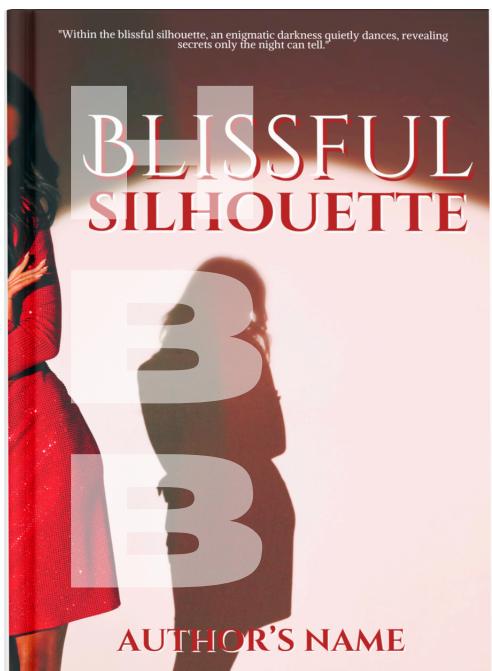
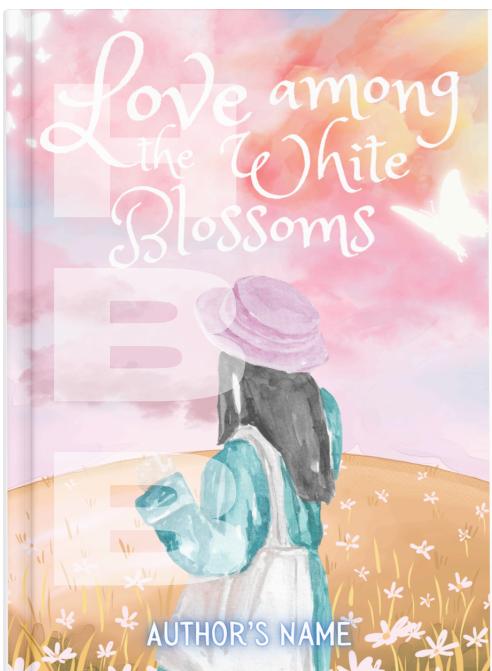
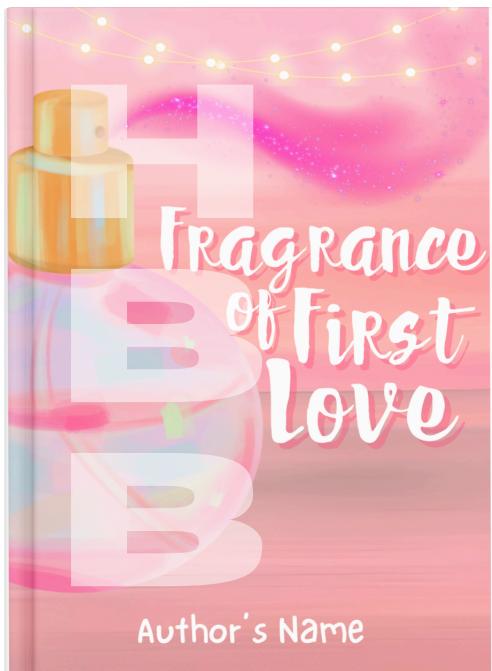
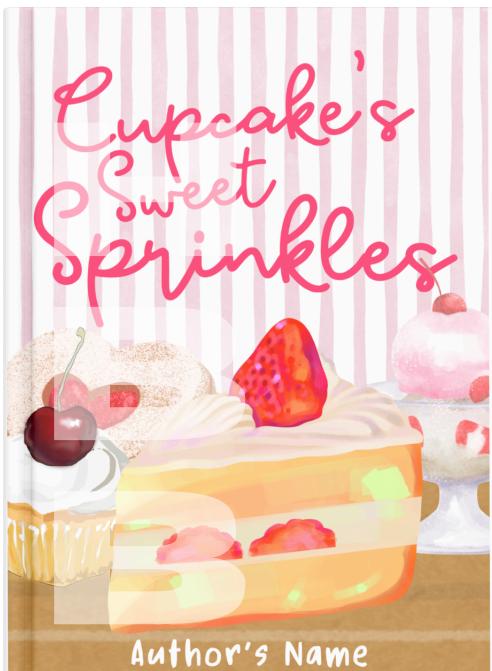
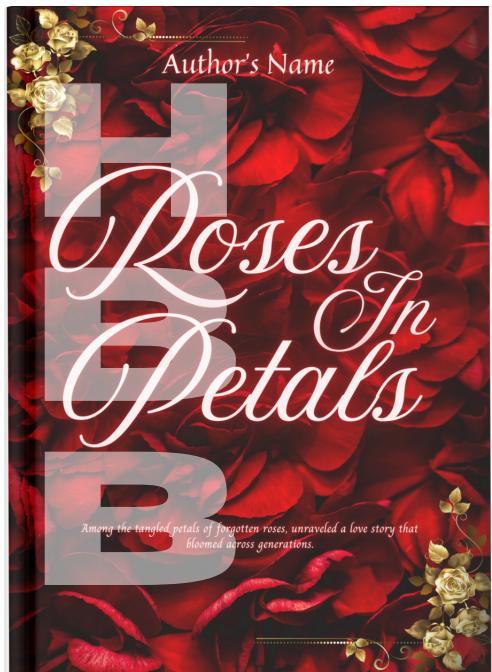
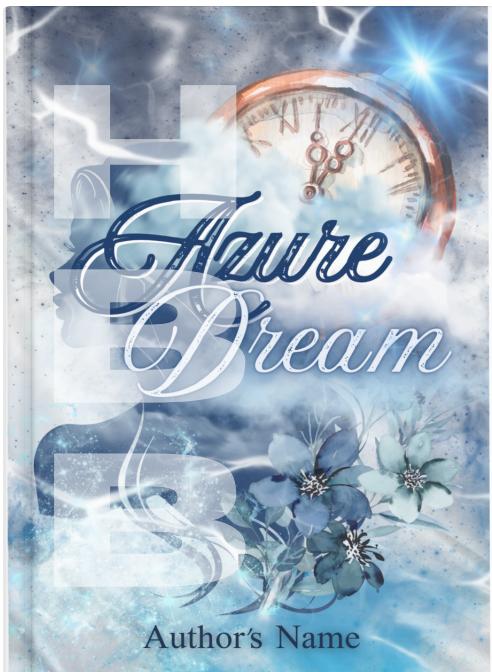


