



TARLAC STATE UNIVERSITY

VANTAGE

OFFICE OF UNIVERSITY EXTENSION SERVICES

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AT A GLANCE



116 EXTENSION PROJECTS
ACCOMPLISHED
AS OF 1ST QUARTER



CIT SOLVES WATER CRISIS IN OLD BANGCU, BAMBAN

◦ Mr. Robert D. Santiago, Jr. | CIT

Water shortages have been a constant problem faced by residents of Brgy. Old Bangcu in Bamban, Tarlac that have been heeded onto by the College of Industrial Technology (CIT) who have installed a solar water pump to alleviate the community's situation on water source.

From February 3 to March 16 of this year, the CIT faculty experts had undertaken the installation process which started with detailed planning, encompassing site analysis, conceptual development, design creation, and cost estimation.

As the project progressed, the team oversaw tasks such as fabricating an elevated water tank, installing sensor assemblies, integrating control systems, and constructing infrastructure by rigorous testing to ensure optimal functionality of the solar pump system.

The solar water pump installation marks a milestone in sustainable water management and agricultural support in the community. The team's commitment to accountability and efficiency ensured a seamless project turnover, addressing immediate needs and fostering long-term resilience and sustainability.

This project aligns with several Sustainable Development Goals such as SDG 17: Partnership for the Goals, SDG 3: Good Health and Well-being, and SDG 6: Clean Water and Sanitation.

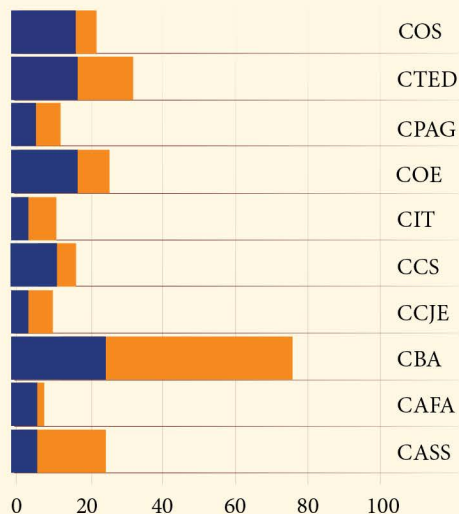


VANTAGE POINT

OFFICE OF UNIVERSITY EXTENSION TARGETS FOR THE YEAR 2024

FIRST QUARTER ACCOMPLISHMENT

■ Targets ■ Accomplished



HAPAG-ASA: LIVELIHOOD FOR SUSTAINABLE INCOME

• Mr. Joseph M. Mallari | COED

Aiming to enhance the local community of Maruglo, Capas, Tarlac, the Association of Physical Teacher Education (APTE) broadens its outreach initiative by encompassing practical livelihood skills alongside education and sustenance on March 18.

Maruglo Elementary School recently welcomed the APTE extension program, marking a significant step towards community empowerment and resilience. This collaboration between APTE and the Maruglo ES educators aims to transform lives and uplift communities.

The “Hapag-asa” program, meaning “table of hope,” aims to provide sustainable livelihood opportunities to underserved communities, breaking the cycle of poverty through practical skills development and income generation.

Guided by APTE’s experienced trainers and mentors, students, parents, and community members learned diverse livelihood activities tailored to their strengths, including agriculture, animal husbandry, handicraft production, and entrepreneurship, promoting sustainability and community empowerment.

Furthermore, APTE’s commitment

to sustainability is evident in every aspect of the program, encouraging participants to embrace eco-friendly practices and responsibly manage natural resources for long-term viability. By promoting sustainable livelihoods, the program enhances economic prospects while fostering environmental conservation and community resilience.

As Maruglo Elementary School adopts the “Hapag-asa: Livelihood for Sustainable Income” program, positions it as a regional model for community-based development. Through empowering individuals and communities with skills and resources, the partnership between the APTE and the school shines as a beacon of hope for a brighter, and more sustainable future.

Reflecting on the success of the program at Maruglo Elementary School, reminded us with the transformative impact of education, collaboration, and collective action. By investing in individuals and communities, it creates lasting change, extends far beyond the classroom where everyone thrives and no one is left behind.



CBA, DTI PARTNER TO DELIVER BUSINESS CONSULTANCY TO LOCAL COOPS

• Ms. Christine Janelle M. Santiago and Mr. Timothy Julian L. Bote | CBA

A comprehensive Business Aspects Consultancy, the outcome of the collaboration of the College of Business and Accountancy (CBA) and the Department of Trade and Industry (DTI), benefitted the local cooperatives of Tarlac equipping them with the vital skills and knowledge on effective business management.

Conducted January 25 and 26, CBA faculty extension service providers (ESPs) delivered sessions dealing into the critical aspects of business operations tailored to the unique needs of participating cooperatives.

The first day kicked off with a session on “Consultancy on Business Aspects of Caut FFS Marketing Cooperative” in Caut, Lapaz, Tarlac, led by Dr. Wilmark J. Ramos and Ms. Reissa Joselle D. Gopez. The faculty experts provided leadership insights, decision-making strategies, and solutions to enhance business operations for members of DTI-assisted Agrarian Reform Beneficiaries Organizations (ARBOs) from Tarlac Province.

Subsequently, Dr. Elizabeth A. Amurao, Dr. Jhonel C. Panlilio, Prof. Maria Teresa C. Agustin and Ms. Christine Janelle M. Santiago led the session on “Consultancy on Business Aspects of Comillas FFS Agriculture Cooperative,” aiming to strengthen the cooperative’s

efficiency and sustainability through experts guidance on strategic planning and operational best practices.

Lastly, on the same day, Dr. Limuel P. Pavico, Ms. Arlene R. Gabriel, and Ms. Sheila Jane L. Gonzales took charge of the “Consultancy on Business Aspects of Cabayaoasan Farmers Agriculture Cooperative,” delivering tailored technical consultancy to meet the unique needs of DTI-assisted ARBOs.

On the second day, Mr. Ferdinand Y. Silaran, 1. Ms. Mary Diane M. Tejano, Mr. Jefferson D. Ruz, 2. Mr. John Edward S. Estayo, Dr. Criselda Tonelada, Ms. Emmery Balbas, Mr. Von Rex Reyes, Dr. Henry D. Rufino, and Dr. Derick S. Figueroa continued their roles in advancing the agricultural sector by extending their expertise by providing guidance and strategic insights to three additional DTI-assisted Agrarian Reform Beneficiaries Organizations (ARBOs).

Moreover, the Pindangan 2nd Primary Multi-Purpose Cooperative, Bacabac Farmers Producers Cooperative, and Sembrano Climate Resilient Farmers Agriculture Cooperative received specialized support to

navigate the market landscape, focusing on sustainability and resilience, empowering them with tools and strategies to excel in their fields, contributing to the agricultural community’s progress.

With the assistance of CBA and DTI to the ARBOs in this extension project. The training contributes to the Sustainable Development Goals, particularly SDG 4: Quality Education, SDG 5: Gender Equality, SDG 8: Decent Work and Economic Growth and SDG 17: Partnership for the Goals.



