



SDG 3

UCU-COP hosts Red Cross, Apothec students participates in bloodletting

In observance of Blood Disease Month, the Apothecary Society of the UCU-College of Pharmacy participated in a bloodletting activity in collaboration with the Philippine Red Cross on September 14, 2023 held at the UCU Mock Hospital.

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Exemplifying the Apothecary Society's dedication to the community's well-being, the principles of 5 A's: Ask, Assist, Assess, Acquire, and Achieve were instilled to the participants while in action, as a guiding measure for the endeavor's impact and success.





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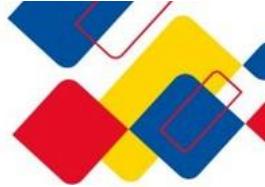




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ASK: Students were invited and encouraged to donate blood, and the student-participants of the College of Pharmacy spared no effort in spreading awareness about the significance of the endeavor.

ASSIST: The student-participants offered assistance to the personnel of the Philippine Red Cross in performing the bloodletting procedure, working in collaboration to ensure the endeavor's smooth execution.

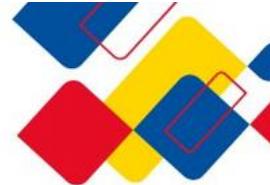
ASSESS: Blood donors received food as a token of appreciation to their willingness and contribution.

ACQUIRE: Post-treatment and after care were performed by a dedicated team of student-participants to donors who got queasy or unaccustomed to bleeding.

ACHIEVE: For the duration of the event, the Apothecary Society was able to collect 103 blood bags for the Philippine Red Cross, which will be of great aid to those in need.

The bloodletting activity not only celebrated the spirit of giving but also highlighted Pharmacy students' commitment to healthcare and betterment of the community. As future Pharmacists, their initiatives echoed the Apothecary Society's pledge to continue making a difference in the lives of their countrymen.





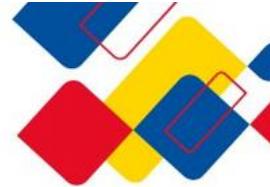
https://ucu.edu.ph/news/ucu-cop-hosts-red-cross-apothec-students-participates-bloodletting?fbclid=IwZXh0bgNhZW0CMTEAAR0sVlzM4T6bu-TrS4XfMx2jNXPLXzMBFrIN7YqtTvIVi63gw5Ld9jX4Bk_aem_zpOJ-uQiRxIEwL4Nrolfvw

COLLEGE OF HEALTH SCIENCES

BACHELOR OF SCIENCE IN NURSING

(BSN)





URDANETA CITY UNIVERSITY

CENTER FOR COMMUNITY DEVELOPMENT AND EXTENSION SERVICES BARANGAY
CABARUAN, URDANETA CITY PANGASINAN

THEME:

“PANAGTARIPATTO KADAGITI AGTUTUBO PROJECT YEAR 2”

In coordination with College of Health Sciences: Bachelor of Science in Nursing

Extension Service Theme:

**“PHYSICAL CHANGES A PUBERTAL TOUR TOWARDS MENTAL &
SOCIAL WELLNESS”**





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CENTER FOR COMMUNITY DEVELOPMENT AND EXTENSION SERVICES

May 5, 2023

AMIHAN APRIL C. MELLA-ALCAZAR, PhD
Acting University President

Subj.: Project Proposal Re: UCU-PTO Panagtaripatto Kadagiti Agtutubo Project Year 2

Dear Madam;

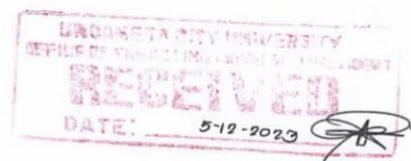
Respectfully forwarding in your good office herein **Project Proposal Re: Panagtaripatto Kadagiti Agtutubo Project Year 2** for your approval. Said project was successfully implemented last year and we were able to assist deserving students to enroll in our university as scholars. The UCU-PTO Year 2 project is a service-learning opportunity that connects the youths to personality development and career planning.

Your approval in this regard is a great endeavor of our university in the extension and outreach programs.

Thank you very much and God Bless.

Very truly yours,

JERRY C. DICHOSO, EdD
Director-CCDES



Recommending Approval:

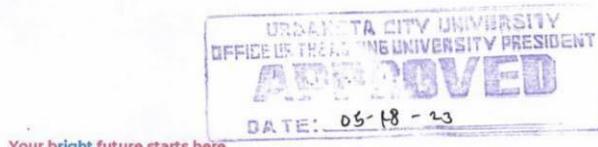
JOSEPHINE S. LAMBINICIO, EdD
VP-Academic Affairs



RAQUEL D. PASCUA, PhD
VP-Administrative Affairs



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PROJECT PROPOSAL

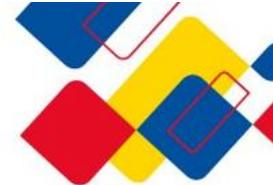
- I. Title: PROJECT UCU -PTO "PANAGTARIPATTO KADAGITI AGTUTUBO Year 2"
- II. Project Beneficiaries: Senior High School Students of Cabaruan National High School, Cabaruan, Urdaneta City
- III. Project Implementer: UCU-Center for Community Development and Extension Services (CCDES) and Extension Coordinators
- IV. Project Proponent: Center for Community Development and Extension Services
- V. Project Proponent: Cabaruan National High School
- VI. Time Frame: May 2023 to June 2024
- VII. VENUE: Cabaruan National High School, Cabaruan, Urdaneta City
- VIII. PROJECT COST: Php. 5,450.00
- IX. RATIONALE:

The "PANAGTARIPATTO KADAGITI AGTUTUBO" PTO PROGRAM, is a service-learning opportunity that connects youth to service learning and enables them to personality development and career planning. "Panagtariptato" is an Ilocano word meaning "to take care or to value" and "Agtutubo" is the youth. One way of valuing the youth is to enhance their skills, potential, and capabilities, and enable them to prepare themselves and discern for their future. Service learning is a method under which the youths learn and develop through active participation in a thoughtfully organized service that they are learning for themselves and learning the needs of the community. The activity is a venue for the youth beneficiaries to improve character values and responsible behavior, they can generalize what they learn from their experiences, learn how to be respectful towards others and toward public service, and they develop an awareness of healthy life choices. As per the study, youth involved in volunteerism, interaction, and providing valued services in the school and community, have shown academic gains and motivations to pursue their studies and developed a sense of connectedness to the school, family, and community such as:

- Feeling valued by peers, school, and community
- Feeling responsible for their own welfare, their family, and the community
- Prepared themselves to discern their future career

The PTO program will also promote the social-emotional skills of the youth. Accordingly, researchers have found a statistically significant impact on the youth such as improved social skills, low levels of delinquent behavior, good leadership in the school, and improved psychological well-being.





X. OBJECTIVES:

At the end of the "Panagtaripatto Kadagit Agtutubo Year 2 Program", the senior high school students of Cabaruan National High School will be able to:

1. Do better in school and are less engaged in risky behaviors;
2. Acquired knowledge, attitudes, and skills of an exceptional student and service provider in their school;
3. Help them enhance their leadership capabilities and develop a sense of being a good leader in their school and in their community;
4. Appreciate the efforts and good leadership in their school and volunteers in their community
5. Assist the students in their career planning as they enter into college education
6. Encourage students to pursue their college education at our university

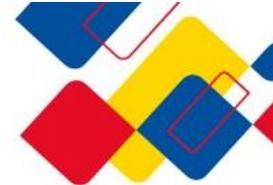
XI. PROJECT INPUTS

Positions	Functions
Center for Community Development and Extension Services	<ul style="list-style-type: none">✓ Prepare Project Proposal✓ In-charge in the coordination of the project with the target Community; and✓ Evaluate the Impact of the activity on the beneficiaries
UCU-Administration	<ul style="list-style-type: none">✓ Reviews & Approves the Proposal submitted;✓ Provides transportation for the CCDES staff and extension coordinators✓ Approves its counterparts for the budget.
Extension Coordinators	<ul style="list-style-type: none">✓ Provides learning activities based on the identified needs of the students
Center for Research and Development	<ul style="list-style-type: none">✓ Provide technical assistance in the conduct of research, monitoring, and evaluation of the sustainability and project impact
Center for Training and Professional Development	<ul style="list-style-type: none">✓ Provide technical assistance on the conduct of pieces of training

XII. PROJECT DESCRIPTION:

The Project will start on May 2023 right after the presentation of the result of the Needs Assessment Survey to the School Principal and teaching force of the Senior High School of Cabaruan National High School. The senior high school students will undergo learning activities provided by the CCDES and the concerned extension coordinator. The schedule of the learning





activities is based on the approved schedule given by the school principal so as not to hamper their regular school hours. As per the result of the Needs Assessment Survey, the following are the topics of learning activities to be conducted:

Program Area	Topic	College
Health	Health Education and Sanitation, Proper Nutrition	College of Health Sciences
	First Aid Training	Disaster Risk Reduction Management Office
	Protection, Control, and Treatment of Common Diseases	College of Health Sciences
	Mental Health and Counseling	College of Human Sciences
Education	Computer Literacy	College of Information Technology Education
	Electrical Safety Management	College of Engineering and Architecture
	Mathematical Tutorials	College of Arts and Sciences
	Bookkeeping and Financial Management	College of Business management and Accountancy
	Career Guidance	Psychological Assessment and Counseling Center
Livelihood	Baking and Pastry Making	College of Hotel Tourism Management
	Food Preparation and Housekeeping	
Social Protection	Laws Protecting Children and Youth	College of Criminal Justice Education
	Disaster Risk Reduction	Disaster Risk Reduction Management Office

Learning sessions and activities will be conducted for 1 to 2 hours depending on the availability of hours provided by the school head. After each session, an evaluation form will fill up by the students which will serve as a guide for assessing the impact of the activity and for better implementation. Every after the activity, the team will provide feedback and discuss with the school principal next activities to be conducted.

XIII. BUDGETARY REQUIREMENTS:

Item	Number of Participants	Total Amount
Certificates	72 senior high students	Php. 400.00

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Token for students beneficiaries		Php. 2,800.00
Snacks during culminating activities	72 students, teachers & staff/ 90 pax @ 25.00	Php. 2,250.00
	TOTAL	Php. 5,450.00

XIV. MONITORING AND EVALUATION:

The UCU Administration and CCDES Team will ensure proper supervision, implementation, monitoring, evaluation, and documentation of the said activity.

XV. RECOMMENDATION:

Premised on the relevance of the proposed activity presented, its approval is respectfully recommended. Materials and budget needed amounting to **Five Thousand Four Hundred Fifty Pesos Only (5,450.00)** will be provided by UCU Administration; however, it is not limited to utilizing other resources or contributions from various individuals who are generous to extend support to the proposed activity.

Prepared by:

JERRY C. DICHOSO

Director, Center for Community Development and Extension Services

Recommending Approval:

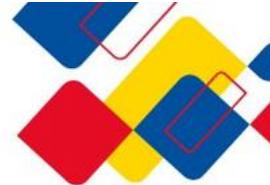
JOSEPHINE S. LAMBINICIO, EdD
Vice President for Academic Affairs

RAQUEL D. PASCUA, PhD
Vice President for Administrative Affairs

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COLLEGE OF HEALTH SCIENCES

March 7, 2024

JERRY DICHOSO, Ed.D.
Director, CCDES
Urdaneta City University
Urdaneta City

Dear Sir;

The Urdaneta City University Center for Community Development & Extension Services aims to provide services and programs to develop community development and awareness to the community.