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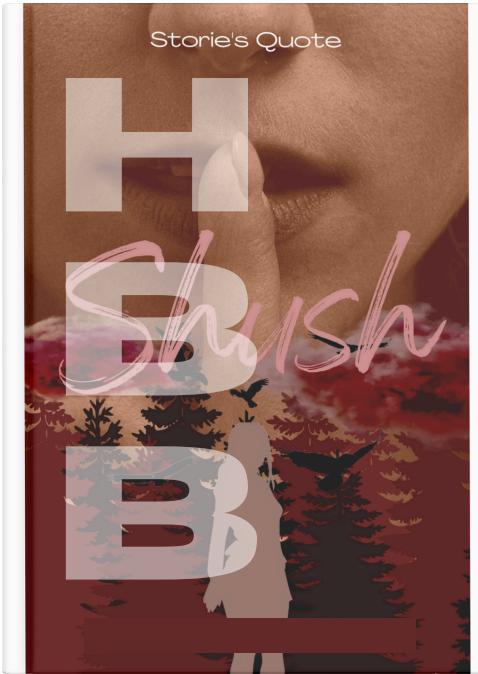
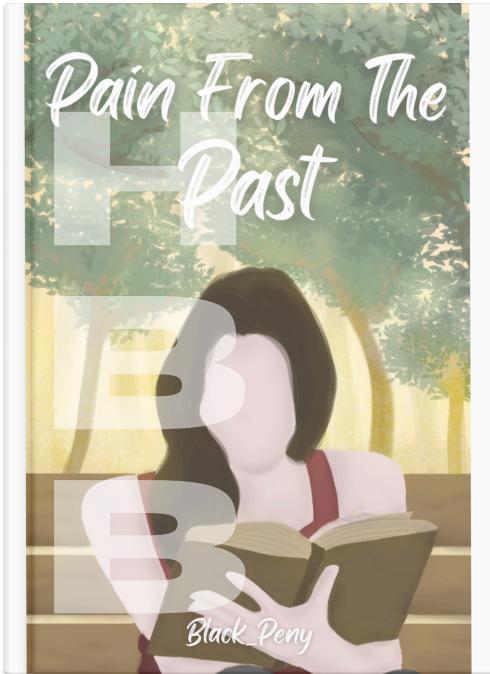
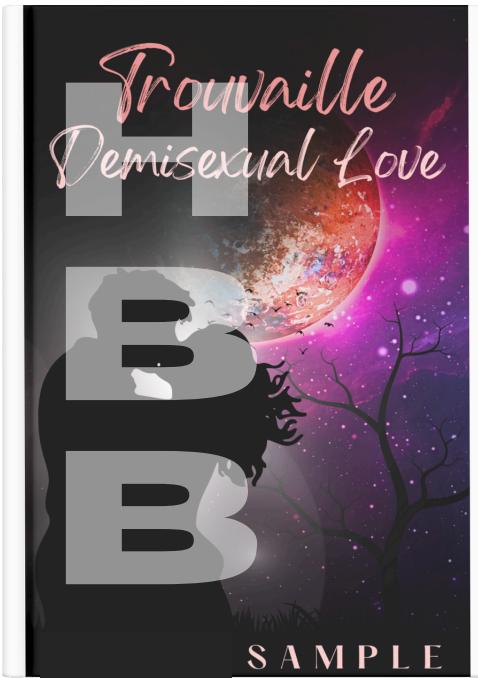
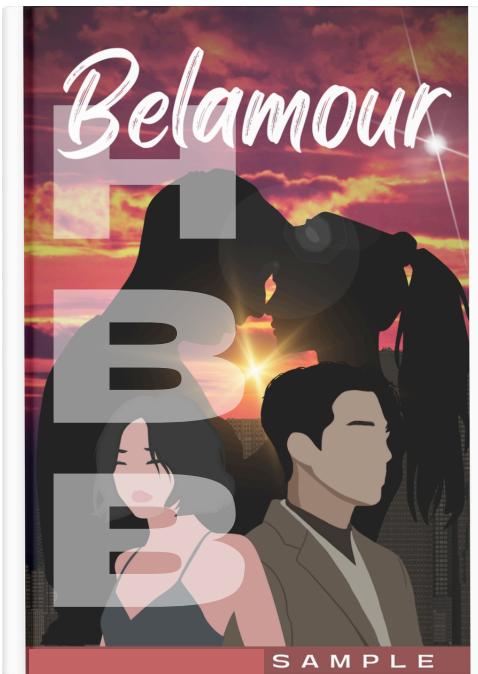