CPAG, CASS COLLABORATE FOR WORK ETHICS, SAFE SPACES ACT SEMINAR FOR PGT

• Ms. Danica S. Dela Cruz | CPAG

Aiming to provide insights about ethical conduct and anti-sexual harassment in the workplace, the College of Public Administration and Governance (CPAG) and the College of Arts and Social Sciences (CASS) have partnered together to provide a Seminar-Workshop on Work Ethics and Safe Spaces Act for the Provincial Government of Tarlac (PGT) employees on March 22.

The collaboration was spearheaded by Asst. Prof. Maria Tiara Fatima F. Galang and Asst. Prof. Bryan Jan S. Dizon who served as resource speakers and facilitators providing their invaluable insights on work ethics and the provisions of the "Anti-Bastos Law."

Through interactive sessions and informative discussions, attendees from the various offices of PGT gained a deeper understanding of the importance of maintaining ethical standards in professional settings particularly within

the contexts of government services and transactions. Additionally, this seminar-workshop guides the employees towards, fairness, equity, and respect.

The Provincial Government of Tarlac serving as the funding agency and partner-beneficiary, shows commitment to promoting a work environment prioritizing respect, dignity, and equality by supporting initiatives like this, taking proactive steps towards building a safer and more inclusive community.

This extension undertaking aligns with SDG 5: Gender Equality, promoting safe work environments, and SDG 8: Decent Work and Economic Growth, promoting ethical behavior and conducive workplaces for sustainable economic development.



ECHOES OF EXCELLENCE: CASS STRENGTHENS DIVINE MERCY MISSION'S MEDIA LIVE STREAMING

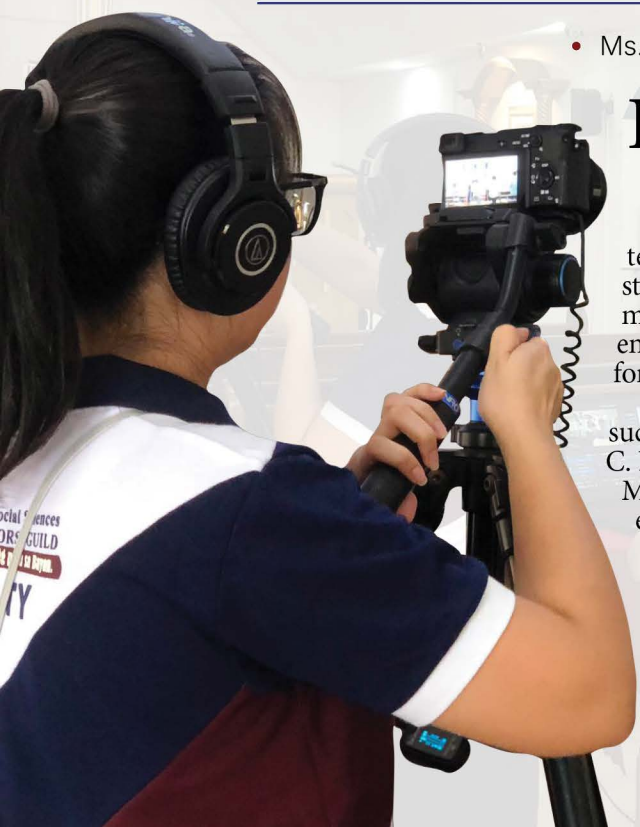
• Ms. Stephanie Marie D. David | CASS

In an attempt to enhance the broadcasting abilities of Divine Mercy Mission, Tarlac State University - College of Arts and Social Sciences conducted a stream tests on April 6, 2024, improving the standard and impact of the mission's media outreach efforts, creating an engaging communication platform for its viewers.

Led by esteemed professionals such as Prof. Maria Fermina Joyce C. Nucum and Prof. Jazzel Llanelli M. Manabat, with the collaborative efforts of Ms. Ma. Teresa Madriaga, Ms. Liana Faith Q. De Leon, Prof. Edgar A. Macaraeg, Mr. Jovito Z. Taruc, and Mr. Rudolf Galzote, potential challenges, including audio syncing discrepancies, internet connectivity issues, and stream stability concerns were diligently addressed.

Through the team's dedication and expertise, Divine Mercy Mission has taken significant strides in fortifying its media outreach capabilities. With improved broadcasting quality and operational efficiency, the mission is poised to reach a wider audience and deliver its message with greater impact. This initiative not only reflects the mission's commitment to excellence but also underscores its unwavering dedication to serving and connecting with communities through innovative means.

This continuous improvement in Divine Mercy Mission's media outreach also aligned with Sustainable Development Goal 9 – Industry, Innovation, and Infrastructure, as it contributes to a more sustainable and resilient future, where innovation and infrastructure play pivotal roles in fostering a more connected society.



COS ADMINISTERS 'FIRST-AID' SEMINAR-TRAINING FOR BRGY. BANGAR HEALTH WORKERS, COUNCIL MEMBERS

• Ms. Maria Rosario S. Cudilla | COS

Equipping the participants with the vital skills and knowledge to respond effectively in emergencies preventing further medical repercussions, the College of Science (COS) has delivered a two-day program on the Seminar and Hands-On Training on First Aid for the Barangay Bangar Victoria Health Workers and Council Members on March 1 and 8.

Providing insightful discussions on the topics were esteemed resource speakers Mr. Joey Albert David and Ms. Carol-Jane David, renowned for their expertise in first aid practices.

Mr. Joey Albert David initiated the seminar with a comprehensive discussion on the treatment of sprains and strains. Participants learned to identify these common injuries and how to provide initial care, including immobilization and the application of cold compresses to alleviate swelling and pain. Subsequently, Ms. Carol-Jane David elucidated the proper response to choking incidents, imparting knowledge on the Heimlich maneuver and other techniques to clear the airway.

The theoretical discussions were followed by practical demonstrations and simulations that would enable the participants to experience first-hand the delivery of the first-aid procedures.

The second day of the program shifted focus towards non-communicable diseases. Mr. David commenced the session with an exploration of hypertension, detailing its risk factors, symptoms, and management strategies. Participants gained insight into the importance of regular blood pressure monitoring



and lifestyle modifications in controlling hypertension.

Additionally, Ms. David delved into diabetes, offering a comprehensive overview of its types, causes, and complications. The seminar also addressed cancer, emphasizing early detection through screening programs and the role of a healthy lifestyle in reducing cancer risk. Respiratory infections were

discussed, highlighting transmission modes, prevention strategies, and the importance of vaccination and hygiene practices.

Armed with their heightened knowledge and practical skills, the seminar-workshop contributes greatly to the Sustainable Development Goals (SDGs) 3: Good Health and Well-Being and SDG 4: Quality Education



CPAG PARTNERS WITH CLDH, TMS, CPF FOR BJMP OUTREACH

• Ms. Danica S. Dela Cruz | CPAG

Aiming to alleviate challenges and to provide immediate assistance for Persons Deprived of Liberty (PDLs), the College of Public Administration and Governance (CPAG) has collaborated with the Central Luzon Doctor's Hospital (CLDH), Tarlac Medical Society (TMS), and Charoen Pokphand Foods Philippines Corporation (CPF Philippines) in order to provide an outreach activity in the Bureau of Jail Management and Penology (BJMP) Tarlac City Female Dormitory on February 8, 2024.

