

U / N / P

# CHRONICLE

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## UNP at 59

EVOLVING EXCELLENCE AND INSPIRING INNOVATION BEYOND BORDERS



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59 years hence

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**UNP,**



The graphic features a large, stylized '59' in white and blue on the left, with 'YEARS HENCE' in bold white text on the right. The background is a dark blue collage of university-related images, including a building, a clock, and a globe.

# 59 YEARS HENCE

This special issue of the UNP Chronicle hews close to ruminations on time. And it is rightly so because it commemorates the 59th anniversary of the University and the fifth anniversary of the presidency of Dr. Erwin F. Cadorna. In a move reminiscent of Jose Rizal's "The Philippines: A Century Hence," which attempted to figure out the next 100 years after the hero's time, our use of "hence" in this issue marks a juncture. It's a rumination of the past, but also celebrating the feats of the present.

"The asymmetry of time, that is possessing a distinguished direction (its 'arrow')," scientist Jerzy Gólosz asserts, "seems to be one of the fundamental properties of time: we have many traces of the past—both in our memory and in the external world—but no traces of the future; events from the past influence those from the future, but we have no evidence of backward causation; the future seems to

be open and we cannot definitely change the past."

We cannot be certain of the future, but from what we could see as we read the signs of the present, the University continues to head in the right direction.

In 1968, visionaries of the University wrote in the UNP Annual, the predecessor of the UNP Chronicle: "1967-1968 was just the beginning. The University of Northern Philippines, from a humble beginning, is expected to move on through the years bringing into fruitful reality the dream of Ilocos Sur's greatest leaders today Congressman Floro S. Crisologo and Governor Carmeling Pichay Crisologo – to establish an institution of higher learning for the present and the future generation of the people of Ilocandia."

And more than 50 years later, the visionaries were not wrong. In this issue, we celebrate the 59th anniversary of the University, as well as the fifth anniversary of President Erwin F. Cadorna.

### **SWORN INTO OFFICE THEN THE PANDEMIC HAPPENED**

“A great disruption happened five months after I had sworn in as President of UNP,” begins Dr. Erwin F. Cadorna in his State University Address.

This was several years ago. But this has been a defining moment, according to him. “We were able to pivot our strategies and operations in response to changing conditions and fostered a collaborative environment that leverage diverse perspectives and skills. It was during these trying times that we developed our character as a university,” he said.

Dr. Cadorna thanked the University community for their constant support of him. “We have transformed UNP into a dynamic university where continuous improvement, adaptability, and resiliency are the core of our operations,” he added. Accordingly, the University community’s commitment to good governance fostered a shared vision and renewed purpose, resulting in accomplishments never expected to be achieved.

### **RELENTLESS PURSUIT OF BETTER THINGS**

At the start of his second term, Dr. Cadorna set targets for the relentless pursuit of excellence at the University. And true enough, his administration has achieved these targets. Foremost among these is UNP’s earned post in university rankings.

In the UI Green Metrics, it is 472nd in the world, fifth among all HEIs in the Philippines, and third among SUCs. In the Times Higher Education

Impact Rankings 2024, it belongs to the 1001–1500 bracket worldwide and is second in Region I.

Also, World Rankings for Innovation (WURI) 2023 ranked UNP as 290th in the global top 300. It is the best in Region I along Student Support and Engagement, Social Responsibility, and Culture and Values, as well as the best in the Philippines along Culture and Values. Most importantly, it is the second best in the world along Culture and Values. Lastly, according to the EduRank System, UNP is the 66th best among universities and colleges in the Philippines.

In addition, he also prided that UNP has started collaborating with international partners for the offering of transnational education.

These include institutions from Thailand, Canada, and ASEAN countries. The University also offered new programs such as BS Mechatronics, BS Environmental Planning, and BS Marine Biology, installed solar-powered infrastructures and streetlights, created business incubation centers, and established a souvenir shop.

Other accomplishments include the conduct of cultural mapping and the application of UNP journals to the ASEAN Citation Index and Web of Science.

Dr. Cadorna also prided the toppers, namely: Maria Angela B. Oriente (second placer, Social Work Licensure Examination, September 2024), Jerrimae Rhose Anne P. Ragudo (seventh placer, Psychometrician Licensure Examination, August 2024), Gretchen Gallandez Estabillo (fifth placer, Special Professional Licensure Examination for Professional Teachers, June 2024), Kzter Cedrick D. Gacula (eighth







placer, Nurses Licensure Examination, November 2023), Rosabelle M. Ponce (eighth placer, Licensure Examination for Professional Teachers [Elementary], September 2023), and Ma. Lara Erika Q. Alconcel (eighth placer, Licensure Examination for Professional Teachers [Elementary], September 2023).

### LOOKING AHEAD

The five years that President Cadorna has been in office saw significant accomplishments. “We have like to sustain what we have started,” he admonished the University community.

His strategic goals, according to him, include expanding UNP’s academic programs, particularly in the offering of more graduate programs and emerging fields such as data science, environmental sustainability, and digital transformation. UNP is also planning green infrastructure projects, the full implementation of its Land Use Development and Infrastructure Plan, including a state-of-the-art technology center.

“These initiatives will position us at the forefront of higher education,” he asserted.

### UNITED, NURTURING, PRODUCTIVE

President Cadorna looks forward to the UNP community continuing to be truly UNP: United, Nurturing, and Productive.

His next three years in office, according to him, will focus on improving the readiness and performance of graduates; working on Level III or Level IV status for all programs; conducting

research-based extension programs, projects; or activities; undergoing Institutional Accreditation for Level III; sustaining the University’s presence in the international academic community; active partnerships along instruction, research, and extension; and sustaining the status of UNP as a National Training Center for gender sensitivity training.

As a nurturing institution, UNP will also continue to increase the number of programs with Certificate of Program Compliance (COPC) and Center of Development (COD) status; increase the percentage of enrolment in priority programs; offer new academic programs and enhance existing ones; increase initiatives for mobility and exchange programs for faculty and students; and acquiring or developing an information system for all UNP’s services.

Lastly, UNP will continue being productive through publication of research outputs in reputable journals, patentable research outputs, surveillance audit for ISO 9001:2015 re-certification, collaborations with different entities, establishment of a Knowledge Management System and Office, installation of solar-powered streetlights; securing QS Star ranking; improving quality for the Philippine Quality Awards; and reclaim the SUC Level IV ranking.

Dr. Cadorna ended his address by encouraging the attendees to help nurture strong community ties in the University, especially with its partners: the Provincial Government of Ilocos Sur, national government agencies, local businesses, international institutions, and its alumni network.

## INSTRUCTION

- ▶ 44 out of 55 (80%) programs with COPC
- ▶ 1 academic unit (College of Medicine) is a CPD provider
- ▶ 2 program revisions (Medicine and Midwifery)

## LICENSURE EXAMINATIONS

- ▶ 71% (average) of first-time licensure exam passers (Oct 2023–Sept 2024)
- ▶ 64% of passers (overall performance) (Oct 2023–Sept 2024)
- ▶ 7/11 programs with above national passing rate

## SCHOOL PERFORMANCE IN LICENSURE EXAMINATIONS

- ▶ **Top 1 Performing School** for Midwifery November 2023 Licensure Examination
- ▶ **Top 5 Performing School** for Midwifery April 2024 Licensure Examination

## NUMBER OF MOA AND MOU

- ▶ 164 MOA in 2023
- ▶ 6 MOU in 2023
- ▶ 226 MOA in 2024
- ▶ 4 MOU in 2024

## ACCREDITATION

- ▶ 100% accredited programs, both undergraduate and graduate
- ▶ 2 programs (graduate) with Level 4 (2nd cycle, the highest level) accreditation
- ▶ 14 programs (5 graduate, 9 undergraduate) with Level 4 accreditation
- ▶ 21 programs (4 graduate, 17 undergraduate) with Level 3 accreditation

## TOPNOTCHERS

- ▶ **Maria Angela B. Oriente - Second Placer**  
*Social Work Licensure Examination (September 2024)*
- ▶ **Jerrimae Rhose Anne P. Ragudo – Seventh Placer**  
*Psychometrician Licensure Examination (August 2024)*
- ▶ **Gretchen Gallandez Estabillo – Fifth Placer**  
*Special Professional Licensure Examination for Professional Teachers (June 2024)*
- ▶ **Kzter Cedrick D. Gacula – Eighth Place**  
*Nurses Licensure Examination (November 2023)*
- ▶ **Rosabelle M. Ponce – Eighth Placer**  
*Professional Teacher Licensure Examination (Elementary) (September 2023)*
- ▶ **Ma. Lara Erika Q. Alconcel – Ninth Placer**  
*Professional Teacher Licensure Examination (Elementary) (September 2023)*

# STA OF UNIVE ADD

## UI Greenmetric

- ▶ 472<sup>nd</sup> in the world
- ▶ 5<sup>th</sup> among all HEIs in the Philippines
- ▶ 3<sup>rd</sup> among the SUCs in the Philippines

## World Rankings for Innovation (WURI) 2023

- ▶ 290<sup>th</sup> in global top 300
- ▶ Rank 1 in the Region along student support and engagement, social responsibility, and culture and values
- ▶ Rank 1 in the Philippines along culture and values
- ▶ Rank 2 in the world along culture and Values

## AGENCIES/HEIS WHICH BE



# ATE THE UNIVERSITY PRESS

## **Times Higher Education Impact Rankings 2024**

- ▶ 1001–1500 in the world
- ▶ 2nd in the region

## **EduRank System**

- ▶ 66th among the 100 best universities in the Philippines

**BENCHMARKED WITH UNP: 10**

### **STUDENT SCHOLARSHIP**

- ▶ 4,305 (internal and external funding)

### **ACCREDITED STUDENT ORGANIZATIONS**

- ▶ 56 recognized student organizations

### **INTERNATIONAL STUDENT MOBILITY**

- ▶ 18 in 2023 and 7 as of Oct 2024 outbound students
- ▶ 34 in 2023 inbound students

### **AWARDS RECEIVED**

- ▶ 10 awards received by the University
- ▶ 14 awards received by faculty
- ▶ 52 awards received by students

### **RESEARCH (OCTOBER 2023-JUNE 2024)**

- ▶ 70 completed research
- ▶ 94 research presented: 24 (international), 6 (national), 64 (regional)
- ▶ 5 utility models applied
- ▶ 26 research published

### **EXTENSION**

- ▶ 257 training programs conducted
- ▶ 47 active partnerships in extension
- ▶ 6738 individual beneficiaries

### **ADMINISTRATION**

- ▶ ISO 9001:2025 recertification for the whole University, in all areas of instruction, research, and administration, including the UNP Hospital
- ▶ 157 faculty members reclassified and 97 promoted
- ▶ 97% Revised Organizational Staffing Structure (ROSS) Phase 1 positions filled
- ▶ 93.87% Budget Utilization Rate (BUR) in 2023; 83.75% as of June 2024
- ▶ 33 faculty granted FSDC scholarships; 30 faculty & staff with externally funded scholarships
- ▶ 17 capacity-building programs/activities conducted (October 2024-September 2024)
- ▶ Php 115,138,036.80 project grants from external funding agencies
- ▶ policies on
  - program revisions, scholarships, benefits, rewards, and incentives
  - promotion and filling of vacant positions
  - creation of items-
  - Revised Research Agenda of the University 2023-2028
  - student development (laptop loan for underprivileged students)
  - administrative processes (revision of the organizational structure; proposed discount rates at the University Hospital for personnel and students)

Outstanding faculty, staff, and administrators of the University of Northern Philippines were honored at the annual Awards Ceremony held at the Auditorium on October 14, 2024.

The special event is not just about accolades; it's a heartfelt tribute to UNP's dedicated loyalty awardees who have served UNP for years, embodying the spirit of commitment and excellence.

Atty. Ryan L. Estevez, executive director of the Commission on Higher Education's Unified Student Financial Assistance System for

Tertiary Education (UniFAST), served as the guest of honor and speaker.

University President Erwin F. Cadorna described the awardees as persons who have "given their time, energy, and often their own resources to uplift those in need, protect the vulnerable, and strengthen our society."

He also exhorted the UNP community to emulate the deeds of the awardees.

"As we celebrate these exemplary members of our UNP community, let us also take this moment to reflect

on our own capacity to serve. The spirit of thanksgiving calls us to not only express gratitude but to become the very blessings we are thankful for," he said.

Most noteworthy among the awardees are Dr. Edmar M. Paguirigan (Faculty of the Year), Dr. Edelyn A. Cadorna (Middle Level Administrator of the Year, Academic), Herbert P. Realin (Non-Academic Personnel of the Year, Support Services Category), Regina R. Tobia (Non-Academic Personnel of the Year, Non-Managerial Category), Jane A.

## Employees honored at

# AWA

Likewise recognized were the winners in the international ranking of HEIs 2024, particularly the World University Rankings for Innovation. The College of Architecture placed second along culture/values. The University Research and Development Office, particularly the Mushroom Research and Development Center, placed 17th in social responsibility. The Office of Student Affairs and Services placed ninth in student support and engagement.

