment and raising awareness about marine pollution and its impact on biodiversity. The team planted mangrove seedlings in designated areas, promoting coastal resilience by preventing soil erosion, providing natural habitats for marine species, and acting as a carbon sink. This activity was in line with the Environmental Awareness Month Celebration 2023 highlighting the Sustainable Goals.



Mangrove Planting at Sabang, Cabugao, Ilocos Sur

and adopt sustainable practices that strengthen their resilience and long-term well-being (Cash et al., 2003). Brgy. Nalvo, Sta. Maria is known for its rich local seaweed resources, especially *Gracilaria*, or Kawkawayan, which flourish in the intertidal zones. The dissemination of this knowledge was instrumental in creating a sustainable seaweed management system using the raft method. This technique not only ensures the seaweed's year-round abundance but also safeguards its long-term viability. Kawkawayan plays a significant role in Ilocano cuisine, featuring in dishes like Dinging, Salad, and Tuna Poke. With the successful establishment of *Gracilaria* grow-out cultures, the residents of Nalvo plan to expand into abalone farming, a high-demand market commodity.

Disseminating the research titled "Growth Performance of *Gracilaria* sp. using the Raft Culture Method" to the coastal community of Brgy. Nalvo, Sta. Maria, Ilocos Sur is essential for translating scientific knowledge into practical strategies that address their specific environmental and socio-economic challenges. This collaborative approach fosters trust and encourages a two-way exchange of knowledge, enabling researchers to refine their findings based on local input while ensuring that community-driven solutions are both practical and effective. Consequently, the community becomes better equipped to adapt to environmental changes



Research Dissemination at Brgy. Nalvo, Sta. Maria

CAS-DLH Shares Research Insights with Cabittaogan Elementary School

By Mr. Nolito Ragunjan



by 14 teaching personnel of Cabittaogan Elementary School and six (6) faculty researchers of the University of Northern Philippines

Mrs. Lourdes R. Rabe, the school Principal, warmly welcomed the participants where she stressed the importance of research and the dissemination of the findings and recommendations and ultimately implement the results of the different researches conducted.

There were three groups of faculty researchers who presented or disseminated their research: The first group authored by Dr. Necy Cesaria V. Romo, Dr. Ma. Jesusa R. Unciano and Prof. Elueteria R. Pacpaco on, “Stress Proneness of Elementary Teachers in the Field of Work”, the study looked into the stress proneness of the 50 elementary teachers of the first district of Ilocos Sur. The level of stress proneness of the respondents is “Low”. There is no effect between the personal profile of the respondents and the different clusters on stress proneness. There is no significant difference between and among the group of respondents and the different clusters on stress proneness.

The second group of presenters composed of Prof. Miriam N. Javier, Dr. Jose P. Pichay, Prof. Mamerto Panay and Prof. Irene T. Aguilar on, “Coping Mechanisms of Sta. Catalina Farmers to the Effects of Natural Disasters: A Basis for LCCAP for Agriculture”, pointed out that amidst the presence of natural disasters like flooding, drought, typhoon and heavy fogging, the farmers of Sta. Catalina, Ilocos Sur can still produce the demand on the vegetable market. To understand the coping mechanisms of the farmers, ex-ante and ex-post natural documentations were conducted. Records from the local government offices were used for documentary analysis while key informant interviews were done among 12 vegetable farmers of the said municipality to generate the necessary information.

This study claimed that the farmers’ common coping mechanisms for both on-site and off-site during ex-ante and ex-post disasters are the following:



acceptance of the disaster and moving on; access to technical and scientific support; socialization with co-farmers; adjustment or re-allocation of the available financial resources; moral support of family and institutions; and faith in God. Coping mechanisms call for holistic and multi-dimensional

needs. This study can be used as a basis of the local government to formulate their own Local Climate Change Adaptation Plan for Agriculture.

The last group were authored by Prof. Charito R. Alconis and Dr. Mae Oliva M. Piano on “Language Teaching Techniques of SPED Program in a Municipality of Northern Luzon”, Special education is a set of educational programs or services designed to meet the particular education needs of exceptional children. The study determined the language teaching techniques used by the SPED teachers in San Juan South Central School, San Juan, Ilocos Sur Specifically the verbal and nonverbal techniques. The verbal techniques include : mimicking, demonstrating, reading, video presenting, storytelling and socializing; and to reinforce the nonverbal techniques used were : hand signaling, nodding/shaking the head, facial expression, tapping the back/the shoulder and



teaching aids like : charts, flash cards, textbooks, educational videos, manipulated toys, downloaded instruction and downloaded sign language materials.

During the dissemination, the participants were very attentive listening to the findings of the different study conducted. Prof. Eva Occencia T. Rubia, the former Head of the Department of Languages and Humanities gave her closing remarks.

CBAA Drives Community Development with Training Initiatives

By Dr. Eileen Rose Q. Paculan

The College of Business Administration and Accountancy (CBAA) plays a vital role in community development. Its series of empowering training programs are designed to uplift individuals and strengthen the community.

Strengthening Cooperative Governance The Training on Rules Formulation, attended by representatives from various DAR-assisted cooperatives, aimed to enhance their understanding of cooperative governance principles and practices. Dr. Melvin S. Laureta, a seasoned expert, guided participants through the intricacies of policy formulation, emphasizing the importance of clear and concise guidelines. Mr. Reymart Regua, a seasoned parliamentarian, provided insights into parliamentary procedures, equipping participants with the tools to conduct efficient and orderly meetings. By strengthening their governance practices, these cooperatives are poised to operate more effectively and sustainably.



Empowering Entrepreneurship: Dishwashing Liquid Production The Skills Training on Dishwashing Liquid Making cum Pricing and Costing offered participants a comprehensive overview of the production process, from raw material selection to final product packaging. Experts led participants through each step, ensuring they acquired the necessary knowledge and skills to start their own businesses. Mr. Aristotle T. Piamonte, a seasoned entrepreneur, provided invaluable insights into pricing and costing strategies, enabling participants to make informed decisions and optimize their profitability.



Participants actively demonstrate the skills learned in the training.

Through these impactful training programs, the CBAA continues to empower individuals and organizations, fostering economic growth and social development.

Financial Literacy for a Brighter Future The Level Up Your Money: Training on Financial Literacy equipped participants with essential financial knowledge to make sound decisions and achieve their financial goals. Expert speakers, Dr. Ace A. Ferrer and Ms. Katherine A. Rabbon, delved into various financial concepts, including savings, investments, and debt management. By understanding the importance of budgeting, saving, and investing wisely, participants can secure their financial future and contribute to the overall economic well-being of their communities.



Participants listen to the lecture of the faculty members.

CCJE Promotes Gender Equality Through Safe Spaces Act Workshop

By Dr. Edwin Cerna



Top left: Dr. Sina C. Bestre, Dean CCJE, Dr. Arlan G. Reburon, Program Head of BS Criminology and Dr. Mervic M. Pariñas, Program Head of MSCJ welcome the participants of the extension activity. Top right and bottom photos: Faculty Members of the CCJE deliver their lecture while participants listen intently on the discussions.

The College of Criminal Justice Education (CCJE) took a significant step towards promoting women's empowerment and gender equality by conducting a seminar-workshop on Republic Act No. 11313, also known as the Safe Spaces Act or "Bawal Bastos Law." The event, held on December 16, 2023, targeted Barangay Health Workers (BHWs), Barangay officials, and 4Ps beneficiaries.

This is in relation to the advancement of women's rights as it launches a new recurring theme from this year to 2028: "WE for gender equality and inclusive society", and in line with the Sustainable Development Goals (SGD 16) "Promote the Rule of Law at the National and International Levels and Ensure Equal Justice for All", and (SDG 5) "Gender Equality."

The activity was attended and actively participated by 50 BHW, Brgy officials and members of 4Ps. The said activity was organized by **Dr. Edwin Q. Cerna** (Unit Extension Coordinator) **Dr. Sina C. Bestre** (Dean CCJE) and **Dr. Mervic M. Pariñas** (Program Head MSCJ) that would emphasize the need for compassionate and harmonized networks towards gender equality and women's empowerment (GEWE) and for them

to be aware in all forms of gender-based sexual harassment (GBSH) committed in public spaces, educational or training institutions, workplace, and online space.

The seminar-workshop was facilitated by Ms. Aianne Jasmin D. Decano, Jacqueline F. Castillo, Janel Marie B. Abero, Marvin J. Antiforda, Dan Jie Kim R. Ngateb students of MSCJ who will share their expertise and knowledge on gender equality and women's empowerment (GEWE) and for them to be aware in all forms of gender-based sexual harassment (GBSH) committed in public spaces, educational or training institutions, workplace, and online space.

Dr. Cerna, the Unit Extension Coordinator commended and thanked the participants for their active participation in the training that provided them indispensable knowledge and attitude in psychological first aid.

College of Law Extends Legal Hand to Ilocos Sur PDLs

By: Atty. Meilyne Padua- Unciano

As part of its commitment to community service and in line with the Sustainable Development Goal 16: Peace, Justice, and Strong Institutions, the College of Law, in partnership with the College of Criminal Justice Education and the Ilocos Sur Provincial Government, conducted a “Basic Legal Counseling” session for Persons Deprived of Liberty (PDLs) at the Ilocos Sur Provincial Jail on November 9, 2023.

This initiative aimed to provide much-needed legal assistance to PDLs, empowering them with knowledge of their rights and the legal processes that may affect them. The activity was held in commemoration of National Correctional Consciousness Week, highlighting the importance of improving the quality of services for PDLs.

Atty. Jamaila A. Soller, a distinguished faculty of the College of Law, served as the primary resource speaker. She delivered a comprehensive presentation on the rights of PDLs, followed by individual legal consultations with the inmates. Law students from the College of Law actively assisted in providing legal advice and support.

A total of 50 PDLs, including nine female and 41 male inmates, participated in the event. The activity was organized in response to a specific need identified by the Ilocos Sur Provincial Jail, with the approval and support of the University President.

By conducting this legal counseling session, the College of Law has once again demonstrated its dedication to social responsibility and its commitment to upholding the principles of justice and human rights. This initiative not only benefits the PDLs directly but also contributes to a more just and equitable society.



Top Left: Atty. Soller discussing the rights of PDLs. Top Right: Atty. Soller and CLaw Students provide legal aid to PDLs. Bottom Photos: PDLs listen intently to the discussions.