The outreach activity with the PDLs featured a medical aid program where medicines, hygiene kits, and supplementary vitamins were distributed after the conduct of health assessments conducted by a team of doctors. Among the medical professionals present were Dr. Deanne Faith B. Adriano, Dr. Kristian Marx I. Jose, and Dr. Clavito DC. Ramos, who served as consultants and assessed the health conditions of the PDLs.

In support to the health aspect of the outreach activity was the distribution of food packs and essential food



items sponsored by the CPF Philippines. Facilitators from CPAG mentioned that this collaboration aimed not only to address the immediate needs of the PDLs but also to strive for a healthier and brighter future for the beneficiaries. Additionally, they have emphasized that healthcare access is a basic right, aiming to close disparity gaps and ensure everyone, regardless of circumstances, receives the necessary care.

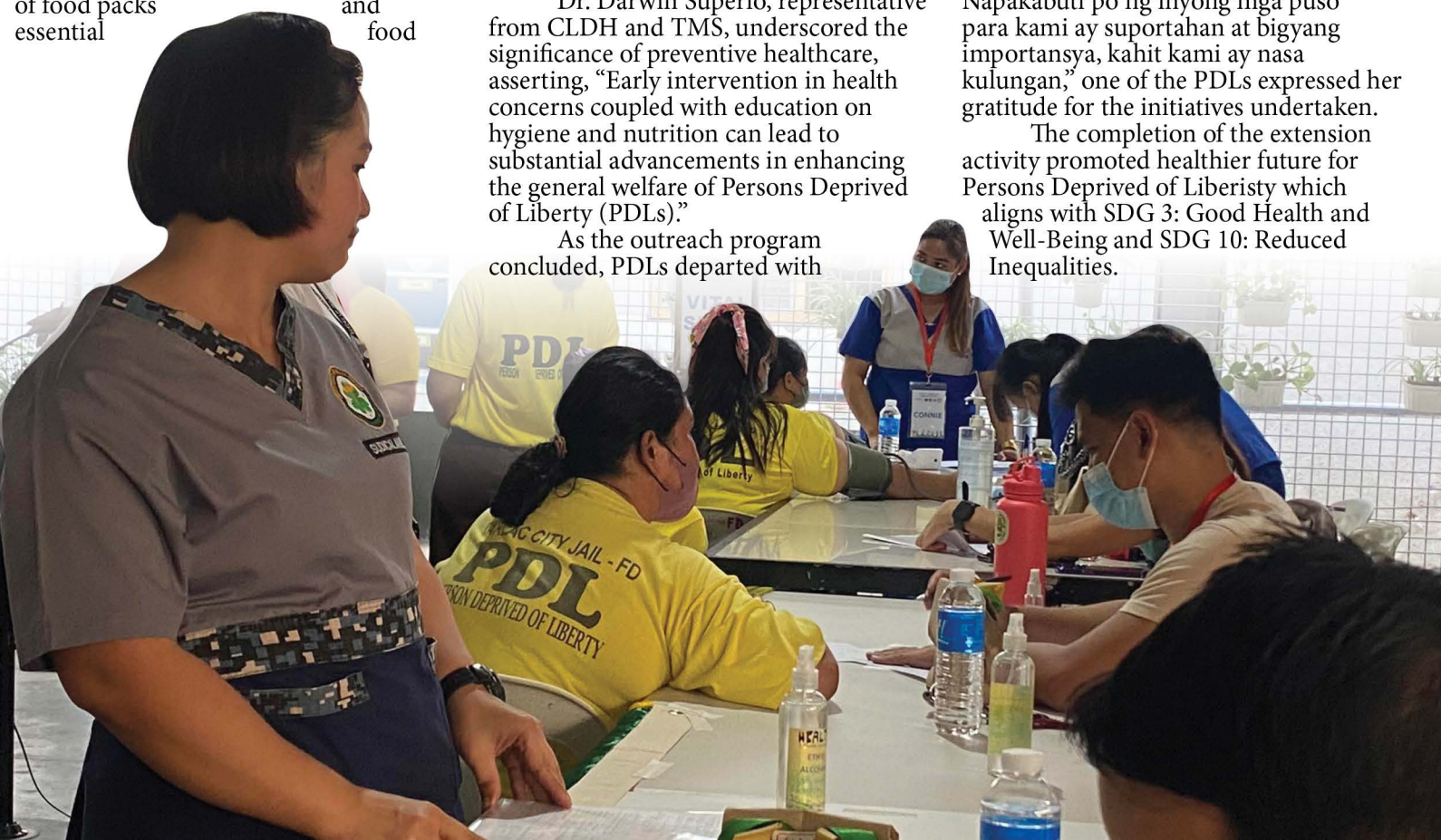
Dr. Darwin Superio, representative from CLDH and TMS, underscored the significance of preventive healthcare, asserting, "Early intervention in health concerns coupled with education on hygiene and nutrition can lead to substantial advancements in enhancing the general welfare of Persons Deprived of Liberty (PDLs)."

As the outreach program concluded, PDLs departed with

renewed hope. Inspired by the resilience of PDLs, the collaborating agencies planned ahead their continued support and follow-up initiatives to monitor their health progress.

"Kahit nasaan pa kami, we can find meaning and purpose in our lives. Lahat tayo ay may kakayahan sa pagiging matibay, mabait, at sa pag-unlad. Maraming-maraming salamat po sa TSU-CPAG, TMS, CPF and CLDH. Napakabuti po ng inyong mga puso para kami ay suportahan at bigyang importansya, kahit kami ay nasa kulungan," one of the PDLs expressed her gratitude for the initiatives undertaken.

The completion of the extension activity promoted healthier future for Persons Deprived of Liberty which aligns with SDG 3: Good Health and Well-Being and SDG 10: Reduced Inequalities.



CCJE CHAMPIONS COMMUNITY HEALTH WITH 'FEEDING PROGRAM' AT PES

• Ms. Sunshine B. Paras | CCJE

Tarlac State University- College of Criminal Justice Education (TSU-CCJE) conducted a commendable initiative titled, "Feeding Program: Pagtugon Hamon sa Malnutrisyon" on March 1, 2024 at Paludpud Elementary School in La Paz, Tarlac.

The program, spearheaded by CCJE faculty members Atty. Luisito L. Pasigon, Ms. Jelly Ann V. Mercado, and Mr. Francis D. Bicoy in collaboration with Paludpud SK officials led by Hon. France Espino, aimed to address malnutrition among underprivileged students while fostering a spirit of community engagement.

The event commenced with engaging activities designed to promote both nutrition and

hygiene awareness. Atty. Pasigon led the discussion on the importance of hand hygiene, demonstrating proper handwashing techniques. Meanwhile Ms. Mercado delivered a lecture on table manners, imposing order on the way to interact for social interaction.