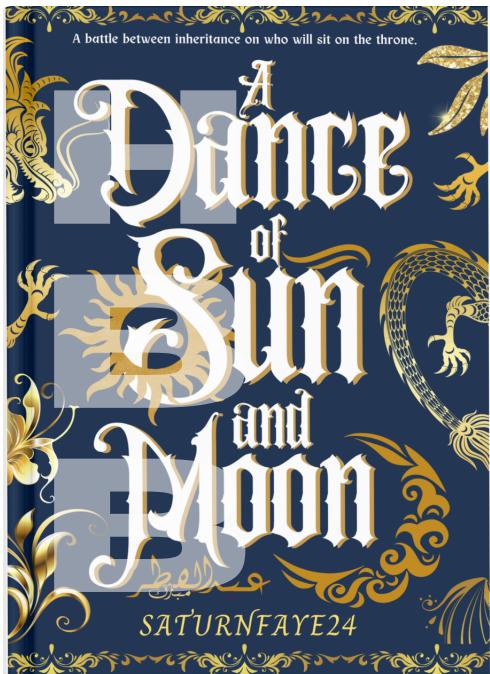
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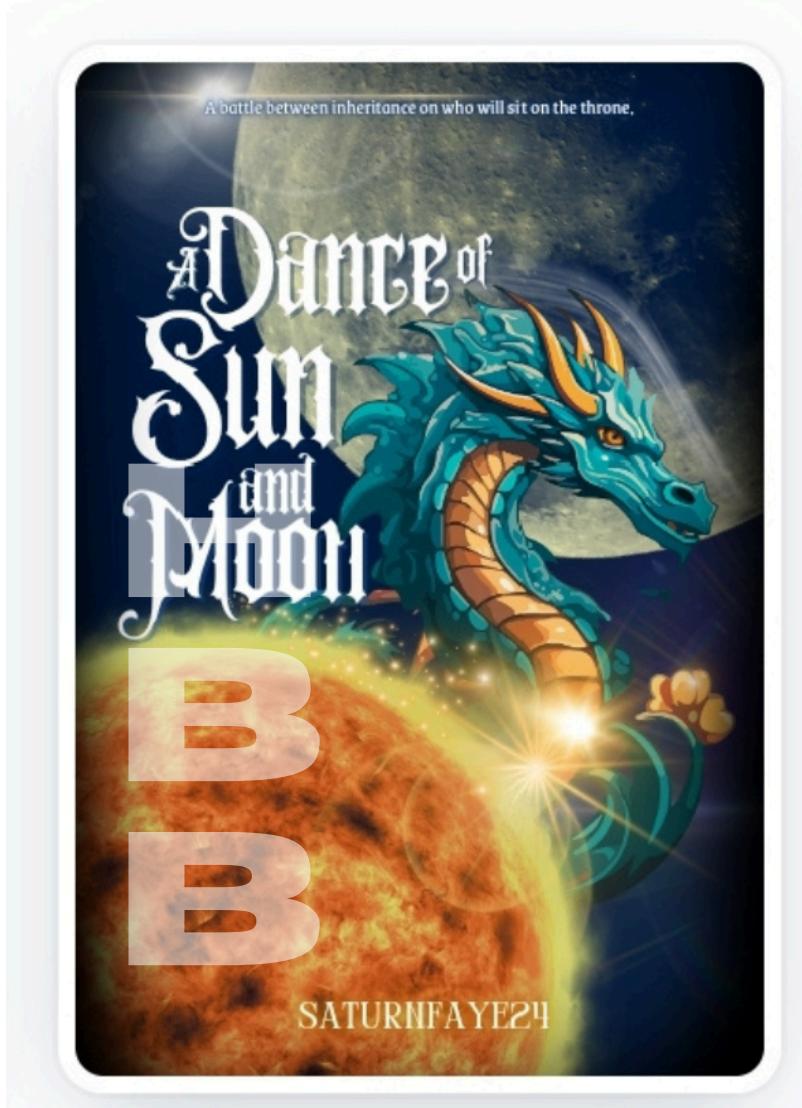
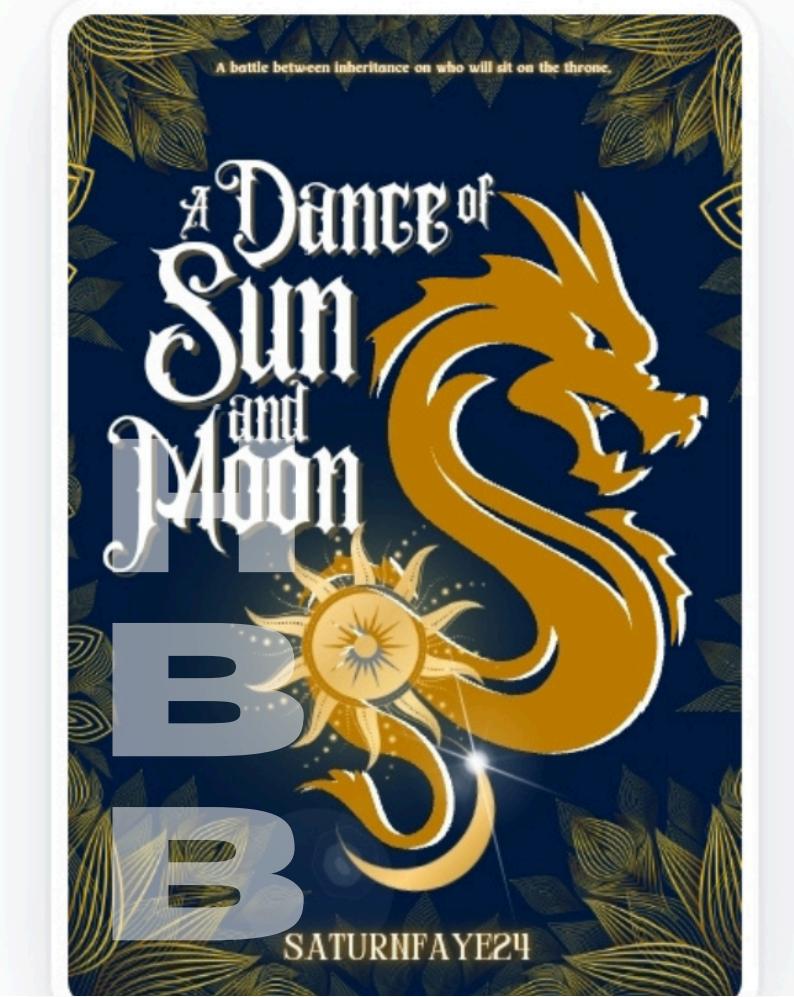
BOOK COVERS