Involved in attaining these rankings were the working committees for SHIELD or "Support Hub for Inquiries and Ease from the

Load of Distress: A Project Nurturing the Mind Strength of UNPians," "Oyster Mushroom Production Program: Providing Livelihood Opportunities for Rural Communities," and "Pride of Place: University Initiatives on Conserving Built Heritage in a UNESCO World Heritage Site."

They are Mariano Paterno F. Avila (leader) and Marifel Q. Acena (initiator) for SHIELD, Maritess R. Raboy and Jessy C. Domingo (initiators) for Oyster Mushroom Production, and

Fatima Nicetas Rabang-Alonzo and Maila P. Ragasa (initiators) as well as Mon-Cres A. Toje, Monserrat

Stevens F. Pescador, and Ludivina A. Lozano (leaders) for Pride of Place.

With them are the members of the working committee, namely: Edelyn A. Cadorna, Randolph M. Agup, Joseph G. Taban, Jonalyn R. Almachar, Irene Abigail S. Guerrero, Novie Ada B. Urbis, Aldrin S. Jaramilla, Eleanor R. Belizar, Justin R. Soria, Luzviminda P. Relon, and Mark Louie Tabunan.

Also, recognized were the members of the working committee for the application to UI Green Metric, composed of Albert R. Tejero, Edelyn A. Cadorna, Saturnino T. Tablada, Rino C. Reyes, Gerwin A.



Leones (Head of Office of the Year Award, Non-Academic), and Rino C. Reyes (Middle Level Administrator of the Year, Non-Academic).

Special awards were also given to Dr. Edelyn A. Cadorna, Atty. Gerwin A. Rabang, and Edgar Q. Aquino.

The following are the Length of Service awardees: 40 years—Albert R. Tejero and Eva Occencia T. Rubia; 35 years—Ma. Editha H. Ramos, Lucila R. Corpuz, Leonida G. Tabije, Franklyn T. Amistad, Saturnino T. Tablada, Mariquit M. Obrero, Honorato R. Patubo, Ma. Jesusa R. Unciano, Aurora R. Quero, and Arnel I. Taaca; and 30 years—Jesus C. Garcia

and Joel M. Arruejo.

In addition, other awardees are Ruben C. Cadaoas, Sally A. Jarin, Dennis B. Prudencio, and Mariano T. Romano, Jr. for 25 years; Lorely A. Ablog, Julius Moises S. Albalos, Richard A. Allagadan, Nathalie P. Almero, Simeon A. Aludino, Jr., Melchor A. Amistad, Michael D. Arruejo, Lorie R. Astom, Marie Graciela R. Balbuena, Leilani A. Basa, Nelson F. Benzon, Imelda Q. Nesperos, Mario Celito D. Ong, Josephine B. Opeña, Mercita Q. Queddeng, Peter R. Rabanal, Rainalda T. Rambuyon, Eric F. Reotutar, Ismael C. Rivera, and Alma B. Segismundo for 20 years.

Others on the roster of Length of Service awardees are Marifel Q. Acena, Claudine H. Almachar, Maria Yolanda R. Aquino, Eden A. Bueno, Lilibeth C. Castañeda, Flynn V. Castro, Mary Loreen V. Cayabyab, Lorena T. Darisan, Karen B. David, Novelyn T. Fuller, Anna Liza E. Morales, Leo S. Naidas, Susan T. Reynon, Mary Joy A. Roqueta, Pablo R. Roqueta, Jr., Romelia P. Tamayo, and Fe T. Tuzon for 15 years, as well as Vic Norman F. Naval, Karen A. Ramirez, Society V. Salcedo, Dexter T. Tacbas, Teodoro P. Torrano, Lorenzo D. Urbano, and Romeo L. Villegas for 10 years.

# 2024 AWARDS CEREMONIES

Rabang, Joseph G. Taban, Randolph M. Agup, Anna Liza E. Morales, Edgar Q. Aquino, Lorraine U. Aguimatang, Mariano Paterno F. Avila, Nelia P. Verzosa, Johnny P. Belizar, Chasen G. Almazan, Oswald T. Tolentino, Ruben R. Rangunjan, Elvin A. Balallo, Shareen A. Navarro, Warmie R. Tabuso, and Elena R. Buguasen.

For the Times Higher Education World University Rankings, the committee members were Albert R. Tejero, Rolando B. Navarro, Edelyn A. Cadorna, Rizza P. Cajindos, Joseph C. Padua, Alfredo Corpuz, Christian Philip B. Chan, Edgar Q. Aquino, Francis Don Nero, Jousie B. Bermio, Jane A. Leones, Lorraine U.

Aguimatang, Jonalyn R. Almachar, Laura I. Azurin, Antonina R. Lazaro, Shareen A. Navarro, Karl Marx C. Agup, Karl Loix R. Robiñol, Anabetie A. Briones, Rosalia R. Martinez, Remedios T. Navarro, Sina C. Bestre, Pablo R. Quedado, Yaye D. Lares, and Elena R. Buguasen.

Recognized as well were the colleges and officers who prepared entries in the University's application to the WURI 2024, namely: College of Business Administration and Accountancy, College of Arts and Sciences, College of Health Sciences, College of Nursing, Laboratory Schools, College of Fine Arts and Design, College of

Teacher Education, College of Hospitality and Tourism Management, and University Research and Development Office.

The retirees who were recognized were Christopher F. Bueno, Dionisio O. Tabuno, Jr., Lilibeth B. Baja, Ricarte R. Arcaparas, Rolando S. Artates, Victoria V. Pacris, Ofelia R. Espiritu, Germana Gloria V. Molina, Tito A. Rabara, Dea Meir L. Tacbas, Honorato L. Foronda, Jessy C. Domingo, and Victor B. Navarro.

Lastly, recognized with a Posthumous Award was Dante B. Bajet.











The University of Northern Philippines (UNP) celebrated its 1st Gawad Saliksik on October 16, 2024, at the UNP Auditorium, as part of the celebrations marking the University's 59th Founding Anniversary. The event, themed "Celebrating Excellence in Research, Advancing Knowledge, Inspiring Change," aimed to recognize researchers' achievements in advancing knowledge through innovative publications, and applications.

Organized by the University Research Development Office under its Director, Dr. Edelyn A. Cadorna's leadership, the Gawad Saliksik honored faculty and non-teaching researchers from various Colleges and Offices for their impactful studies. Each researcher received a plaque, underscoring UNP's commitment in promoting a culture of research, and innovation.

Dr. Fatima F. Rocamora, Vice President for Research and Extension, opened the event by applauding the dedication of faculty researchers. "Let this first Gawad Saliksik be an inspiring and encouraging experience for all of us," she remarked.

UNP President Dr. Erwin F. Cadorna emphasized the significance of the awards in his address. "The UNP Gawad Saliksik is more than an awards ceremony; it celebrates our community's capacity for discovery and innovation," he stated.

The event highlighted 23 research publications, including notable works such as "Narratives of Buri Weavers in Ilocos Region" and "Domestic Violence Against Women: A Global Perspective." These studies were published in prestigious Scopus-indexed journals like Journal of Namibian Studies and Journal for Educators, Teachers, and Trainers.

Additionally, 11 practical research projects were recognized for their real-world applications, such as the "Development of E-Barangay: A

Web-based Agricultural and Barangay Equipment Rental Management System."

Faculty Union President, Dr. Aldrin S. Jaramilla, delivered his message of support. He stated that, "We are thrilled to be collaborating with the URDO, and we are excited about the opportunities that this partnership will bring." He envisions that by working together with URDO, more faculty will be engaged in conducting research work.

Further, VP for Finance and Administration, VP Albert R. Tejero, also uttered a message of support. He stated that research thrived from different perspectives, and disciplines. The Finance and Administrative Offices shall ensure that proper funding will be granted to research endeavors that the results may serve more people in the University, and the Ilocos Sur community.

Vice President for Academic Affairs, Dr. Rolando B. Navarro, closed the program. He reiterated the importance of research, and he extend his heartfelt congratulations to all the awardees. Dr. Navarro stated, "Your dedication and innovation have not only advanced knowledge but also inspired change within our UNP community. Each of you exemplifies the spirit of discovery that drives our University forward." He then concluded his speech by celebrating the collective efforts of each UNPian researcher.

The event aligns with UNP's broader goals of becoming a leading research institution. It sets the stage for future initiatives aimed at improving research quality, and expanding collaborative efforts both locally and internationally. This version follows newswriting guidelines by using the inverted pyramid structure, providing essential information upfront, and maintaining clarity, and conciseness throughout.







ors Researchers at Inaugural

# AWARD ALIKSIK





# URDO LEADS COASTAL CLEAN-UP, TREE PLANTING

The University and Research Development Office (URDO) of the University of Northern Philippines (UNP), led by Dr. Edelyn A. Cadorna, spearheaded the “UNP Community Outreach Program: Coastal Clean-Up Drive and Tree Planting” on October 17, 2024, at Sitio Mindoro, San Sebastian, San Vicente, Ilocos Sur.

The event, which gathered URDO research center chiefs, coordinators, and staff, was part of the

larger UNP community outreach initiative to celebrate the university’s 59<sup>th</sup> founding anniversary.

This extension activity is crucial in addressing environmental challenges, raising awareness about protecting marine ecosystems and promoting sustainable practices. By engaging URDO personnel in cleaning the coastline and planting trees, the initiative supports long-term

environmental sustainability.

The activity aligns with the United Nations’ Sustainable Development Goals (SDGs), particularly SDG 13: Climate Action and SDG 14: Life Below Water, contributing to climate change mitigation and the preservation of marine ecosystems. Through this effort, UNP reaffirms its commitment to environmental stewardship and deeper community involvement.





# IAELO CONDUCTS TREE PLANTING INITIATIVE

The University celebrated its 59th Founding Anniversary, with the theme “UNP @ 59: Evolving Excellence and Inspiring Innovation Beyond Borders” from October 7-18, 2024. One of the major activities focuses on climate change, therefore the Office of the International Affairs and External Linkages participated in a vital community outreach initiative – a tree planting held in Pantay Tamurong, Caoayan, Ilocos Sur.

This event was organized in response to the urgent challenges posed by climate change, deforestation, and environmental

degradation, which have created an urgent need for proactive community initiatives that foster sustainability. The commitment to environmental conservation has become increasingly important in today’s world, where the effects of climate change are evident.

This activity aimed to promote environmental sustainability and community engagement. The primary objectives of the said activity were to restore and rehabilitate degraded areas among Tamurong to raise awareness about the importance of trees in

combating climate change and supporting biodiversity, and to foster a spirit of volunteerism and community participation.

The event commenced at 8:00 am with an opening program by the local officials led by the Engr. Nestor B. Pajaro, the City Councilor. A variety of native tree species, such as Nara, Mahogany, and Acacia were chosen for planting to ensure biodiversity and ecological balance. Participants prepared the planting sites by clearing debris and marking planting holes.





# UIO INITIATES TREE PLANTING

On October 17, 2024, the members of the UIO, with some residents of Pantay Tamurong, Caoayan, Ilocos Sur, came together for a significant community extension activity focused on environmental conservation, and sustainable development. The event, which took place at the heart of the barangay, saw the planting of numerous narra trees, echoing similar initiatives across the province earlier in the year.

The tree planting activity drew participants from various sectors. Engr. Nestor B. Pajaro, City Councilor of Vigan, served as the opening spokesperson for the event. He emphasized the critical role of such initiatives in combating climate change and preserving the local ecosystem.

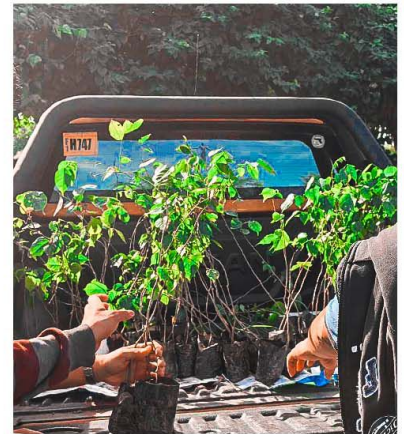
“Today’s effort is a testament to our community’s commitment to environmental stewardship,” Engr. Pajaro stated. “By planting these Narra trees, we’re not just greening our barangay; we’re actively contributing to the fight against global warming and soil erosion.”

Prof. Anna Liza V. Europa-Morales, the director of the Environmental Management Office, served as the resource person for the activity. She provided valuable insights into the importance of tree planting and its role in sustainable development.

“Narra trees are not just symbols of our national heritage; they’re vital components of our ecosystem,” Morales explained. “These trees will help sequester carbon, prevent soil erosion, and provide habitats for various wildlife species.”

The event served as an educational platform, with participants receiving insights into proper tree planting techniques and long-term care for the saplings. The activity emphasized the importance of community involvement in environmental conservation.

As the day concluded, with hundreds of Narra saplings taking root in Pantay Tamurong’s soil, the mood was one of accomplishment, and hope. As these Narra trees grow, they will serve as living monuments to the community’s dedication to a greener, more sustainable Ilocos Sur, contributing to the province’s ongoing efforts in reforestation, and environmental conservation.