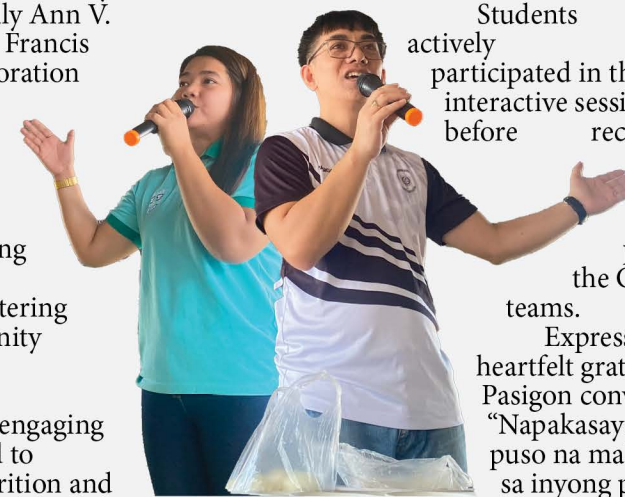
Students actively participated in the interactive sessions before receiving

nutritious meals prepared by the CCJE and SK teams.

Expressing his heartfelt gratitude, Atty. Pasigon conveyed, "Napakasaya ng aking puso na makapunta kami sa inyong paaralan at

magbigay ng saya sa inyo asahan niyo na hindi ito ang huli, mas marami pa kaming magandang plano para sainyo"

This extension service aligns with the Sustainable Development Goals (SDGs), specifically targeting SDG 1 (No Poverty), SDG 2 (Zero Hunger), SDG 3 (Good Health and Well-being), and SDG 6 (Clean Water and Sanitation).



PROJECT PUSO: CIT POURS HEART OUT FOR SAN ROQUE NHS

• Mr. Roberto D. Santiago, Jr. | CIT

Artly themed as project PUSO or Pour Unconditional, Selfless, Open-hearted Love through Outreach Program, the College of Industrial Technology (CIT) extended its supports and assistance to the community of the San Roque National High School (SRNHS) on January 9.

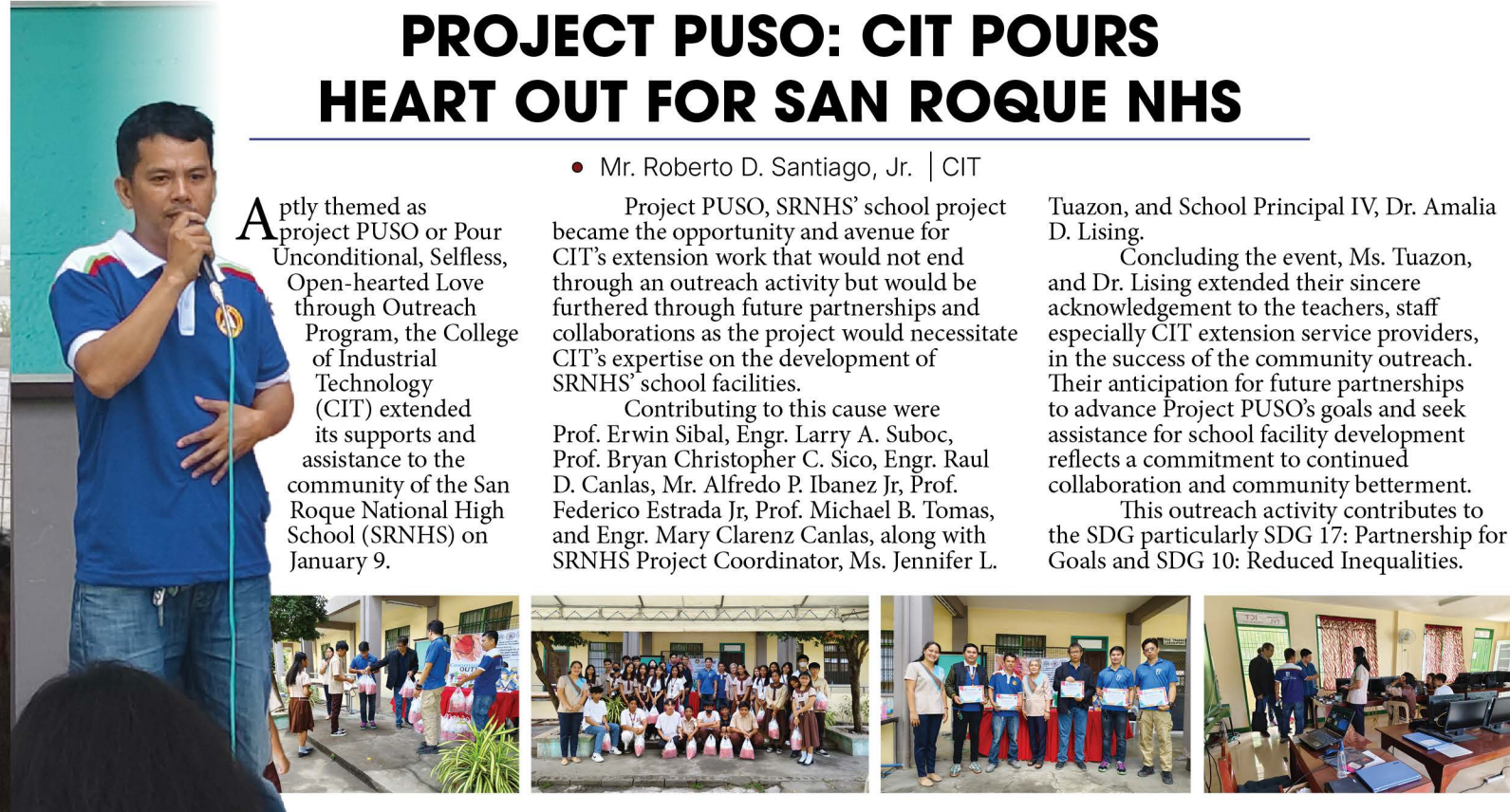
Project PUSO, SRNHS' school project became the opportunity and avenue for CIT's extension work that would not end through an outreach activity but would be furthered through future partnerships and collaborations as the project would necessitate CIT's expertise on the development of SRNHS' school facilities.

Contributing to this cause were Prof. Erwin Sibal, Engr. Larry A. Suboc, Prof. Bryan Christopher C. Sico, Engr. Raul D. Canlas, Mr. Alfredo P. Ibanez Jr, Prof. Federico Estrada Jr, Prof. Michael B. Tomas, and Engr. Mary Clarenz Canlas, along with SRNHS Project Coordinator, Ms. Jennifer L.

Tuazon, and School Principal IV, Dr. Amalia D. Lising.

Concluding the event, Ms. Tuazon, and Dr. Lising extended their sincere acknowledgement to the teachers, staff especially CIT extension service providers, in the success of the community outreach. Their anticipation for future partnerships to advance Project PUSO's goals and seek assistance for school facility development reflects a commitment to continued collaboration and community betterment.

This outreach activity contributes to the SDG particularly SDG 17: Partnership for Goals and SDG 10: Reduced Inequalities.