College of Technology Extends its Reach: Empowering Communities through Technical Skills

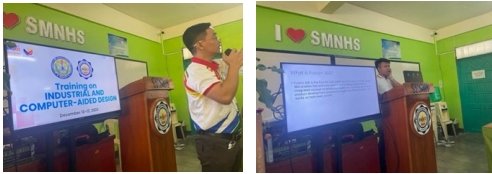
By Dr. Vincent Genaro A. Palma And Mr. Harrison P. Teodosio

The College of Technology at the University of Northern Philippines is making significant progress in its commitment to community development by implementing a variety of outreach activities. In the latter part of 2023, the College successfully implemented two impactful programs: the Industrial Computer Aided Design (ICAD) Training and the Refrigeration and Air Conditioning System Servicing Training.

Empowering Educators: ICAD Training

Recognizing the evolving landscape of industrial technology, the College partnered with the Sta. Maria National High School (SMNHS) to conduct an ICAD training program. The initiative aimed to equip TVL and TLE faculty members with the latest tools and techniques in computer-aided design.

The project was chosen as a result of the needs assessment survey furnished in the school (SMNHS) which reflected a strong need in Industrial Computer Aided Design (ICAD) Training. The participants were composed of 25 faculty members, 10 males and 15 females. The expertise of the lecturers/trainers were exhibited by the way each



Top Photos: Faculty members from the College of Technology deliver their respective lectures.



Bottom Photos: Participants undergoing the workshops are being monitored by faculty members of CTech.

session was delivered. The participants were taught about Space Claim and Fusion 360 as applications that are specially used in making projects such as lightweight 3D modeling solutions for industrial enthusiasts. The trainees were provided software tools to accelerate geometric solutions and simulations. The trainers also introduced and gave worthwhile exercises about Fusion 360 which is the leading cloud-based software for CAD and PCB software platform for product design and manufacturing which are very helpful in the field of technological subjects. The trainees undergone rigorous training about the applications that were introduced and eventually verified their learning by requiring them to create their own output.

Rehabilitating Through Skill Development: Refrigeration Training

The College's dedication to social responsibility extended to the Provincial Jail in Taleb, Bantay, Ilocos Sur. The Refrigeration and Air Conditioning System Servicing training program provided Persons Deprived of Liberty (PDLs) with valuable vocational skills.

The extension activity, held from December 12 to 15, was spearheaded by the Dean, with the undersigned serving as the Program

Head of the Bachelor of Science in Industrial Technology (BSIT), alongside the invaluable assistance of our dedicated instructors from the Electrical and Refrigeration Technology department, led by Professor Nelson Bajet.

The training participants consisted of 35 male Persons Deprived of Liberty (PDLs). The expertise of the lecturers and trainers was evident in the high-quality delivery of each session. Over the four-day period, the participants were immersed in intensive hands-on training, focusing on the following areas:

- Day 1: Introduction to the Basic Fundamentals of Refrigeration System Operation
- Day 2: Electrical and Mechanical Components of Refrigeration Systems
- Day 3: In-depth study of Mechanical Components of Refrigerators, including practical sessions on soldering various tube sizes, vacuuming, and charging with refrigerant 134a
- Day 4: Servicing Electrical and Mechanical Components of Refrigeration Systems

The trainees demonstrated significant engagement with the applications presented, and their learning was assessed by requiring them to produce tangible outputs. This comprehensive, skill-based training not only deepened their understanding but also empowered them with hands-on proficiency in refrigeration systems. By equipping PDLs with these skills, the College hopes to facilitate their successful reintegration into society upon release. This initiative not only empowers individuals but also contributes to the overall well-being of the community.

The College of Technology remains steadfast in its mission to bridge the gap between academia and industry. Through innovative extension programs, the College continues to make a positive impact on the lives of individuals and communities.



The CTech Faculty Members enthusiastically assist the trainees during their hands-on activity.

Department of Physical Education Spearheads Coastal Conservation Initiatives

By Ms. Marie Graciela Balbuena

The Department of Physical Education (DPE) of the University of Northern Philippines has taken the lead in promoting environmental sustainability through a series of coastal conservation initiatives.

ZUMVAWYanihan Cum Coastal Clean-Up

On November 15, 2023, the DPE organized a ZUMVAWYanihan Cum Coastal Clean-Up at Brgy. San Isidro, San Juan, Ilocos Sur. The event brought together faculty, staff and residents to participate in a collective effort to rid the coastal area of marine debris. The activity aimed to raise awareness about marine pollution and its detrimental impact on marine ecosystems.



Faculty of the DPE and local residents join forces in the conduct of the coastal clean up at San Isidro Bantay Ilocos Sur.

ZUMVAWYanihan Cum Coastal Tree Planting

Continuing their commitment to environmental protection, the DPE organized a ZUMVAWYanihan Cum Coastal Tree Planting on December 7, 2023, at the same location. This initiative focused on restoring coastal vegetation and promoting biodiversity. By planting native tree species, the DPE hopes to contribute to the rehabilitation of the coastal ecosystem and mitigate the effects of climate change.



Faculty of the DPE merrily plants coconut tree.

Through these initiatives, the Department of Physical Education demonstrates its dedication to fostering a culture of environmental responsibility. By involving the entire university community, the DPE encourages active participation in preserving the coastal environment.

Empowering Guardians: Soap-Making Skills Training for PWD Families

By Ms. Jevie Abella



UEO Coordinators facilitate the demonstration of Soap-making.

On September 15, 2023, guardians of individuals with disabilities (PWDs) in Bantay, Ilocos Sur, were empowered through a soap-making skills training held at the LCS Building.

The training was facilitated by Dr. Ismael Rivera and Ms. Jevie Abella, UEO Coordinators, and was spearheaded by the University of Northern Philippines (UNP) in collaboration with the Municipal Social Welfare and Development Office, represented by Ms. Aimee P. Pulid.

This initiative aims to provide guardians with practical skills that can contribute to their families' economic well-being. By acquiring soap-making knowledge and techniques, participants can potentially start their own small businesses or generate additional income.

The training session covered various aspects of soap-making, including ingredient selection, formulation, production processes, and quality control. Participants had the opportunity to engage in hands-on activities, allowing them to apply what they learned.

This event underscores the commitment of UNP and the Municipal Social Welfare and Development Office to support individuals with disabilities and their families. By equipping guardians with valuable skills, these organizations are helping to create a more inclusive and empowered community.

Gender conferences: UNP advocates Gender Responsive Society in schools

By Dr. Mae Piano

University of Northern Philippines – Center for Gender and Development (UNP-CGAD) conducted several seminars at the admired school at Naglaao-an National High School in Sto. Domingo, Ilocos Sur, inclusive from the series of days from September 29, November 17, 24, 29, and December 12, 2023.

Pursuant to Part IV of the CHED Memorandum Order No. 1, series of 2015 in which faithfully responded by UNP-CGAD, delve the campus of the said public school at Sto. Domingo and facilitated a seminar directed at their audience. The said memorandum deals with Gender Responsive Extension Program ordered by CHED to such institutions in relation to the former's mandate. The purpose of the memorandum is to equip schools particularly the faculty, staff and the students to become responsive and aware of their role when it comes to gender sensitivity.

On September 29, 2023, Dr. Vonnavic R. Agad and Dr. Archie Martinez spared their precious time in sharing their exceptional knowledge and wisdom on the topic “Gender Sensitivity Training with SOGIE”. While on November 17, 2023, the focus of the session was “Capacity Building on Handling Cases of Abuse, Violence, Exploitations, Discrimination and Bullying for School Personnel” presented by the expert on the field of the said topic are Dr. Ismael Rivera and Ms. Kristina Camille P. Quitevis. Just a week after, the UNP-CGAD continued their dedicated work on November 24, 2023, together with them are Attorneys Benmar O. Tabuso and Katrynn Louise R. Eder, proficient in the practice and knowledge of law in providing information on the topic “18-Day Campaign to End VAW & Symposium on the Provisions of RA 9262 & RA 11313”. The facilitator conducted again a seminar on November 29, 2023, with the issue on “Gender Equality and Reproductive Health” by the authorities on the said subject namely: Mr. Randal Rabacal, Dr. Ma. Jesusa Unciano, and Prof. Venerand dela Cruz. On December 12, 2023, the facilitators together with Ms. Mae Angelie V. Salvador-Garcia wrapped up the event by explicitly and wisely given her inputs on the matter entitled “Seminar on Human Rights Awareness for School Personnel and Class Presidents”.

The participants who are eager to be the recipient of benefits from the said series of seminar were able to completely and diligently participate from the start up to its culmination. The subject school extraordinarily accommodated the facilitators and experts provided by the UNP-CGAD as part of their extension program. The importance of this kind of activities initiated and provided by UNP-CGAD are to spread awareness, educate, and lessen the gender related issues that the society is struggling for.



Participants of the different CGAD activities pose for the camera.

NAPOLCOM La Union Invests on Women in Law Enforcement

By Mr. Rodel Rosario



Participants pose with their team members for the different activities..

In a significant step towards gender equality and empowerment within the Philippine National Police (PNP), the National Police Commission (NAPOLCOM) La Union Police Provincial Office (LPPO) recently organized a team-building activity exclusively for women police officers.

Held on October 24, 2023, at Camp Diego Silang, the event was spearheaded by the Guidance and Counseling Services (GCS) and Information and Orientation Services (IOS) units of the NAPOLCOM LPPO. The activity specifically targeted PNP members assigned to Women and Children's Protection Desks (WCPDs), aiming to bolster their skills, knowledge, and camaraderie.

The team-building exercises were designed to promote teamwork, communication, and problem-solving abilities among the participants. GCS-IOS personnel served as facilitators and resource providers, guiding the women officers through various activities that fostered a supportive and empowering environment.

By investing in the professional development of women in law enforcement, the NAPOLCOM LPPO demonstrates its commitment to gender equality and its recognition of the crucial role women play in ensuring public safety and security.

NAPOLCOM RO1 Empowers Women in the Police Service

By Mr. Rodel Rosario

The National Police Commission Regional Office 1 (NAPOLCOM RO1) recently held a team-building activity for women in the police service, specifically targeting PNP members assigned to Women and Children's Protection Desks. The event, organized by the Guidance and Counseling Services and Information and Orientation Services, took place on October 10, 2023, at the NAPOLCOM RO1 office in Government Center, Sevilla.

The activity aimed to foster camaraderie, enhance teamwork, and promote overall well-being among women in law enforcement. Through engaging team-building exercises and interactive discussions, participants were able to connect with one another, share

experiences, and learn new skills.