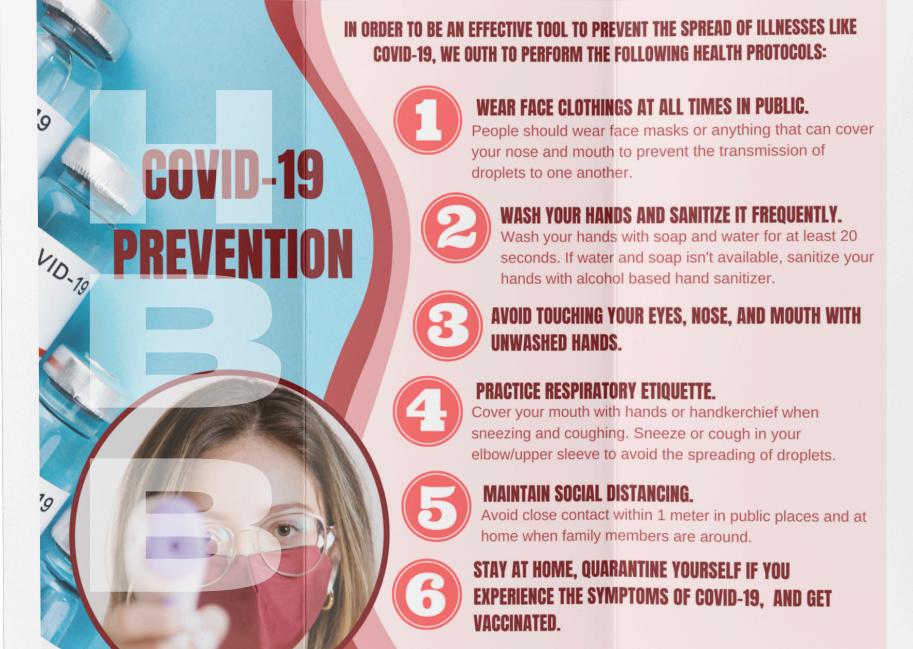
BOOK COVERS



BOOK COVERS



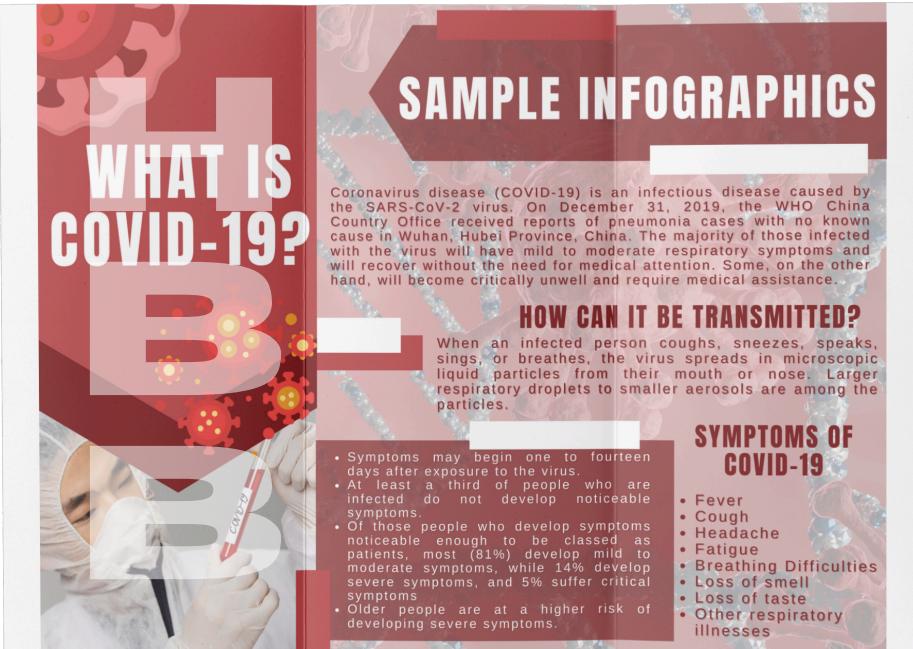
BROCHURES



COVID-19 PREVENTION

IN ORDER TO BE AN EFFECTIVE TOOL TO PREVENT THE SPREAD OF ILLNESSES LIKE COVID-19, WE OUTH TO PERFORM THE FOLLOWING HEALTH PROTOCOLS:

- WEAR FACE CLOTHINGS AT ALL TIMES IN PUBLIC.**
People should wear face masks or anything that can cover your nose and mouth to prevent the transmission of droplets to one another.
- WASH YOUR HANDS AND SANITIZE IT FREQUENTLY.**
Wash your hands with soap and water for at least 20 seconds. If water and soap isn't available, sanitize your hands with alcohol based hand sanitizer.
- AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS.**
- PRACTICE RESPIRATORY ETIQUETTE.**
Cover your mouth with hands or handkerchief when sneezing and coughing. Sneeze or cough in your elbow/upper sleeve to avoid the spreading of droplets.
- MAINTAIN SOCIAL DISTANCING.**
Avoid close contact within 1 meter in public places and at home when family members are around.
- STAY AT HOME, QUARANTINE YOURSELF IF YOU EXPERIENCE THE SYMPTOMS OF COVID-19, AND GET VACCINATED.**



WHAT IS COVID-19?