CCJE LEADS SEMINAR ON VES RESTORATION AND CHILD ABUSE PREVENTION IN CAMILING

• Ms. Sunshine B. Paras | CCJE

CAMILING, TARLAC — In a significant move towards fostering community well-being, Tarlac State University's College of Criminal Justice Education (TSU-CCJE) spearheaded a seminar under Project LIGTASS in Barangay Poblacion H on February 23, 2024, aimed at restoring values and combatting child abuse.

The seminar was led by CCJE Dean Dr. Roel R. Alviar and Associate Dean Dr. Lian Carla C. Luzong, which focused on imparting essential values crucial for resilience-building while equipping participants with strategies to effectively address child abuse.

The event witnessed enthusiastic involvement from facilitators, including Atty. Theodore M. Timpac, Atty. Luisito L. Pasigon, Dr. Ramil M. Las-Igan, Dr. Jayson R. Felix, and Ms. Marie Fe F. Buscayno-Head of CCJE Extension Department, alongside ten (10) dedicated On-the-Job (OJT) students, all instrumental in ensuring the seminar's success.

Dr. Alviar kicked off the proceedings by delving into the topic of Values Restoration, stressing the pivotal role of barangay officials in rebuilding community trust,

this engagement marked Dr. Alviar's ongoing commitment to instilling positive change within communities.

"Our goal is to restore trust in our public officials through Values Restoration seminars, hoping that through this long-term project, we can strengthen Filipino values for you and for the people under your jurisdiction," conveyed Dr. Alviar,



underlining his enduring dedication to this cause.

Dr. Lian Carla Luzong followed with insights on R.A. 7610, clarifying its provisions and outlining steps to address child abuse effectively, her presentation aimed to raise awareness and empower attendees to take decisive action in distressing situations.

The seminar proved to be an enlightening initiative, leaving participants equipped with valuable insights and tools to promote positive change and protect children's welfare within their communities.

The CCJE's extension service aligns with SDG 16: Good Governance and Promotion of Human Rights, Equality, Justice, and Peace.

This seminar represents a significant step forward in community education and empowerment, highlighting TSU-CCJE's commitment to fostering values-driven leadership and safeguarding vulnerable populations against abuse.



CASS CONDUCTS SEMINAR ON ANTI-SEXUAL HARASSMENT AND SAFE SPACES ACT IN CLDH-EI

• Mr. Marc Gabrielle C. Sirbough | CASS

In a proactive effort to promote safe and respectful environments, Central Luzon Doctor's Hospital Educational Institution, Inc. (CLDHEI) organized a seminar focused on the Anti-Sexual Harassment and Safe Spaces Act, popularly known as the "Bawal ang Bastos Law" last March 25 at the CLDHEI Gymnasium. This extension project aimed to educate and empower individuals on preventing sexual harassment and creating safe spaces within their communities.

The highlight of the seminar was a lecture delivered by Prof. Winifredo L. Luis, who provided comprehensive insights into the provisions of the Anti-Sexual Harassment and Safe Spaces Act, emphasizing the importance of understanding and implementing its mandates to ensure the safety and well-being of all individuals, especially in educational and workplace settings.

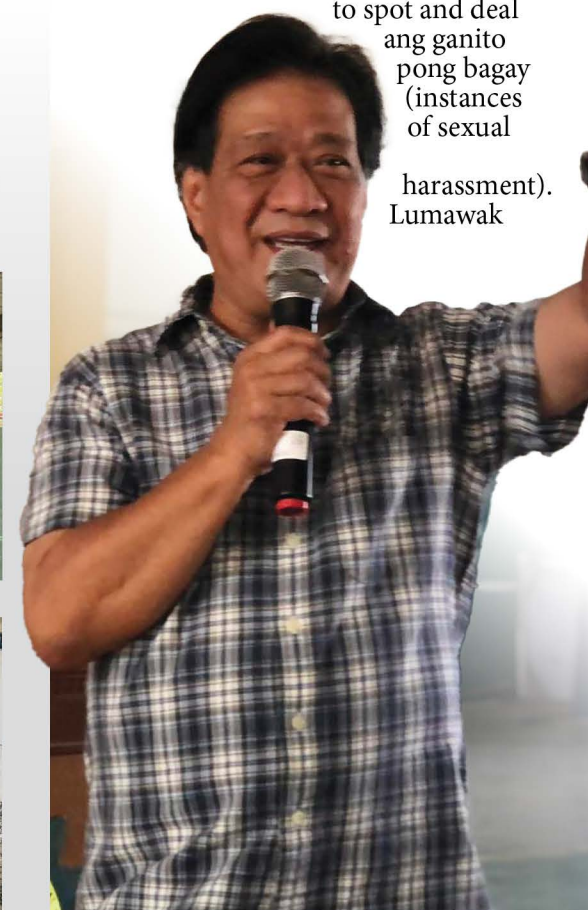
"Mas confident po ako ngayon to spot and deal ang ganito pong bagay (instances of sexual harassment). Lumawak

po yung knowledge ko at mas naging committed to create a safe space para sa lahat.", shared by one of the students at CLDHEI, during the seminar.

Following the lecture, participants engaged in a lively question-and-answer portion, where they had the opportunity to clarify doubts, share experiences, and seek further guidance on navigating issues related to sexual harassment. This interactive session fostered a supportive environment for open dialogue and knowledge exchange, empowering attendees to actively contribute to building safer and more respectful communities.

Aligned with the objectives of the Sustainable Development Goals, the event acknowledged the significance of education and inclusivity as essential components of sustainable progress. This corresponds to the mission of SDG 4, emphasizing the significance of providing inclusive and quality education for all.

Additionally, it resonates with SDG 16, highlighting the importance of fostering peaceful and inclusive societies with effective, accountable, and inclusive institutions at all levels.



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TSU-COED ENGLISH EMPOWERS MARUGLO STUDES THROUGH READING COMPREHENSION PROGRAM

• Mr. Joseph M. Mallari | COED

The College of Education through the Kasudlong Project launched its monthly effective initiation at Maruglo Elementary School in Maruglo, Capas, Tarlac, on March 18. The project aimed to address the low-quality education in the community focusing in the areas of comprehension, basic literacy, numeracy, arts, and journalism.

Prof. Elizabeth Balanquit, BSEd Chairperson and Associate Dean, and Mr. Lydon Macanas, BSed Major in English Instructor, along with the selected 4th year student-teachers, led the English Reading Comprehension

Enhancement program or the SIKHAY-TURO (Matuto), boosting the reading comprehension skills of identified non-readers at the Grade 5 and 6 students.

The class featured engaging reading tasks, interactive group activities, and one-on-one tutoring for students needing additional assistance, ensuring personalized support for every child and making learning both delightful and efficient.

Kasudlong Project also delivered skill-enhancing programs

in each classroom, enabling concentrated understanding and proficiency enhancement. Moreover, Tarlac State University – English Department contributed to the program by preparing and printing reading materials that matched the task, improving the students’ discovering experience.