GCS-IOS personnel played a crucial role in facilitating the event and providing valuable insights. By serving as learning resource providers, they contributed to the success of the activity and ensured that participants gained meaningful experiences.



This initiative underscores NAPOLCOM RO1's commitment to empowering women in the police service and creating a supportive work environment. By investing in the professional development and well-being of its personnel, the agency strives to strengthen the capabilities of law enforcement officers and improve public safety.



Participants fondly join the different activities of the team-building.

OpenU's Commitment to Community Well-being: Training, Awareness, and Support

By Dr. Wilson Tolio

The Open University (OpenU) has been actively engaging with the communities in Ilocos Sur, implementing various initiatives aimed at addressing pressing social issues and enhancing the well-being of its residents. From disaster preparedness to gender equality, OpenU empowers individuals and strengthens communities through a series of training programs, workshops, and seminars conducted throughout the year.

Community Preparedness: Open University Conducts First Aid and Clean-up Activities for Disaster Resilience

As part of this year's National Disaster Resilience Month celebration, themed "BIDAng Pilipino: Building a Stronger Filipino Well-being Towards Disaster Resilience", the Open University spearheaded an extension activity on July 30, 2023 at Sto. Domingo, Ilocos Sur. The event included a Training on Basic First Aid and a Clean-up Drive, emphasizing the importance of community involvement in fostering resilience.

The training aimed to equip participants with essential first aid knowledge and skills, preparing them to respond effectively during emergencies. Following the training, participants engaged in a clean-up drive, reinforcing the link between a clean environment and disaster preparedness.

This initiative highlights the Open University's commitment to promoting disaster resilience through practical, community-centered activities.



Youth residents of Sto. Domingo actively engage in the clean-up drive activity after

Psychological First Aid Training and Research Dissemination Conducted at Ilocos Sur Provincial Jail

In observance of the 36th Prison Awareness Month, the Open University facilitated a Psychological First Aid Training cum Research Dissemination on October 27, 2023, at the Ilocos Sur Provincial Jail. The event, which was organized by Dr. Wilson R. Tolio and Dr. Dolores R. Bersamina, aimed to equip Persons Deprived of Liberty (PDLs) with essential skills in providing immediate psychological support.

A total of 149 PDLs actively participated in the training, which also featured the dissemination of the research "When Freedom is Regained: The Life Experiences of Persons Deprived of Liberty After Incarceration." The study highlighted the post-incarceration experiences of PDLs and the challenges they face after regaining freedom.

The activity, held under the theme "The Correctional Community: Journeying Together in Mutual Support on a Mission of Love," underscored the importance of emotional and psychological support for PDLs, fostering hope and resilience within the correctional community.

Open University Champions Child and Youth Welfare in Seminar-Workshop

In celebration of the 31st National Children's Month, the Open University organized a Seminar-Workshop on Child and Youth Welfare Protection – Gender and Culture-Based Approach on November 30, 2023, in San Sebastian, San Vicente, Ilocos Sur.

The event, aligned with the theme "Healthy, nourished, sheltered: Ensuring the right to life for all," emphasized the protection of children and youth, focusing on gender and cultural sensitivity. Participants were equipped with the knowledge and skills to safeguard the welfare of young individuals in various community settings.



Participants listen attentively to the lecture being delivered.



Left: Mr. Mark Joshua Cabildo delivered his lecture on the rights of children.
Right: Children actively involved their selves in the workshop.

This activity reflects the university's dedication to promoting child welfare and ensuring the protection of vulnerable sectors through education and community engagement.

Addressing Gender Violence: Open University Conducts Workshop to Protect Women and Girls

As part of the 18-Day Campaign to End Violence Against Women, the Open University conducted a Seminar-Workshop on Ending Violence Against Women on December 7, 2023, at San Sebastian, San Vicente, Ilocos Sur.



Left: Mr. Johnny A. Allagadan lectured the participants on RA 9262.

Right: Hon. Joshua Aquino shared his message to the participants.

With the theme “Invest to Prevent Violence Against Women and Girls,” the event aimed to raise awareness and empower participants to take active roles in preventing gender-based violence. The workshop provided practical strategies and emphasized the importance of investing in long-term solutions to safeguard women and girls from violence.

This seminar-workshop reinforced the university’s commitment to advocating for gender equality and promoting the safety and well-being of women in the community.

College of Criminal Justice Education and Open University Unite for Seminar on Ending Violence Against Women

Tamurong, Caoayan, Ilocos Sur – December 9, 2023 – In a collaborative effort to advance the fight against violence towards women, the College of Criminal Justice Education (CCJE), through its Master of Science in Criminal Justice (MSCJ) Program, and the Open University hosted a significant seminar-workshop titled “Ending Violence Against Women.” The event, held in Tamurong, Caoayan, Ilocos Sur, marked a key activity in the 18-Day Campaign to End Violence Against Women (VAW), a national initiative dedicated to raising awareness and fostering proactive measures against gender-based violence.

The seminar-workshop brought together a diverse group of participants, including students, local community leaders, and residents. The event featured a series of expert-led sessions aimed at addressing the complexities of violence against women and equipping attendees with practical knowledge and skills to combat this pressing issue. The program included educational talks on legal rights, support mechanisms for survivors, and effective strategies for intervention and prevention.

Experts from both institutions provided invaluable insights during interactive workshops, which emphasized the importance of community involvement and education in ending violence against women. The collaborative approach of the CCJE’s MSCJ Program and the Open University highlighted their shared commitment to promoting gender equality and enhancing community safety.

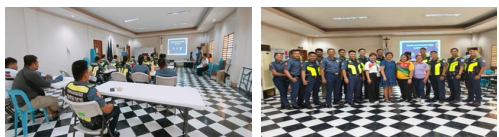


Lecturers deliver their respective topics while participants are all ears.

The event concluded with a strong call to action, encouraging attendees to apply the knowledge gained in their communities and advocate for continued efforts to end violence against women. This seminar-workshop not only underscored the urgency of addressing gender-based violence but also showcased the positive impact of academic institutions working together to drive social change.

Looking ahead, the College of Criminal Justice Education and Open University are set to continue their partnership, aiming to contribute further to the fight against violence and support a safer, more equitable society through ongoing educational initiatives and community engagement.

Open University Conducts Retooling and Enhancement Training for PNP Personnel



PNP Personnel engaged actively in the activity.

On December 16, 2023, the Open University organized a Retooling and Enhancement Training for PNP Personnel at Bantay Municipal Police Station, Ilocos Sur. The training was attended by 30 police officers and aimed at enhancing their skills and knowledge in law enforcement.

The session focused on improving the participants' capabilities in handling various operational and community-related challenges, ensuring they are equipped to respond to modern policing demands. This initiative highlights the Open University’s dedication to supporting law enforcement agencies in their mission to maintain peace and order.

PNP Personnel Deepen Human Rights Understanding

by Bernardo Oliber A. Arde, Jr

In a commitment to upholding human rights, the Ilocos Sur Police Provincial Office (ISPPPO) recently organized a one-day Human Rights Deepening Training/Seminar on December 6, 2023. The event, held at the ISPPPO headquarters in Bantay, Ilocos Sur, was a collaborative effort between the University Extension Office and the Commission on Human Rights Regional Office I.

The seminar aimed to enhance the human rights awareness and knowledge of PNP personnel across various police stations in the province. Mr. Danilo Balino of CHR-RO I delivered a comprehensive lecture, captivating the audience's attention.

The timely event coincided with the National Human Rights Consciousness Week and the 75th Anniversary of the Universal Declaration of Human Rights. By prioritizing human rights, the PNP strives to align with Sustainable Development Goals (SDGs) 10 and 16, which emphasize reduced inequality and peaceful, just, and inclusive societies.

To ensure adherence to human rights principles, the PNP remains steadfast in implementing Letter of Instruction (LOI) 55/07



PNP Personnel are pleased to welcome UNP Human Rights Advocates.

PAMANA, a crucial framework for Human Rights-Based Policing. This initiative reinforces the PNP's commitment to preventing human rights violations and fostering a culture of respect for individual liberties.

Revitalizing Gaco River: A Sustainable Tourism Initiative

by: Mr. Glenn J. Benzon



"The table discussions involved College Dean, Dr. Blessie B. Cabanting and faculty members from the Tourism Program, alongside Barangay Captain Ronnie S. Esteban and other officials of Cacadiran Cabugao. They discussed issues and concerns regarding extension activities and presented the College Extension Plan of Actions for 2024."

On December 7, 2023, the University of Northern Philippines, through its College of Hospitality and Tourism Management, organized a transformative Training-Workshop on Sustainable

Tourism Management cum Clean-up Drive at the Gaco River Ecotourism Park in Cacadiran, Cabugao, Ilocos Sur. This initiative exemplified UNP's commitment to community engagement and

sustainability, aligned with global objectives such as the Sustainable Development Goals (SDGs).

Led by Ms. Rubylene T. Bactadan and Ms. Sharmaine R. Raganit from the Tourism Program, Glenn J Benzon Unit Extension Coordinator, and supported by Dr. Blessie B. Cabanting, Dean of the College, the workshop convened students, Barangay officials, and community stakeholders. The day commenced with a thorough clean-up drive, enhancing the park's ecological health and aesthetic appeal by removing waste and initiating beautification projects.

The subsequent Seminar on Sustainable Tourism Management, featuring Ms. Sharmaine Raganit as the keynote speaker, underscored the importance of eco-friendly tourism practices. Participants gained

insights into sustainable living and community-driven conservation efforts to preserve natural resources and promote responsible tourism practices.

Despite challenges, the workshop yielded actionable strategies for ongoing park management and community engagement. Stakeholders collaborated on plans for proactive monitoring, resource allocation, and sustained involvement to safeguard the park's ecological integrity and attractiveness.

This collaborative endeavor exemplifies UNP's integrated education and community service approach, showcasing how sustainable tourism initiatives can foster environmental stewardship and economic opportunities within local communities. The documented success of this initiative underscores the power of partnership in achieving enduring impacts on both the environment and community well-being.



"The third-year Tourism students are leading the clean and green program in collaboration with the college. They are integrating the curriculum with extension activities at the Gaco River Ecotourism Park in Cacadiran, Cabugao, Ilocos Sur as part of the "Adopt-a-Community" extension program"



"Welcome signage, clean and green initiatives, and environmental preservation slogans are prominently displayed throughout Gaco River Park, highlighting the ecotourism park's commitment to promoting environmental awareness and maintaining cleanliness."