Pursuance to the University CCDES commitment, the Bachelor of Science in Nursing program will be conducting an extension service activity for Selected Senior High School students with the theme "Panagtaripatto Kadagit Agutubio Project Year 2: "Physical Changes: A Pubertal Tour Towards Mental and Social Wellness" held on March 18, 2024 (3:00- 4:00 PM) at Cabaruan National High School, Cabaruan Urdaneta City.

Attached herewith is the program of activities.

Thank you very much.

Respectfully yours,

RONIEL D. AQUINO, RN, MAN
CHS, BSN Program, Extension Coordinator

Noted:

ALYSSA ASHLEY R. DIEGO, MAN, Ed.D
Acting Dean, College of Health Sciences

Approved:

JERRY DICHOSO, Ed.D.
CCDES, Director

RECEIVED
DATE: 13-3-2024
TIME: 9:30 AM
CABARUAN HIGH SCHOOL
CENTER FOR COMMUNITY DEVELOPMENT AND EXTENSION SERVICES

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COLLEGE OF HEALTH SCIENCES

March 7, 2024

JOSEPHINE PARINAS, Ed.D.
Principal
Cabaruan High School
Cabaruan, Urdaneta City

Dear Madam;

The Urdaneta City University Center for Community Development & Extension Services aims to provide services and programs to develop community development and awareness to the community.

Pursuance to the University CCDES commitment, the Bachelor of Science in Nursing program is requesting your approval and support for this extension service activities to Selected Senior High School students with the theme "Panagtaripatto Kadagit Agutubio Project Year 2: "Physical Changes: A Pubertal Tour Towards Mental and Social Wellness" held on March 18, 2024 (3:00- 4:00 PM) at Cabaruan National High School, Cabaruan Urdaneta City.

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CHS, BSN Program, Extension Coordinator

Noted:

ALYSSA ASHLEY R. DIEGO, MAN, Ed.D
Acting Dean, College of Health Sciences

JERRY DICHOSO, Ed.D.
CCDES, Director

*Received
Josephine O. Parinas
Principal
March 12, 2024*

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Communication Letters





Registration of student Participants





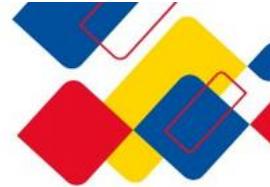
Extension Seminar Started with our Guest Speaker: Dr. April G. Alap





BSN Student Intermission number for the Participants



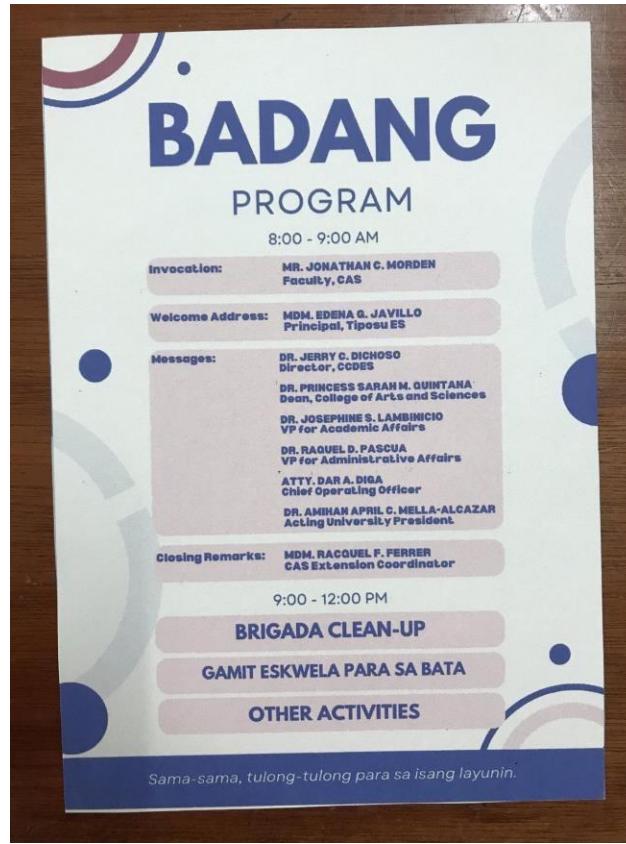


Certificate of Participants



COMMUNITY EXTENSION

BADANG: BRIGADA ESKWELA YEAR 3





School Supplies from the College of Health Sciences endorse to the Community Extension office for the upcoming Brigada Eskwela



Community Extension: Brigada Eskwela





Community Extension: Distribution of School Supplies to students of Barangay Camanang



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Community Extension: Distribution of School Supplies to students of Barangay Camanang



Community Extension: Distribution of School Supplies to students of Barangay Camanang





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COMMUNITY EXTENSION PROGRAM

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Community Extension: Brigada Eskwela cleaning of stand fan from classrooms and checking of all electrical outlets.



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Global School Alliance
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COLLEGE OF HEALTH SCIENCES

COMMUNITY EXTENSION PROGRAM: HEALTH EDUCATION CLASS

WORLD TUBERCULOSIS DAY:

"Tayo'y Magtulungan, TB ay tuldukan!"

WORLD IMMUNIZATION WEEK:

"Lamang ang may alam tungo sa Malusog na Pamayanahan"

RABIES AWARENESS:

"Rabies-free na pusa't aso kaligtasan ng pamilyang Pilipino"





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I. PROGRAM OBJECTIVES:

These activities aim to:

1. Strengthen the outcomes - based curricula of the Bachelor of Science in Nursing.
2. Intensify the knowledge of nursing students in conducting Health Education Class.
3. Develop the leadership skills of nursing students in organizing and preparing Health Education Class.
4. Enhance the awareness of residents/participants about tuberculosis, immunization and rabies.

II. NARRATIVE REPORTS

We've discovered through experience that sharing brings great enjoyment. Along a journey, caring for others forces you to reflect on who you are. Being able to lend a hand to others is a privilege for students like us because it shows us how to care for people who are deeply in need, how to embrace the spirit of generosity, how to share what we have, and how to get rid of the selfishness that lies deep inside of us. In keeping with the College of Nursing's monthly event, we conducted Tuberculosis, Immunization and Rabies Outreach Program held on April 24, 26 and 28, 2023, in Barangay Camanang, Urdaneta City.

The Level 4 student nurses of Urdaneta City University (UCU) had an opportunity to host, organize and facilitate a community outreach program held at Camanang covered court and Camanang Elementary School in Barangay Camanang, Urdaneta City, Pangasinan wherein the topic raised is about Tuberculosis, Immunization and Rabies Awareness. The programs were mainly attended by Residents of Barangay Camanang and Grade 5 and 6 together with their parents, teachers, and principal. The programs were a half-day long each day which begins in the morning and consisted of lectures, games, ice breakers, and food giving for the students. The lecture covered its history, how it is transmitted, how it spreads inside the human body, where it came from, what are its manifestations, how to prevent, management, the law associated, different immunizations and benefits of having it. This was mainly discussed by student nurses and sufficed by the personnel from City Health Office and Urdaneta District Hospital, who is specialized in the area of Tuberculosis, Immunization and Rabies, to increase awareness of residents/participants about the said topics. The games held in the program were eagerly participated in by the participants as there were prizes for each game. The prizes vary from ball pens, chocolates, towels, tumblers, to slippers. The prizes, food, and drinks were funded by the student nurses and their respected clinical instructors. Overall, the experience from this community outreach program is not only enjoyed by the participants but also by the student nurses and all who are involved. It left a stage full of learning, fun, and delight. Truly, it was a wholesome joyful experience.





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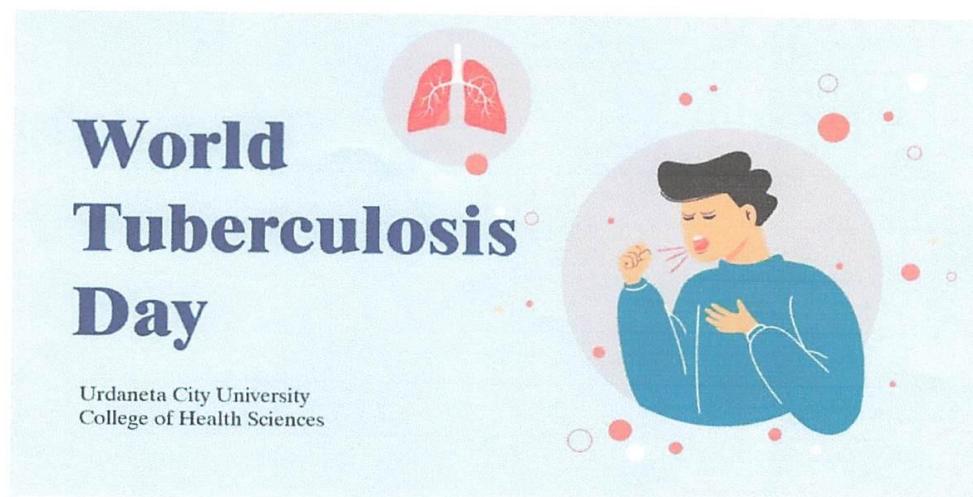


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Following the outreach program, we realized that while some individuals look for happiness, we did not; instead, we simply discovered enjoyment in the tasks that we were doing. We learned a lot of positive things from this activity, particularly how to be grateful for what we have and to care about those around us. This furthers the notion that even seemingly insignificant acts of kindness can have a significant influence on the lives of others.

III. TOPICS PRESENTED

TUBERCULOSIS



Paano ba nakakahawa ang Tuberculosis?

Mga paraan upang matukoy kung mayroong Tuberculosis

SPUTUM CULTURE



Paano ginagamot ang Tuberculosis?



COMBINATION DRUG THERAPY

Kadalasang kombinasyon ng mga gamot:

- ✓ Rifampin
- ✓ Isoniazid
- ✓ Pyrazinamide
- ✓ Ethambutol

Kailangang uminom ng gamot sa loob ng 6 - 9 o 6 - 12 buwan.