# ICTO SPEARHEADS TREE PLANTING IN PANTAY TAMURONG

In a remarkable display of environmental stewardship, the Information & Communications Technology Office (ICTO) of the University of Northern Philippines (UNP) led a significant tree planting initiative on October 17, 2024, in Tamurong, Caoayan, Ilocos Sur. This event, coinciding with UNP's 59th Founding Anniversary, underscored the institution's unwavering commitment to environmental conservation and sustainable practices.

Under the dynamic leadership of Dr. Shareen A. Navarro, ICTO Director, the office's personnel came together to address pressing global issues such as climate change, and deforestation. This initiative aligns seamlessly with ICTO's core mission of promoting sustainable development, and safeguarding natural resources, demonstrating

that technology-focused departments can play a crucial role in environmental conservation efforts.

The choice of narra saplings for planting was particularly significant. Narra, also known as Philippine mahogany, is not only the national tree of the Philippines but also a species known for its durability and ecological importance. By focusing on this native species, ICTO emphasized the importance of preserving local biodiversity and enhancing the region's natural ecosystem.

The tree-planting activity served as a powerful catalyst for community engagement, bringing together ICTO staff members in a collaborative effort that transcended their usual technological focus. As they worked side by side, planting saplings and nurturing the earth, participants experienced firsthand the impact

of collective action on environmental conservation. This hands-on approach not only contributed to the immediate goal of reforestation but also fostered a deeper connection between the participants and their natural surroundings.

ICTO's tree planting initiative in Tamurong, Caoayan, Ilocos Sur, stands as a testament to the power of collective action in addressing environmental challenges. It exemplifies how academic institutions can play a pivotal role in promoting sustainability and environmental consciousness, bridging the gap between technological advancement and ecological preservation. As these Narra saplings grow, they will serve as a lasting reminder of UNP's commitment to a greener, more sustainable future for generations to come.





# UEO HONORS THE ELDERLY AT BALAY TARIPATO

The University Extension Office showcased a heartwarming display of inclusivity and community service through a special outreach program at Balay Taripato in Magsingal, Ilocos Sur on October 17, 2024.

This is in line with the 59th founding anniversary of the University of Northern Philippines. The collaborative effort, spearheaded by the University Extension Office, alongside with the Laboratory Services Offices and Bulalayao Organization, aimed to strengthen ties with the local community and honor the wisdom of the elderly. The event brought together UNP staff, students, and

residents of the facility.

The activity began with a heartwarming act of service. The members of the Bulalayao Organization, an LGBTQIA+ organization, provided haircuts to all elderly residents. This gesture improved their appearance and served as a symbol of respect and care.

There was also a lively socialization celebration that took place which featured performances by two talented residents. The event became more vibrant through a community dance where participants of all ages joined together in a shared

experience of joy and unity.

As a token of appreciation for the elderly residents, the UNP team distributed hygiene kits and grocery items. The smiles on the faces of the recipients spoke volumes about the impact of this gesture.

The staff of Balay Taripato expressed their sincere gratitude to UNP for including them in the founding anniversary celebrations. They emphasized the importance of recognizing the wisdom of the elderly, who have played a crucial role in shaping the generations of today.





# EMO LEADS TREE PLANTING IN CAOAYAN

UNP personnel and students were joined by the residents in Pantay Tamurong, Caoayan for a tree planting activity that underscored the importance of environmental stewardship. Spearheaded by the Environmental Management Office (EMO), this event formed part of a University-wide extension initiative aimed at promoting sustainable practices throughout the province.

Leading the charge was Prof. Anna Liza V. Europa-Morales, director of the EMO, who not only organized the event but also served as the resource person, imparting her extensive knowledge on the significance of tree planting.

She highlighted the crucial role that narra trees play in the ecosystem. "Narra trees are not just symbols of our national heritage;

they're vital components of our ecosystem," Morales explained to the enthusiastic crowd.

"These trees will help sequester carbon, prevent soil erosion, and provide habitats for various wildlife species."

The activity brought together community members, students, and University faculty, all united by a common goal: to combat climate change and enhance local biodiversity. Participants were equipped with shovels and seedlings, ready to get their hands dirty for a greener tomorrow.

Many participants expressed their enthusiasm for being part of a collective effort to restore and protect the natural environment.

"It's not just about planting trees; it's about cultivating a sense of

responsibility toward our planet," one student volunteer said.

The event also served as a reminder of the broader University initiative that seeks to engage communities in environmental advocacy. By organizing such activities across various locations in the province, the University aims to foster a culture of sustainability and environmental consciousness among its students and residents.

As the day concluded, participants left not only with the satisfaction of having planted trees but also with a deeper understanding of their role in preserving the environment. With the narra trees now rooted in Pantay Tamurong, the community has taken a significant step toward a more sustainable future, one tree at a time.







# CGAD CONDUCTS SEMINAR ON GENDER, HEALTH

The Center for Gender and Development (CGAD) joined the UNP Community Outreach Program through a seminar on gender and health in San Julian Norte, Vigan City, Ilocos Sur on October 17, 2024. The activity is part of the memorandum of agreement with the Brgy. San Julian Norte held on May 3, 2024.

Prof. Cherry Banilad and Prof. Maricris Florendo, both faculty members of the College of Nursing,

were the lecturers of the said activity.

Since October is the National Breast Cancer Awareness Month, Prof. Florendo stressed on the signs and symptoms of breast cancer and the importance of regular mammograms and clinical breast exams.

Prof. Banilad discussed family planning as an effective method in cultivating quality life not only for

couples but also for children and society. It is also a significant contribution to the reproductive health field.

Moreover, it gives the right to the couple to decide freely and responsibly on the number and spacing of children and to attain the highest standard of reproductive health. The activity was participated by BHW, 4Ps beneficiaries, and solo parents.





# OSAS CONDUCTS EXTENSION ACTIVITIES AT TAY-AC ELEMENTARY SCHOOL

On October 17, 2024, the Office of Student Affairs and Services (OSAS) organized extension activities at Tay-ac Elementary School aimed at promoting health and education among students.

The first activity was a feeding program for kindergarten pupils, where Mrs. Precious Emerald Castillo discussed the importance of maintaining a healthy diet. Following the discussion, the OSAS team, including Mr. Joe Michael Esta, Mrs. Precious Lyn Cornejo-Babida, Mrs. Rowena Mamuad, and Mrs. Winselda Realin distributed nutritious breakfast meals to the children, with assistance from parents and teachers.

The second activity featured Project L.A.P.I.S., an initiative from the UNP Admission Services Office, which included a discussion on "Understanding Feelings and Staying Healthy" tailored for elementary pupils and their teachers.

Mrs. Cornejo-Babida emphasized that the pencils distributed during the event symbolize the hopes of these young learners in their pursuit of quality education. She reassured them that the University of Northern Philippines stands with them as they strive to achieve their dreams.

Ms. Jan Christiana Balans and Ms. Rain Alviar handed out the pencils to the pupils after the discussion, while the other pencils were provided to class advisers and the school principal for further distribution.







## BAC PROMOTES ENVIRONMENTAL STEWARDSHIP

The Bids and Awards Committee (BAC) of the University of Northern Philippines (UNP) recently organized a tree planting and coastal clean-up drive at Sitio Mindoro, San Sebastian, San Vicente, Ilocos Sur. This event was part of the broader community outreach initiative celebrating UNP's 59th founding anniversary, successfully bringing together BAC personnel and local community members in a shared mission to promote environmental stewardship.

The tree planting and coastal

clean-up activities are crucial for addressing pressing environmental challenges. Participants actively engaged in cleaning the coastline, and removing debris and pollutants that threaten marine ecosystems. Additionally, the tree planting initiative aimed to enhance local biodiversity and combat climate change by increasing green cover in the area.

This outreach effort raised awareness about the importance of protecting marine life and encouraged sustainable practices

among participants. The event also highlighted UNP's commitment to fostering community involvement and environmental responsibility.

Through such initiatives, UNP not only contributes to ecological sustainability but also strengthens community ties, inspiring collective action towards a healthier environment for future generations. The success of this event underscores the importance of collaboration in addressing environmental issues.





# GUIDANCE OFFICE STRESSES ANTI-BULLYING, MENTAL WELLNESS

The Guidance and Counseling Services and Information and Orientation Services, in collaboration with the Master of Arts in Guidance and Counseling (MAGC) program, focused on anti-bullying and mental wellness in their comm unity outreach as part of UNP’s 59th founding anniversary.

The office held its activity at the Immaculate Conception Minor Seminary, Ayusan Sur, Vigan City, Ilocos Sur.

Dr. Eva Marie C. Avila, director of Quality Assurance and professor in the MAGC program, led the team of facilitators including Mrs. Glenny Angellica B. Barrientos, Ms. Krystal Gale D. Senica, Ms. Pauline Yanssen G. Martinez, Ms. Charlene T. Calbero,

Mr. Jun Cesar T. Cortez, and Ms. Eden A. Ulep.

The team was warmly welcomed by Rev. Fr. Erwin E. Echalas, Rev. Fr. Pee Jay A. Bello, and over 60 minor seminarians.

During the event, Dr. Avila discussed that the extension activity is part of the continuous collaboration between UNP and the ICMS community.

Ms. Senica addressed bullying prevention, focusing on the key roles involved, its negative impacts, and strategies for intervention when witnessing bullying incidents.

Mrs. Barrientos discussed mental health, highlighting warning signs, protective factors, and risk factors associated with mental well-being.

She concluded her discussion by providing practical mental health tips for the seminarians to implement and share.

In his opening remarks, Rev. Fr. Echalas captured the essence of the extension activity by describing it as “enlarging your tents.” This metaphor signifies UNP’s commitment to expanding its support for the seminarians and the ICMS community, echoing the message from Isaiah 54:2: “Enlarge the place of your tent; stretch your tent curtains wide, do not hold back; lengthen your cords, strengthen your stakes.” This reflects both an invitation to grow in service and a call to embrace a broader community.







# CBAA PROGRAMS UNITE FOR BUSINESS, FINANCIAL, ENVIRONMENTAL INITIATIVES

The College of Business Administration and Accountancy (CBAA) at the University of Northern Philippines launched a series of environmental and financial literacy initiatives, empowering communities and promoting sustainability. Through various programs, CBAA faculty and students demonstrated their commitment to responsible stewardship, holding workshops and spearheading coastal clean-up activities in key locations across Ilocos Sur on Thursday, October 17, 2024.

The Organization of Business Administration Students (OBAS), led

by its Adviser Mr. Jhoninno A. Serdenia and Governor Mr. Marvil T. Cortez, hosted a seminar focusing on investment strategies, teamwork, empathy in the modern world, and entrepreneurial skills. The event aimed to equip students and participants with valuable knowledge to thrive in today's competitive business environment at Pudoc, San Vicente, Ilocos Sur.

Following the seminar, OBAS spearheaded a coastal clean-up drive, with active participation from both the organization's officers and faculty members of the college, including Mr. Reymart Regua, Ms.

Romelyn Remular, Ms. Arlette Dian Real, Mr. Marvin Keith Sosa, Mr. John Wilbert Madriaga, Ms. Marie Lou Mejares, and Ms. Joedethe Rabara. Their combined efforts demonstrated a shared commitment to environmental sustainability and community service.

The Bachelor of Science in Business Administration – Financial Management (BSBA-FM) program, through its student organization, the Junior Bankers' Association (JBA), led a financial literacy training workshop in Pantay Fatima, Vigan City.



Guided by key faculty members, including Dr. Ace A. Ferrer (program head), Dr. Nathalie P. Almero (Assistant Dean for Graduate Programs), and core faculty members Ms. Jonah Via C. Pecho, Ms. Michelle M. Pacpaco, Mr. Engelbert Casimiro, Ms. Katherine A. Rabbon, Dr. Ana Leah A. Alconis, Ms. Via H. Leal, and Mr. Heiyan Von P. Lappay, the JBA focused on equipping community members with essential financial management skills.

Meanwhile, the Bachelor of Science in Cooperative Management (BSCM) program, through its Cooperative Management Students' Organization (CMSO), engaged in environmental stewardship activities in San Sebastian, San Vicente.

The students planted trees and led a coastal clean-up, working with residents to foster a culture of environmental responsibility. This outreach was organized by program head Dr. Melvin S. Laureta, with support from Dr. Eileen Rose Q. Paculan (extension coordinator), Dr. Shareen A. Navarro, Ms. Illah Diva R. Faypon, Mr. Michael Anthony B. Agustin, Mr. Joshua D. Puller, and Mr. Ralph Buccat, core faculty members of the program.

Simultaneously, the Bachelor of Science in Accountancy (BSA) program, under the leadership of program head Ms. Mary Ann R. dela Cruz, conducted a seminar on Financial Accountability and Transparent Governance in Manueva, Santa, Ilocos Sur. Faculty members

Mr. Kelvin Charls A. Abella, Mr. Mark Louie P. Battad, Mr. Mac Kerwin P. Lim, Mr. Geofed John M. Ngayaan, Mr. Jayson R. Rapisura, Mr. Roberto E. Regala, and Ms. Joy Eulalia V. Ugale also played a key role in ensuring the success of this activity.