"A photo opportunity took place after the seminar on Sustainable Tourism Management, with the faculty of the College of Hospitality and Tourism Management and the Barangay Officials of Cacadiran, Cabugao, Ilocos Sur who attended the seminar."

Securing the Future: CTE's Commitment to Community Development and Educational Excellence

By Mr. Arthur V Pascua, Dr. Maria Theresa V. Forneas

The College of Teacher Education at is at the forefront of community development and educational innovation. Through its diverse extension programs, the college is making significant contributions to the province of Ilocos Sur. From empowering rural communities to enhancing teacher capabilities, CTE's initiatives are driving positive change in various aspects of society.

Securing Future: Empowering Cabugao Community through Seaweed Ice Cream Making

On December 11, 2023, the faculty of the Bachelor of Technical-Vocational Teacher Education (BTVTED), Bachelor of Technology and Livelihood Education (BTLED), and Master of Arts in Technology and Livelihood Education (MATLE) programs launched the "Securing Future: Livelihood and Skills Training Program" at Bungro-Margaay Elementary School in Cabugao, Ilocos Sur.

The initiative focused on providing practical skills training in making seaweed "Pokpoklo" ice cream, aimed at empowering both teachers and students. The event began with a warm welcome from Mr. John Cezar Azcueta, Head Teacher. Dr. Efren U. Galapon, CTE extension coordinator, highlighted the program's goal of creating lasting community impact.

Experts Dr. Jeanina Batin, Dr. Rozen Villa, and Mr. Arthur V. Pascua facilitated the hands-on training, supported by Mr. Jake Quitsol, Mr. Vic Norman Naval, and Mr. Reynaldo Regucera. The participants eagerly embraced the learning experience, and by afternoon, they showcased their newly acquired skills by crafting their own seaweed ice cream.

The program, which received an excellent evaluation rating of 4.95, successfully empowered the Bungro-Margaay community, fostering both education and local development. The day concluded with heartfelt gratitude expressed by the facilitators and a series of joyful photos, symbolizing the community's collective achievement and readiness for a brighter future.



Mrs. Evangelina Garcia of Bungro Elementary School and Mrs. Rema Agsalog, the FPTA Treasurer deliver their welcome remarks to the participants.



Dr. Efren U. Galapon, Dr. Jeanina Batin and Mr. Vic Norman F. Naval as they give the rationale and importance of the activity.



Dr. Jeanina B. Batin and Mr. Arthur V. Pascua lead the skills training on Pokpoklo Ice Cream making.



Ag-Agrao Educators Empowered Through ICT Training

On November 25-26, 2023, the Bachelor of Secondary Education program at the College of Teacher Education organized a comprehensive ICT enhancement training and workshop for teachers of Ag-agrao National High School, aiming to bolster their technological skills and teaching productivity at Ag-agrao, Sta. Maria, Ilocos Sur.



On the first day, Dr. Dave Fontejon, facilitated the training on Technology Operations and Concepts. The training covered key areas such as basic operation and information devices, where teachers learned to configure computer settings, protect against security threats, and troubleshoot both online and offline. This session equipped them with practical knowledge to optimize and maintain their digital tools effectively.



Teachers, Students and Members of the Parent-Teachers Association as they perform the return demonstration in making Pokpoklo Ice Cream

The training also emphasized leveraging technology to improve teaching efficiency. Educators explored strategies for creating engaging materials, organizing resources, and maximizing productivity in offline environments. Additionally, participants were introduced to internet and network concepts, including online resources for education and network security considerations.



The participants and beneficiaries all smile after the successful conduct of the Skills Training on Pokpoklo Ice Cream Making.

Another crucial aspect covered was information and data

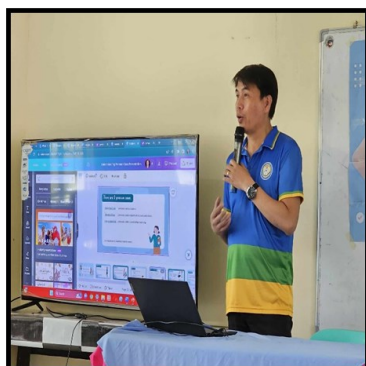
management, focusing on data organization, storage, retrieval, and the importance of data security and privacy in educational settings.

The following day, November 26, 2023, the workshop shifted its focus to Microsoft 365 Fundamentals and Canva for Education. Educators explored essential applications such as Word, Excel, PowerPoint, Publisher, and Access. The workshop aimed to enhance their proficiency in using these tools to create interactive and engaging classroom materials.

Teachers were also introduced to Canva's versatile features for designing visually appealing educational content, including presentations and graphics, to boost creativity and visual communication in their teaching.

The training concluded with an evaluation, earning an "Excellent" rating with a mean score of 4.996. The event equipped educators with valuable insights and practical skills, empowering them to integrate technology and creativity into their teaching practices, ultimately enhancing the learning experience for their students.

from page 25



Dr. Dave Fontejon commenced the ICT Enhancement Training for Teachers as the esteemed Resource Speaker. His session centered around elucidating the essential aspects of Technology Operations and Concepts, illuminating educators on the pivotal role of technology in modern pedagogy.



Dr. Dave Fontejon, Dr. Juvie Lyne Almachar, and Dr. Maria Theresa Forneas are experts in education technology. They're guiding a workshop on two powerful tools: Microsoft 365 and Canva for Education. They're helping participants explore the features and applications of these platforms tailored explicitly for educational purposes. From maximizing productivity with Microsoft 365's suite of tools to unlocking creative potential using Canva, their guidance aims to equip educators with practical skills and strategies to enhance teaching and learning experiences in the digital realm.



The male participants are showcasing their lesson work using Canva. They've created engaging and visually appealing materials utilizing this platform. Their presentations demonstrate how Canva has helped them craft compelling and creative resources for their lessons. From vibrant slides to eye-catching infographics, their work highlights the power of Canva in making educational content more captivating and impactful for students.



The female participants are sharing their use of Canva for education by presenting certificates and program materials they've created. These documents are designed to streamline their school activities, making their work smoother and more efficient. Using Canva, they've crafted visually appealing certificates and organized program materials that simplify their tasks within the school.

Securing Future Program Brings Remarkable Improvement in Student Literacy and Numeracy at Puro National High School

On October 27, 2023, Puro National High School in Magsingal, Ilocos Sur, hosted a key event under the “Securing Future: Monitoring the Mentor Program-Literacy, and Numeracy Program,” aimed at boosting students’ literacy and numeracy skills. The event, titled “Monitoring and Evaluation of the CTE Extension Projects on Action Research Writing Capability Building and Remedial Reading,” brought together faculty members from the College of Teacher Education (CTE) to assess the program's impact.

Organized by BSEd program head Maria Theresa V. Forneas, MAT-English program head Jamaica V. Garcia, and CTE Extension Unit Coordinator Efren U. Galapon, with facilitators Nancy T. Ubilas and Novelyn T. Barcena, the event underscored the collaborative efforts to enhance educational outcomes.

Upon arrival, the team paid a courtesy call to the



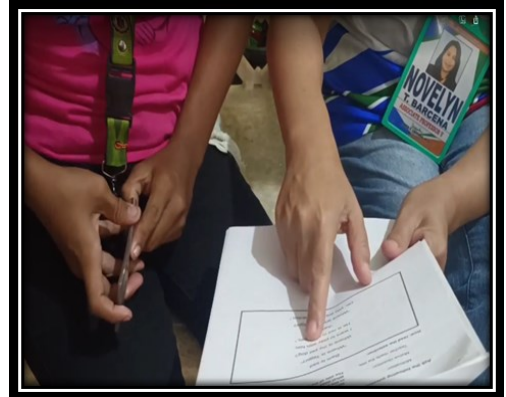
After completing the initial training workshops, the group gathered for pictures. Smiles all around captured the camaraderie and shared enthusiasm for learning. The photos reflect the positive energy and accomplishment following the first session.

principal's office before diving into the heart of the program. Dr. Forneas conducted an interview with one of the struggling readers to assess progress. The interview aimed to gain insights into the student's experiences, challenges, and the effectiveness of the literacy,

and numeracy interventions. Meanwhile, Dr. Barcena assessed two other struggling readers, focusing on their ability to read and comprehend words. The positive results indicated significant progress, marking a turning point in their reading abilities.

The improvement was further validated by observations from Dr. Jovita Alarca, Mr. Wowie Peredo, and Mrs. Catherine Escuadro, Master Teacher 1, and English Teachers at Puro National High School. They noted a marked enhancement in the academic performance of the two students. Previously, these students struggled to understand exam questions and often scored poorly, sometimes even receiving zeros. However, with the support of the literacy and numeracy program, they have made a remarkable turnaround, demonstrating a newfound ability to comprehend and perform well in their assessments.

The session concluded at 4:30 p.m., with the overall activity receiving an Excellent rating, scoring a mean of 4.991. The event not only highlighted the success of the “Securing Future” program but also underscored the transformative impact of dedicated educational initiatives on student achievement.



Dr. Barcena conducted interviews with two teachers at Puro National High School to assess the progress and improvement of struggling students and to monitor the action research program of CTE. These interviews likely aimed to gather insights from the teachers regarding the academic performance of struggling students, share strategies for their improvement, and ensure that the CTE's research program is on track and producing positive outcomes.

Dr. Barcena assessed the progress of one of the struggling readers at Puro National High School to determine if the student had improved in her reading skills and comprehension skills.

Project DUR-AS: A Beacon of Hope for Young Readers

To make every learner a reader, the Bachelor of Elementary Education program of the College of Teacher Education in partnership with Salindeg-Pong-ol Barraca Elementary School undertake the Project DUR-AS (Dagiti Ubbing Raemenda ti Adal ken Siyensiya), a Reading Literacy Program for the 46 identified Grades 1 to 6 learners who fall under the non-reader, beginning reader and struggling reader levels. The non-readers are the pupils who could not recognize the letters and letter sounds; the beginning readers are those who can recognize some letters associate letters and letter sounds and can read syllables but with difficulty; and the struggling readers are those who can read syllables and words but with difficulty. The BEED faculty and students teach the pupils by groups and by individual tutoring. This Extension Project is now on its second year of implementation.



The BEED students teaching the clientelle in groups



Individual tutoring

Spreading Holiday Cheer: A Day of Caring and Sharing

By Ms. Jezinelle Y. Punio

The College of Social Work, in partnership with the Social Work Alumni Association, organized a heartwarming Christmas celebration on December 28, 2023. The event, titled “The Christmas Experience of Caring and Sharing,” brought together early childhood care and development workers from San Vicente, Ilocos Sur, for a day of joy, games, and camaraderie.