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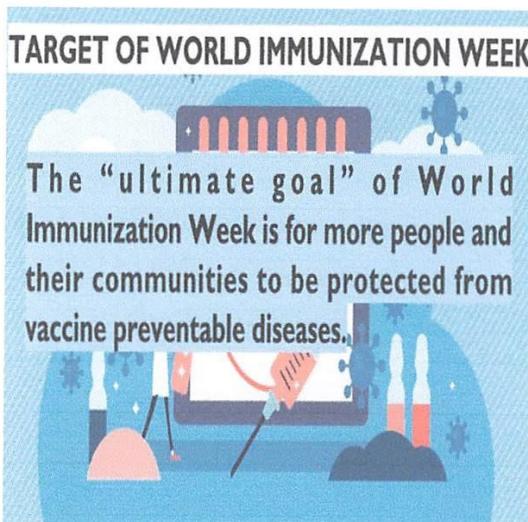
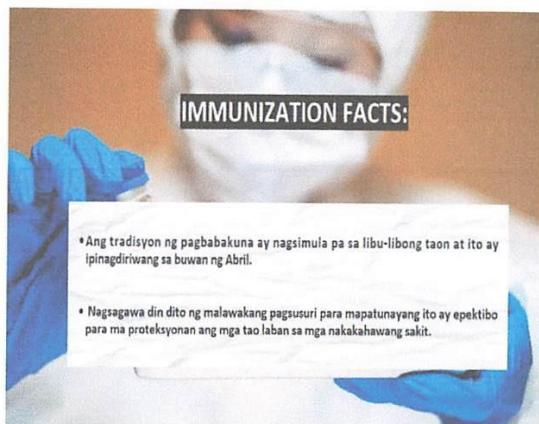
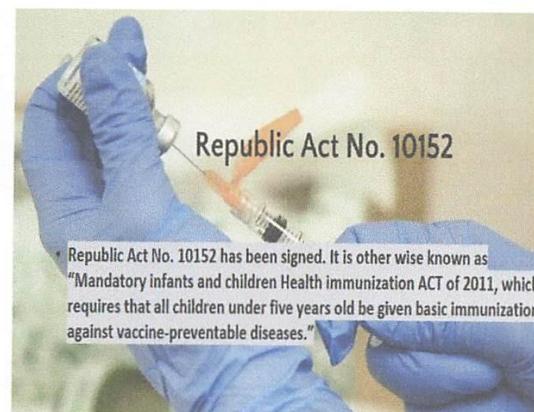
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IMMUNIZATIONS





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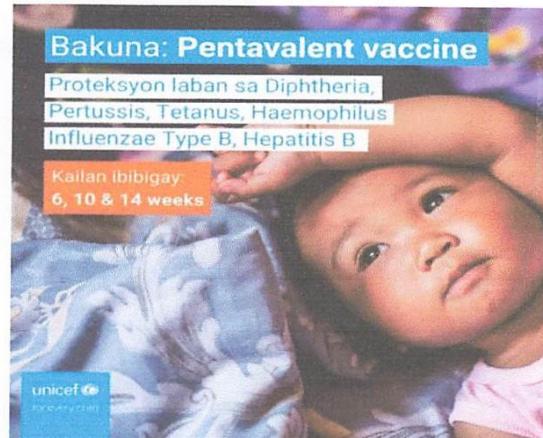
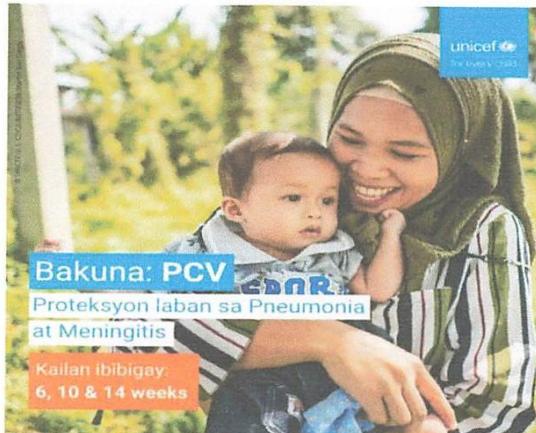


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SOME OF THE REASONS WHY PEOPLE REFUSE IMMUNIZATION IS DUE TO:

- Lack of knowledge
- Religious taboos
- Perception about the child's body and immune system
- Side effects
- Perceived risk of associated diseases
- Prior negative experience in vaccination
- Perceived benefits of still experiencing the disease





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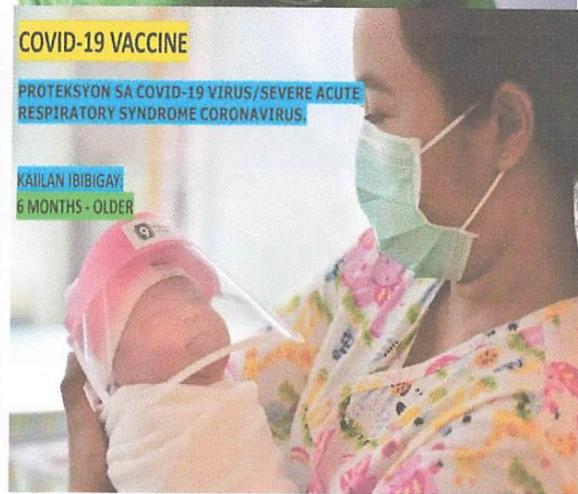
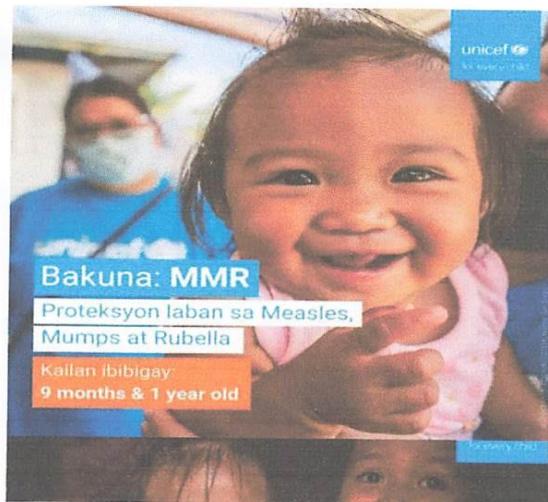
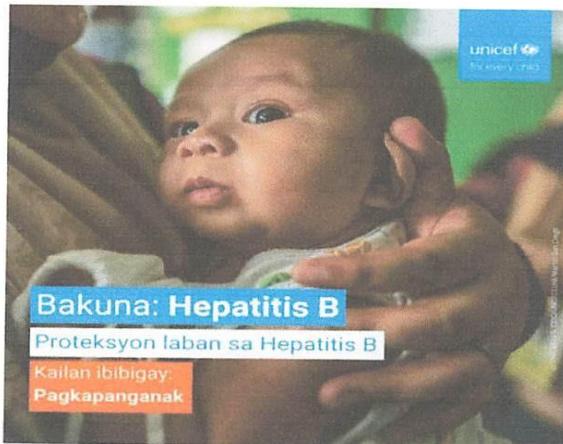
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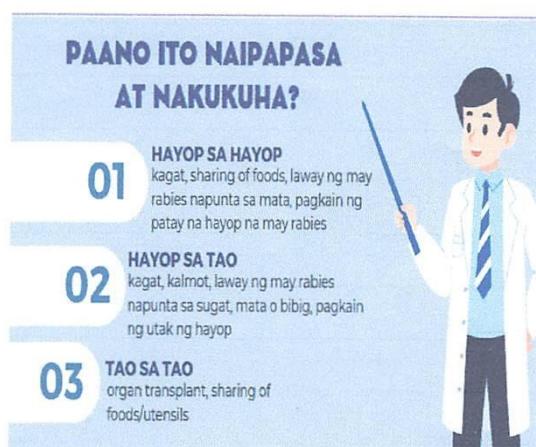
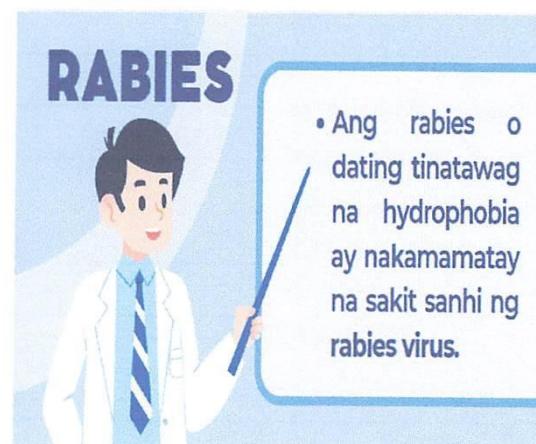
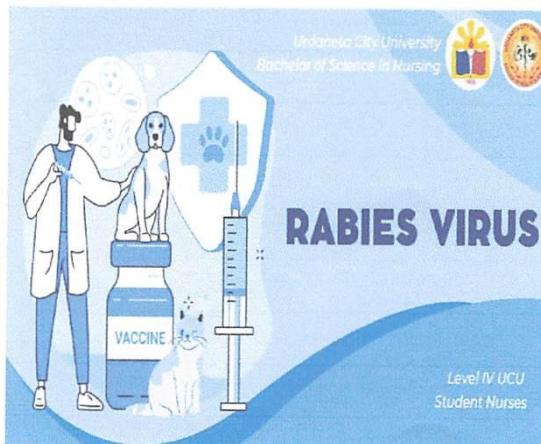
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RABIES





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ANO ANG MGA PALATANDAAN AT SINTOMAS NG RABIES?

Ang unang sintomas ng rabies ay katulad sa sintomas ng trangkaso gaya ng:

- panghihina o 'di maayos na pakiramdam
- lagnat
- sakit ng ulo

MGA DAPAT GAWIN:



1. Hugasan agad sa dumadaloy na tubig at sabunin ang bahagi ng katawan na nakagat ng aso o pusa.
2. Hugasan ang sugat ng 10 hanggang 15 minuto upang matiyak na natanggal ang laway ng aso o pusa.
3. Gumamit ng iodine-based solution bilang paunang gamot sa kagat.

ANO ANG MGA PALATANDAAN AT SINTOMAS NG RABIES?

Habang ang virus ng rabis ay nag-iincubate sa loob ng katawan ng tao, siya ay maaaring makaranas ng pangangati sa paligid ng lugar ng pinakagatan at mga sintomas na gaya ng pagkabahala, pagkalito at pagkabalisa.



MGA DAPAT GAWIN:

4. Panatilihing malinis ang sugat upang maiwasan ang impeksyon.
5. Sumanggini agad sa pinakamalapit na Animal Bite Treatment Center upang matingnan ng doktor.
6. Kung nakagat ng aso o pusa,

MGA HINDI DAPAT GAWIN:



3. Huwag patayin ang hayop sapagkat maaaring makita sa mga ito ang sintomas ng rabies gaya ng:

- Pagkaparalisa ng mga binti at panga
- Hirap sa paglunok
- Lagnat
- Pagbabago sa ugali
- Pagiging iritable o agresibo
- Labis na paglalaway

MGA DAPAT GAWIN PARA MAKAIWAS SA RABIES MULA SA KAGAT NG ASO O PUSA:



1. Pabakunahan ang mga alagang aso at pusa.
2. Huwag hayaang makawala ang aso at lagyan ito ng tall. "Aso mo, tali mo."
3. I-report ang gumagalang aso sa awtoridad
4. Huwag hayaan na makipaglaro ang bata sa hindi alagang aso.
5. Huwag guluhin ang mga hayop kapag ito ay kumakain o natutulog
6. Huwag hayaang dilaan ng aso o pusa ang inyong sugat.
7. Hugasan ang mga sugat mula sa kagat ng hayop ng sabon at dumadaloy na tubig





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IV. COMMUNICATION LETTER



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COLLEGE OF HEALTH SCIENCES

April 18, 2023

AMIHAN APRIL C. MELLA- ALCAZAR, PhD
Acting University President

Urdaneta City University

Thru: ATTY. DAR A. DIGA
Chief Operating Officer



Subject: Health Education Class at Barangay Camanang, Urdaneta City.

Madam and Sir:

Greetings of peace and good health.

As part of our compliance to our college extension plan and program, the College of Health Sciences is respectfully requesting your approval to allow us to conduct Health Education classes at barangay Camanang Urdaneta City with the theme: "LAMANG ANG MAY ALAM TUNGO SA MALUSOG NA PAMAYANAN" on April 24,26, and 28 2023 at 9 o'clock in the morning.

The following activities will be conducted:

DATE	TIME	ACTIVITIES	TOPICS	PARTICIPANTS	LECTURERS
04-24-2023	9am	Health Education Class	Prevention of Tuberculosis	Residents of Camanang.	BSN Level 4 students and Clinical Instructors of UCU
04-26-2023	9am	Health Education Class	National Program on Immunization.	Residents of Camanang.	BSN Level 4 students and Clinical Instructors of UCU.
04-28-2023	9am	Health Education Class	Rabies	GRADE 5 AND GRADE 6 pupils and their parents of camanang elementary school.	BSN Level 4 students and Clinical Instructors of UCU.