The CBAA's collaborative efforts were met with overwhelming gratitude from the communities involved, who expressed their appreciation for the programs. Local leaders highlighted the positive impact of these initiatives, affirming their commitment to continue working with the CBAA in future sustainability efforts.

# BSBA-HRDM PROGRAM DELIVERS CONSULTANCY ACTIVITY TO BALUARTE ZOO FOUNDATION

The College of Business Administration and Accountancy (CBAA) through its Bachelor of Science in Business Administration–Human Resource Development Management (BSBA-HRDM) program, conducted a consultancy session with the Baluarte Zoo Foundation on October 17, 2024. This initiative aimed to enhance the zoo's human resource management practices, offering strategic guidance and support.

The extension service was spearheaded by Dr. Princess Neptalia R. Quebral, HRDM program chair, with coordination from Dr. Eileen Rose Q. Paculan, the college extension coordinator. The consultancy team included key

faculty members Dr. Glenn Paul Briones, Mr. John Wilbert P. Madriaga, and Mr. Richard Paul Martin, who all played pivotal roles in assessing and addressing the zoo's human resource challenges.

The Human Resource Students' Association of the Philippines (HRSAP)–UNP Chapter actively participated in the event, with all officers assisting in the facilitation of the consultancy activity.

Mr. Emman Trevor A. Quilala and Mr. John Paul Robert T. Marzan also contributed to the consultancy by documenting the event and facilitating various aspects of the service.

During the activity, participants were briefed on the fundamentals of effective human resource

management. Dr. Quebral led a comprehensive inquiry into the zoo's existing HR practices, fostering an engaging exchange of ideas between the consultants and the zoo's staff. Key findings from the discussions were synthesized, and actionable recommendations were provided by the consultants.

One participant expressed appreciation for the consultancy, stating, "The activity was instrumental in addressing unresolved HR issues within our foundation."

This partnership reflects the CBAA's commitment to extending its expertise beyond academia, contributing to the improvement of organizational practices within the community.







# CTE EXTENDS COMMUNITY SERVICE

The College of Teacher Education's undergraduate and graduate programs extended community services in their adopted schools in adherence to the University-wide community outreach program.

The BSEd, MA Teaching English, MA Teaching Filipino, and MA Mathematics Education faculty, together with the BPEd faculty and student-leaders, spearheaded an extension program at Ag-Agrao National High School (ANHS), Sta. Maria, Ilocos Sur on October 17, 2024.

The activity aimed to help integrate artificial intelligence (AI) in teaching and innovative assessment tools in learning and reintroduce Laro ng Lahi. A breakout session immediately followed the opening program. For the students, Dr. Matilde Concordia led a hands-on lecture on Laro ng Lahi at the school gymnasium, which was facilitated by BPEd faculty and PADDEC members.

For the ANHS faculty, Dr. Jamaica V. Garcia introduced varied free AI tools and cautioned participants on the ethical considerations of AI usage. Dr. Mark Angelo Reotutar discussed Integrating innovative assessment tools in teaching, and Dr. Novelyn T. Barcena presented relevant studies on "Teacher-Talk."

Meanwhile, the Bachelor of Elementary Education (BEED), Master of Arts in Education (MAED), Doctor of Education (EdD), Bachelor of Early Childhood Education (BECED), and Bachelor of Special Needs Education (BSNED) joined forces at Salindeg Pong-ol Baracca Elementary School to implement the Project Dur-as: Reading Literacy Program. A diagnostic test for Grade 1 and Reading Literacy Program for Grades 2 to 6 were conducted.

The Master of Arts in Education and Doctor of Education facilitated a retooling session for elementary teachers. Dr. Luzviminda P. Relon, director of the Instruction and Faculty Development Office of UNP, and Dr. Edmar M. Paguirigan,

Coordinator of Research Publication, served as the resource speakers with their topics on innovative teaching strategies and game-based collaborative learning, respectively. In a research dissemination session, faculty members, including Dr. Eleuteria R. Pacpaco, Dr. Rainalda T. Rambuyon, Dr. Leilani R. Racquepo, Dr. Wendelyn R. Talbo, and Dr. Glenda R. Rabanal, presented their research to the school's teaching staff.

Moreover, the Master of Arts in Technology and Livelihood Education, major in Home Economics (MATLE-HE), in partnership with the Bachelor of Technology and Livelihood Education (BTLED) and Bachelor of Technical-Vocational Teacher Education (BTVTED) programs, initiated an activity at the Bungro-Margaay Elementary School, Bungro Cabugao, Ilocos Sur. The said event was participated by the faculty and students of the three programs, the teachers and pupils of the said school, and the residents of the said community, represented by the barangay officials.

One activity in the said extension program was the seminar-workshop on marketing, sales, and finance on seaweed pokpoklo ice cream. This was spearheaded by Dr. Jeanina B. Batin, MATLE-HE program head, and facilitated by her faculty and students.

Research dissemination sessions were also delivered by the following faculty: Dr. Rozen C. Villa for malunggay mushroom siopao, Dr. Efren U. Galapon on synergistic integration of free-range chicken on the pest management of ampalaya farming; Dr. Jojit D. Aquino on the development of a hybrid charge controller and development of an op-amp based single axis solar tracker, and Dr. Corazon G. Pardo disseminated her research on students' understanding of climate.







# COE, PAGSANAAN SUR JOIN FORCES FOR MARINE CONSERVATION

On October 17, 2024, Pagsanaan Sur in Magsingal, Ilocos Sur hosted the UNP College of Engineering for a series of extension activities aimed at enhancing community engagement and development.

The event commenced with the renewal of a Memorandum of Agreement (MOA) between UNP and the local community. This agreement formalizes their ongoing partnership for collaborative extension programs designed to benefit both parties. Brgy. Capt. Erwin Atayan signed the MOA on behalf of Pagsanaan Sur, with Kagawad Henry Umnas as a witness.

Dean Nelia Verzosa represented UNP, accompanied by faculty members who also served as witnesses. This renewal highlights

the University's commitment to community development through educational outreach and shared initiatives.

Engr. Marjorie Barcena delivered an informative lecture focusing on waste management. She emphasized its vital role in environmental protection and public health, explaining that improper waste management can attract pests that contaminate food and lead to health problems.

She also provided practical advice on solid waste management techniques such as segregation, recycling, and proper disposal methods. She also discussed key provisions of Republic Act 9003, known as the Ecological Solid Waste Management Act of 2000, which

establishes a framework for waste reduction and sustainable practices in the Philippines.

Following the lecture, participants engaged in a coastal cleanup drive along the community's coastline. This initiative aligns with the advocacy for protecting marine life and supports sustainable development goal (SDG) 14, which focuses on the conservation and sustainable use of oceans and marine resources. The cleanup effort aimed to reduce marine pollution, which poses significant threats to marine ecosystems and biodiversity.

This series of activities emphasizes UNP's dedication to fostering strong community ties through education and practical environmental stewardship initiatives.





# ARKI'S COASTAL CLEAN-UP ADVANCES COMMUNITY OUTREACH GOALS

As part of the University of Northern Philippines' 59th founding anniversary celebration, the College of Architecture successfully led a coastal clean-up at Tamorong Beach, Santa Catalina, Ilocos Sur, on October 17, 2024.

The event, held under the UNP Community Outreach Program, was spearheaded by Dean Fatima Nicetas Rabang Alonzo, Assistant Dean Monserrat Stevens Pescador, College Extension Coordinator Maila P. Ragasa, Architecture Program Head Mon-crest A. Toje, and Environmental Planning Program Head Ludivina Lozano.

The initiative was supported by the faculty members, along with

student leaders from the College of Architecture-Atelier Council (CAAC), the Philippine Institute of Environmental Planners Student Auxiliary (PIEPSA-UNP Chapter), the United Architects of the Philippines Student Auxiliary (UAPSA-UNP Chapter), and the college publication *The Façade*. Community representatives from Santa Catalina also took part, further enhancing the collaborative spirit of the event.

The clean-up initiative addressed marine pollution, focusing on plastics and harmful debris that threaten ecosystems. Beyond preserving coastal biodiversity, it promoted environmental awareness and responsible waste management.

The event's success was reflected not only in the physical clean-up but also in upholding community collaboration and shared responsibility for the environment. The College of Architecture's leadership emphasized sustainability, while student and faculty involvement highlighted the role of the University in driving positive change.

This effort contributes to climate action by protecting marine ecosystems and preserving coastal areas, reinforcing the College's commitment to sustainability and environmental advocacy for future generations.







# CCIT CARES MARKS UNP's 59<sup>th</sup> ANNIVERSARY WITH OUTREACH, SUSTAINABILITY EFFORTS

To address the need for modern infrastructure, promote environmental awareness, and enhance learning experiences, the faculty members of the College of Communication and Information Technology (CCIT) and students from the BLIS program conducted an outreach activity at Caellayan Elementary School in Cabugao, Ilocos Sur, on October 17, in

celebration with the 59th Founding Anniversary of UNP. Key activities included providing technical assistance for the maintenance of the school's network infrastructure to ensure robust digital learning resources. Project Libre also established a library reading park that promotes literacy and lifelong learning within the community.

A tree planting and cleaning drive was also done. As part of the biodiversity efforts, 30 narra seedlings were planted, highlighting the event's commitment to environmental sustainability and educational progress. The dean and assistant dean of CCIT, along with 25 faculty members and 11 BLIS students, participated in the extension activity.



# CCJE LEADS BLOOD DONATION, TREE PLANTING

As part of the celebration of the 59th Founding Anniversary of the University of Northern Philippines, a simultaneous extension activity was conducted by the different units and offices of the University.

The College of Criminal Justice Education, headed by Dr. Sina C. Bestre, with the assistance of Dr. Edwin Q. Cerna (extension coordinator) and all faculty members and staff, organized an activity entitled “Blood Donation cum Aftercare and Plant a Tree Be a Hero Today.” These were the identified

needs based on the results of the needs assessment survey conducted in the College’s adopted community, San Julian, Bantay, Ilocos Sur.

Students from the Bachelor of Science in Criminology and Master of Science in Criminal Justice programs engaged in the aforementioned activity, with their counterparts including the residents, barangay officials, and barangay health workers.

These activities generally aimed to meet the barangay’s primary

objective, which is to collect numerous blood products that can help save multiple lives and to nature conservation through the planting of trees, a major forest restoration program.

Moreover, another objective is to preserve and restore forests worldwide to mitigate the interconnected problems of biodiversity loss and climate change.







# CHS HOLDS THREE EXTENSION ACTIVITIES

The College of Health Sciences gave its fair share to the community outreach program as part of UNP's 59th foundation anniversary by holding three extension activities.

The BS Midwifery faculty organized an extension activity titled "Building Resilience in Adolescence: Addressing Teenage Pregnancy, Juvenile Delinquency, Sibling Rivalry, Peer Pressure, Gender Dynamics, Familism, Mental Health, and Cultural Challenges." It was held at Basug National High School (BNHS).

The activity was organized by Dr. Romelia Tamayo (CHS Research Coordinator) and Dr. Gerald Caesar de Peralta (faculty member). Participants included the students from BNHS, who actively engaged with the experts and speakers throughout the event.

The speakers and their topics were Prof. Joussie B. Bermio (teenage pregnancy), Ms. Jovie Mae Adversalo (juvenile delinquency), Asst. Prof. Geraldine Palomares (sibling rivalry), Asst. Prof. Teodora Rita Soliven (peer pressure), Asst. Prof. Venerand Dela Cruz (gender dynamics), Mr. Bherth Keane Pugarad (familism), Asst. Prof. Irene Melanie G. Gerona (cultural issues in adolescent development), and Mr. Mario Contaioi Jr. (mental health awareness).

The activity equipped the BNHS students with practical knowledge and strategies to better understand and cope with the various social, emotional, and psychological hurdles they face.

Another was "Helminthiasis Surveillance II and Training on Basic Hygiene," conducted at Villamar Elementary School in Caoayan, Ilocos Sur. This event was organized by the BS Medical Laboratory Science (BSMLS) program, in partnership with the Philippine Association of Medical Technologists (PAMET) Ilocos Sur Chapter, the Philippine Red Cross (PRC) Ilocos Sur Chapter, and Naval and Military Lodge No. 3678.

The primary objective of the extension activity was to address the issue of helminthiasis, a widespread problem affecting schoolchildren in the area. To achieve this, fecalysis was conducted on stool specimens collected from Grades 1, 2, and 3 pupils of Villamar Elementary School. It aimed to identify and document cases of helminth infection among the pupils and take appropriate measures based on the findings. In addition to the medical aspect of the program, the event also aimed to educate the children on basic hygiene practices,

with a focus on handwashing, to prevent future infections.

Last was the activity of the BS Emergency Health Services program which was a workshop on herbal medicine. The initiative focused on educating residents of Caparacadan, Caoayan, Ilocos Sur about the use of locally available medicinal plants.

Through a hands-on workshop and field-based learning, participants are trained in sustainable harvesting methods, preparation techniques, and the proper dosages for various ailments. This knowledge is crucial for communities with limited access to modern healthcare, providing a natural, cost-effective alternative for managing common health issues like colds, digestive problems, and minor injuries.