The initiative, fully funded by the College of Social Work faculty and alumni, embodies the spirit of selfless service and community engagement. It aligns with the core principles of social work, emphasizing the importance of giving back to the community.

The event kicked off with a heartfelt invocation led by Ms. Lilibeth C. Castañeda. Prof. Aurora R. Quero provided insightful remarks on the significance of the event, while Dean Melody T. Gacita delivered an inspiring opening address. The program continued with participant introductions, engaging games and socialization activities facilitated by Mr. Jay Ar Joshua A. Tolentino and Mr. Mark Joshua Cabildo, and special holiday games with prizes, led by Ms. Kristalyn A. Garcia and Ms. Jeanne-lyn H. Anicoche.

The activity was highly successful, receiving an overall rating of 5.0 (Outstanding) in client satisfaction feedback. Participants expressed their gratitude for the opportunity to participate in such a meaningful event and requested future extension activities, specifically livelihood training in meat processing.

The post-activity evaluation, conducted by Ms. Jezinelle Y. Punio and Ms. Lilibeth C. Castañeda, will

be instrumental in planning future initiatives and refining the College of Social Work’s community engagement efforts.

Through this initiative, the College of Social Work continues to make a positive impact on the community, fostering goodwill and strengthening relationships.



The BS Social Work Faculty Members facilitate the Christmas Experience of Caring and Sharing with Early Childhood Development Workers in San Vicente, Ilocos Sur

Team Building and Mental Health First Aid: A Boost for Alilem LGU

by Mr. Rodel Rosario

The Municipality of Alilem, Ilocos Sur, recently prioritized the well-being of its dedicated employees by organizing a comprehensive team-building activity and mental health first aid training. The event, held on September 11-12, 2023, was attended by approximately 60 participants at the serene Ban-aw Resort in Candon City, Ilocos Sur, was a collaborative effort between the Guidance and Counseling Services (GCS) and Information and Orientation Services (IOS).

The two-day event was designed to foster a positive work environment, enhance interpersonal relationships, and equip employees with the necessary skills to address mental health concerns. Key highlights of the activity included team-building exercises, mental health first aid training, stress management technique, and building positive workplace relationship.

The event was facilitated by experienced professionals from the GCS-IOS, who shared their expertise and passion for mental health. By empowering employees with the knowledge and tools to support their colleagues, the municipality aims to create a more empathetic and compassionate workplace.

This initiative underscores the importance of prioritizing mental health in the workplace. By investing in the well-being of its employees, the Municipality of Alilem is not only improving individual performance but also cultivating a healthier and more productive organization.



Participants from the LGU join their respective teams in the different group activities.

Team-Building Boosts Morale and Mental Health in Sugpon

by Mr. Rodel Rosario



Participants partake to the different team-building exercises.

The Local Government Unit (LGU) of Sugpon, Ilocos Sur, recently held a transformative team-building activity from November 13 to 15, 2023, in Anda, Pangasinan. The event, organized by the Guidance and Counseling Services and Information and Orientation Services, aimed to foster stronger relationships among employees and promote effective mental health management.

By bringing together team members from various departments, the activity provided a unique opportunity for open communication, collaboration, and shared experiences. Through engaging team-building exercises and activities, participants were able to step outside their comfort zones, build trust, and strengthen their bonds.

The focus on mental health was a crucial aspect of the event. In today's fast-paced world, it is essential to prioritize mental well-being to maintain productivity and job satisfaction. The activity provided valuable tools and strategies to help employees manage stress, enhance resilience, and improve overall mental health.

By investing in team-building and mental health initiatives, the LGU of Sugpon demonstrates its commitment to creating a positive and supportive work environment. Such efforts not only contribute to increased employee morale and job satisfaction but also lead to improved organizational performance.

Triple Treat: Nurturing Minds and the Environment

By Ms. Digna Jacob

The Department of Mathematics and Natural Science (DMNS) has been a hub of academic and environmental initiatives. From addressing academic challenges to promoting environmental consciousness, the school has been making significant strides.

Bridging the Academic Gap

On December 7, 2023, VNHSE took proactive steps to support students struggling with mathematics and science with the help of the UNP DMNS. A pre-assessment identified specific areas of difficulty, allowing for targeted interventions.



DMNS Faculty Members conduct a pre-assessment at VNHSE.

The “ChristMATH Tutorial through Pinoy Games” was initiated by the department on December 14, 2023. The Grade 7 students of VNHSE participated in game-aided instruction, where they had to choose one problem, and figured out how to solve it. After solving, they must either play jump rope, play Sipa, solve a Rubik's cube, or blow flour as an additional task to get their reward. The students showed active participation and a strong desire to become familiar with the counting techniques that had been taught to them to swiftly perform the four basic operations. Math puzzles were prepared for Grade 8 students to motivate them to solve problems by applying operations that they have discussed in their classroom. Christmas gifts, and cash gifts were prepared, and given to those who gave a correct answer. Ten problems were prepared, and were answered by the students. Moreover, recreational activity was conducted for Grade 9 students. The group had their warm-up before games for the learners Up-Down-Hammer. The winners were awarded cash prizes, and for those who did not complete the activity, a mini-lecture was conducted, giving them the techniques and strategies to do it. Lastly, game-assisted activity sheets were distributed to Grade 10 students. The participants were very happy and enjoyed immersing themselves in the activity given to them since this enhanced their numerical skills.

Turn to page 30



Students from different grade levels are having fun with the different fun games prepared by the faculty members of the DMNS.

Fostering Environmental Stewardship

The volunteer residents and barangay officials participated in the "TREE (Together We Restore Earth's Ecosystem) Growing Activity cum Lecture Series on Environmental Awareness" event that was held in Fuerte, Caoayan, Ilocos Sur on November 17, 2023. The event was spearheaded by barangay captain John P. Quiaot and involved 35 volunteers. With the theme "#BeatPlasticPollution," this activity is a part of the celebration of National Environmental Awareness Month. In collaboration with the University Extension Office of the University of Northern Philippines, Brgy. Tamag, Vigan City, Ilocos Sur, the activity was organized the faculty members of the Department of Mathematics and Natural Sciences under the College of Arts and Sciences.

These multifaceted efforts highlight DMNS 's commitment to holistic education. By addressing academic challenges, promoting innovative learning methods, and fostering environmental consciousness, the school is empowering students to become well-rounded individuals and responsible citizens.



Faculty and residents participate in the coastal clean up and tree-growing activities of the DMNS

UEO and CHR Join Forces to Empower Youth Human Rights Advocates

By Dr. Ismael Rivera



Speakers deliver their lecture on human rights.

The University Extension Office (UEO) and the Commission on Human Rights (CHR) Regional Office I recently collaborated to promote human rights awareness among young minds. On December 7, 2023, a Human Rights Information Drive was conducted at San Juan National High School, engaging high school students in critical discussions on various human rights issues.

The event featured insightful lectures by Atty. Melanie C. William and Mr. Danilo Balino, both from CHR RO-I. Atty. William shed light on the pressing issue of Online Sexual Abuse and Exploitation of Children (OSAEC), as well as the Safe Spaces Act, which seeks to prevent sexual harassment in public spaces. Mr. Balino, on the other hand, delved into the fundamental principles of human rights, with a specific focus on the rights of children and mental health.

The initiative aligned with the annual celebration of National Human Rights Week (December 3-10) and the 75th Anniversary of the Universal Declaration of Human Rights. By equipping young people with knowledge and understanding of human rights, the event aimed to empower them to become active advocates for justice and equality.

This collaborative effort between the UEO and CHR is a testament to the university's commitment to realizing Sustainable Development Goals (SDGs) 4, 10, 11, 16, and 17, which address quality education, reduced inequalities, sustainable cities and communities, peace, justice, and strong institutions, and partnerships for the goals.

UEO Empowers VNHSE Students with Vital Knowledge

By Dr. Ismael Rivera

The University Extension Office (UEO) recently conducted a comprehensive training program at Vigan National High School East on November 10, 2023. The program, focused on Teenage Pregnancy Education, Peace Education, and Human Rights, aimed to equip young minds with essential knowledge and skills.

High school students from Vigan National High School East actively participated in the informative sessions led by Dr. Ismael Rivera and Ms. Jevie Abella, UEO Coordinators.

The Teenage Pregnancy Education lecture delved into the complexities of early parenthood, highlighting the potential risks and challenges associated with teenage pregnancy. By addressing this critical issue, the UEO is contributing to the achievement of several Sustainable Development Goals (SDGs), including promoting good health and well-being, ensuring quality education, and advancing gender equality.

The Peace Education and Human Rights lecture, meanwhile, empowered students with a deeper understanding of their fundamental rights and the importance of peacebuilding. The session emphasized the significance of conflict resolution, non-violent communication, and fostering a culture of respect. These skills are essential for creating peaceful societies, promoting justice, and reducing inequalities.



Dr. Ismael Rivera delivers his topic while students listen enthusiastically.

UEO Promotes Human Rights Awareness in Local Jails

By Dr. Ismael Rivera

The University Extension Office (UEO) recently celebrated National Correctional Consciousness Month by conducting a series of lectures on the rights of Persons Deprived of Liberty (PDLs) and mental health. These informative sessions were held at various correctional facilities in Ilocos Sur on October 24 and 25, 2023.

Dr. Ismael Rivera, the keynote speaker, emphasized the crucial role of human rights in building a just and equitable society. By understanding and upholding these fundamental rights, individuals can empower themselves and contribute positively to their communities.

The UEO partnered with the Commission on Human Rights Regional Office I and the Provincial Center for Human Rights Education to organize these events. The lectures took place at the Tagudin Municipal Jail, Ilocos Sur Provincial Jail, and Vigan City Jail.

Through these initiatives, the UEO aims to foster a culture of respect and dignity within correctional facilities, empowering PDLs with knowledge of their rights.



PDLs listen intently to the discussions of the resource speakers.

UEO Welcomes New Leadership and Team Members

By Bernardo Oliber A. Arde, Jr.



CONGRATULATIONS!

**DR. LLOYD A.
MATA**

**OFFICER-IN-CHARGE
UNIVERSITY EXTENSION OFFICE**



The University Extension Office (UEO) welcomes its new leadership and team members. Dr. Lloyd A. Mata has been appointed as the Officer-in-Charge, while Ms. Claudette Rabago and Mr. Randall M. Rabacal have assumed new roles as Coordinators for Livelihood and Skills Training, and Community and Social Services, respectively.