The Kasudlong Project becomes part of University’s dedication to neighborhood involvement and academic improvement, which intends to constantly sustain the growth for different areas amongst pupils at Maruglo Elementary School on a monthly basis.



CPAG TRAINS CRISTO REY-HS LEADERS THROUGH SEMINAR-WORKSHOP

• Ms. Danica S. Dela Cruz | CPAG

With emphasis that leadership is a learnable skill that can be honed over time, faculty experts from the College of Public Administration and Governance (CPAG) equipped student-leaders of Cristo Rey High School (CRHS) with skills on governance through a School-Based Leadership Camp and Training-Seminar on January 25, 2024.

The seminar-workshop engaged the participants actively in various discussions that inculcated to them efficient leadership responsive to the needs of the constituents of the student-organizations.

Dr. Edwin Caoleng, CPAG dean, imparted his wealth of experience, emphasizing that leadership is not confined to titles or positions. He shared personal anecdotes, inspiring

students to influence, and effect change, challenging traditional views on leadership.

Dr. Caoleng together with Dr. Roswald G. Fermin, and Dr. Mathew G. Santiago served as the keynote speakers during the seminar-workshop delivering insightful sharings significantly contributing to students’ development.

The extension activity aligned with the Sustainable Development Goals (SDGs), particularly SDG 4: Quality Education and SDG 17: Partnership for the Goals. It aimed to ensure inclusive and equitable quality education and promote lifelong learning opportunities, fostering collaboration and means of implementation for the common good and goals of the stakeholders, thereby revitalizing sustainable development through effective leadership.



AYTALAKAD FORGES PARTNERSHIP WITH DBTI, PROVIDES LEARNING IMMERSION TO AETA MAG-ANCHI STUDENTS

• Mr. Christopher John L. Ravana | CASS

As part of the sustainability plans, the Project Aytalakad ing Lahi has forged a partnership with Don Bosco Technical Institute (DBTI)-Tarlac which consequently opened opportunities for Aeta Mag-Anchi students to participate in a Learning Immersion Program.

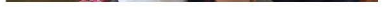
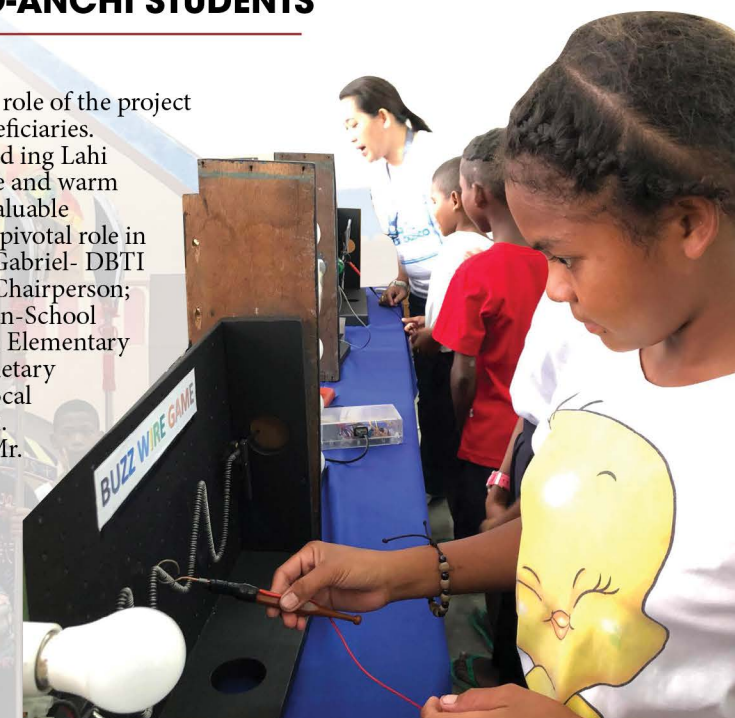
Aeta students from Manabayukan Elementary School (MES) completed the immersion which has featured DBTI students’ projects, artworks, and artifacts. Moreover, the MES students also participated in various collaborative and interactive sessions with the students of the counterpart school.

“The presence of Indigenous perspectives in school immersion is an essential step towards acknowledging the diversity within the educational landscape. This not only instills pride within the indigenous community but also encourages cross-cultural understanding among non-Indigenous peers,” a participant in the activity

mentioned highlighting the role of the project to the Aeta Mag-Anchi beneficiaries.

The Project Aytalakad ing Lahi extends its deepest gratitude and warm acknowledgment to the invaluable partners who have played a pivotal role in the journey: Ms. Ivy Joy T. Gabriel- DBTI Community Development Chairperson; Dr. Carol Pontecha Simbulan-School Head of Sitio Manabayukan Elementary School; Manabayukan Elementary School Teachers; and the Local Government of Capas- Hon. Reseller B. Rodriguez and Mr. Cris Perez.

In line with the Sustainable Development Goals, the activity fosters SDG 4: Quality Education in the spirit of providing equal opportunities aligned with the SDG 10: Reduced Inequalities.



MAHARLIKA ORGANIZATION EQUIPS COMILLAS STUDES WITH LEADERSHIP SEMINAR, WORKSHOP

• Mr. Joseph M. Mallari | COED

Marhalika Organization from the College of Education successfully held its third Teambuilding and Leadership Training Seminar with the theme “Strengthening Student Leadership through DepEd’s MATATAG Agenda” at Comillas High School in La Paz, Tarlac on March 18.

The initial segment of the seminar was discussion on student leadership delivered and led by Mr. Deyo Carlos Dela Cruz, the co-adviser of the MAHARLIKA Organization, emphasizing the Peace Competencies Model of the MATATAG Agenda.

This session equipped student leaders from various school organizations with knowledge and skills required for effective leadership. Workshops on crafting general plans of action, writing communication letters, preparing budget plans and liquidation reports, and designing publication materials were also integral parts of the seminar.

The subsequent program segment featured teambuilding activities at five stations, aligning with DepEd’s Core Values, aimed at showcasing students’ potential, enhancing leadership skills, and fostering connections.

Additionally, a workshop focused on creating paper bags, in line with Maharlika’s Walang Plastikan Campaign, raised awareness about environmental conservation. The program concluded with a photo opportunity, symbolizing successful completion. Maharlika Organization thanks Comillas High School for the opportunity to inspire and empower student leaders.