SAMPLE INFOGRAPHICS

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. On December 31, 2019, the WHO China Country Office received reports of pneumonia cases with no known cause in Wuhan, Hubei Province, China. The majority of those infected with the virus will have mild to moderate respiratory symptoms and will recover without the need for medical attention. Some, on the other hand, will become critically unwell and require medical assistance.

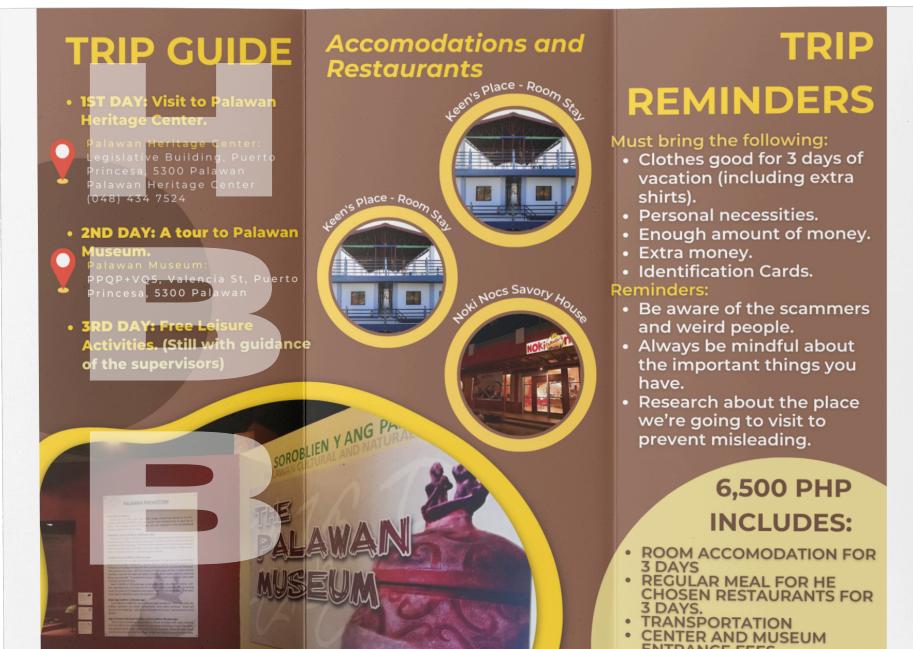
HOW CAN IT BE TRANSMITTED?

When an infected person coughs, sneezes, speaks, sings, or breathes, the virus spreads in microscopic liquid particles from their mouth or nose. Larger respiratory droplets to smaller aerosols are among the particles.

- Symptoms may begin one to fourteen days after exposure to the virus.
- At least a third of people who are infected do not develop noticeable symptoms.
- Of those people who develop symptoms noticeable enough to be classed as patients, most (81%) develop mild to moderate symptoms, while 14% develop severe symptoms, and 5% suffer critical symptoms.
- Older people are at a higher risk of developing severe symptoms.

SYMPOTMS OF COVID-19

- Fever
- Cough
- Headache
- Fatigue
- Breathing Difficulties
- Loss of smell
- Loss of taste
- Other respiratory illnesses



TRIP GUIDE

- 1ST DAY: Visit to Palawan Heritage Center.**
Palawan Heritage Center: Legislative Building, Puerto Princesa, 5300 Palawan
Palawan Heritage Center (048) 434 7524
- 2ND DAY: A tour to Palawan Museum.**
Palawan Museum: PPQPVQS, Valencia St, Puerto Princesa, 5300 Palawan
- 3RD DAY: Free Leisure Activities. (Still with guidance of the supervisors)**

Accomodations and Restaurants

- Keen's Place - Room Stay
- Noki Nocs Savory House

TRIP REMINDERS

Must bring the following:

- Clothes good for 3 days of vacation (including extra shirts).
- Personal necessities.
- Enough amount of money.
- Extra money.
- Identification Cards.

Reminders:

- Be aware of the scammers and weird people.
- Always be mindful about the important things you have.
- Research about the place we're going to visit to prevent misleading.

6,500 PHP INCLUDES:

- ROOM ACCOMODATION FOR 3 DAYS
- REGULAR MEAL FOR THE CHOSEN RESTAURANTS FOR 3 DAYS.
- TRANSPORTATION
- CENTER AND MUSEUM ENTRANCE FEES

BROCHURES

PALAWAN AT HOME

TRANSPORTATION

School Bus: Quezon City to Clark International Airport
Airplane: Clark International Airport to Puerto Princesa International Airport then to Keen's Place.
Van

In celebration for the National Art Month.

An academic trip that allows us to discover about our country's legendary artworks in Palawan.

HERITAGE CENTER
PALAWAN FIELD TRIP
3-Day Academic Trip
ONLY 6,500 PHP

February 1 to 3, 2024 | Puerto Princesa, Palawan

Submitted By:

Who is he?

Uwang Ahadas was born on February 15, 1945 in Lamitan, Basilan, Philippines. He is a blind musician who let music became his eyes to explore various art of rhythms and overlaying beats through Yakan instruments.