Dr. Mata, who previously served as the Coordinator for Community and Social Services, brings a wealth of experience and expertise to his new role. Ms. Rabago, currently the Coordinator for Food Processing, will now focus on expanding the UEO's efforts in livelihood and skills training. Mr. Rabacal, a dedicated faculty member of the Laboratory Schools, has been actively involved in the Extension Office's initiatives and is well-positioned to contribute to the advancement of community and social services.

The UEO looks forward to the contributions of these talented individuals as they work to strengthen the University's commitment to community engagement and development.



CONGRATULATIONS!

**MR. RANDALL
M. RABACAL**

**COORDINATOR
COMMUNITY & SOCIAL SERVICES**



CONGRATULATIONS!

**MS. CLAUDETTE
C. RABAGO**

**COORDINATOR
LIVELIHOOD & SKILLS TRAINING**



UnivERT Empowers Young Scouts with Life-Saving Skills

By Mr. Jastin R. Soria

The University Emergency Response Team (UnivERT) recently conducted a vital training session for young scouts at the UNP Laboratory Schools. Held on October 29, 2023, at the UNP Grandstand, the training focused on essential Basic First Aid Techniques.

Led by Mr. Jastin Soria, the UEO DRRM Coordinator, and assisted by dedicated UnivERT volunteers, the session aimed to equip the budding scouts with the knowledge and skills necessary to respond effectively to emergencies. By mastering fundamental first aid principles, these young individuals are now better prepared to handle unforeseen situations and potentially save lives.

This initiative not only aligns with the University's commitment to community service but also contributes significantly to several Sustainable Development Goals (SDGs). Specifically, it supports SDG 3 (Good Health and Well-being) by fostering a culture of preparedness and promoting health and safety. Additionally, the training aligns with SDG 4 (Quality Education) by imparting valuable life skills that empower young people to become responsible and compassionate citizens.

By investing in the next generation of emergency responders, UnivERT is helping to build a safer and healthier community, one step at a time.



UnivERT Members demonstrate various life-saving skills.

UNP and Fatima Coop Forge Strategic Partnership

By Mr. Randall Rabacal

The University of Northern Philippines (UNP) and Fatima (Vigan) Multi-Purpose Cooperative took a significant step forward in their shared commitment to community development by signing a Memorandum of Agreement (MOA) on November 8, 2023. The ceremony took place at the Oandasan Hall of UNP.

Dr. Erwin F. Cadorna, President of UNP, and Ms. Bernadette Relon, General Manager of the Cooperative, formally inked the agreement, outlining the terms and conditions for a collaborative effort to provide livelihood and skills training programs to Cooperative members.

This strategic partnership leverages the strengths and resources of both institutions to achieve shared objectives. By combining UNP's academic expertise with Fatima Coop's extensive network, the collaboration aims to create a positive impact on the community and contribute to the realization of the Sustainable Development Goals.

This partnership marks a significant milestone in the ongoing efforts of UNP and Fatima Coop to empower individuals and uplift communities.



UNP and Fatima Multi-purpose Cooperative formally ink MOA.

UNP Brings Project Saranay to San Emilio, Ilocos Sur

By Mr. Randall Rabacal

In a concerted effort to extend its community outreach, the University of Northern Philippines (UNP) brought its Project Saranay to the municipality of San Emilio, Ilocos Sur on October 19, 2023.

The project, designed to empower and uplift communities, included a comprehensive program of activities. A key highlight was a thought-provoking lecture on resilience and cancer awareness, aimed at educating participants about the importance of proactive health measures and coping strategies.

In addition to the informative lecture, the UNP community distributed essential goods to men, women, and children. These items, generously donated by the Student Council, Faculty Union, and Federated Alumni Association, provided tangible support to those in need.



Local Residents receive lecture and essential goods from UNP Community.

UNP Community Joins Forces for Coastal Clean-Up

By Bernardo Oliber A. Arde Jr

The University of Northern Philippines (UNP) community actively participated in the Dalluyon II: Province-wide Coastal Clean-up Drive, initiated by the Provincial Government of Ilocos Sur. This significant environmental endeavor aligns with the International Coastal Cleanup, a global movement dedicated to preserving marine ecosystems and promoting sustainable fisheries.

By joining this global effort, UNP demonstrates its commitment to environmental stewardship and sustainable practices. The university's participation not only contributes to a cleaner coastline but also raises awareness about the critical issue of marine pollution.



UNP Employees partake in the Province-wide Coastal Clean-up Drive

UNP Empowers Youth: Training Program Tackles Teen Pregnancy, Peace, and Human Rights

By Mr. Randal Rabacal

Lussoc National High School, one of the University of Northern Philippines' adopted schools, recently hosted a comprehensive training program focused on crucial issues affecting young people: teenage pregnancy, peace education, and human rights.

The University Extension Office organized the event, which aimed to educate and empower students on these vital topics. The teenage pregnancy lecture delved into the complexities of early parenthood, highlighting the potential challenges and long-term consequences. By providing accurate information about contraception, safe sex practices, and reproductive health, the lecture sought to equip young people with the knowledge needed to make informed decisions.

The peace education and human rights lecture emphasized the importance of understanding and respecting diverse perspectives. Students were encouraged to develop conflict resolution skills and embrace peaceful approaches to address challenges. By fostering a culture of empathy and tolerance, the program aimed to inspire young people to become agents of positive change in their communities.

The event was attended by 140 senior high school students, along with dedicated lecturers, facilitators, and teachers from Lussoc National High School. Through this initiative, UNP continues to demonstrate its commitment to addressing pressing social issues and empowering the next generation.



UEO Coordinators presented their topics, and participants listened intently.

UNP Partners with Ilocos Sur Provincial Jail to Rehabilitate Inmates

By Mr. Randall Rabacal

The University of Northern Philippines (UNP) is making a significant impact on the community, extending its reach beyond the campus walls to uplift the lives of marginalized individuals. One such initiative is the collaboration with the Ilocos Sur Provincial Jail, where UNP has been actively implementing programs aimed at rehabilitating inmates and preparing them for reintegration into society.



Through the University Extension Office, UNP works closely with the jail administration to develop and execute programs that address the holistic needs of inmates. These programs encompass a wide range of activities, including educational workshops, counseling services, and community improvement projects.

By offering these programs, UNP recognizes the importance of providing inmates with tools for personal growth and development. The university aims to create a supportive environment that encourages positive change and equips inmates with the skills and mindset necessary to succeed upon release.



UNP employees deliver their topics while participants listen attentively to the discussions.

UNP conducted a lecture on active and passive exercise, educating inmates about the benefits, types, and considerations of both. Active exercise, which involves physical exertion such as running, swimming, or weightlifting, improves cardiovascular health, strength, and endurance. Passive exercise, on the other hand, relies on external forces, like massage or physical therapy, and can be beneficial for rehabilitation or individuals with limited mobility.

By understanding the distinctions between these two types of exercise, inmates can make informed choices about how to incorporate physical activity into their routines, promoting overall well-being and reducing the risk of health problems.

This initiative, along with other programs offered by UNP, exemplifies the university's commitment to social responsibility and its dedication to empowering individuals, regardless of their circumstances. Through these efforts, UNP is not only transforming lives but also contributing to a more just and compassionate society.

UNP Promotes Mental Health Awareness Among Ilocos Sur Police Personnel

By Ms. Jevie Abella

In observance of World Mental Health Day, the University of Northern Philippines (UNP), through its University Extension Office and College of Nursing, took a significant step in promoting mental health awareness. On October 13, 2023, a Mental Health Awareness Seminar was conducted at the Ilocos Sur Police Provincial Office in Bulag, Bantay, Ilocos Sur.

The seminar aimed to shed light on the importance of mental health, particularly in high-stress environments like law enforcement. Police personnel from various stations across the province actively participated in the event. Renowned experts, including Dr. Bernardo Oliber A. Arde, Jr., Ms. Sheila Obispo, and Ms. Rizza Abinsay, shared valuable insights and practical tips on mental health care.

The University Extension Office, led by OIC Director Dr. Lloyd A. Mata, collaborated closely with the Ilocos Sur Police Provincial Office to organize this impactful initiative. By fostering a deeper understanding of mental health issues, UNP and ISPPO hope to create a more supportive and empathetic workplace for law enforcement officers.

This joint effort underscores the importance of prioritizing mental health in all sectors of society. By breaking down stigma and encouraging open conversations about mental health, we can collectively work towards a healthier and more compassionate future.

By incorporating these suggestions, you can create a more engaging and informative news feature article that highlights the significance of mental health awareness and the collaborative efforts of UNP and ISPPO.



PNP Personnel warmly welcomed UEO Staff for their Mental Health Awareness Seminar

The University of Northern Philippines (UNP) University Extension Office recently conducted a two-day training workshop to empower first responders in the Municipality of Villaviciosa. Held on December 6-7, 2023, the intensive training aimed to enhance the skills and knowledge of 40 individuals from the municipality's four barangays.

The workshop covered a wide range of essential topics, including basic life support, principles of emergency care, medical emergencies, bandaging and splinting, rescue and transfer techniques, spine board management, vehicle extrication, and response simulations. By imparting these critical skills, UNP sought to bolster the community's capacity to respond effectively to

UNP's Life-Saving Training Empowers Villaviciosa Community

By Mr. Jastin R. Soria

emergencies and provide immediate medical assistance.

The training was led by experienced professionals from the UNP University Emergency Response Team and faculty members from the Emergency Health Science program of the College of Health Sciences.

This initiative underscores UNP's commitment to community service and public safety. By equipping first responders with the necessary tools and knowledge, the university is contributing to a safer and more resilient Villaviciosa.



Participants engage actively in the drill exercises.

UNP-Laboratory Schools Empowers Underprivileged Children with Project PAPEL n LAPIS

By: Mr. Joseph Acena, John Argee C. Puller, Ms. Arlene Kriszel M. Tabbuac and Mr. John Christian Bagasala

The University of Northern Philippines (UNP)-Laboratory Schools has successfully implemented Project PAPEL n LAPIS, a community-based initiative aimed at enhancing literacy, numeracy, and overall educational development of underprivileged children in Paras, Sto. Domingo, Ilocos Sur.

The project, a collaboration with Jabez Child Development Center, provided engaging learning activities to over 53 children across different age groups. Through innovative teaching methods, the project team focused on developing essential language, mathematics, abstract reasoning, communication, and problem-solving skills.