This holistic approach aims to create a balanced healthcare system that respects cultural heritage while offering scientifically validated treatments. Beyond the immediate health benefits, the program is also designed to promote environmental sustainability.

Participants are taught sustainable harvesting practices to ensure that local plant populations are preserved for future generations.



# CFAD VISITS STO. TOMAS SCHOOL

Government-owned buildings feature limited space that serves multiple purposes and functions. A workspace should be functional as well as maximize its best potential. However, it should be arranged in a way that is conducive to working and is organized properly.

Moreover, the surroundings of the educational institution should also be considered in terms of conduciveness. The environment should have good air quality and should create temperatures that are suitable for learning.

The College of Fine Arts and Design, together with the Office of the Vice President for Research and Extension, again extended services to Sto. Tomas Elementary School in making the school conducive for learning.

The activity assessed the interior spaces of the school buildings and consulted the benefactors about what is needed in the classroom. It also aimed to propose solutions that address their needs for future extension activities.

The CFAD faculty also planted

trees that may benefit the school in the future by enhancing the temperature of the environment and providing shade and fresher air for the community. They also installed a net cover for the learning center of the school.

The activity is in support of Project Singising of the University.







# LAW STUDENT PRACTITIONERS INITIATE FREE LEGAL AID

In line with the mission to serve the community and uphold justice, the University of Northern Philippines College of Law through its Legal Clinic and Clinical Legal Education Program (CLEP) organized the Free Legal Aid activity for the residents of San Julian Norte, Vigan City on October 17, 2024.

In collaboration with the Integrated Bar of the Philippines-Ilocos Chapter (IBP), this initiative served to extend legal

assistance and address a range of legal concerns of the residents and at the same time provide an immersive, practical learning experience for law students as they interact with real clients and handle cases.

The Legal Aid Program was spearheaded by law student practitioners under the CLEP, with the supervision of the CLaw faculty and lawyers from the IBP, namely: Atty. Chino De Leon and Atty. Jenny

Marie de Leon.

The program is a concrete expression of the UNP College of Law's commitment to providing community service and legal education, especially to the marginalized and underserved community members.



# CPAD EMPOWERS NAGCULLOOBAN THRU EDUCATION, ENVIRONMENTAL STEWARDSHIP

In celebration of its 59th founding anniversary, the University of Northern Philippines organized a community outreach program on October 17, 2024, to strengthen its connection with local communities. The College of Public Administration visited Nagcullooban, Sinait, Ilocos Sur, its partner community.

A tree-planting activity and voter education lecture were conducted under the theme “Botosmo, Bilegmo: Mangitunda iti Panagbalbaliw ti Biag ken Pagiliantayo.” The event brought together the barangay and Sangguniang Kabataan officials and residents, headed by Punong Barangay Eduard I. Eugenio.

Dr. Joselito D. de la Rosa, CPAd Dean, led the tree-planting activity, encouraging residents to contribute to environmental sustainability. Following this, Ms. Ivy C. Cariño

delivered an environmental awareness lecture, emphasizing the importance of responsible ecological practices.

Meanwhile, Dr. Abelardo A. Anicas, BPA program head, also discussed youth participation in the electoral process. He noted that the youth have the biggest population and contribution during elections and that they should exercise their rights to vote and be the voice of change in the community. He also encouraged the youth to actively involve themselves and participate in different programs and activities in line with the preservation of the integrity of the youth in politics and leveraging their voices during elections.

“Ang Fake, Fake Mo! How to Detect Fake News” was discussed by Dean de la Rosa. He emphasized the rampant spread of fake news in

social media, most especially that the 2025 election is coming. He also shared tips for avoiding fake news like evaluating the source of the news or information, whether it comes from an authentic and reputable source or not. He encouraged everyone to be vigilant against the spread of fake news, disinformation, and misinformation.

Dr. Alma C. Somera, the extension coordinator, extended her words of gratitude to the participants and assured them that there will be more activities to be conducted in Nagcullooban as the partner community of the College.

Also present during the outreach program were members of Bullalayaw Inc., a voluntary organization headed by Mr. Raimundo Arce. Members provided free haircuts to the members of the community.





# CN HOLDS FOUR EXTENSION ACTIVITIES



Eager to extend their expertise on health to communities, the College of Nursing faculty held four extension activities in four separate locations. This is part of the community outreach program for the 59th founding anniversary of the University of Northern Philippines.

The first one was titled “Health and Wellness for All: A Health Education of Mothers in Proper Food Preparation & Training of Children on Basic Hand and Oral Hygiene cum Maintenance of Herbal Garden” in Napo, Sto. Domingo Ilocos Sur.

Nine daycare students were taught and shown how to do proper handwashing and good oral hygiene. Faculty members Fe T. Tuzon and Marjorie F. Joven led the event. Additionally, food preparation practices and the revitalization of the herbal garden were led by faculty members Loraine R. Ramos and Gerardo F. Joven. With them were Brgy. Capt. Candido Quinto and child development worker Roshelle A. Tactay.

Meanwhile, in San Julian, Bantay, the activity was titled “Nurture Life: Participation in Blood Letting, Tree Planting, and IEC Material Utilization on Hypertension and Post Blood Donation Care,” made possible with the cooperation of the KAWANIS group.

The extension activity aims to promote health and wellness through blood donation, raise hypertension awareness, and ensure post-donation care while fostering environmental conservation through tree planting.

The extension activity began with bloodletting, where criminology students participated as blood donors. Faculty members April Ann F. Flores and Laurence A. Adena, along with nursing students, assisted in taking vital signs, and flyers about the advantages of blood donation and what to do before and after were distributed.

Also, a simultaneous lecture on understanding hypertension was facilitated by professors Edna R. Javier and Epifania Marlene R.

Purisima. The lecture covered key signs and symptoms such as headaches and dizziness, as well as prevention strategies like a healthy diet and regular exercise and management techniques including lifestyle modifications and medication adherence.

As part of its ongoing commitment to community engagement and environmental sustainability, tree-planting was also done, led by professors Claudine Cecilia H. Almachar and Marichu N. Umayam.

In addition, Care Project-Kired Pakinakem (Psychological Wellness) Training on Stress Management among Women and a Lecture on Anti-Stigma of Persons with Disabilities cum Nutritional Feeding was also held in Shelterville, Vigan City.

Twenty-three beneficiaries for the discussion and lecture on stress management and its interventions, as well as on the anti-stigma on Persons with Disabilities (PWD). Together with the feeding program activity, 26 children participated in nutritional feeding.

Lectures by faculty members Mark Allan Verina, Christine Therese Tejada, and Richmond Audrey Cortez dealt with stress management, interventions for minimizing exposure to stress, and anti-stigma among persons with disabilities (PWD). A masseuse and a masseur were also invited to discuss and share simple ways of doing relaxation massage. A feeding activity was initiated.

Lastly, training on proper breastfeeding techniques and health education on breast cancer prevention was also done. Aside from the CN faculty and students, Mayor Edgar Rapanut and Municipal Health Officer Mary Christine Villar were also present.

Faculty members Fritchey Forneas, Mary Juli-An Taylor, and Rhea Golden Savella discussed proper breastfeeding techniques, breast self-examination, and breast cancer prevention, respectively.





# CTECH HOLDS TWO PROGRAMS FOR COMMUNITY OUTREACH

The College of Technology, under the leadership of Dean Dr. Julius Moises S. Albalos, organized two extension programs as part of the community outreach program for UNP's 59th founding anniversary on October 17, 2024.

The first one was at the Sto. Tomas Elementary School, Sto. Domingo, Ilocos Sur, with Acting Head Teacher Glory Jane Acosta welcoming the team.

Led by Dr. Julius Moises S. Albalos, Dean, the program aimed to provide essential services and sustainable projects, with staff, students, and instructors showcasing their skills in electrical systems, domestic appliance servicing, and fabrication.

The program included a thorough

electrical wiring assessment, ensuring the safety of the school's outlets and wiring. CTech instructors also serviced electronic appliances like electric fans and computers, improving the school's equipment and learning environment.

Focusing on sustainability, the team built a compost pile frame, trash bin cages, and a shed for the school's water pump, enhancing infrastructure. This extension program highlighted the instructors' technical skills and their commitment to community service.

Meanwhile, the second one was at the Ilocos Sur Provincial Jail. This initiative aimed to equip inmates with practical skills and technical knowledge in air conditioning

systems, contributing to their rehabilitation through education. The trainers were warmly welcomed by Warden Raymond T. Tabios.

Led by Prof. Nelson Bajet from the Electrical Technology faculty, the program featured a lecture series covering the refrigeration cycle and key components of air conditioning systems. Following the lectures, participants engaged in hands-on activities, applying their new knowledge to real-world scenarios.

The activities demonstrated the College of Technology's commitment to community outreach, offering inmates valuable skills for personal growth and future reintegration into society.



# CSW HOSTS ECCD TRAINING SESSION

The College of Social Work conducted a synchronous extension activity in Suyo, Ilocos Sur on October 17, 2024.

CSW opted to focus on early childhood care and development (ECCD) workers, particularly on issues and concerns of efficient psychosocial functioning, and to encourage participants to deepen their sense of self-acceptance and self-worth to make them more adaptable or resilient.

Prof. Aurora Quero and Ms. Sheila De Vera discussed “My Person: My

Obligation.” Mr. Jay Ar Joshua A. Tolentino followed with his topic “My Person: My Vision.” The session was facilitated by Ms. Jezionelle Y. Punio (unit extension coordinator).

In addition to adult training, group dynamics for children were conducted by Ms. Jeanne-lyn Anicoche, Ms. Kristalyn Garcia, and Ms. Kristel Joy Abog under the theme “Bata-Bata, Handa Kana Ba?” This initiative aimed to provide children with opportunities for self-expression through art activities and socialization through group

singing and dancing.

The SMGP officers, led by Mr. Orlie Pascual, conducted a needs assessment for members of Puso ti Agtutubo to inform future community extension activities.

Additionally, a tree planting event was organized to promote environmental advocacy among students, supported by Prof. Melody Gacita, Ms. Lilibeth Castaneda, and Ms. Sheila Rose Adajar.







## STUDENT ORG GEARS UP FOR A GREENER COASTLINE

As part of the 59th founding anniversary of the University, the Young Vanguard of the Environment, an accredited student organization of the University under the BS in Environmental Science Program of the College of Arts and Sciences participated in the UNP Community Outreach Program in Brgy. San Sebastian, San Vicente, Ilocos Sur.

The organization took another step toward a more sustainable future by conducting a coastal clean-up, distributing flyers on solid waste management, and planting coconut trees along the coastal area

area of the said barangay.

The activity aimed to restore and preserve the natural beauty of coastal ecosystems by removing litter and harmful pollutants, raising environmental awareness, and promoting sustainable practices within the community through flyer distribution on proper waste management.

Additionally, the activity also aimed to support reforestation efforts, promote sustainability, help restore local biodiversity, improve air quality, and mitigate the effects of climate change. This aims to protect marine life, enhance public health,

and foster a sense of environmental stewardship.

The organization thanked the local government unit of San Vicente headed by Hon. Mayor Jonan D. Tabanda, Sangguniang Bayan Member Dra. Paula Cynthia Valencia (chair of the Committee on Health, Sanitation, and Environment), MDRRMC, San Vicente Coast Guard, PNP San Vicente, and Brgy. Capt. Reynaldo Riberal, together with the barangay officials of San Sebastian, San Vicente, Ilocos Sur for making this activity possible.





# UNP OPEN UNIVERSITY HOLDS LECTURE IN ISPPPO

The Open University of the University of Northern Philippines held a lecture on Investigative Report Writing and Presentation to the newly-designated Police Investigators of the Philippine National Police of Ilocos Sur on October 17, 2024 at the Ilocos Sur Police Provincial Office (ISPPPO) in Bantay.

Dr. Dolores Bersamina, Dean of the Open University, welcomed the participants and emphasized the importance of the acquisition of skills in the preparation, review, and

evaluation to ensure accurate, comprehensive, and legally admissible reports.

PCol Darnell Dulnuan, Provincial Director of the ISPPPO, underscored the importance of the activity to equip the newly designated Police Investigators to help police officers enhance their performance, especially on reporting that holds an immense value in law enforcement.

PMaj Rodel Ularte, Chief Administrative Resource Management Unit, expressed the rationale for the activity.

Mr. Johnny Allagadan Jr., UNP Information Officer, delivered the lecture. Following the lecture was a workshop where participants prepared sample reports which were critiqued by the lecturer and OU faculty Prof. Lorna Navarro, Dr. Wilson Tolio, and Dr. Loraine Madera, who were also present during the lecture.

The activity of the UNP OU is on account of its memorandum of agreement with ISPPPO in the celebration of UNP's 59th Founding Anniversary.







## CAS LEADS TREE PLANTING

The College of Arts and Sciences, through its Academic Programs, spearheaded the “Green Legacy: A Tree Planting Activity” in Raonis, Vigan City on October 17, 2024. This event is part of the College’s ongoing efforts to promote environmental awareness and contribute to the global goal of combating climate change by restoring green spaces within the community.

The tree-planting initiative aligns with several United Nations Sustainable Development Goals (SDGs), including SDG 13 (Climate Action) and SDG 15 (Life on Land), by supporting ecosystem restoration through the planting of native species such as *Pterocarpus indicus* (narra).