He is a National Living Treasure and a folk musician from the Philippines. Early on, Ahadas received instruction in playing traditional instruments. He acquired the skills necessary to play the gabbang and agungan. Additionally, he was skilled in the kwintangan, which is regarded as the most significant Yakan musical instrument.

GAMABA Artist

He was conferred with the Gawad sa Manlilikha ng Bayan (GAMABA) in 2000 in recognition of his excellent contribution to the preservation of Yakan traditional music.

Art Contributions

National Living Treasure Awardee
Ika-77 na Kaarawan ng Kultura ng Pilipinas UWANG AHADAS
TAKDADONG SA MUSIK PAGKAKAIBAT NG YAKAN
Febrero 15, 1945

Mastered and preserved all of the Yakan traditional instruments at the age of 20

Continues to travel outside of Basilan to teach and promote tradition to this day.

Instruments he played

Gabang
Kwintangan
Agung

What made him worthy?

He preserved the dying traditional music of Yakan domain by educating his tribe about the techniques in playing the Yakan instruments as well as for his in-depth understanding of the artistic potential and social settings of these instruments. Thus made him standout among the Yakan domain.

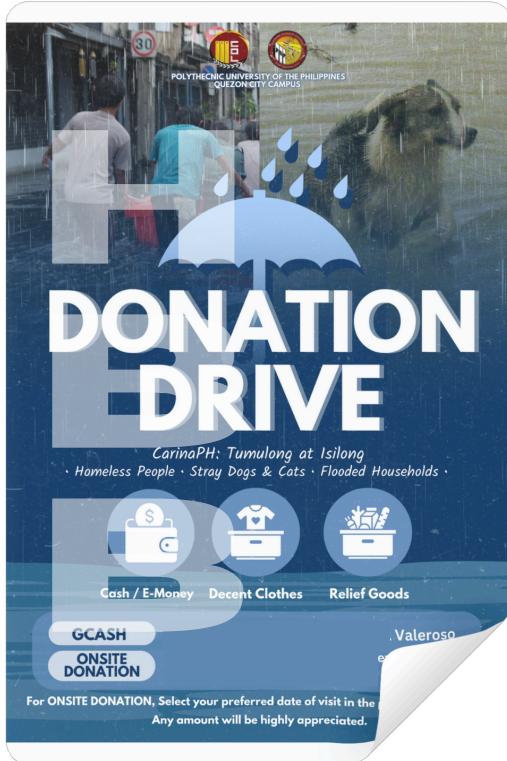
Manlilikha ng Bayan GAMABA Artist

Uwang Ahadas

By:

STEM 12 TURING

POSTERS



INFOGRAPHICS

EARTHQUAKE MITIGATION PLAN IN BARANGGAY

PLOT RISKS VULNERABLE AREAS.
Determine if your location is in the Fault Line and if your area is affected, relocate or immigrate immediately to safer place away from the fault trace.

STRENGTHEN YOUR PREPAREDNESS
Prepare emergency kit, secure your properties, reinforce your house for it to be invulnerable, assess with your family members about what to do or where to go in times of disaster.

BE AWARE FOR THE OUTCOMES OF EARTHQUAKE
Participate on an earthquake prevention practices in your community and learn first aid incase you or other person get mild or severe injuries caused by earthquake.

RESPOND TO THE DISASTER
Apply the learnings you get about what to do during earthquake. Manage yourself and others to stay calm. Do the Duck, Cover and Hold to protect yourself from falling objects.

RECOVER
Check yourself and your family members. Provide first aid to those who needs it. Stay tuned for the announcements of the authorities. Evacuate immediately if your place is prone to risk.

REINFORCEMENT
For the government, recover damaged structures or facilities, secure properties and maintain resiliency and support to the affected people.

COVID-19 PREVENTIONS

For being responsible, we can kill the virus.

Covid-19 (CORONA VIRUS) can be transmitted through close contact between two people when talking, breathing, or otherwise exhaling, as well as those droplets produced by coughs or sneezes.

GET VACCINATED
This helps your body to be immune and fight the virus that enters your body.

SOCIAL DISTANCING
It reduces the chance of transmitting and spreading the virus from one another. 1 meter

WEAR A MASK
Wearing a mask can prevent the air borne transmission of COVID-19.

AVOID CROWDS
Crowded places like restaurants can put you into a higher risk of getting a COVID-19.

WASH YOUR HANDS OFTEN
Wash your hands with soap and a clean water to remove all the bacteria and viruses that comes to your hands.

COVER YOUR MOUTH WHEN COUGHING AND SNEEZING
It can prevent the droplets of your cough and sneeze from going anywhere.

THE POWER OF Social Media

SHARING OF VARIOUS INFORMATION
Social Media is an accessible tool to many which allows everyone to share and acquire information from the other users. It has a power to deliver some irrelevant and fake data since everyone has access to it.

INFLUENCES PEOPLES' MIND
Anyone can easily post something online that has both positive and negative influences for their audiences. It can make people be convinced to believe a certain information, even the fake ones.

EASIER COMMUNICATION
Communication becomes an easy one tap process in social media, regardless of the distance between the sender and the receiver. People can easily socialize with the other users but they must be mindful of whom they interact with.

WIDE RANGE OF AUDIENCES
Social Media provides lots of opportunities especially in promotion of something online because it has a million users all around the globe. Everyone can do advertisements to increase the sales of a certain product and services. It is also great for online collaborations.

RISE OF CYBERCRIME
Since anyone has an access to social media networks, there's also a high possibility of selfish online users. People are prone to hackers, scammers, phishers, cyberbullying, cyber stalking, virus dissemination, and many more.