The abovementioned activities also coincides with Rabies Awareness Month, World Tuberculosis Day, World Immunization Week, which are celebrated annually in the months of March and April, and also our manifestation of support to the Universal Health Care Law.

Further, this activity is also related to the learning outcomes of the BSN program.

We are hoping for your favorable response in this matter.

Thank you very much for your continuous support to the endeavors of the College.

Bright future starts here 000000000000000000000000

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Respectfully yours,

Delia M. Legaspi
Delia M. Legaspi, MAN

Carolina B. Magsibang
Carolina B. Magsibang, MAN

Gleyc M. Ventura
Gleyc M. Ventura, MAN

Joy Galinato, MAN

Edward Palaganas
Edward Palaganas, MAN

Bahrain Diaz, MSN

Fredelyn Aradanias, RN

Jenny C. Andrade, RN

Fredelyn Zamora, RN

Marcela Zamora, RN

Mary Rose Agmata, RN

Beverly Molina, RN

Dianne Bernadette Aquino, RN

Raquel Quintana, RN

Ricardo Estabillo, RN

Reviewed:

APRIL G. ALAP, PhD, MAN
College Extension Coordinator

ALYSSA ASHLEY R. DIEGO, EdD, MAN
BSN, Program Head

CHRISTOPHER RIBANEZ, PhD, MSN
Dean, College of Health Sciences

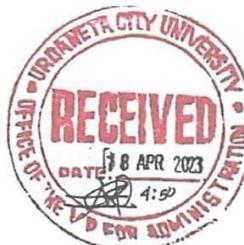
Noted:

JERRY C. DICHOSO, Ed.D.
Director, Center for Community
Development and Extension Services

Recommending Approval:

JOSEPHINE S. LAMBINICIO, EdD
Vice President for Academic Affairs

RAQUEL D. PASCUA, Ph.D.
Vice President for Administrative Affairs



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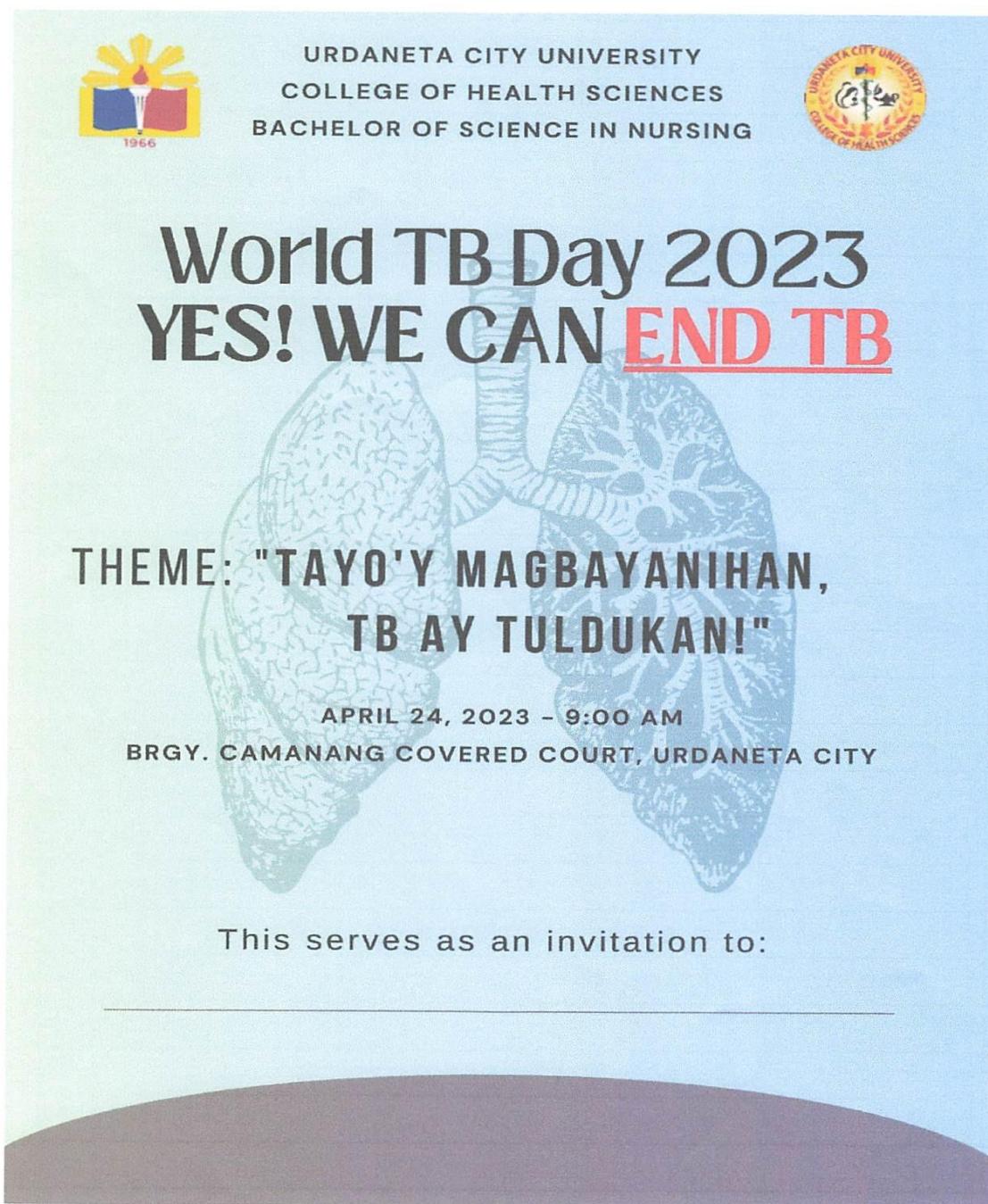
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V. PROGRAM INVITATION





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College of Health Sciences

Bachelor of Science in Nursing



WORLD IMMUNIZATION WEEK: "Lamang Ang May Alam Tungo Sa Malusog Na Pamayanan"



April 26, 2023

8:30 AM - 12:00 PM

Barangay Camanang Covered Court,
Urdaneta City

PROGRAMME

8:30 am - 9:00 am	Assembly
9:00 am	Prayer
	National Anthem
	Welcome Remarks: Hon. Kathy G. Viduya
	Inspirational Message: Dra. Rachel Ann A. Parayno (City Health Officer)
	Updates: Virginia C. Del Castillo
9:30 am	Introduction of Lectures
	Lecture proper:
	History of Immunization
	Benefits of Immunization
	Advantages of Immunization
	Target of World Immunization Day
	<ul style="list-style-type: none">• Rota Virus• Hepa A & B• DTAP• PCV13, PCV15• Polio• Covid• Flu• MMR• Chicken Pox
	Updates on Immunization: Ma. Elena I. Del Prado, RN (Nurse Manager, CHO IV)
	Games & Intermission Number
11:50 am	Closing Remarks: Hon. Vivian C. Angel (Barangay Captain, Camanang)
	Emcee: Anne Beatrice Crisolo





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College of Health Science

Bachelor of Science in Nursing

Rabies Awareness

"Rabies-free na pusa't aso,
kaligtasan ng pamilyang Pilipino"



April 28, 2023

8:30 AM - 12:00 NN
Barangay Camanang Covered Court,
Urdaneta City



8:30 am - 9:00am

9:00 am

9:30 am

9:35 am

11:45 am



Program



Assembly

Prayer

National anthem
Welcome remark of Hon. Vivian C. Angel
(Punong Barangay Camanang, Urdaneta City)

Inspirational talk of Ma'am Sally L. Espiritu
(Principal IV)
Zumba presented by Level 4 BSN Students

Introduction of lecturers

Lecture proper

PART 1

- Myths and facts
- Introduction
- Signs and symptoms

Intermission number by:

- Wyndel John Dalao and Gecille Reyes

PART 2

- Prevention
- Treatment
- Anti-Rabies Law

Intermission number by:

- Sufina Ann Galit
(LEVEL 4 BSN STUDENTS)

Games

Intermission number by:

LEVEL 4 BSN STUDENTS (tiktok dance)

Resource Speaker: Ma'am Laila Abalos, RN
(City Health Office Nurse)

Closing Remarks: Dr. Christopher R. Bañez
(College Dean of CHS)

Emcee: Apresto, Francis Lawrence Alexander
Manlongat, Marielle





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VI. FLYERS/IEC MATERIALS

WORLD TUBERCULOSIS DAY

TAYO'Y MAGBAYANIHAN, TB AY TULDUKAN!

ANO ANG TB?

Ang TB ay isang uri ng sakit na dulot ng mikrobyong Mycobacterium tuberculosis na madalas makaapektuhan ng baga. Maaari ring maapektuhan ang ibang bahagi ng katawan gaya ng buto, utak, bato, at atay.

PAANO NAKAKAHAWA ANG TB?

Ang TB ay nalipasaya kung ang isang tao ay makalanghap ng mikrobyo ng TB na nasa hangin galing sa ubo o bahing ng taong may TB.

SINTOMAS:

- ubong umabot ng isang linggo
- dugo sa pleura
- pagsikip ng dibidib kapag humihinga o umuubo
- unintentional weight loss
- lagnat
- fatigue
- night sweats

ANO ANG MGA DAPAT IWASAN?

- paninigarilyo
- alak
- karne
- maatamatiks at maaalat na pagkain
- limitahan ang pag-inom ng kape

PROTEKTAHAN ANG IYONG PAMILYA

Siguruhing may maayos na bentilasyon ang kwartong iyong nilalagan. Mas madaling kumalat ang bakterya ng TB sa mga kulob na kwarto dahil hindi nakakadaloy ng maigi ang hangin. Iwasan munang nakabukas ang mga bintana at electric fan para makalabas ang hangin.

Takpan ang iyong bibig sa tuwing uubo o babahing. Gumamit ng tissue para takpan ang iyong bibig tuwing uubo, babahing, o tatawa. Agad na ilagay ang gamit na tissue sa isang supot, itali ng maigi, at itapon. Ugallin ding mag-sanitize ng kamay gamit ang alcohol.

PAANO MAPIPIGILAN ANG PAGKALAT NITO?

1. Kilatisin ang mga nakakasalamuha.
2. Palakin ang Immune System
3. Kung ikaw ay nakararanas na ng isang linggong ubo, magpakonsulta sa doktor.
4. Ugaliin ng maghugas ng kamay.
5. Gumamit ng facemask at tissue.

ANDANG MGA MAINAM NA PAGKAIN PARA SA MGA MAY TB?

- dark, leafy-greens (malunggay, kangkong at spinach)
- makukulay na pagkain (carrots, kalabasa, kamatis, ubas, papaya, mangosteen)

PROTEKTAHAN ANG IYONG PAMILYA

Siguruhing may maayos na bentilasyon ang kuartong iyong nilalagan. Mas madaling kumalat ang bakterya ng TB sa mga kulob na kwarto dahil hindi nakakadaloy ng maigi ang hangin. Iwasan munang nakabukas ang mga bintana at electric fan para makalabas ang hangin.

Takpan ang iyong bibig sa tuwing uubo o babahing. Gumamit ng tissue para takpan ang iyong bibig tuwing uubo, babahing, o tatawa. Agad na ilagay ang gamit na tissue sa isang supot, itali ng maigi, at itapon. Ugallin ding mag-sanitize ng kamay gamit ang alcohol.