"We believe that every child deserves equal opportunities to learn and grow," said Dr. Aurelia T. Vitamog, Principal of UNP-Laboratory Schools. "Project PAPEL n LAPIS is our commitment to bridging the educational gap and empowering these young minds."

The project's success was attributed to the dedicated efforts of the project team, the support of the Jabez Child Development Center, and the active participation of the children. The program's impact was evident in the significant improvement in the participants' literacy and numeracy skills, as well as their increased confidence and motivation to learn.

As a result of Project PAPEL n LAPIS, many underprivileged children in Paras have gained valuable educational experiences and are now better equipped to pursue their academic goals. The project serves as a model for sustainable educational interventions in underserved communities and demonstrates the positive impact that partnerships between educational institutions and community organizations can have on children's lives.

DOCUMENTATIONS



Arrival and registration of the participants from the barangay.



Dr. Aurelia T. Vitamog, the principal of UNP – Laboratory Schools, introduces the objectives of the Project PAPEL “n” LAPIS to the participants from Jabez Child Development Center of Barangay Paras, Sto. Domingo, Ilocos Sur.



Through the implementation of the project, the assessment undertaken with the assistance of the faculty members of the Laboratory Schools, investigates the side where these children need assistance. Sets of activities were undertaken along different learning areas such as languages (Mother Tongue, Filipino, and English), mathematics, abstract reasoning, communication skills, problem solving, and reading comprehension.



Closing Program: The launching of Project PAPEL “n” LAPIS of the Laboratory Schools was done successfully with the actively participating by the pupils and students of the barangay.



The participants from the barangay arrived and underwent the registration process.



Kinder and Grade 1 Group

The Junior High School teachers namely Dr. Wilma R. Tabunan, Ma'am Avelina J. Tabios, and Sir Glenn Aludino, imparted fundamental reading skills and phonics knowledge to the students. Additionally, numeracy activities, such as counting objects, identifying numbers, and completing sequences by filling in missing numbers, were successfully conducted with the supervision of all the activities by our Principal Dr. Aurelia T. Vitamog.

Grade 2 to 6



Ma'am Erika Gascon, Ma'am Julia Tabutul, Sir Renz Vermil Q. Ayson, and Sir Jayson B. Burlaza conducted a thorough review of letter sounds for literacy with second-grade pupils. In the realm of numeracy, the learners were instructed on counting, progressing from lower to higher numbers. Under the guidance of the teacher-facilitator, the learners successfully completed activity sheets corresponding to the lessons.



The Junior and Senior high school students actively participated in testing their Mathematical skills and abstract reasoning through the arrangement of geometrical shapes, while their communication skills were evaluated through picture-based exercises. Ma'am Novelyn Fuller, Ma'am Melody Marquez, Sir Raffy Celedonio and Sir John Christian M. Bagasala.

As the day concluded, the pupils and students showcased their dancing skills.



Closing Remarks: The day concluded with a photo opportunity featuring the participants alongside some barangay officials from Barangay Paras, Sto. Domingo, Ilocos Sur.



Arrival and registration of the participants from the barangay.



The participants together with the facilitators while having post evaluation.

UNP's Architectural Touch Adds Splendor to Christ the King Feast

by Engr. Maila Ragas

Magsingal, Ilocos Sur – The historic St. William the Hermit Parish, a National Cultural Heritage site declared by the National Museum in 2001, recently served as the archdiocesan host for the 2023 Christ the King Celebration. This momentous event was marked by the unveiling of a specially designed altar stage, a project meticulously planned by the College of Architecture under their Preservation of Cultural Heritage Program.

The College of Architecture, led by Dean Fatima Nicetas R. Alonzo, along with Extension Coordinator Maila Ragasa, Assistant Dean Monserrat Pescador, and Faculty Coordinator Ludivina Lozano, embarked on this extension project in 2021. The project included producing conceptual designs for a permanent stage for the 2023 celebration, a new façade for the Parish Convent and offices, and a comprehensive Site Development Plan for the Church complex. These designs were carefully developed to blend with the existing architectural character of the Church, ensuring a seamless integration with its historical and cultural significance.

The College's Commitment to Heritage Conservation: Deeply committed to preserving the province's architectural heritage, the College embarked on an ambitious project to revitalize the surroundings of the parish. This endeavor brought together key stakeholders, including Dr. Fatima Nicetas Rabang-Alonzo, Dean of the College of Architecture, Engr. Maila P. Ragasa, College Extension Coordinator, Dr. Estrella Oliva, President of the Parish Pastoral Council, and Rev. Fr. Albert R. Rabe, Parish Priest of St. William the Hermit. The collective efforts resulted in the formulation of the TAWID IPATEG Complex, a comprehensive heritage conservation development plan that includes conceptual designs for a permanent stage for the 2023 Archdiocesan Christ the King Celebration, a new façade for the Parish Convent and offices. These designs were carefully developed to blend with the existing architectural character of the Church, ensuring a seamless integration with its historical and cultural significance.

The architectural blueprint of the TAWID IPATEG Complex, meticulously crafted by students in 2020 as part of their Heritage Conservation class, was executed under the expert supervision of Ar. Ludivina A. Lozano. The resulting design is a masterpiece that combines theoretical knowledge with practical application. The Parish Stage is an expansive venue that can accommodate up to 500 attendees, making it an ideal setting for cultural presentations, religious events, special occasions, and community assemblies. The completion of the stage design and its turnover to the Parish was marked on December 17, 2021. Since then, the Parish has been soliciting donations to support the realization of this significant project.

The culmination of this collaborative effort was celebrated on November 26, 2023, when the College of Architecture received a Certificate of Recognition from the Archdiocese of Nueva Segovia, presented by Archbishop Marlo M. Peralta. The certificate was awarded in recognition of the College's significant contributions to the success of the 2023 Archdiocesan Celebration of Christ the King. Dean Alonzo and Extension Coordinator Ragasa received the award on behalf of the College, accompanied by faculty member Julius Artates.

This extension project is part of a larger initiative by the College of Architecture to assist in formulating a Restoration and Management Plan for the St. William the Hermit Church (TAWID IPATEG) Complex. Phase 2 of the project aims to ensure the long-term preservation of this cultural landmark, reflecting the College's ongoing commitment to safeguarding the rich architectural heritage of Ilocos Sur.

As the 2023 Christ the King Celebration concludes, the parish community of St. William the Hermit, alongside the College of Architecture, looks forward to continuing their partnership in preserving and promoting the cultural heritage of Magsingal, ensuring that this historic site remains a vibrant center of faith and community for generations to come.



Making a lasting impact, the Parish Stage has been a hub of activity for numerous parochial events and the Archdiocesan Christ the King Celebration since its construction. It's a testament to the College of Architecture's commitment to sharing its expertise and serving the community.



November 26, 2023: The Archdiocese of Nueva Segovia recognized the College of Architecture for its exceptional contribution in designing the Parish Stage for the Archdiocesan Christ the King Celebration. Utilizing their expertise to help create a stunning and meaningful space for this special event was a privilege.

UNP's College of Health Sciences: Empowering Communities, Improving Lives

By Ms. Teodora Rita Soliven, Mr. Ace Daniel Avero and Mr. Mark Christian Arizala

The College of Health Sciences (CHS) at the University of Northern Philippines (UNP) has made significant strides in community engagement and public health initiatives throughout the last quarter of the year.

The province has been devastated by typhoons and most of our towns were heavily flooded. Floods can potentially increase the risk of water-borne diseases like diarrhea, dengue fever, leptospirosis and the like. The BSM Program of the College of Health Sciences thru the University Extension Office conducted a Lecture-Workshop on Managing Diarrheal Diseases in Pregnant and Children cum Medical-Dental Mission. The objective of this activity is to impart knowledge to the participants on how to manage diarrheal diseases and other water-borne diseases in children and pregnant women to prevent serious complications. This activity was related to the request of the Local Government Unit of Sta. Cruz, Ilocos Sur headed by Mayor Teresita Valle. The activity was held at Sta. Cruz Sports Complex on September 22, 2023. The beneficiaries were the 4Ps members of the said municipality. It was started with a registration of participants by Sta. Cruz Parents leaders followed by an invocation by Ms. Ronalyn Leonardo, a Social Welfare Assistant, singing of the National Anthem conducted by Ms. Leslie J. Directo. An opening message was given by the MSWD officer Mrs. Saturnina R. Hernandez followed by different messages given by Mayor Teresita Valle and the different SB members of Sta. Cruz.

The lecture-Workshop cum Medical-Dental Mission was simultaneously done by the UNP



Lecture-Workshop on Diarrheal Diseases in Pregnant and Children cum Medical-Dental Mission

September 22, 2023 Sta. Cruz Sports Complex, Sta. Cruz, Ilocos Sur

CHS/CN faculty and students and other partner agencies. The said activity was organized by Dr. Jousie B. Bermio, dean of the College of Health Sciences, Prof. Lowie Lynette Q. Basconillo, BSM program Head and Prof. Teodora Rita R. Soliven, BSM Extension Coordinator. The lecturers were the following BSM faculty with their respective topic: Prof. Geraldine A. Palomares (Leptospirosis) and prof. Venerand F. dela Cruz (AGE in Children and pregnant and how to make homemade ORESOL). The Future Midwife Organization, the official organization of student midwives were the facilitators.

On November 10, 2023, the CHS community, spearheaded by the CHSSO and the PHISMETS-UNP Chapter, joined forces with the Philippine Red Cross to organize a highly impactful blood donation event titled "Give Life Give Blood: Be a Hero, Donate Blood Today." The day was marked by a resounding success, demonstrating the collective

commitment of everyone involved. The campus buzzed with excitement as students and faculty came together to support this vital cause. The event was a vivid display of generosity, with students eagerly volunteering to donate their blood and the BSMLS faculty expertly managing the blood collection process. The dedication of the CHS family was palpable, creating an inspiring atmosphere of community and altruism. Participants had the opportunity not only to contribute to a life-saving cause but also to gain valuable knowledge. Many discovered their blood types and learned about the intricacies of the blood donation process, further enhancing their understanding of how their contributions make a difference. The blood drive unfolded smoothly, with a notable number of volunteers stepping up to donate. The enthusiasm and readiness to help underscored the event's success and the strong spirit of the CHS community.



Faculty members and residents of the community pose for the camera during the blood donation activity at Villamar, Caoayan, Ilocos Sur.