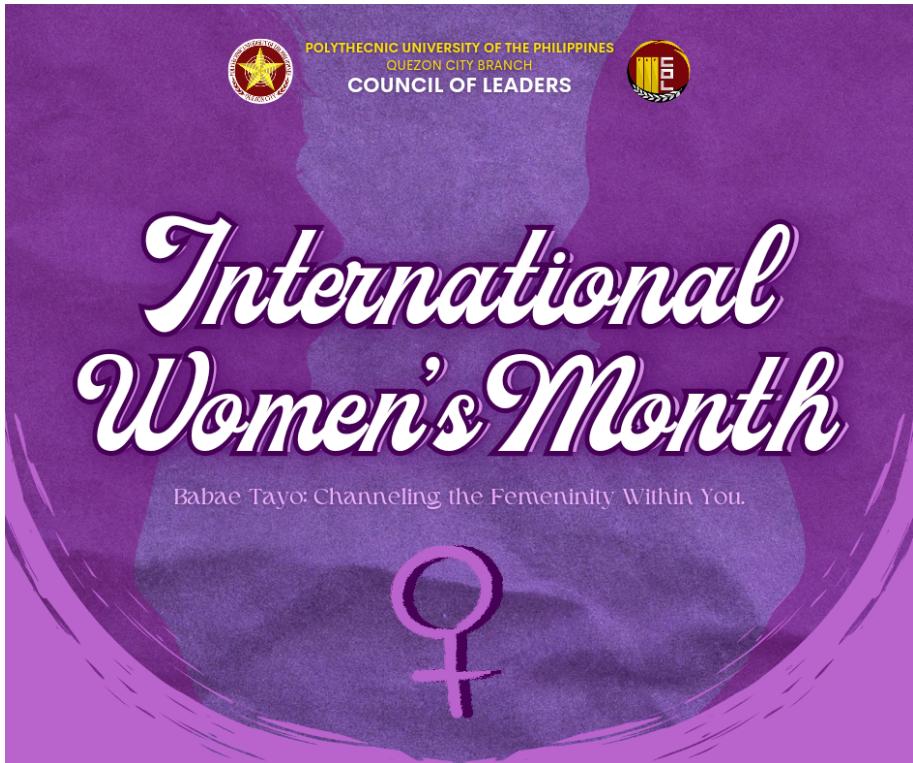
TIMELINE

- CRT TELEVISION** (2010) - It is an old version of TV where it presents a visual graphics to provide a message, it is a very good entertainment device and a kid's first thing is very magical and important to me because I love watching my favorite cartoon.
- CHERRY MOBILE KEYPAD PHONE** (2011) - My first ever phone was a pink cherry mobile, kept it for a year and half, it has a keypad, have panel like the snake, and can take a pictures from its back cam, record a video, and play a music. My parents gave it to me as a birthday gift and I'm very happy to use it because it has so many functions.
- HANDHELD GAMING CONSOLES** (2013) - The main function of this device is for playing games, it's a place where you can take pictures and record a video. I love this, I feel like I'm very rich because I'm able to have all the game brand in that handheld device. I really enjoyed using this device.
- DVD PORTABLE** (2014) - This device requires a CD to function because it reads the CD in order to present the video or series of pictures in its monitor. Since I love watching movies, I always use this to watch and protect all my favorite cartoons.
- SAMSUNG TOUCHSCREEN PHONE** (2016 - PRESENT) - Lanning was my first touchscreen phone that I used. It has a lot of functions compared to the keypad phone. It can browse the internet, social media, youtube, big google. For me, it is more convenient to use the screen than the keypad. The screen is much better than the keypad because it is easier to use and more accurate.
- ACER LAPTOP** (2019 - PRESENT) - Laptops have similar functions to the touchscreen compared to the keypad phone but when it comes to documenting, printing, and searching from several tabs, this is very helpful to me because it keeps me with my school tasks and other things more easily.