ANG TUBERCULOSIS AY NAGAGAMOT.

MAGPAKONSULTA KUNG MAY NARARAMDAMAN ALINMAN SA MGA SINTOMAS.

Contact Us:
+639-339-894-961

References:
<https://doh.gov.ph/>
<https://top.com.ph/mga-kaalaman-tungkol-sa-tuberculosis-ang-tamang-pamot-sa-ganitong-klaseng-ubo/>





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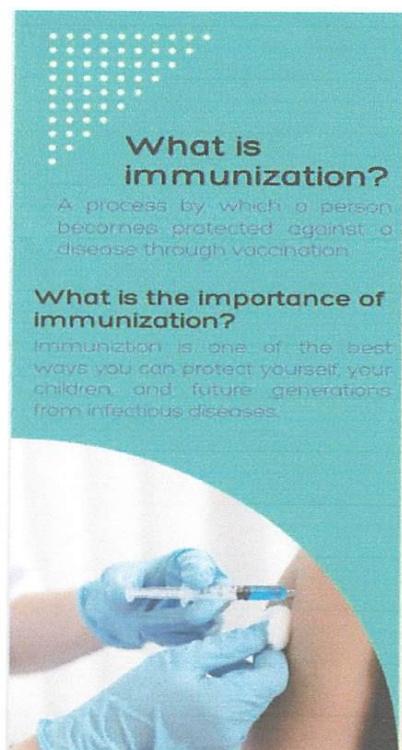
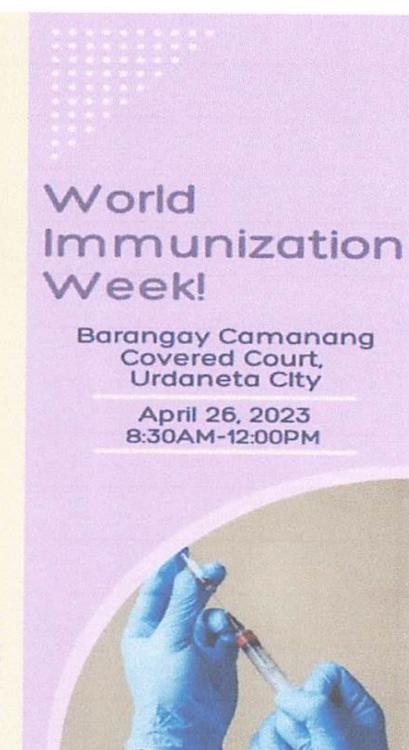
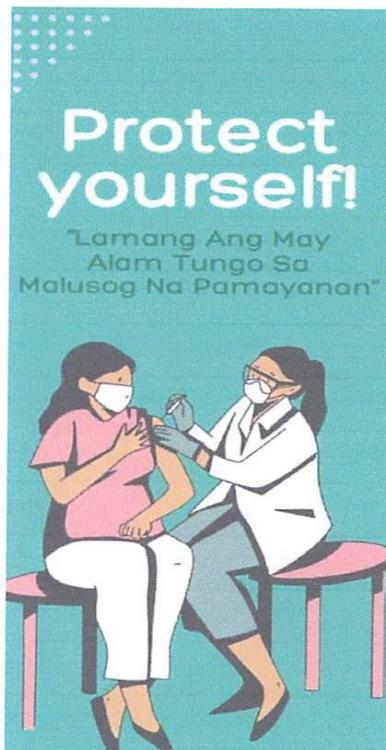
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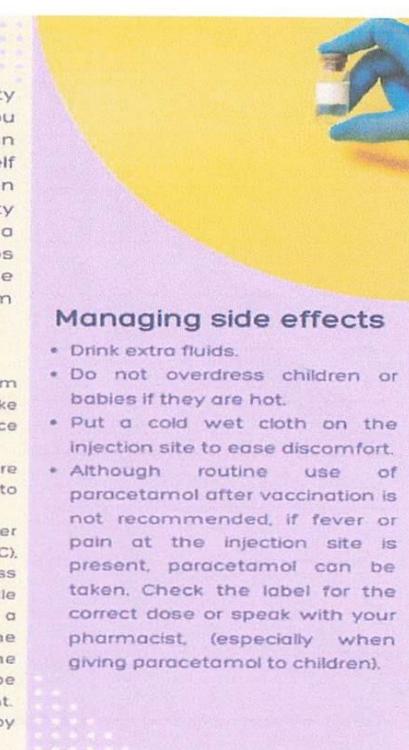
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What about people who cannot be immunized?
Some people in our community cannot be vaccinated. When you get vaccinated, you are playing an important role in keeping yourself and your community safe. When enough people in the community are vaccinated, the spread of a disease slows down or stops completely - this is because the disease cannot move easily from person to person.

Possible side effects

- Immunization keeps us safe from many infectious diseases, but just like any medication, we may experience side effects after our vaccinations.
- Side effects after immunization are mostly mild and usually last one to two days.
- The common side effects are fever (that is, a temperature over 38.5 °C), redness, swelling, and tenderness around the area where the needle went in to the skin. Sometimes, a small, hard lump (nodule) at the injection site may persist for some weeks or months. This should not be of concern and requires no treatment.
- Babies may be unsettled or sleepy after immunization.



Managing side effects

- Drink extra fluids.
- Do not overdress children or babies if they are hot.
- Put a cold wet cloth on the injection site to ease discomfort.
- Although routine use of paracetamol after vaccination is not recommended, if fever or pain at the injection site is present, paracetamol can be taken. Check the label for the correct dose or speak with your pharmacist, (especially when giving paracetamol to children).





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ANO ANG RABIS?

Virus ito na umaatake sa utak, nagdudulot ng malubhang sakit, na kapag hindi kaagad naagapan, nagwawakas sa kawalan ng buhay.

SAAN ITO MAKUKUHA?

Kadalasan mula sa kagat ng mga hayop (aso, pusa, atbp.) na may rabis, nakukuha rin ito sa kalmot, o kapag nadilaan ang sugat, galis, o nagbibitak na balat. Sa simula, mangangati o hahapdi ang kagat, at sa loob ng 2-4 days, maaring makaramdam ng panghihina ng katawan na parang tinatrangkaso.

MATAGAL LUMABAS ANG SINTOMAS

Habang tahimik na naglalakbay ang virus papuntang utak, parang walang sakit ang nakagat. Ilang linggo o buwan makalipas, saka lang maglalabasan ang mga totoong sintomas.

MGA SINYALES NG RABIES

ANO ANG DAPAT GAWIN KAPAG NAKAGAT

HUWAG KUMUNSLUTA SA ALBULARYO O MAGPATANDOK

PAANO MAIIWASAN MAKAGAT

HUWAG lapitan ang asong Hindi kilala, takot, galit at agresibo

Gawin ang mga sumusunod: Kultifin ang aso, hilahin ang mga lengua o buntol ng mga aso o pusa, tunakho kapag may malapit na aso

HUWAG Gacir ang mga sumusunod: Yakipin, sikyan, tapakin o makipagtikan sa mga aso o pusa.

WALANG RABIS WALANG KULANG
GET GET AW!

Isang Seminar Awareness sa RABIS para sa CAMANAO ELEMENTARY SCHOOL
April 28, 2023
Friday 9:00 AM

Kapag nakagat ng aso o pusa

DILATAMAN

Talian ang braso o binti, at sipipin ang kamandag

Gamitan ng anting-anting at pahiram ng bawang

Halikan ang sugat at takpan hanggang gumaling

LABANAN ANG RABIS

Citation:

1. "Frequently Asked Questions on Rabies." World Health Organization Regional Office for South-East Asia, New Delhi, India, 2014.
2. "Anti-Rabies Vaccine Can Now Be Availed for Free In MPTCs Nationwide, Says DOH." A. Marquez, Inquirer Daily News, 26 January 2016.
3. "National Rabies Prevention and Control Program, Manual of Operations." Department of Health, Manila, Philippines, 2012. ISBN: 978-971-050-18-5.
4. "Rabies Lethal Month After Rabid Dog's Bite." E. Belo, Manila Bulletin, 22 May 2014.
5. "Rabies: The Facts." World Health Organization, 2012. Available at: http://www.who.int/csr/resources/infographic_rabies_2012.jpg. Accessed April 2023.
6. "Rabies: countries or areas at risk." World Health Organization, 2012. Available at: http://gamapserver.who.int/mapLibrary/Files/Maps/Global_Rabies_ITM2012a.png





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VII. ATTENDANCE SHEET



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Attendance Sheet BLOCK 7

NAME OF STUDENTS	AM	PM				
1. Leliza, Christopher P.	Present	Present				
2. Manaors, Andrea Jeandine B.	Present	Present				
3. Nimer, Ira Nisha R.	Present	Present				
4. Silaroy, Jenny Joy	Present	Present				
5. Marzalo, Kimberly	Present	Present				
6. Rufino, Irish Nicole	Present	Present				
7. Sebastian, Valverra Joy	Present	Present				
8. Ganicla Girleena	Present	Present				
9. Ignacio Princess Marilyn R.	Present	Present				
10. Malapit Ennica	Present	Present				
11. Layacan Rhema Mae	Present	Present				
12. Delfin, Christine C.	Present	Present				
13. Bermudez, Rosette Mae D.	Present	Present				
14. Castillo, Jomiliza T.	Present	Present				
15. Colasaro, Zhea Mae	Present	Present				
16. Efelo, Joyce Ann	Present	Present				
17. Desarmito, Viviente	Present	Present				
18. Tagapan, Alana Angel	Present	Present				
19. Rabijo, Edelaine Mervetha	Present	Present				
20. Esperanza, Enka Jane P.	Present	Present				
21. Iadio, Shaira Joy B.	Present	Present				
22. Isla, Ingella Kaye S.	Present	Present				
23. Galario, Allyssa Mae A.	Present	Present				
24. Briones, Sophia Eira D.	Present	Present				
25. Liguete, Angel John Bernard P.	Present	Present				
26. Serapion, Paymark A.	Present	Present				
27. Isla, Rose Marie S.	Present	Present				
28. Antonio, Jevilynn P.	Present	Present				
29. Castro, Jorgie H.	Present	Present				
30. Laureano, Rodol N.	Present	Present				
31. Apilada, Selina D.	Present	Present				
32. Cajubao, Nyxi D.	Present	Present				
33. Visconde, Myra A.	Present	Present				
34. Pangilinan, Ruby Rose A.	Present	Present				
35. Cache, Jessa Mae P.	Present	Present				
36.	Present	Present				
37.						
38.						
39.						
40.	Present	Present				

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ooooooooooooooo

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VIII. DOCUMENTATION

World Tuberculosis Day
April 24, 2023



Ma'am Virgilyn D. Barroga, Nurse III, Program Manager (TB, Leprosy) of City Health Office I, shared her knowledge regarding the updates of Tuberculosis.



April 24, 2023 10:09 AM





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One of the LeveL4 nursing student, discussed about the cause, transmission and prevention of Tuberculosis to enhance the awareness of residents/participants regarding the disease.



Awarding of Certificate of Appreciation of Guest speaker Ma'am Virgilyn D. Barroga.





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Special dance number by Level 4 student nurses.

**World Immunization Week
April 26, 2023**



Ma'am Abalos sharing her knowledge and immunization rate of children's age 0 to 5 years old of Urdaneta City.





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Lecture proper of student nurses about the Benefits of Immunization.





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Awarding of Certificate of Appreciation.





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Rabies Awareness



April 28, 2023 .
Student giving background about Rabies virus.