The initiative was carried out in

collaboration with the City Environment and Natural Resources Office (CENRO) of Vigan City and key student organizations, including the Students of Arts and Sciences Organization, the Biology Society, and the Young Vanguard of the Environment.





## LS HOLDS THREE OUTREACH ACTIVITIES

Three outreach activities were spearheaded by the Laboratory Schools of the College of Teacher Education as a share to the community outreach program of UNP's 59th founding anniversary.

A disaster risk reduction management training was held in Salindig, Vigan City, Ilocos Sur. Led by Mr. Glenn Aludino, Mr. Raffy Celedonio, and Mr. Jayson Burlaza, with support from Mr. Renz Vermil Ayson, the training equipped male participants with essential emergency response skills. Documented by Mr. Christian Domondon, the event underscored UNP's commitment to fostering safety and preparedness within the community.

A livelihood training on dishwashing liquid making was also held at the same venue. Ms. Arlene Kriszel Tabbuac and Ms. Rizza Agam, with the support of Dr. Anita Arlegui and Dr. Clarita Pere, shared their expertise, teaching female participants practical skills in making dishwashing liquid. The training aimed to empower the community with knowledge that can lead to sustainable livelihood opportunities. The event was documented by Mr. Christian Domondon and Mr. Lester Aaron.

Last was the "Tanim Para Sa Kalikasan: Ecology Project Mahogany Tree Planting" in Brgy. Sto. Tomas, Sto. Domingo, Ilocos Sur. The initiative, led by the University

Extension Office, focused on planting mahogany trees to support Sustainable Development Goals (SDG) 13 (Climate Action) and 15 (Life on Land).

The activity aimed to combat climate change and promote sustainable forestry by reducing carbon emissions and enhancing biodiversity.

Resource speakers, Ms. Melody Marquez and Mr. John Christian Bagasala, provided insights on global tree-planting efforts and the specific benefits of mahogany trees. Chief Girl Scout candidate Alayla Paris Barcena delivered the project rationale, emphasizing the significance of this eco-friendly initiative in restoring ecosystems and promoting environmental harmony.





# DMNS LEADS OUTREACH ON GENDER, CULTURE, SUSTAINABILITY

In celebration of the 59th foundation anniversary of the University of Northern Philippines (UNP), the College of Arts and Sciences, Department of Mathematics and Natural Sciences (CAS-DMNS) hosted an outreach program on October 17, 2024, in Daclapan, Cagugao. It was themed “One Coast, Many Voices: A Training Highlighting Gender Roles, Recognizing Cultural Connections, and Co-opting Horticulture Practices in Natural Resources Preservation.” The event sought to promote environmental conservation, gender equality, and cultural awareness within the community.

The Daclapan Elementary School students, as well as members of the Girl and Boy Scouts, participated enthusiastically in a coastal cleaning along the Daclapan shoreline, which marked the beginning of the day’s program. These young environmentalists worked alongside their parents to gather and dispose of waste, hence keeping the coastal environment clean and healthy.

The scouts’ participation demonstrated the importance of youth leadership and responsibility, while the presence of parents bolstered the communal spirit and

multigenerational commitment to environmental stewardship.

The second part of the activity included training workshops on sustainable practices and community empowerment. The first session, “Hydroponics for Sustainable Agriculture: A Hands-on Workshop on Soil-Free Farming,” was led by Dr. Alma B. Segismundo. It introduced the community to the practical way of producing plants without soil. This hands-on event taught participants how to set up hydroponic systems, providing a long-term solution to local agricultural difficulties while emphasizing the need for environmentally friendly farming practices.

The second session, “Empowering Communities: Exploring Gender Roles in Sustainable Waste Management,” was conducted by Dr. Denesse Jane G. Meresen. This session focused on how gender roles influence waste management practices, as well as the importance of inclusivity in environmental efforts. Dr. Meresen highlighted the crucial roles that both men and women play in managing waste sustainably and encouraged participants to view waste

management through a lens that values gender equity and community collaboration.

Cultural connections were recognized and explored throughout the event, with discussions about sustainable farming and resource management using local traditions and practices. The program’s comprehensive approach emphasized the cultural value of the local community’s interaction with the land and water, leading to a better understanding of how traditional knowledge may supplement modern sustainability techniques.

The event would not have been possible without the support of Mr. Gilbert A. Asuncion, Head Teacher of Daclapan Elementary School, as well as the active participation of the school’s parents, Parent-Teacher Association (PTA) officers, and PTA President Gretchen Somera.

The coastal cleanup and training sessions provided an excellent opportunity for participants to interact with both traditional and modern techniques, ultimately fostering a shared responsibility for environmental stewardship throughout the community.



# DSSP HOLDS TWO PROGRAMS FOR COMMUNITY OUTREACH

As part of the celebration of the 59th founding anniversary of the University of Northern Philippines (UNP), on October 17, 2024 the Department of Social Sciences and Philosophy (DSSP) conducted extension activities aimed at fostering social responsibility and community engagement.

One group visited the Ilocos Sur Community College (ISCC) in Bantay, where they held the event titled “I am Responsible: Cultivating a Conscious Social Ethic (Pulot na Basura, May Pulot na Pag-asa).” Targeting senior high school students, the program focused on environmental awareness and civic responsibility.

Dr. Arnel Doctolero, administrator of ISCC, praised the initiative during his address, urging students to embrace their roles as responsible citizens. “Your actions today shape the future of our country,” he emphasized, inspiring attendees to adopt a proactive approach to social issues.

Meanwhile, another group traveled to Barangay Dadaliquiten Norte in Sinait for an event called “Seas the Day: Volunteerism, Coastal Cleanup, and Voter Engagement.” The program, led by Atty. Ignatius Tablada and Atty. Christian Casildo, began with informative talks directed at barangay officials, emphasizing the importance of

environmental stewardship and civic participation.

Following the discussions, participants engaged in a coastal cleanup, demonstrating their commitment to protecting local ecosystems.

These activities not only highlighted the DSSP’s commitment to community service but also strengthened the bonds between the University and local communities. Through hands-on involvement and educational outreach, the department aims to cultivate a sense of social ethics among the youth, preparing them to take on active roles in society.





# SYNCHRONIZING SPRIT



## UNP SECOND - YEAR STUDENTS SHINE AT FIELD DEMO

 LARA ALIAHNA PASTOR

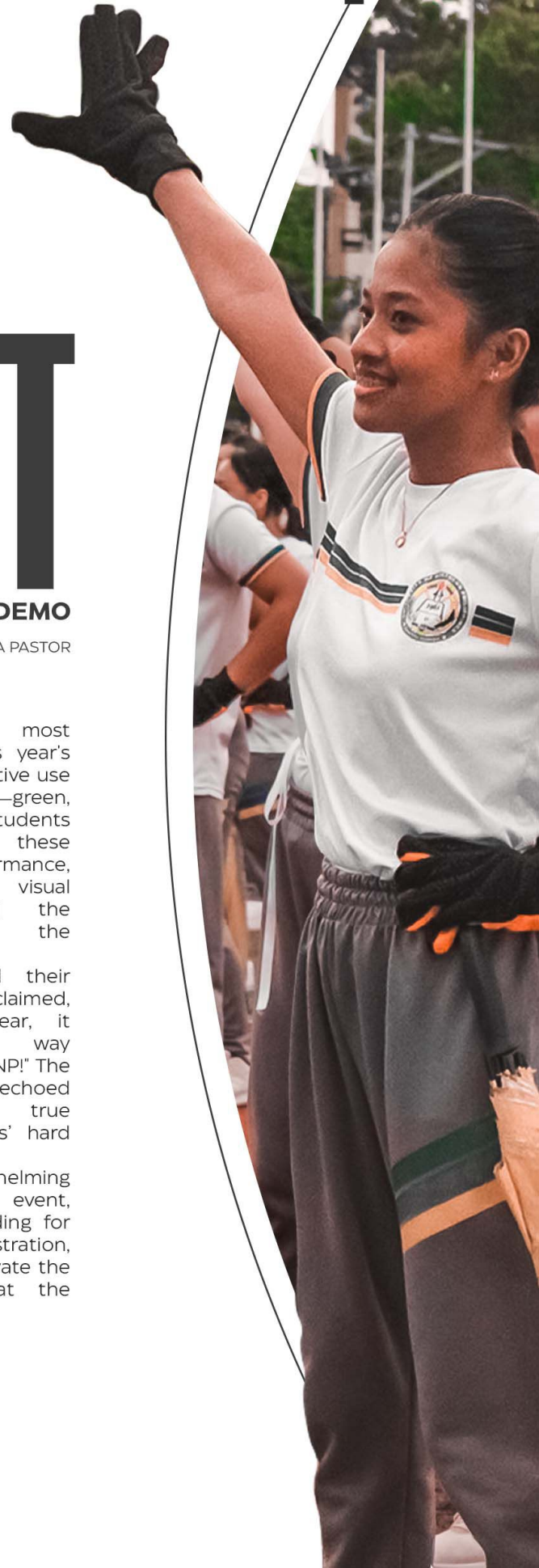
On October 11, 2024, the University of Northern Philippines (UNP) Grounds turned into a vibrant stage as 3,619 second-year students dazzled the audience for their much-anticipated field demonstration. Starting at 4:00 pm, this performance stood as one of the highlights of the opening program of Intramurals 2024, drawing the attention of students, faculty, and community members alike.

The atmosphere was thrilling, and from the very first execution, everyone was captivated by their performance that showcased not only the students' skills but also their spirit and creativity. This year marked the third consecutive field demonstration at UNP, and the evolution of the performances was really impressive. Each year, the Pathfit 103 students have continued to raise the bar, and 2024 was no exception.

One of the most remarkable aspects of this year's demonstration was the creative use of the university's colors—green, blue, and gold. The students seamlessly integrated these colors into their performance, creating a stunning visual palette that enhanced the overall impact of the performance.

As the students end their performance, the host exclaimed, "Oh my God! Every year, it gets better! What a way to showcase the colors of UNP!" The cheers from the audience echoed across the Oval, a true testament to the students' hard work and talent.

With the overwhelming success of this year's event, anticipation is already building for next year's demonstration, promising to further elevate the tradition of excellence at the university.









# CTE CLINCHES

## BACK-TO-BACK CHAMPIONSHIP IN ZUMBA DANCE COMPETITION

 MARIE CLAIRE MONTERO

Move your hips, follow the bat of the music, and dance in unison, as the different colleges exhibit their talent in dancing in the form of Zumba dance held at the University of the Philippines Gymnasium on The College of Teacher Education (CTE) made headlines by clinching the championship title in the Zumba Dance Competition held on October 18, 2024, during the University of the Philippines' 59th founding anniversary celebrations. This victory marked a remarkable

back-to-back win for CTE, showcasing their exceptional talent and dedication.

With vibrant costumes and dynamic performances, CTE outshone 14 other colleges, demonstrating not only skill but also teamwork and passion. Their choreographers, Aldrin Alvarez and Rodney Cadaoas, played a key role in guiding the dancers through challenges to deliver an outstanding show.

Mr. Aldrin Antolin Raping, President of the Professional &

Future English Teachers Association (Profeta), highlighted their competitive spirit, stating that their desire to maintain excellence propelled them to success. Full of conviction he stated, "Competitiveness from wanting to maintain our trajectory made us bring home the bacon." Mr. Raping said.

As the overall winners, the College of Criminal Justice and education placed fourth among the 14 colleges that participated the Zumba dance competition, followed by the College of Fine Arts and Design in third place, the College of Engineering in the second place, the College of Nursing in first place, and College of Teacher Education as the Champion.

This event not only celebrated dance but also fostered a sense of community and teamwork among the participating colleges, reinforcing the university's commitment to holistic education and student engagement.



 JOHN PATRICK ECAL  
THE RABBI PUBLICATION

 ERWIN BRYSSON BASCOS  
THE EDIFICE PUBLICATION





# UNIT IV SOAR TO VICTORY

**SECURING BOTH WOMEN'S AND MEN'S CHAMPIONSHIP IN BADMINTON FINALS**

GUIAH MAE CASTILLO

In a remarkable display of skill and teamwork, the unit IV CBAA Eagles triumphed over their opponents at the UNP Gymnasium Badminton Court, clinching the championship titles in both the women's and men's divisions. The tournament featured intense matches, with the Eagles demonstrating their dominance throughout.

In the women's division the CBAA Eagles faced the CN-CHS Unit I Dragon Hearts in the women's division, achieving a clean sweep. In Singles A, the Eagles secured an easy victory with scores of 21-3 and 1-2; and in Singles B, another strong performance followed, with scores of 21-7 and 21-4, leaving the Dragon

Hearts struggling to respond. In the Doubles Match, although unit I managed to win the first set 21-16, the Eagles quickly regained control, winning the next two sets 21-7, thus completing a clean sweep in this division.

The men's division was equally thrilling as the CBAA Eagles took on CHTM Flamingo. In Singles A, the Eagles continued their dominant form, winning both sets 21-8 and 21-12, showcasing powerful shots that left Flamingo unable to keep pace; and in Singles B, it also ended in a straight victory for the Eagles, with scores of 21-2 and 21-10.

