



Health is Wealth

A CIHM Community Series

PERPETUALISTA

THE OFFICIAL NEWSLETTER OF THE COMMUNITY OUTREACH DEPARTMENT



Health is Wealth:

A CIHM Community Series

(May 11, 2023)

The University of Perpetual Help System Laguna (UPHSL) through its Community Outreach Department (COD) in collaboration with the College of International and Hospitality Management (CIHM) as the major benefactor, successfully implemented an outreach project entitled: "Health is Wealth: A CIHM Community Outreach Series" on May 11, 2023 at the Covered Court of Palma Elementary School (PES) in Brgy. Palma, Alaminos, Laguna.

This activity is participated by the volunteers from COD and CIHM, where the Nutrition and Dietetics (ND) student-volunteers spearheaded a simple seminar highlighting the importance of consuming nutritious foods and avoiding junk foods to the beneficiaries. Meanwhile, the Hospitality Management (HM) student-volunteers shared nutritious snacks and drinks for the attendees. And lastly, the Tourism Management (TM) student-volunteers in collaboration with the College of Maritime Education (CME) spearheaded the second half of the activity by conducting the seminar on how to clean the environment by simply segregating litters and being responsible citizens at a very young age.



After a fun-filled talk with games, the benefactors also donated rubber trash bins which will help the school in always maintaining its cleanliness.

The main goal of the program is to emphasize the benefit of having a healthy body and a healthy environment to the elementary students, teachers, and other educational workers of PES. On the other hand, the volunteers left the venue with fulfilled hearts knowing that they have left an impact that the recipients will never forget. Undeniably, "Health is Wealth."



College of *International Hospitality Management*



Brgy. Palma, Alaminos, Laguna

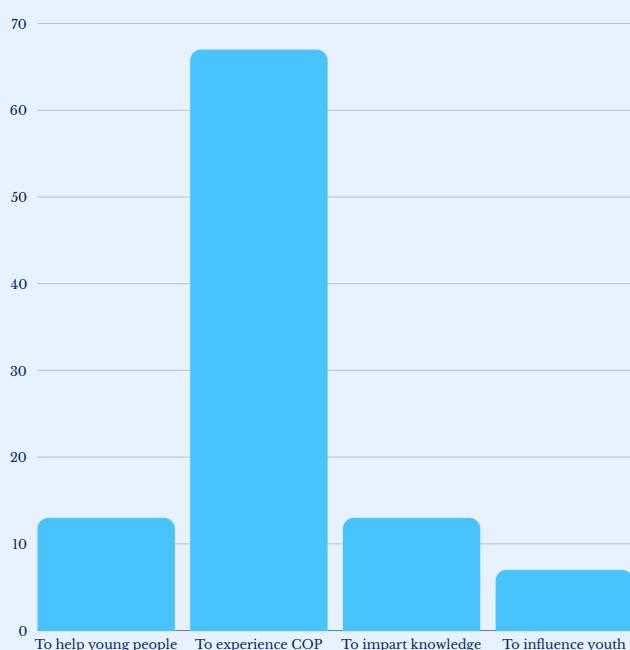
HEALTH IS WEALTH: A CIHM COMMUNITY SERIES

Graph 1 indicates the comments of the beneficiaries which were coded and given corresponding themes. Of the thirty **(30)** remarks shared, all of the beneficiaries expressed their words of gratitude for the organizers of the event, showing their appreciation of the activity conducted and how it will impact their health and the environment.

Beneficiaries' Evaluation



Participants' Evaluation



Graph 2 indicates the participants' reasons for joining the activity where twenty **(20)** or **66.67%** remarked that they wanted to experience COP. Meanwhile, four **(4)** or **13.33%** wanted to impart knowledge on health and environmental protection. Also, four **(4)** or **13.33%** stated that they wanted to help young people realize that they are the hope of the nation not only in terms of progress but also in health awareness and environmental conservation. Moreover, two **(2)** or **6.67%** reasoned that they wanted to influence the youth positively by disseminating information as to the importance of nutrition education and taking care of the environment. The results imply that the participants were motivated by a civic-minded disposition to share something and influence the youth through sharing knowledge in nutrition and protecting the environment.