NAVIGATING SEXUALITY AND GENDER COS DELIVERS SEMINAR ON COMPREHENSIVE SEXUALITY EDUCATION FOR TSU-LS

• Ms. Maria Rosario S. Cudilla | COS

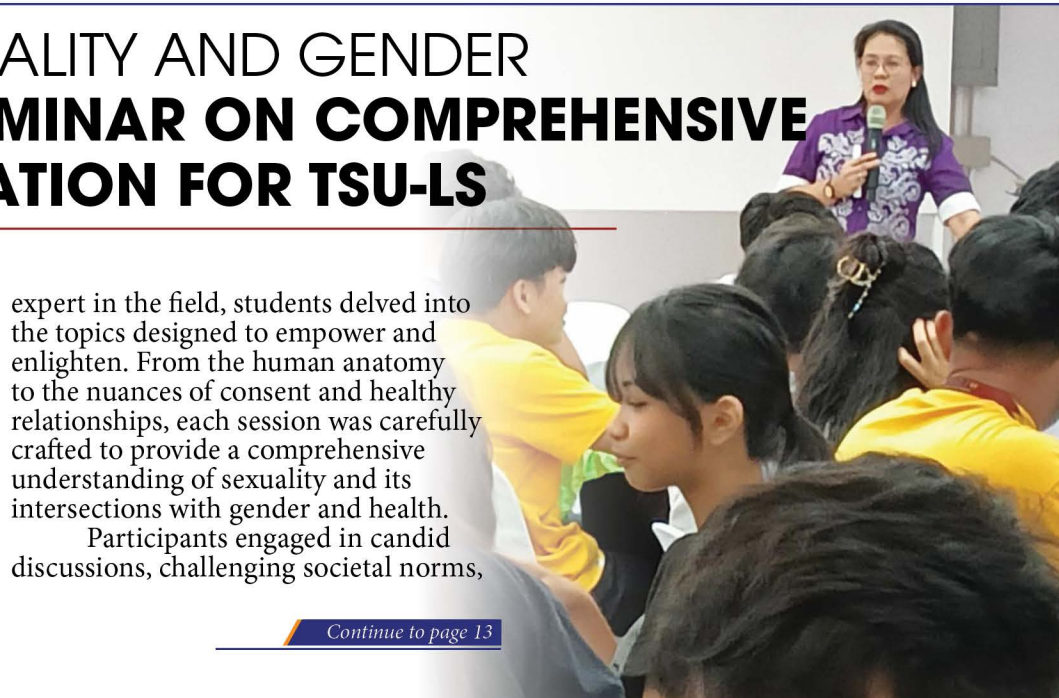
Recognizing the paramount importance of acquainting the minds of students through open dialogue and conversations, the College of Science has provided an Orientation to the Comprehensive Sexuality Education, Gender, and Health for the Tarlac State University-Laboratory School (TSU-LS) learners on March 15, 2024 at the TSU Hotel, Lucinda Campus.

Under the guidance of Prof. Mary Jane N. Rigor, a seasoned educator and

expert in the field, students delved into the topics designed to empower and enlighten. From the human anatomy to the nuances of consent and healthy relationships, each session was carefully crafted to provide a comprehensive understanding of sexuality and its intersections with gender and health.

Participants engaged in candid discussions, challenging societal norms,

Continue to page 13



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and interrogating preconceived notions surrounding sexuality and gender identity. Through interactive activities of Prof. Adora N. Obregon and thought-provoking presentations, students navigated complex issues with sensitivity.

The orientation featured topics on the Sexual Health, Reproductive Rights, and Gender Equality that ultimately empowered the participants to advocate for their own well-being and to embody respect with each other.

“It was an informative discussion that needs to be done with someone who is really knowledgeable of the topic, since kasi kaming mga students, when we become misguided about certain topics, we are vulnerable to making wrong decisions. Maraming salamat po sa COS for the open discussions like this with the student body that is really beneficial for us lalo na if limited yung



proper channels to talk about this lalo na bata pa po kami,” a student from the TSU-LS expressed when asked what the role of the orientation was to her life as a teenager.

The undertaking is in contribution

to the Sustainable Development Goals 4: Quality Education and SDG 5: Gender Equality as the orientation aimed to provide insights to the students highlighting their respective individualities.

HM DEP’T ROLLS OUT CULINARY TRAINING FOR DSWD-TARLAC HOME FOR WOMEN

• Mr. Joseph M. Mallari | COED

The Hospitality Management (HM) Department of the College of Business and Accountancy has underscored curricular alignment to extension activities through its recently concluded Veggie Bread and Veggie Noodles Making Workshop with the Department of Social Welfare and Development-Tarlac Home for Women (DSWD-THFW), last March 23.

Under the guidance of Dr. Criselda A. Tonelada, Mr. John Edward S. Estayo, Mr. Von Rex M. Reyes, and Ms. Mary Diane M. Tejano, along with trainers Ms. Emmery P. Balbas for bread making and Mr. Danilo C. Gacusan, for noodles making, participants learned to craft a range of nutritious delicacies, aligning with THFW’s mission of empowerment and self-sufficiency.

The collaboration between THFW and CBA underscores a commitment

to empowering women through education and skill-building. Through hands-on demonstrations and interactive sessions, the training aimed to equip the participants with comprehensive knowledge to create nutritious products using locally sourced vegetables.

“Through this training, we aim to not only enhance the quality of our products but also expand our offerings to better meet the needs of our customers,” THFW representative said.

The training aligns with THFW’s mission of empowering women through valuable skills, promoting personal and professional growth

consequently contributing to the Sustainable Development Goals, particularly SDG 4: Quality Education, SDG 5: Gender Equality, and SDG 8: Decent Work and Economic Growth.



COE DESIGNS ENGINEERING PLANS FOR ARMENIA IS

• Engr. Renz Paul P. Quiambao & Ms. Stephanie S. Carmen | COE

Aiming to assist the Armenia Integrated School to maximize the school's limited space and meet the needs of its clientele.

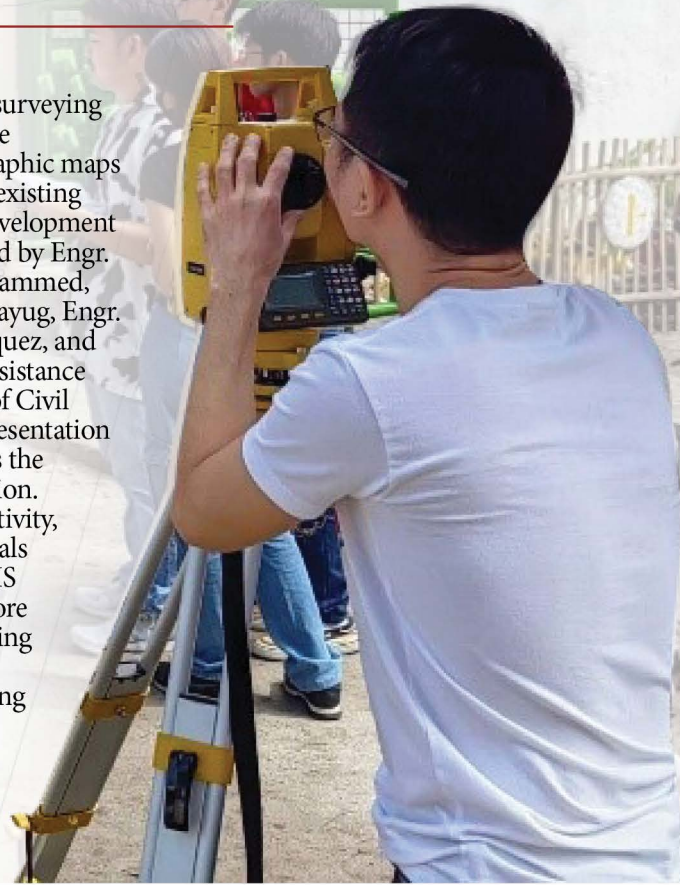
This project has come into light from the Department of Education's (DepEd) objective to resolve basic education challenges such as the agenda on facilities and services from which College of Engineering aimed to contribute with.