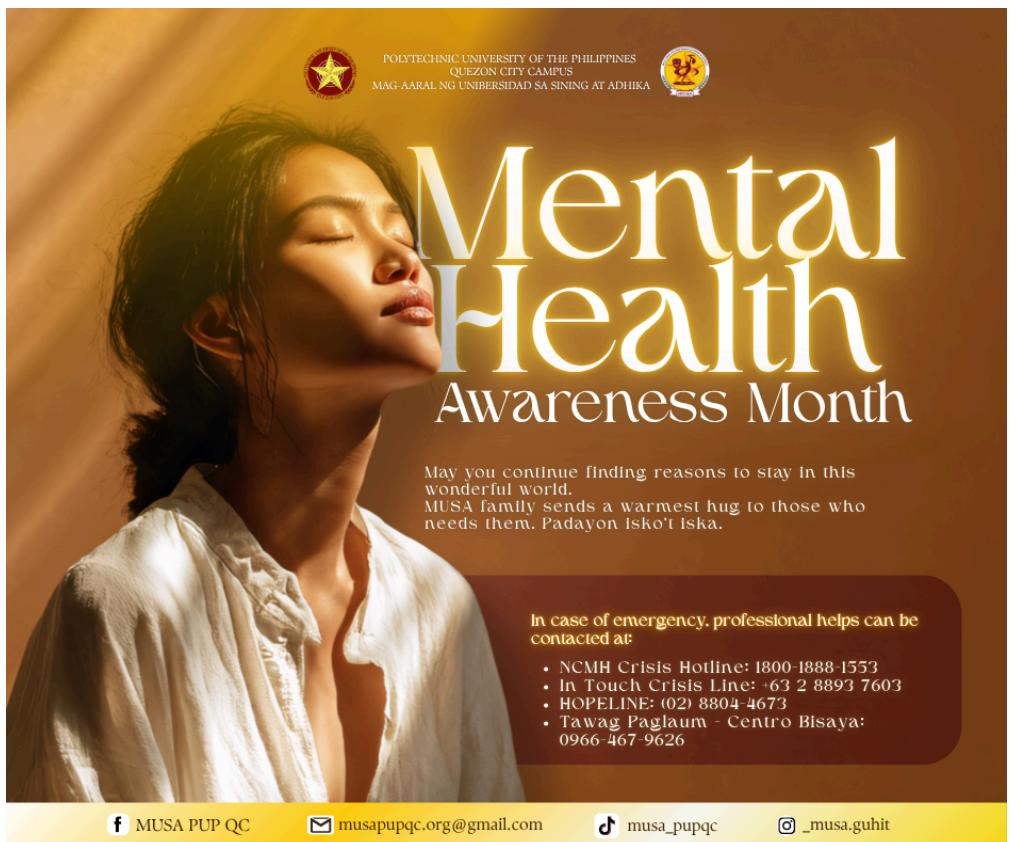
PUBLIC MATERIALS



PUBLIC MATERIALS



PUBLIC MATERIALS



The poster features a woman with her eyes closed, looking upwards with a serene expression. The background is a warm, golden-yellow color. The title "Mental Health Awareness Month" is written in large, white, serif capital letters across the upper right side. Below the title, a quote reads: "May you continue finding reasons to stay in this wonderful world. MUSA family sends a warmest hug to those who needs them. Padayon Isko't Iska." At the bottom, there is a callout for emergency contacts.

In case of emergency, professional help can be contacted at:

- NCMH Crisis Hotline: 1800-1888-1553
- In Touch Crisis Line: +63 2 8893 7603
- HOPELINE: (02) 8804-4673
- Tawag Paglaum - Centro Bisaya: 0966-467-9626

[f MUSA PUP QC](#) [✉ musapupqc.org@gmail.com](#) [d musa_pupqc](#) [_musa.guhit](#)



The poster features a large, ornate gold frame containing a painting of a woman's face. The title "Sa Look ng Utak ni Juana" is written in large, flowing gold script, with "Cast Call Audition" in smaller white text below it. The background is a warm, golden-yellow color. At the bottom, details about the audition are provided.

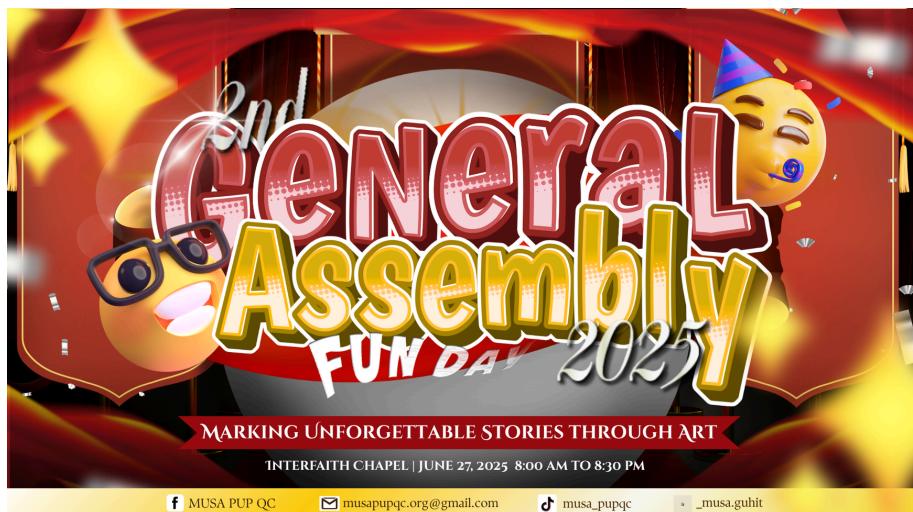
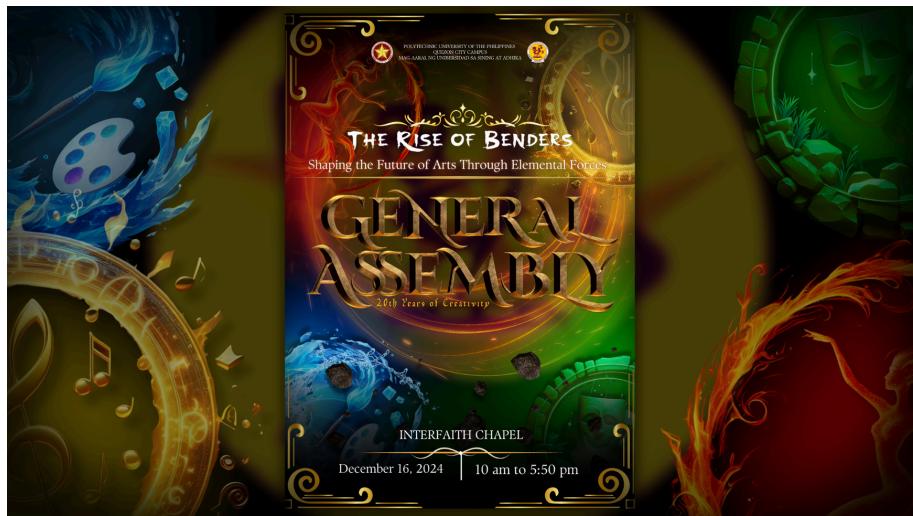
August 15, 2025 | 9:00 AM to 4:00 PM
Tahanan ng Alumni

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PUBLIC MATERIALS



PUBLIC MATERIALS



OTHERS