In the Doubles Match, the most intense contest unfolded here. After

winning the first set 21-16, Unit IV appeared set for another easy win. However, CHTM fought back, taking the second set 21-18, which led to a deciding third set. In a nail-biting finale, unit IV edged out their opponents with a score of 23-21, securing the championship.

Both divisions showcased exceptional skill and sportsmanship, with the CBAA Eagles emerging as the standout team of the tournament. Their victories not only highlight their badminton prowess but also reflect their dedication and teamwork throughout the competition.



# RAGING WOLVES

## CLAWED TO VICTORY IN BENCH YELL COMPETITION

ALCHEA CLAY CYRUS A. LEONES

The UNP Intramurals 2024 kicked off with a bang as UNPians showcased their creativity and competitive spirit during the bench yelling competition held at the UNP Grandstand. While athletics events took the center stage, the bench yelling competition showcased participant's school spirit and pride in such a dynamic and entertaining way.

The UNIT VI Raging Wolves from the combined forces of CCJE, CSW, and CFAD took the top of the podium as they won the gold medal when it was announced on the closing program on the 12th of October, 2024 at UNP Gymnasium. Their cheerful roar of "Hindi magpapatalo, Raging Wolves", they cemented themselves as the top dogs of this year's competition, standing above the rest.

In addition to Unit VI's victory, the following units also stood out in the competition,

Unit VII COE (1st Runner-Up), Unit II CCIT (2nd Runner-Up), Unit X CAS (3rd Runner-Up) and

Unit I CN and CHS (4th Runner-Up).

These units competed fiercely, showcasing their unwavering pride in representing their respective colleges. This demonstrated the passion and dedication of each unit as they fought not only for the gold but also for the honor of their cherished colleges.

# UNIT I AND UNIT X

## SHARE SOFTBALL CHAMPIONSHIP TITLE IN THRILLING MATCH

LARA ALIAHNA PASTOR

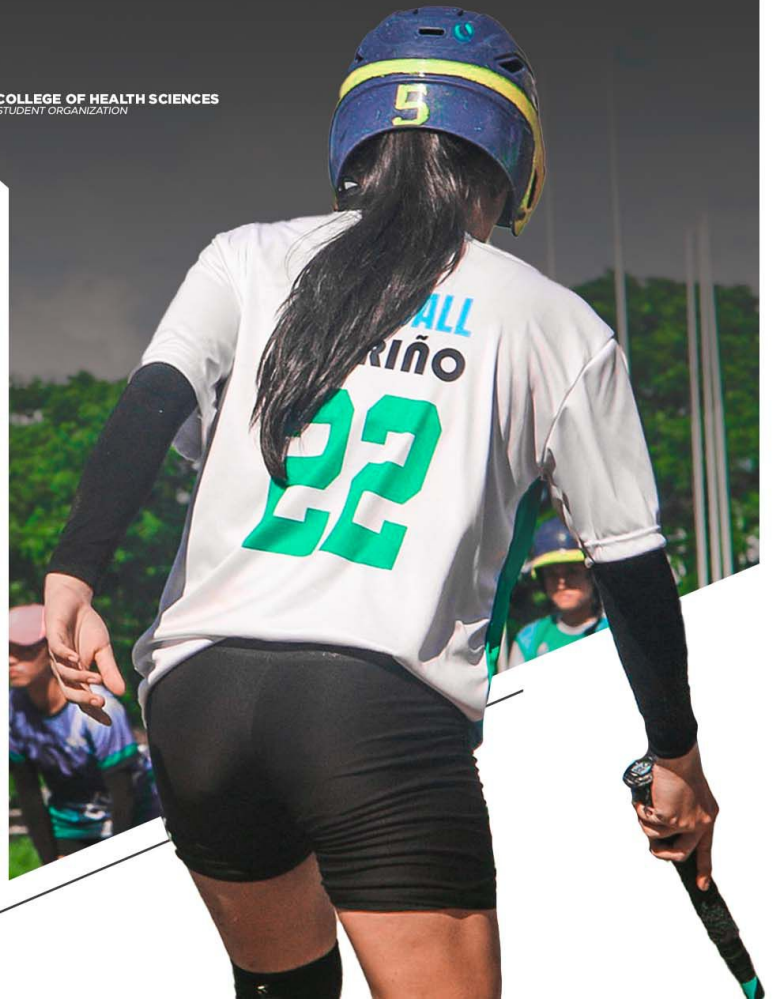
In a nail-biting softball final game that went down to the wire, Unit I and Unit X from College of Nursing/College of Health Science and College of Arts and Sciences emerged as co-champions, showcasing sportsmanship. The game, played at UNP Oval on September 16, 2024, was a testament to the dedication and talent of both teams.

The game was a tightly contested affair, with both teams trading blows throughout the matches with the score of 0-0 from the first three rounds. Ultimately, the

game ended in a tie, leaving both teams with a shared championship title. This outcome reflects the remarkable skill and determination of both Unit I and Unit X, who fought hard for the point.

On the other hand, Unit IV and Unit VI fought for 3rd and 4th place for this year's softball game. After the hot matches, Unit IV from College of Business Administration and Accountancy won the 3rd place while Unit VII, the college of Engineering got the 4th place with a score of 6-3.

COLLEGE OF HEALTH SCIENCES  
STUDENT ORGANIZATION







RX LADDER

# RAGING WOLVES

## SECURES GOAL OF VICTORY

EJEN GLENN TORDA

The Raging Wolves from the College of Criminal Justice Education conquered the field as they clinched the Eagles from the College of Business Administration and Accountancy in the championship rounds in the just concluded Football Men Intramural 2024 at the UNP Oval on October 17.

The championship match between CCJE and CBAA was concluded with a score of 1-0, securing the Raging Wolves the gold medal together with their coach, Mr. Arlan Reburon.

During the semis, the Raging Wolves, CCJE, defeated the Sting Rays from the College of Technology with a score of 4-1, making the Raging Wolf qualified for the championship match.

On the other hand, the Eagles, entered the championship match as they set the score of 3-0 between the Griffins from the College of Public Administration (CPAD) during the semis, resulting in the Eagles, falling as the first runner-up or silver medal.

Moreover, the losing team, the Griffins from the College of Public Administration secured the bronze medal, battling with the Sting Rays with a score of 2-1.

# SPIKING TWO

# GOLDS

## EAGLES MEN AND WOMEN TEAMS CROWNED VOLLEYBALL CHAMPIONS

ALCHEA CLAY CYRUS A. LEONES

Cuta Covered Court, Tamag, Vigan City – The CBAA Eagles volleyball teams soared to victory, capturing gold medals in both the Men's and Women's championship matches.

The Women's team of the CBAA Eagles, coached by Ms. Joedette Molina Rabara and Dr. Princess Neptalia Quebral, clinched a dramatic 2-1 victory over Unit X, the CAS Red Tigers, on October 17, 2024. Both teams showcased remarkable skill and determination, but it was the Eagles' ability to rally in crucial moments that sealed their hard-fought win.

In the Men's division, the CBAA Eagles, coached by Dr. Gilbert Valdez

and Ace Ferrer, also triumphed, defeating Unit VII, the CoE Jaguars, to secure their gold medal. The Jaguars pushed the match to a nail-biting third set, with a score of 25-18, earning the Jaguars on the other hand a well-deserved silver medal.

The enthusiasm and fierce competition of the intramural games were on full display, with all teams showing incredible heart and dedication. On the road to the championship, every unit fought for gold, but the CBAA Eagles ultimately prevailed in a memorable volleyball match, thanks to their perseverance and teamwork.



CBAA BIZNEWS



# CBAA EAGLES TRIUMPHS IN SEPAK TAKRAW WOMEN'S CHAMPIONSHIP, COE JAGUARS ROAR TO MEN'S TITLE

ALTHEA V. RECIGURADO

The UNP Intramurals 2024 Sepak Takraw Championship concluded with thrilling victories for the College of Business Administration and Accountancy (CBAA) unit IV Eagles in the women's category and the College of Engineering (COE) unit VII Jaguars in the men's category.

The CBAA Eagles showcased their dominance on October 11th at the Founder's Plaza, claiming the women's title with impressive

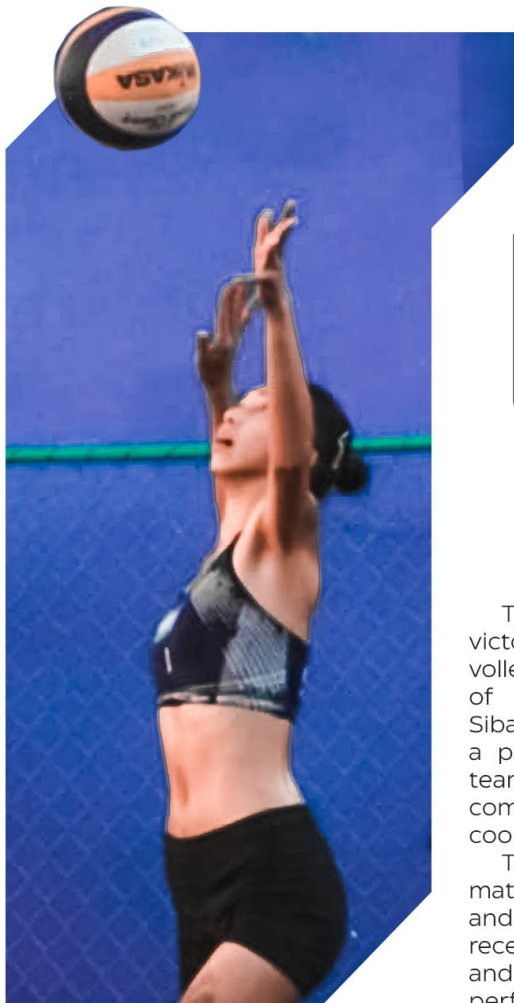
teamwork and skill. Their victory was a testament to their dedication and training, leaving their opponents in awe.

The COE Jaguars followed suit on October 16th at the Founder's Plaza, roaring to victory in the men's category. Their powerful play and strategic manoeuvring secured their championship, highlighting the strength and coordination of the team.

Both teams demonstrated the true spirit of Sepak Takraw, embodying unity, discipline, and unwavering focus throughout the competition. The cheering and applause of their supporters echoed across the field that fuelled the players' determination. The championship was a testament to the dedication and passion for the sport within the UNP community.







# UNIT XI AND UNIT VI TRIUMPHS

## IN BEACH VOLLEYBALL CHAMPIONSHIP SHOWDOWN

 KATEHON B. BISCARRA

The unit XI of CHTM emerged victorious in the women's beach volleyball tournament with a display of skill and teamwork. Roxanne Sibayan and Kimberly Taneza formed a partnership that propelled their team towards success in a competition by showcasing superb coordination and strategic acumen.

The women's championship match was truly exciting as Sibayan and Taneza emerged victorious and received praise from the audience and fellow competitors for their performance on the court after

overcoming challenging opponents, along the way.

Unit VI clinched the championship, in the men's division with a show of teamwork and skill by Leo Vicera and his teammates, Charles Bagarino, Ram Lacaden and Joerel Ramirez, from CCJE, CPAD and CSW in a joint effort.

The beach volleyball championships showcased the skill and teamwork of the players while also promoting a sense of unity and fair play, among the teams involved in the event.

# CBAA EAGLES

## DEFEAT DRAGON HEARTS IN BASEBALL CHAMPIONSHIP

 KARYLLE GOROSPE PILAR

The Unit IV CBAA Eagles delivered an impressive performance, winning the Intramural Baseball Championship with a dominant 16-1 victory over the Unit I Dragon Hearts on October 18, 2024, at the University of Northern

Philippines Oval.

The game began with the Dragon Hearts struggling to find their rhythm, quickly leading to a series of outs. The CBAA Eagles capitalized on this, with Mark Angelo Tababan hitting first and John Carlo Barcena

bringing in the first run.

The Eagles ended the first inning with an 8-point lead. In the second inning, the Dragon Hearts managed to score their only point through Fuerte. However, the CBAA Eagles continued to dominate, highlighted by Aldrin Salviejo's home run and additional runs from Barcena's hits. The game concluded with the Dragon Hearts unable to keep pace, leading to their surrender in the bottom of the second inning.

Rey Anthony Vecina, CBAA Coach, praised his team's strategy and mental preparedness, stating, "Their presence of mind and endurance were key in this game." Despite their loss, the Dragon Hearts secured first place, followed by the Stingrays in second place and the Jaguars in third.