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IX. PROJECT PROPOSAL



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- I. PROJECT TITLE : **Health Education Class**
THEME : "Lamang ang may alam tungo sa Malusog na Pamayanan"
- II. PROPOSED DATES AND VENUES:
 - A. April 24, 2023 – Barangay Camanang Covered Court
 - B. April 26, 2023 - Barangay Camanang Covered Court
 - C. April 26, 2023 - Barangay Camanang Covered Court
- III. FUNDING SOURCE: 50 pesos each from Level 4 BSN students.
FUNDING REQUIREMENTS: Level 4 BSN students
- IV. REGISTRATION FEE: None
- V. PARTICIPANTS: Residents of Barangay Camanang
Grade 5 and Grade 6 pupils with their parents.
- VI. PROPONENTS:
College of Health and Sciences, Bachelor of Sciences and Nursing – Level 4 Clinical Instructor and Level 4 nursing students.
- VII. COLLABORATIVE UNIT:
City Health Office
Camanang Barangay Council
Camanang Elementary School
- VIII. RATIONALE :
These Health Education Classes are spearheaded by the College of Health and Sciences, Bachelor of Science in Nursing Program. It is an academic innovation towards outcome base education wherein nursing students trained to become globally competitive nurses.
- IX. OBJECTIVES
These activities aim to:
 1. Strengthen the outcomes – based curricula of the Bachelor of Science in Nursing.
 2. Intensify the knowledge of nursing students in conducting Health Education Class.
 3. Develop the leadership skills of nursing students in organizing and preparing Health Education Class.
 4. Enhance the awareness of residents/participants about tuberculosis, immunization and rabies.
- X. PROJECT DESCRIPTION
This project is spearheaded by the College of Health and Sciences Nursing program, Level 4 Clinical Instructors and Level 4 students in collaboration/partnership with the City Health Office, Barangay Camanang and Camanang Elementary School. It is a 3 day event that will be conducted at Barangay Camanang covered court that coincides with Rabies Awareness Month, World Tuberculosis Week and World Immunization Day which are celebrated annually in the months of March and April.

Bright future starts here ☠☠☠☠☠☠☠☠☠☠☠☠

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XI. ROLES AND RESPONSIBILITIES

Office/Personnel	Functions
City Health Office Camanang Barangay Council Camanang Elementary School	Evaluate and reviews the project/activity proposal.
Dean and Program Head	Academic Supervisors in the implementation of the curricular standards of the BSN programs.
Level 4 Clinical Instructor	Supervises the preparation of each block.
Level 4 BSN Students	Program Support Committee.

XII. BUDGETARY REQUIREMENTS

ITEM DESCRIPTION	QUANTITY	ESTIMATED COST	SOURCE OF FUND
None			
None			

XIII. MONITORING AND EVALUATION

The College Dean, Program Head and Clinical Instructors will ensure proper supervision, implementation, monitoring, evaluation, and documentation of the said activity.

XIV. RECOMMENDATION

Premised on the relevance of the proposed activity presented, its approval is respectfully recommended in order to achieve the learning outcomes set in the said activity.

Prepared by:

BSN Level 4 Students and Clinical Instructors.

Bright future starts here ::::::::::::::::::::

(075) 600 - 1507
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COLLEGE OF HEALTH SCIENCES

April 18, 2023

AMIIHAN APRIL C. MELLA- ALCAZAR, PhD
Acting University President

Urdaneta City University

Thru: ATTY. DAR A. DIGA
Chief Operating Officer



Subject: Health Education Class at Barangay Camanang, Urdaneta City.

Madam and Sir:

Greetings of peace and good health.

As part of our compliance to our college extension plan and program, the College of Health Sciences is respectfully requesting your approval to allow us to conduct Health Education classes at barangay Camanang Urdaneta City with the theme: "LAMANG ANG MAY ALAM TUNGO SA MALUSOG NA PAMAYANAN" on April 24,26, and 28 2023 at 9 o'clock in the morning.

The following activities will be conducted:

DATE	TIME	ACTIVITIES	TOPICS	PARTICIPANTS	LECTURERS
04-24-2023	9am	Health Education Class	Prevention of Tuberculosis	Residents of Camanang.	BSN Level 4 students and Clinical Instructors of UCU
04-26-2023	9am	Health Education Class	National Program on Immunization.	Residents of Camanang.	BSN Level 4 students and Clinical Instructors of UCU.
04-28-2023	9am	Health Education Class	Rabies	GRADE 5 AND GRADE 6 pupils and their parents of camanang elementary school.	BSN Level 4 students and Clinical Instructors of UCU.

The abovementioned activities also coincides with Rabies Awareness Month, World Tuberculosis Day, World Immunization Week, which are celebrated annually in the months of March and April, and also our manifestation of support to the Universal Health Care Law.

Further, this activity is also related to the learning outcomes of the BSN program.

We are hoping for you favorable response in this matter.

Thank you very much for your continuous support to the endeavors of the College.

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COLLEGE OF HEALTH SCIENCES

Respectfully yours,

Delia M. Legaspi, MAN
Onelegaspi

Carolina B. Mansibang, MAN
Manusibang

Gleyc M. Ventura, MAN
Stuvie

Joy Galinato, MAN
Palagaan

Edward Palaganas, MAN
Palaganas

Bahraini Diaz, MSN
Diaz

Fredelyn Aradanas, RN
Fredelyn

Jermy O. Andrada, RN
Jermy

Fredelyn Zamora, RN
Zamora

Marcela Zamora, RN
Marcela

Mary Rose Agmata, RN
Mary Rose

Beverly Molina, RN
Beverly

Dianne Bernadette Aquino, RN
Dianne

Raquel Quintana, RN
Quintana

Ricardo Estabillo, RN
Ricardo

Reviewed:

APRIL C. ALAP, PhD EdD, MAN
APRIL C. ALAP, PhD EdD, MAN
College Extension Coordinator

J. Diego
ALYSSA ASHLEY R. DIEGO, EdD, MAN
BSN, Program Head

Christopher Rabanez
CHRISTOPHER RABANEZ, PhD, MSN
Dean, College of Health Sciences

Noted:

Jerry C. Dichooso
JERRY C. DICHOOSO, Ed.D.
Director, Center for Community
Development and Extension Services

Recommending Approval:

Josephine S. Lambinicicio
JOSEPHINE S. LAMBINICIO, EdD
Vice President for Academic Affairs

R. Pascua
RAQUEL D. PASCUA, Ph.D.
Vice President for Administrative Affairs



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I. PROJECT TITLE : Health Education Class

THEME : "Lamang ang may alam tungo sa Malusog na Pamayanan"

II. PROPOSED DATES AND VENUES:

- A. April 24, 2023 – Barangay Camanang Covered Court
- B. April 26, 2023 - Barangay Camanang Covered Court
- C. April 26, 2023 - Barangay Camanang Covered Court

III. FUNDING SOURCE: 50 pesos each from Level 4 BSN students.

FUNDING REQUIREMENTS: Level 4 BSN students

IV. REGISTRATION FEE: None

V. PARTICIPANTS: Residents of Barangay Camanang

Grade 5 and Grade 6 pupils with their parents.

VI. PROPONENTS:

College of Health and Sciences, Bachelor of Sciences and Nursing – Level 4 Clinical Instructor and Level 4 nursing students.

VII. COLLABORATIVE UNIT:

City Health Office
Camanang Barangay Council
Camanang Elementary School

VIII. RATIONALE :

These Health Education Classes are spearheaded by the College of Health and Sciences, Bachelor of Science in Nursing Program. It is an academic innovation towards outcome base education wherein nursing students trained to become globally competitive nurses.

IX. OBJECTIVES

These activities aim to:

1. Strengthen the outcomes – based curricula of the Bachelor of Science in Nursing.
2. Intensify the knowledge of nursing students in conducting Health Education Class.
3. Develop the leadership skills of nursing students in organizing and preparing Health Education Class.
4. Enhance the awareness of residents/participants about tuberculosis, immunization and rabies.

X. PROJECT DESCRIPTION

This project is spearheaded by the College of Health and Sciences Nursing program, Level 4 Clinical Instructors and Level 4 students in collaboration/partnership with the City Health Office, Barangay Camanang and Camanang Elementary School. It is a 3 day event that will be conducted at Barangay Camanang covered court that coincides with Rabies Awareness Month, World Tuberculosis Week and World Immunization Day which are celebrated annually in the months of March and April.

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COLLEGE OF HEALTH SCIENCES

XI. ROLES AND RESPONSIBILITIES

Office/Personnel	Functions
City Health Office Camanang Barangay Council Camanang Elementary School	Evaluate and reviews the project/activity proposal.
Dean and Program Head	Academic Supervisors in the implementation of the curricular standards of the BSN programs.
Level 4 Clinical Instructor	Supervises the preparation of each block.
Level 4 BSN Students	Program Support Committee.

XII. BUDGETARY REQUIREMENTS

ITEM DESCRIPTION	QUANTITY	ESTIMATED COST	SOURCE OF FUND
None			
None			

XIII. MONITORING AND EVALUATION

The College Dean, Program Head and Clinical Instructors will ensure proper supervision, implementation, monitoring, evaluation, and documentation of the said activity.

XIV. RECOMMENDATION

Premised on the relevance of the proposed activity presented, its approval is respectfully recommended in order to achieve the learning outcomes set in the said activity.

Prepared by:

BSN Level 4 Students and Clinical Instructors.

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March 10, 2023

CHRISTOPHER R. BANEZ, RN., MSN., PhD.
Dean, College of Health Sciences

Thru: ALYSSA ASHLEY R. DIEGO, RN., MAN., EdD.
Program Head, BSN

Dear Sir/Madam,

Respectfully endorsing the Sustainable Health Activity for this month entitled "**Rabies Awareness Month**" and "**World Tuberculosis Week**", recipients are the selected pupils with their parents and residence of our adopted school and barangay.

In connection, the undersigned would like to request our College to prepare lectures and video presentation in accordance with the title of this month activity.

Thank you very much.

Respectfully yours,


APRIL G. ALAP, RN.,MAN., PhDNEd.
Asst. Professor II

Noted:

Upay
CHRISTOPHER R. BAÑEZ
PhD, MSN, RM, RN, LPT





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URDANETA CITY UNIVERSITY

#1 San Vicente West, Urdaneta City, Pangasinan, 2428 Philippines

March 10, 2023

CHRISTOPHER R. BANEZ, RN., MSN., PhD.
Dean, College of Health Sciences

Thru: ALYSSA ASHLEY R. DIEGO, RN., MAN., EdD.
Program Head, BSN

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Thank you very much.