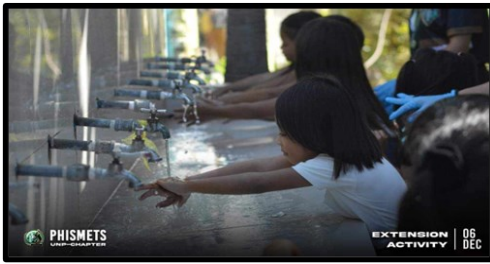
On December 4, 2023 CHS family, in collaboration with the PHISMETS-UNP Chapter, once again joined forces with local officials from Barangay Villamar, Caoayan for their annual outreach initiative. This year, the event was led by the highly skilled professors from the College of Health Sciences, who provided invaluable guidance on improving community well-being. The outreach kicked off with a dynamic session led by Professor Greg P. Quilana. He set the stage with an engaging overview of community organization and team-building. A highlight of his session was a hands-on tower-building competition, where participants used straws, rubber bands, and barbecue sticks to construct their towers. This activity not only fostered teamwork but also provided a fun and interactive learning experience. Following this, Ma'am Evelyn A. Rafanan delivered a compelling talk on the benefits of community organizing. The audience was visibly captivated by her presentation, which underscored the importance of collective effort in community development. As the afternoon progressed, the BSMLS professors took the spotlight. Dr. Carmela Florentino and Mr. Ace Danielle Averro provided insights into bacterial infections and the proper use of antibiotics in households. Their expertise was instrumental in educating the community on critical

health issues and preventive measures. The event demonstrated that one of the greatest virtues in healthcare is the ability to prevent disease through education. By leveraging the power of information and the expertise of healthcare professionals, the outreach program empowered the community with the knowledge needed to foster a healthier future. This collaborative effort underscores the commitment of the CHS family to not only address immediate health concerns but also to equip communities with the tools necessary for long-term well-being. Through education and engagement, the program aimed to pave the way for a brighter, healthier tomorrow.

On December 6 and 7, 2023, the CHS family, alongside the CHSSO and the PHISMETS-UNP chapter, achieved a significant milestone with their transformative event in Villamar, Caoayan, Ilocos Sur. This event, titled **"Helminthiasis Surveillance and Information Dissemination Cum Gender Sensitivity Training for Grade School Pupils,"** was part of the "Project Kalusugan Paantilihin, Healthy Lifestyle Ugaliin" initiative under the BSMLS program. Over the course of these two days, the BSMLS program, in collaboration with accredited CHS organizations and the University Extension Office, worked diligently to enhance the

well-being of Villamar's grade school pupils. The focus was twofold: addressing the potential threat of helminth infections and promoting gender sensitivity.

The event included a series of key activities designed to educate and empower the community. These activities comprised a seminar on helminthiasis, highlighting its dangers and preventive measures; environmental precautions aimed at reducing infection risks; proper hygiene training to mitigate helminthiasis; screening of students for helminths; and gender sensitivity training to foster inclusivity and challenge stigma against the LGBTQIA+ community. Throughout the event, the leadership and dedication of the BSMLS faculty were evident, with students actively participating and sharing their acquired knowledge. The initiative underscored the University's commitment to reaching underserved areas and addressing pressing health concerns. Notably, some helminth infections were observed, reinforcing the need for continued community support and intervention. The choice of Barangay Villamar as the event location demonstrated the University's dedication to underserved and marginalized communities, ensuring that essential health services and knowledge are accessible to all, regardless of their socio-economic status. The area's high prevalence of helminth infections made it a critical focus for the University's health initiatives. As the event concluded, the CHS body expressed hope that the initiatives undertaken would have a lasting impact. By nurturing both physical health and socio-cultural awareness, the program aimed to contribute to a healthier, more informed, and socially responsible society. The successful execution of this program reflects the University's broader vision of fostering community well-being and inclusivity, setting a foundation for future extension activities that promise a better future for Villamar's residents.



Pupils performing Handwashing assisted by Medical Technology Students of UNP



Pupils simulates handwashing after handwashing lecture at Villamar Elementary School on December 6&7, 2023.

Last November 10 2023 the Faculty of the BSEHS conducted the Training on *Caring for the Mothers and the Children (Ensuring Health through Proper Nutrition and Discussions on Violence Against Women) cum Livelihood Program*. The activity started with a prayer by a community official after the registration of the participants. Then opening remarks by Prof. Karen David, and a message by Unit Extension Coordinator Greg Quilana. The first topic Violence against women presented and discussed by Professor Marlou Savella and Prof. Vincent Viste. The proper nutrition discussed by Prof. Evelyn Rafanan and Prof. Rebeca Rios. The Food Safety and Sanitation were last presented by

Prof. Greg Quilana and Prof. Adora Velasco. The Livelihood Program which is the meat and fish processing, making embutido and siomai was presented and demonstrated by Prof. Claudette Rabago, Prof. Jose Unciano and Prof. Maria Yolanda Aquino. The participants were able to do and make their own embutido and siomai. The Facilitators of the said program were Prof. Almira Gonzales, Prof. Ruth Regina Corpuz, Prof. Mark Christian Arizala, Prof. Ma. Cristian Alcausin and CHS students. The documenter was Prof. Ivy Charmaine Cabangbang. Monitoring and evaluation was performed by Dr. Lloyd Mata, Prof. Jevie Abella, and Prof. Greg Quilana.



Ms. Claudette Rabago demonstrates the process of embutido-making in front of the participants.



A Training on *Basic Life Support in the Community* on November 29, 2023 at Villamar, Caoayan Ilocos Sur. The topics were Intro to Basic Life – Support was discussed by Prof. Rebecca Rios. Followed by the topic of Hand only CPR by Prof. Sylvia Baurista and Dr. Marlou Savella. Foreign body airway obstruction (FBAO) was discussed by Prof Lorena Darisan and Prof Cristina Alcausin. While

Prof Jose Unciano and Prof Ivy Cabangbang discussed the one-man rescuer CPR and the last topic two-man rescuer CPR by Prof. Karen B. David and Prof. Greg Quilana. During the demonstration of skills after each lecture, Prof. Mark Christian R. Arizala, Prof. Almira Gonzales, Prof. Evelyn Rafanan, and Prof. Vincent Viste facilitated on the return demonstration of the participants on the different skills

taught. The participants actively participated in the said activity and were requested the training to serve as a basis for the improvement of future training programs and seminars.



CHS Faculty members demonstrate the process of CPR (left). Faculty Members facilitate the return demonstration of the participants (right).

The *Disaster Preparedness, Basic First Aid, Basic Rescue and Life Support* was conducted on December 6-7, 2023. The activity started at exactly 8:30 in the morning. Prof. Maria Yolanda R. Aquino started the discussion on Basic Life Support – Cardio Pulmonary Resuscitation, followed by Foreign Body Airway Obstruction by Prof. Lorena Darisan. After which Prof. Karen David, Prof. Adora Velasco, and Prof. Ruth Regina Corpuz demonstrated on how to do CPR and Heimlich maneuver followed by the return demonstration of each participant. The objective of the activity of the activity was successfully met due to the full participation and cooperation of the participants. The activity was organized by the faculty of the BSEHS program in cooperation with the University Response Team.



Participants listen attentively to the lecturers of the Training Workshop for First Responders at Villaviciosa, Abra.

On the same day December 6, 2023, the program also conducted the training on Fire Prevention, Fire Suppression and Fire Drill at Caparacadan, Caoayan Ilocos Sur. The activity was participated by 40 participants (Barangay Officials, Sanguniang Kabataan Officials and

Virtually coloring the SNHS Library

By Mr. Karl Marx Pilar

members of barangay tanods). The Bureau of Fire Protection personnel provided lectures on Fire prevention and fire suppression. After the lecture a fire drill was conducted and they performed the bucket relay.



Participants listen attentively to the lecture of resource speaker (left) and actively participates in the fire drill (right).

On the 13th of December 2023, the Extension Activity entitled Lecture on Intestinal Parasitism Cum Celebration of the Birth of Jesus Was conducted. The activity started with a prayer by a grade school teacher after the registration of the participants. The first topic Personal Hygiene presented and discussed by Prof. Almira A. Gonzales, Hand Washing was discussed by Prof. Mark Christian R. Arizala and Prof. Vincent B. Viste discussed the Intestinal Parasitism and its Prevention. The facilitators and documenters of the said program were Prof. Ruth B. Regina Corpuz, Mark Christian R. Arizala, Ma. Cristina R. Alcausin and the Team Medics. The Sharing of Blessings (School Supplies and Noche Buena Package) was distributed by the CHS Faculty, PNA Officers, CHS Alumni Officers and Team Medics Officers). Monitoring and evaluation were performed by Dr. Lloyd Mata, Prof. Jevie Abella, Prof. Greg P. Quilana and Prof. Mark Christian R. Arizala.



CHS Faculty initiates the gift-giving and parlor games at Caparacadan, Caayan, Ilocos Sur

The College of Fine Designs once again extended its services at Sinait National High School (SNHS) last December 12 and 13, 2023. The CFAD Personnel, provided knowledge in the proper choosing of colors best suited in the interiors of the SNHS library. The activity was coordinated by the unit extension coordinator, Mr. Pilar and the activity was headed by its Program Head, Architect Ryan D. Quario and supported by his colleagues, IDr. Marvin P. Camacho and IDr. Melinda M. Madriaga together with the 30 students of the BSID Program. The activity is titled, Environment Psychology Theory: How the Environment affects the learning process (Phase 2). The activity aimed to teach the beneficiaries the following: Discern different colors as well as identify psychological effects of colors, identify different color combinations which are appropriate for the interior design, and come up with an appropriate color scheme to be used in the library space using Sketch Up. Ultimately, the activity is a stepping stone for the gradual built up of the SNHS library.

The two (2) days Seminar Workshop started with a short introduction of the whole program and activity by the CFAD Extension coordinator, followed by short talk on the difference between Interior Design field and Architecture field by the BSID Program Head. After which it was followed by the Speakers which composed of the 2 Interior Designers and selected BSID students of the BSID Program to cater the simultaneous need of the Activity. To fully realized the objective of the activity, the color schemes created by the students were rendered on a 3d software to instantly show them their outputs.

The student beneficiaries gestural feedbacks showed a positive response regarding the activity. Their smiles, reactions and their interactions during the activity reflected the success of the activity and it is reinforced by the result of the Client Satisfaction Survey.



A BSID Student working in a group of the STEM Strand during the seminar-workshop at SNHS applying them on Autocad as Ar. Quario looks over the group.



A BSID Student guiding the students of the STEM Strand during the seminar-workshop at SNHS.

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