# UNIT VIII WOMEN'S AND UNIT IV MEN'S SWIM TO VICTORY AS CROWNED CHAMPIONS

**K** KATEHON B. BISCARRA

The annual swimming league concluded with impressive performances from various colleges, showcasing the talent and dedication of student-athletes, held

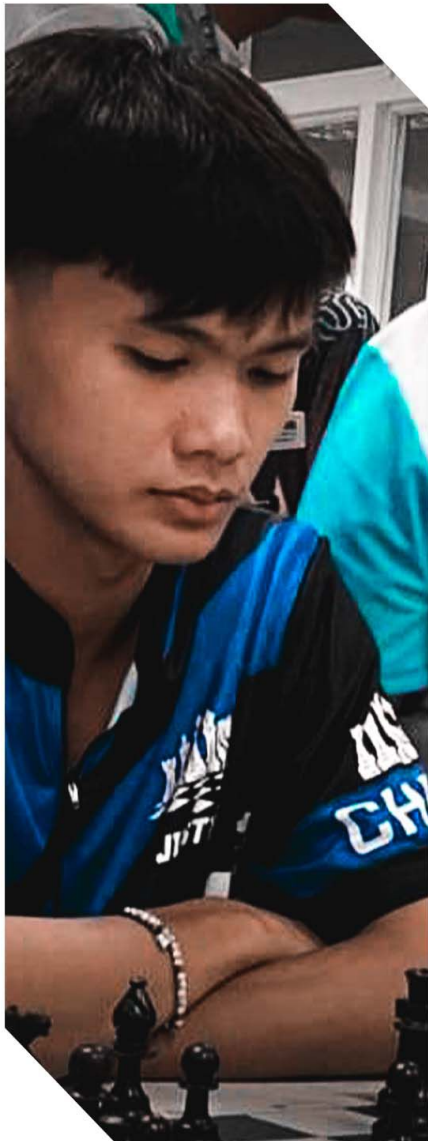
the Quirino Stadium on October 17, 2024. In the women's category, Unit VIII from the College of Teachers Education and Laboratory School emerged as the overall champion, demonstrating exceptional skill and teamwork throughout the competition.

The men's category saw a fierce contest, with Unit IV from the College of Business Administration and Accountancy claiming the championship title. Their outstanding performances in various events contributed to their success, highlighting the competitive spirit

and athletic prowess of the participants.

The swimming league not only provided a platform for students to showcase their abilities but also fostered camaraderie and sportsmanship among the colleges. Both champions will be celebrated for their achievements, setting a high standard for future competitions.

As the event wraps up, anticipation builds for next year's league, where schools will once again compete for glory in the pool. Congratulations to all participants and especially to the champions for their remarkable accomplishments!



# JAGUARS CLAIM MEN'S CHESS TITLE, EAGLES SOAR TO WOMEN'S VICTORY

**L** LARA ALIAHNA PASTOR

The University of Northern Philippines (UNP) witnessed an intense chess competition on October 15, 2024 at the CTech Building, as the Jaguars from Unit VII, COE dominated the Men's Category, securing the gold medal with a total score of 39-point tally by the end of the 11th round. The Trojans from Unit II, CCIT took silver, followed by the Dragon hearts from Unit I, CN&CHS (bronze), Red Tigers from Unit X, CAS (4th), and Stingrays from Unit V, CTECH (5th).

In the Women's Category, the Eagles from Unit IV CBAA put on a strategic clinic, scoring 12 points in the final three rounds to end with a total point tally of 39.5 and bag the gold medal. The Dragonhearts from Unit I, CN&CHS secured silver, while the Torros from Unit VIII, CTE & LS (bronze), Jaguars from Unit VII, COE (4th), and Griffin's from Unit XII, Cpad (5th) completed the top five.

With their impressive victories, the Jaguars and Eagles solidified their positions as checkmate dominators in UNP's chess scene. Their triumphs set the stage for an exciting year ahead, with the pieces already in motion for the next competition.







In an intense men's basketball matchup, the Unit V C-TECH Stingrays defeated the Unit IV CBAA Eagles 94-89 winning the Intramurals 2024 basketball championship at the UNP Gymnasium on October 17, 2024.

The game started with the Eagles taking an early lead, thanks to John Jasper "Captain" Andres, who scored 9 points. However, the Stingrays quickly regrouped, led by Nathan Ray Rodillas, and ended the first quarter ahead at 30-23. Mark Jayson Belano shone with 10 points, helping the Stingrays extend their lead to 58-41 by halftime.

Eagles' coach Justin Soria adjusted their strategy in response to his players' struggles, urging a more patient approach. Despite Andres's injury, the Eagles fought back, but Belano continued to dominate with impressive three-pointers, pushing the score to 83-65. The final quarter was filled with tension as both teams tightened their defense.

A key moment came when Cris Tagorda was fouled on a three-point attempt, giving the Eagles a chance to close the gap, but it wasn't enough. Rodillas and Belano combined for 9 crucial points,

sealing the victory for the Stingrays. Belano was named player of the game with 25 points. He credited his team's success to Coach Palma.

"We really followed everything that Coach Palma and the coaching staff advised us," Belano said. As the final buzzer sounded, Stingrays' fans erupted in cheers as their team lifted the championship trophy, celebrating a thrilling victory.



# BATTLE FOR with Eagles and Stingrays

 KIMBERLY KEITH ASTRANDE NECOSIA

From October 14-17, 2024, the University of Northern Philippines Oval buzzed with the energy of Intramurals 2024. Athletes from across the university's colleges showcased their physical strength and unwavering determination, battling for medals in every track and field event.

Lovely Bernabe of the Unit IV Eagles and Jerimy Hidalgo of the Unit VI Raging Wolves stormed to victory in the 1,500m run, claiming gold medals in their respective divisions. Their incredible speed propelled them to the top of the podium. Benjie Pizaro of the Unit VI Raging Wolves and Regielyn Tumbaga of the Unit XII Griffins took silver, while Mark Jake Ragucos of the Unit V Stingrays and Fe Louisa Rabara of the Unit IV Eagles earned bronze.

The Unit IV Eagles dominated the women's 5,000-meter run, sweeping the podium with Ericka Mae Raciles taking gold, Rosalyn Cariaga winning silver, and May Ann Ramos securing bronze. In Men's 5,000 Meter Run: Chandelle Singson of Unit V Stingrays emerged victorious in the men's 5,000-meter run, claiming the gold medal. Cristopher Valeza of Unit XII Griffins earned silver, while Joven Sapnet of Unit X Red Tigers secured the bronze.

The Unit IV Eagles bagged the gold, silver and bronze medals as they successfully won in the 5,000 meters run female, led by Ericka Mae Raciles, Rosalyn Cariaga, and May

Ann Ramos. In 5,000 meters run male, Chandelle Singson of Unit V Stingrays lead the ranks as the gold medalist, followed by Cristopher Valeza of Unit XII Griffins and awarded as the silver medalist, and bronze medalist from the Unit X Red Tigers Joven Sapnet.

Unit II Trojans' Justin Camarao and Unit IV Eagles' Lovely Bernabe took home the gold in the 800 Dash Run for men and women. The silver medals went to Christian Chicotte of Unit VI Raging Wolves and Regielyn Tumbaga of Unit XII Griffins. Additionally, Unit IV Eagles' Lup Rabara and Unit V Stingrays' Mark Kake Ragucos were given the bronze medal

Reigh Ann Tapia of the Unit X Red Tigers and Chavit Rondon of the Unit V Stingrays soared to victory in the long jump, securing gold medals in their respective divisions. Stifany Gadingan of the Unit VI Raging Wolves and Jazrel Angelo Bernales of the Unit XI Flaming Flamingos earned silver, while Cristone Quioco of the Unit VIII Toros and Michael Totay of the Unit IV Eagles took home bronze.

The Unit VI Raging Wolves and Unit II Trojans dominated the discus throw, with Robin John Alferez and Jhanis Cristobal claiming gold in their respective divisions. Mary Rise Uson of the Unit VI Raging Wolves and Jayson Barbado of the Unit V Stingrays earned silver medals. The Unit XI Flaming Flamingos awarded bronze to Brianna Kiera Lumbo and

Oliver Manuel of the Unit IV Eagles.

The Unit VIII Toros, represented by Lazaro, Bosque, Areola, and Versoza, secured the gold medal in the 4x100 Mixed Relay. The silver medal went to the team of Querobin, Magbanua, Camarao, and Alexa. Redellas, Udac, Rivad, and Raciles from the Unit IV Eagles took home the bronze.

10,000m Run: On the second day of the event, the crowd roared as Chandelle Singson of the Unit V Stingrays surged to victory in the 10,000m run, securing gold. Ferdinand Que of the Unit II Trojans took silver, while Charles Jhon Tacuban of the Unit VI Raging Wolves earned bronze.

Jestoni Molina of the Unit V Stingrays soared to victory in the triple jump, securing gold with a leap that outdistanced his rivals. Michael Totay of the Unit IV Eagles took silver, while Ian Dolorito of the Unit II Trojans earned bronze.

Justine Camarao of the Unit II Trojans dominated the 400m low hurdles, claiming gold. Leonard Franao of the Unit VI Raging Wolves took silver, and R-jay Cubangbang of the Unit II Trojans secured bronze.

The 200m dash saw victories for Alexa Aleta of the Unit II Trojans and Chavit Rondon of the Unit V Stingrays in their respective divisions. Gemma Rose Bosques of the Unit VIII Toros and Jay Lord Tacla of the Unit V Stingrays earned silver medals. Leonard Jerich Frando



# THE PODIUM

## s Emerging as Champions

of the Unit VII Jaguars and Yhenisse Gonzaga of the Unit VI Raging Wolves shared the bronze medal in the women's race, while Leonard Jerich Frando of the Unit VII Jaguars also took bronze in the men's race.

Jericho Gaspar of the Unit VII Jaguars dominated the 110m hurdles, securing gold. Joel Malana of the Unit V Stingrays took silver, while German Quintinita of the Unit IV Eagles and Lazaro of the Unit VIII Toros tied for bronze.

The Unit II Trojans claimed gold in the shotput, with Jhanis Cristobal and Jewelmar Flores winning their respective divisions. Mary Rose Uson and Robin Alfaraz of the Unit VI Raging Wolves earned silver medals, while Brianna Lumbo of the Unit XI Flaming Flamingos and Aiman Aberin of the Unit VII Jaguars secured bronze.

On the third day of competition, the 100m dash saw victories for Alxea Aleta of the Unit II Trojans in the women's division and Chavit Rondon of the Unit V Stingrays in the men's division. Dimple Versoza of the Unit VIII Toros and Jaylord Tacla of the Unit V Stingrays secured silver medals in their respective races. Gemma Bosque of the Unit VIII Toros and Leonard Frando of the Unit VI Raging Wolves rounded out the podium, taking home bronze medals.

Christian James Chicote of the Unit VI Raging Wolves and Alexa Aleta of the Unit II Trojans

dominated the 400m dash, securing gold medals in their respective divisions. Justine Ward Camarao of the Unit II Trojans and Lovely Bernabe of the Unit IV Eagles took home silver medals, while Rjay Cubangbang of the Unit II Trojans and Fe Louisa Rabara of the Unit IV Eagles earned bronze.

The High Jump final saw a thrilling tie between Chavit Rondon of Unit V Stingrays and Jazreel Bernales of Unit XI Flaming Flamingos. Both athletes soared to new heights, ultimately sharing the gold medal in an exciting display of athleticism.

Janis Marie Cristobal of the Unit II Trojans and Manuel of the Unit IV Eagles threw their way to gold in the javelin throw. Mary Rose Uson of the Unit VI Raging Wolves took silver, while Quiocho of the Unit VIII Toros secured the bronze.

The Unit IV Eagles dominated the 4x100m relay, sweeping both the men's and women's divisions. In the men's race, Vince Paolo Rivad, German Quintinita, John Michael Totay, and Mark Kevin Rodillas powered their way to victory. The women's team, led by Fe Louissa Rabara, Erica Udac, Lovely Bernabe, and Erica Raciles, also claimed gold. The Unit II Trojans, with Jenevive Lim, Lhara Mohammad, Jovielyn Magbanoa, and Aleta, earned silver in the women's division, while Jaylord Tacla, Chavit Rondon, Mark Medrano, and Jestoni Molina from the Unit V Stingrays took silver in the men's race. The Unit VII Jaguars Jeff

Gio Pagtulingan, Dave Jerome Gamboa, Jericho Gaspar, and Christian Valeza and Unit III (Arki) Claire Florendo, Sharina Baptista, Rose Bosque, and Dimple Versoza both secured bronze medals in their respective divisions.

In the men's 4x400m relay, the Unit V Stingrays, with Chavit Rondon, Raqucos, Singson, and Quilang, powered their way to gold, outsmarting their competitors to claim the top spot. The Unit II Trojans, featuring Guiller Rabbon, Rjay Querebin, and Justine Ward Camarao, secured second place. The Unit VI Raging Wolves, represented by Charles Tacuban, Benjie Pizzaro, Christian James Chicote, and Leonard Frando, rounded out the podium with the bronze medal.

Over four days of intense competition, athletes from across the university showcased their dedication, teamwork, and sportsmanship at the Intramurals 2024 track and field events. The Unit IV Eagles soared to victory in the women's division, proving their strength and determination. The Unit II Trojans followed closely behind, with the Unit VIII Toros rounding out the top three.

In the men's competition, the Unit V Stingrays emerged as champions, earning a hard-fought victory. The Unit II Trojans again secured second place, while the Unit VI Raging Wolves took home the bronze.



# **59<sup>th</sup>** **FOUNDING ANNIVERSARY** **SPECIAL ISSUE | EDITORIAL TEAM**



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