Respectfully yours,


APRIC G. ALAP, RN., MAN., PhDNEd.
Asst. Professor II

No fed:


CHRISTOPHER R. BAÑEZ
PhD, MSH, RM, RN, LPT





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Adopt-a-School Project

MoA Signing

between

URDANETA CITY UNIVERSITY
(COLLEGE OF HEALTH SCIENCES)

and

**CAMANANG ELEMENTARY
SCHOOL**

March 10, 2023

9:00 AM

[Handwritten signature]



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MOA Signing

INVOCATION and
PAMBANSANG AWIT

Camabu ES Students

WELCOME ADDRESS

Sally L. Espiritu, EdD
Principal IV, Camanang ES

OVERVIEW OF THE PROJECT

Jerry C. Dichoso, EdD
Director, CCDES

MESSAGE

Mdm. Vivian V. Angel
Captain, Brgy. Camanang

Christopher R. Banez, PhD
Dean, CHS

Josephine S. Lambinicio, EdD
VP for Academic Affairs

Raquel D. Pascua, PhD
VP for Administrative Affairs

Amihan April C. Mella-Alcazar, PhD
Acting University President

~ MOA SIGNING ~

CLOSING REMARKS

April G. Alap, PhD, NEd
CHS Extension Coordinator



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February 22, 2023

FOR: AMIHAN APRIL C. MELLA-ALCAZAR, PhD
Acting University President

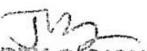
Subj.: Project Proposal of the Namnama Project "Idur-as Paglaingan ti Agtutubo"

Dear Madam:

Respectfully submitting herein Project Proposal of the Namnama Project "Idur-as Paglaingan ti Agtutubo". Said project is part of the 57th Foundation Day celebration of the university with the theme "Activating Infinite Potentials". The proposed activity will be conducted on March 2, 2023, and the beneficiaries are the grades 5 and 6 pupils of Cabaruan Elementary School, Cabaruan, Urdaneta City, an adopted barangay of the university. The pupils will have an opportunity to enhance/develop their potential as future leaders in their own fields of expertise.

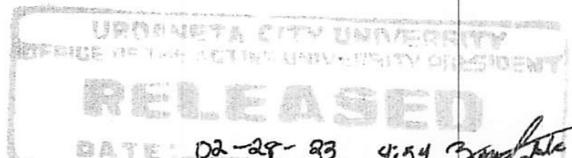
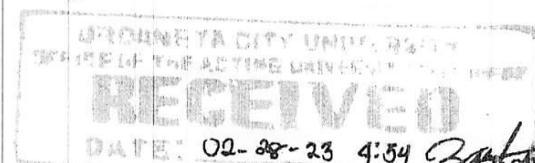
Thank you very much for your approval in this regard.

Very truly yours,


DR. JERRY C. DICHOSO

Director, Center for Community Development and Extension Services

DR. NHORLY U. DOMENDEN
Director, Center for Student Leadership and Development



Received: Jessica S. Mason
02/23/2023 4:28 p.m.

22 FEB 2023 2:02
Amihana Alcazar



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56 + 1 NAMNAMA PROJECT "Idur-as Paglaingan ti Agtutubo"

Capability Building Activity
8:00 AM

This serves as an Invitation



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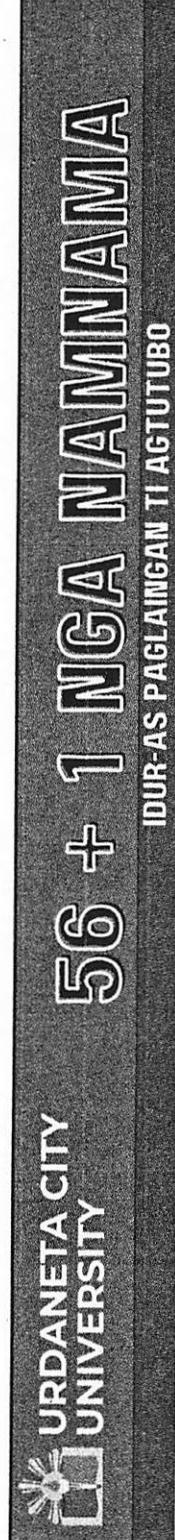
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*Cabaruan Elementary School
March 2, 2023*

PROGRAMME

PART I (8:00am)

INVOCATION and PAMBANSANG AWIT	CES Students
WELCOME ADDRESS	Mr. Kirk Arvin P. Viduya Principal II, CES
MESSAGE	Dr. Jerry C. Dichoso Director, CCDES
	Mdm. Monette S. Locquiao Director, PACC
	Dr. Josephine S. Lambinicio VP for Academic Affairs
	Dr. Raquel D. Pascua VP for Administrative Affairs
	Atty. Dar A. Diga Chief Operating Officer
	Dr. Amihan April C. Mella-Alcazar Acting University President

PART II (9:00-11:00am)

Capability Building Activities for Grades 5 and 6	
CLOSING REMARKS	Ms. Lyrish Jhayne Deluyas President, Supreme Student Council

Emcee:





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February 1, 2023

AMIHAN APRIL C. MELLA-ALCAZAR, Ph.D.
Acting University President

Thru: ATTY. DAR A. DIGA
Chief Operating Officer

Dear Maam/Sir,

Greetings!

The External Affairs and Linkages Office is submitting to you the prepared Training on Community Extension Implementation with the theme: "Converting a Passion into a Community Mission" for your approval.

We are pleased to inform you that, with your support, we will be able to implement this training in order to provide a more comprehensive plan of extension and partnership to achieve greater performance and accomplishment for UCU.

We are recommending that the Training be held on March 10, 2023, at UCU- Cafeteria. We are looking forward to your approval of this training. Thank you so much and God Bless!

Sincerely yours,

Floriano
SONNIE SORIANO, Ph.D.
Director, External Affairs and Linkages

Noted by:

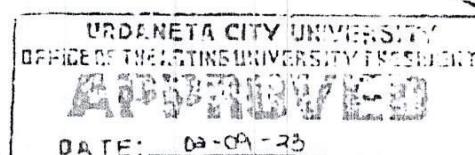
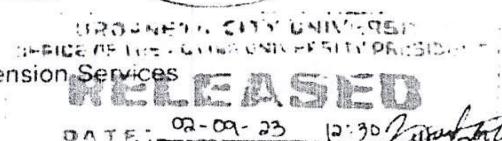
Jes
EASTER B. BELANDRES, Ph.D.
Director, Center for Training and Professional Development

Jerry
DR. JERRY C. DICHOSO
Director, Center for Community Development and Extension Services

Recommending Approval:

J
JOSEPHINE S. LAMBINICIO, Ed.D.
Vice President for Academic Affairs

J
RAQUEL D. PASCUA, Ph.D.
Vice President for Administrative Affairs



Cc: COO's Office
President's Office
VP Academic Affairs Office
VP Administrative Affairs Office

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2-16-2023

PSN - Dr. April Alcazar P.S. Alcazar

PSM - Madam Annalisa Telos

0744609 1507
Dr. Vicente W. Urdaneta City, Pangasinan, Philippines
christopherbañez@urdaneta.edu.ph
CHRISTOPHER R. BAÑEZ
PhD, MSH, RM, RN, LPT



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Office of the Director for
External Affairs and Linkages

TITLE: TRAINING ON COMMUNITY EXTENSION IMPLEMENTATION

THEME: "Converting a Passion into a Community Mission"

I. Rationale

The extension program is important to a professional level of instruction. It provides many people with limited access to formal education with skills and technological training. Designing activities that influence behavior change through constituent-driven programs focusing on outcome-based objectives while utilizing a range of educational procedures and strategies throughout a time continuum is the extension (Wilkins, 2000). The modern extension work challenge is to create a multifaceted educational program that connects the technology, knowledge, and resources of governmental and non-governmental institutions to the problems and issues that affect people individually and as a whole in society. In the context of poverty and a declining level of human development, this requires continuing the mission of empowering the Filipino people and communities toward self-reliance and development.

The extension program builds connections between the educational institution and the larger community, which helps stakeholders see the institution as real and alive in events and scenarios that they can relate to on a daily basis.

To provide students with learning opportunities that will ensure that they are socially conscious and actively involved in the transformation of society. to improve the quality of people's lives by giving them access to learning opportunities, particularly in underprivileged places. To develop options for self-employment and to increase recipients' families' income. to promote individual empowerment for our society's underprivileged population. to improve the community's residents' quality of life. to promote social responsibility and awareness among staff and students.

II. Objectives

With the theme "Converting a Passion into a Community Mission" the training aims to:

- Provide a more comprehensive plan to implement in order to improve partnership and extension
- Promotes academic collaboration with local and foreign universities in the form of student and faculty extension and other academic activities.
- Engage in the initiation, planning, implementation and monitoring of linkage and extension activities.
- Identify and explore areas of cooperation and linkages with foreign and local institutions in terms of extension.
- Develop a propose action plan on partnership and linkages that will uphold the proactive, responsive and innovative department based on SDG's.

III. Program/Activity

8:00am – 8:30 am	Registration	:	EAL's Secretariat
8:30am – 9:00am	Opening Prayer National Anthem Opening Remark Inspirational Message Introduction to the Speaker	:	Chaplain AVP AUP COO DEAL's Community Extension
9:00am – 11:30am	SPEAKER	:	
11:30am – 1:00pm	LUNCH	:	
1:00pm – 4:00pm	Workshop and Evaluation	:	Speaker
4:00pm – 4:10pm	Closing Remarks	:	VPAdmin

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Office of the Director for
External Affairs and Linkages

IV. Participants

- a. Vice Presidents (2)
- b. Directors – Research, Extension, IPD and NSTP- (5)
- c. Extension Coordinators (33)

Expected Number of Participants: 40

V. Expected Output

At the end of the training, the participants are expected to come up with:

- a. A doable Plan of Action/Activities per college

VI. Venue and Date

- a. UCU- Cafeteria
- b. March 10, 2023 – 08:00 am – 05:00 pm – Friday

Prepared by:

SONNY SORIANO, PhD
Director, External Affairs and Linkages

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#1 San Vicente West, Urdaneta City, Pangasinan, 2428 Philippines

February 1, 2023

JERRY C. DICHOSO, Ed.D.

Director, Center for Community Development and Extension Services

Dear Sir,

With respect to the instruction during the Year-end Program Review and Planning Meeting with the Extension Coordinators from various colleges and departments held last January 13, 2023. The undersigned would like to endorse in your good office the College of Health Sciences Re-entry Point Action Plan for 2023-2024.

Thank you very much.

Respectfully yours,


APRIL G. ALAP, RN.MAN., PhDNEd.
Extension Coordinator
College of Health Sciences

Noted:


CHRISTOPHER R. BANEZ, RN.,MSN., PhD.
Dean, College of Health Sciences



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**RE-ENTRY ACTION PLAN
COMMUNITY DEVELOPMENT AND EXTENSION SERVICES
COLLEGE OF HEALTH SCIENCE
A.Y. 2023-2024**

ADOPT-A- SCHOOL PROGRAM CHS BENEFICIARY: **CAMANANG ELEMENTARY SCHOOL**
 PROPOSE ADOPTED BARANGAY OF CHS:
BARANGAY CAMANANG, URDANETA CITY

PROGRAM BASED ON THE DEPARTMENT OF HEALTH MONTHLY PROGRAMS

PROJECT	APPLICATION	INVOLVE			CLIENTELE	DURATION	FUND	LOCATION	EXPECTED OUTCOME		
		UNIT	PERSONNEL	STUDENTS							
SUSTAINABLE	HEALTH	(Conduct	Community	Health	Assessment	Basis of Extension	Program)				
1. Rabies Awareness Month Activity: <ul style="list-style-type: none">• Video presentation to increase awareness about Rabies• Conduct Animal anti-Rabis vaccine	Community - Based	CHS	Faculty/ Clinical Instructors	CHS Students	Barangay officials/ Barangay Health Center /Teachers of Camanang	Pupils with parents at Camanang Elementary School	March 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The participants will express awareness about Rabies
2. World Tuberculosis Week Activity: <ul style="list-style-type: none">• Lecture on the prevention of TB					Barangay Officials/ Barangay Health Center Workers	Selected Residence of Camanang, Urdaneta City				The participant will express awareness on the prevention of TB	
1. World Immunization Day Activity: <ul style="list-style-type: none">• Lecture about the immunizable diseases	Community-Based	CHS	Faculty/ Clinical Instructors	CHS Students	Barangay Health Center Workers	Residence of Camanang Urdaneta City	April 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The CHS Students with the supervision of the CI will learn to work collaboratively with the other