In line with this, Armenia Integrated School (AIS) has requested technical assistance from the COE particularly the Civil Engineering Department in preparation of the site development plan and design, along with a bill of materials for classrooms and other structures.

Extension Service Providers (ESPs) divided the project into four (4) phases. The preliminary phase comprises the on-site visit, initial meeting with the beneficiary, and signing of the Memorandum of Agreement spearheaded by the project head, Engr. Edwin Dela Vega with other ESPs, Dr. Marie Wendy J. Frany, Engr. Susa Nina A. Sapad, Engr. Ryan Layug, Engr. Leonides Tatu, Engr. Randy Policarpio, and Engr. Emy Vasquez.

The second phase, which surveying and planning, involved school site surveying, preparation of topographic maps and existing plans, evaluation of existing pertinent documents, and site development plan preparation. This phase is led by Engr. Dela Vega, Engr. Murphy P. Mohammed, Engr. Frany, Engr. Sapad, Engr. Layug, Engr. Tatu, Engr. Policarpio, Engr. Vasquez, and Engr. Bonjoebee R. Bello, with assistance from TSU - Philippine Institute of Civil Engineers Students. Lastly the presentation and planning phase encompasses the submission and output presentation.

Through this extension activity, the Sustainable Development Goals 4 and 19 have been addressed. AIS learners and educators will be more at ease in their classrooms, ensuring inclusive and equitable quality education and encouraging lifelong learning opportunities for all. SDG 09: Industry, Innovation, and Infrastructure empowers AIS to support sustainable industrialization and innovation.



COE DELIVERS SEMINAR-WORKSHOP ON BASIC ELECTRICAL SAFETY FOR SMCES

• Ms. Ms. Stephanie S. Carmen | COE



As part of the agreement in providing collaborative extension works, the College of Engineering (COE) and the Institute of Integrated Electrical Engineers of the Philippines, Inc.-Tarlac Chapter (IIEE-TC) conducted a Training-Workshop on Electrical Fire Safety Awareness and Practices for the San Miguel Central Elementary School (SMCES) on March 19.

Through COE's Electrical Engineering Department together with IIEE-TC, a Memorandum of Agreement was signed with the SMCES to formally undertake the extension activity that was greatly appreciated by the SMCES Principal

Dr. Alona A. Mallari and the SMCES Project Development Officer Ms. Nerissa P. Sidora.

In her welcome remarks, Dr. Mallari, expressed gratitude for ESPs, "Maraming salamat po sa ating mga engineers na magshe-share ng kanilang kaalaman patungkol sa fire safety awareness and practices", she said. She also introduced the ESPs to the students, teaching and non-teaching personnel, and parents from SMCES.

Engr. Miriam Galvez, the resource speaker, commenced the activity with an Electrical Safety Seminar-Workshop which

aimed to enhance awareness regarding potential dangers and uncertainties within the school environment and advocate for secure responses in emergency situations, with the goal of safeguarding the welfare of students, educators, and staff. Beneficiaries learned the different risks associated with electricity use and earthquakes. Engr. Galvez also discussed the do's and don'ts of electrical safety and enumerated some safe practices and procedures for school, and she ended her talk with the quote: "Nobody is safe until everybody is safe".

Flora ensured the participants with the electrical safety of the school emphasizing the importance of the triangle of fire and fire extinguisher basics.

Students enthusiastically participated in the question-and-answer workshop facilitated by Engr. Galvez, Engr. Flora, Engr. Florendo, Engr. Domingo, and Engr. Lapuz. For the conclusion of the event, Ms. Sidora and Dr. Mallari awarded the certificate of recognition to the resource speakers of the university.

This completed COE extension activity contributes to Goal 4 (Quality Education) of the Sustainable Development Goals, providing a life-long learning and awareness of basic electrical safety.

Core to the collaboration of the University and the Department of Science and Technology (DOST), the College of Business and Accountancy (CBA) assisted the Aeta Abelling Tribe of San Clemente on development of production manual necessary in improving the local livelihood of the community.

On February 28, 2024, CBA's Marketing Management Department comprising of experienced experts, Ms. Reissa Joselle D. Gopez, Ms. Ronalyn Ann Marie E. Diaz, Mr. Dante C. Fernandez Jr., Dr. Limuel P. Pavico, Dr. Jhonel C. Panlilio, Ms. Maria Teresa C. Agustin, Mr. Val Lawrence V. Flores, and Ms. Olivette P. Flores who have conducted a consultancy sessions with the mentioned IP community highlighting marketing strategies towards better outcomes in handling business ventures.

Moreover, the sessions unveiled an opportunity to address knowledge gaps within the indigenous community, marking a significant step towards empowering San Clemente's indigenous population with essential skills and insights for their future endeavors.

"Looking ahead, collaborative initiatives like this hold promise for fostering inclusive growth and resilience

EMPOWERING INDIGENOUS COMMUNITIES' LIVELIHOOD: CBA EDUCATES SAN CLEMENTE IPS ON MARKETING STRATEGIES, PRINCIPLES

• Ms. Christine Janelle M. Santiago and Mr. Timothy Julian L. Bote | CBA



within diverse communities. By embracing marketing principles, individuals and organizations can navigate the complexities of the market landscape and achieve their goals effectively," a faculty extension service provider from CBA mentioned highlighting the key role of

collaboration towards empowerment of IPs.

This extension undertaking was expected to contribute to the Sustainable Development Goals particularly SDG 8: Decent Work and Economic Growth and SDG 10: Reduced Inequalities.

FM DEP'T HOSTS FINANCIAL AWARENESS SEMINAR FOR PURA

• Ms. Christine Janelle M. Santiago and Mr. Timothy Julian L. Bote | CBA



Sharing the College of Business and Accountancy's expertise to Tarlac SMEs, the Financial Management (FM) Department enjoined Pura for a Financial Awareness, Costing, and Pricing of Products for all Pura Livelihood

Associations.

In collaboration with the BS Accounting Information System, the aforesaid seminar aimed to equip participants with essential financial management skills and strategic insights

to foster sustainable growth within their communities.

Prof. Maria Teresa C. Agustin led the session on financial awareness imparting basic budgeting, cash flow management, and strategic financial planning where participants gained a deeper understanding on basic financial principles and learned practical approaches to manage resources effectively.

Dr. Derick S. Figueroa further delved into basic product costing and pricing optimization equipping participants to make informed decisions that balance profitability with market competitiveness. Through case studies and hands-on exercises, participants honed their analytical skills and developed strategies tailored to their respective livelihood association.

As the seminar ended, participants left with newfound knowledge, practical skills, and a renewed sense of confidence in managing their finances. By applying the principles learned, they are poised to drive economic growth and foster inclusive development within their communities contributing to the Sustainable Development Goals, particularly on SDG 4: Quality Education and SDG 8: Decent Work and Economic Growth.



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