• Participate on the RHU's vaccination drive											health care workers and community people
1. Road Safety Month Activity: <ul style="list-style-type: none">Lecture about road safety	Community-Based	CHS	Faculty/ Clinical Instructors/Criminal Justice	CHS Students	Barangay Officials/ Barangay Health Center Workers	Selected Tricycle Driver and Motor Drivers in Camanang Urdaneta City	May 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The community participant will learn the importance of immunization to their children
2. World Tobacco Day Activity: <ul style="list-style-type: none">Lecture about the effects of smoking to second hand smokers					Barangay Health Center Workers	Selected Grade 6 pupils and parents of Camanang Elementary School					The participant will learn about road safety practices The participants will learn about the effects of smoking to second hand smokers
1. Dengue Awareness Month Activity: <ul style="list-style-type: none">Barangay Clean up DriveLecture about Dengue disease	Community-Based	CHS/ NSTP	Community Assigned Clinical Instructors	CHS Students	Barangay Officials/ Barangay Health Center Workers	Selected Parents and pupils of Camanang Elementary School	June 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The CHS students will apply the concept of Community Health Development The participant will learn ways to prevent dengue disease and
2. National Kidney Month											





Activity: <ul style="list-style-type: none"> Lecture on the prevention of Kidney diseases 											
1. Nutrition Month Activity: <ul style="list-style-type: none">Participate to house to house weighing in the Barangay Feeding program	Community-Based	CHS	Community Assigned Clinical Instructors	CHS Students	Barangay Officials/ Barangay Health Center Workers	Residence of Camanang, Urdaneta City	July 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The CHS students with CI will learn work collaboration in helping the community by active participation in the OPT weighing and height measurement to child, and provide food assistance to identified Malnourish children. The participant will learn importance of proper nutrition
2. National Disaster Resilience Month Activity: <ul style="list-style-type: none">School-based Earthquake Drill	Community-Based	CHS	Faculty/ Clinical Instructors	CHS Students	Barangay Health Center Workers	Selected pregnant and	August 2023	500-1000	CHS Sponsors	Camanang Elementary School,	The participant will show their readiness to respond during disaster situation.
1. World Breastfeeding Week	Community-Based	CHS	Faculty/ Clinical Instructors	CHS Students	Barangay Health Center Workers	Selected pregnant and	August 2023	500-1000	CHS Sponsors	Camanang Elementary School,	The selected pregnant and lactating





Activity: <ul style="list-style-type: none"> Lecture about proper nutrition during pregnancy and lactation <p>2. Family Planning Month</p> Activity: <ul style="list-style-type: none"> Lecture about Family Planning 						lactating mothers and				Camanang Urdaneta City	mothers will learn the importance of proper nutrition and the benefits of Family Planning.
1. Alzheimer's Disease Awareness Week Activity: <ul style="list-style-type: none"> Chess and Scrabble Mind Games for Elderly 2. World Environmental Health Day Activity: Clean and Green Campaign "Tree Planting"	Community-Based		Faculty/ Community Assigned Clinical Instructors	CHS Students	Barangay Health Center Workers	Senior Citizen members	September 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The participants will verbalize awareness about Alzheimer disease
1. Breast Cancer Awareness Month Activity: Lecture about Breast Care and examination	Community-Based		Faculty/ Clinical Instructors	CHS Students	Barangay Health Center Workers/ Elementary school Principal and Teachers	Selected Grade 6 pupils	October 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The participants will verbalize understanding on the importance of breast care and examination/a





2. Global Handwashing Day Activity: Lecture - Demonstration of proper handwashing						Selected Grade 1 pupils						nd handwashing
1. Drug Abuse Prevention and Control Week Activity: • Lecture about the prevention and control of Drug Addiction	Community-Based		Faculty/ Clinical Instructors	CHS Students	Barangay Health Center Workers/ Elementary school Principal and Teachers	Selected Grade 6 pupils	November 2023	500-1000	CHS Sponsors	Camanang Elementary School, Camanang Urdaneta City	The participants will verbalize the effects of drugs and ways to prevent and control drug abuse	
1. International Day of Persons with Disabilities Activity: Gift-giving to persons with disabilities	Community-Based		Faculty/ Clinical Instructors/ CHS Staff	CHS Students	Barangay Officials/ Barangay Health Center Workers	Selected residence and member of person's with disability	December 2023	500-1000	CHS Sponsors	Camanang Urdaneta City	The participant will verbalize appreciation of the activity	
SUSTAINABLE EDUCATION												
1. Sponsor/ Foster Child Education	Community-Based		Faculty/Alumni/C HS Staff	CHS Students	Barangay Officials/ Barangay Health Center Workers	Selected Member of the Indigent Family	2023-2024	500-1000	CHS Sponsors	Camanang Urdaneta City	The beneficiary will verbalize appreciation with the financial assistance to support her/his education	
SUSTAINABLE ARTS												
1. Painting as Art of Stress	Community-Based		Faculty/Alumni/C HS Staff	CHS Students	Barangay Officials/	Senior Citizen	2023-2024	500-1000	CHS Sponsors	Camanang Urdaneta City	The participants will verbalize	





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Management					Barangay Health Center Workers							appreciation with the activity
SUSTAINABLE LIVELIHOOD												
2. Zumba for Physical Fitness	Community-Based		Faculty/Alumni/C HS Staff	CHS Students	Barangay Officials/ Barangay Health Center Workers	2 Family Members of the Indigent Family	2023-2024	10,000-15,000	CHS Sponsors	Camananga Urdaneta City	The participants will verbalize appreciation with the activity	

PREPARED BY

Arlene G. Alap, RN., MAN., PhD NEd.
Arlene G. Alap, RN., MAN., PhD NEd.
Extension Coordinator, CHS

REVIEWED AND CHECKED:

Christopher R. Banez, RN., MSN., PhD.
Christopher R. Banez, RN., MSN., PhD.
Dean, College of Health Science

NOTED:

Jerry C. Dichoso, Ed.D.
Jerry C. Dichoso, Ed.D.
Director, CCDES

CC:

Bachelor of Science in Nursing
School of Midwifery

*Approved
6-9-23
2/9/2023*



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URDANETA CITY UNIVERSITY

#1 San Vicente West, Urdaneta City, Pangasinan, 2428 Philippines

February 9, 2023

CHRISTOPHER R. BANEZ, RN., MSN., PhD.
Dean, College of Health Sciences

Dear Sir,

I would like to convey the result of the previously conducted CCDES coordination and visit to the proposed barangay schools for the the Adopt-School Program last February 7, 2023. Camanang Elementary School is the proposed adopted school of the College of Health Sciences, as such the CCDS verbally requested our College to coordinate with the school. Moreover, the Memorandum of Agreement signing will be scheduled on March 10, 2023.

Continually, to actively and responsibly participate with the University extension services, may I request that a group of BSN and/or Midwifery students will be assigned in the said barangay as part of their related learning exposure/clinical practicum.

May I also take hold of this opportunity to express my appreciation for the confidence you gave me as the Extension Coordinator of the College of Health and Sciences.

Attached herewith are the list of activities and approved Re-entry Action Plan.

Thank you very much.

Respectfully yours,

ASR
APRIL G. ALAP, RN., MAN., PhDNEd.
Asst. Professor II

*general
2-8-23*

*KIMPUSUE 2/10/2023
2/10/2023*

*Approved:
C. Banez
2-9-2023*

CHRISTOPHER R. BAÑEZ
PhD, MSN, RN, LPT



URDANETA CITY UNIVERSITY

#1 San Vicente West, Urdaneta City, Pangasinan, 2428 Philippines

February 9, 2023

List of Activities/Requirements to Accomplish

Pre-entry Assessment

- Barangay Camanang History/Profile
 - Barangay origin
 - Spot mapping
 - Geographical location
 - Total land area
 - Total population
 - # of households
 - Sources of income
 - Products
- Barangay Organizational Chart
- Health Center Organizational Chart
- Barangay Camanang Elementary School History/Profile
- Camanang Elementary School Organizational Chart
- Community Health Survey

Prepared by:


APRIL G. ALAP, RN., MAN., PhDNEd.
Asst. Professor II



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CCDES

CENTER FOR COMMUNITY DEVELOPMENT AND EXTENSION SERVICES

January 16, 2023

DR. AMIHAN APRIL C. MELLA-ALCAZAR
Acting University President

Dear Madam;

Greetings!

In accordance with the new Re-entry Action Plan of the Center for Community Development and Extension Services, a new project namely Adopt-a-School Program will be implemented for the School Year 2023-2024, wherein the Colleges/Departments can extend extension, outreach and research activities.

In preparation of the Adopt-a-School Program, the CCDES will conduct coordination and visitation to prospect schools in different barangays, together with various College/Department Extension Coordinators as scheduled below:

January 17, 2023	Cabaruan National High School Cabaruan Elementary School - (CCDES, Library, PACC)
January 20, 2023	Labit National High School - (CITE)
January 24, 2023 (February 1, 2023)	Sugcong – Don Clemente Blanco Memorial Elem. School Oltama Elementary School Labit West Elementary School - (CHTM, COP, CBMA)
January 25, 2023 (February 7, 2023)-1:30	Tiposu Elementary School Camanang Elementary School - (CAS, CHS)
January 27, 2023 (February 8, 2023)	Sta. Lucia Elementary School Palina East National High School - (CHUMS, CCJE)
January 31- February 10, 2023	MOA Signing

In view hereof, may we humbly request for your favorable response in this regard.
Thank you very much.

Very truly yours,

Jerry C. Dichoso
JERRY C. DICHOSO, EdD
Director, Center for Community Development and Extension Services

Noted:

Raquel D. Pascua
RAQUEL D. PASCUA, PhD
VP for Administrative Affairs

Copy Furnished:
COO

January 4, 2023

DR. AMIHAN APRIL C. MELLA-ALCAZAR
Acting University President
Urdaneta City University

10 JAN 2023

4:49

Subj.: CCDES Extension Coordinators Year-end Program Review and Planning meeting

Dear Madam:

Greetings!

The Center for Community Development and Extension Services would like to conduct a Year-end Program Review and Planning Meeting with the Extension Coordinators from the various colleges and departments. The objective of the meeting is for us to review what transpires on the success of all programs and activities on the University's Extension and Outreach programs for the year 2022 and to be able to formulate propose plans and activities for the Re-entry Point Action Plan for 2023. The following are the agenda to be discussed:

- a. Presentation of 2022 accomplishments
- b. Re-entry Point Action Plan for 2023
- c. Adopt-a-School Program
- d. Extension Coordinators Profile Update
- e. Other matters

The meeting will be conducted on January 13, 2023, at 1:00 in the afternoon to be held at the Conference Room.

In view hereof, may I request for your approval in this regard. Your response on this undertaking would mean a greater venue for the University extension program with an excellent result.

Thank you very much.

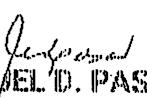
Very truly yours,


DR. JERRY C. DICHOSO
Director, Center for Community Development and Extension Services



Recommending Approval:


DR. JOSEPHINE S. LAMBINICIO
VP for Academic Affairs


DR. RACHEL D. PASCUA
VP for Administrative Affairs



CENTER FOR COMMUNITY DEVELOPMENT AND EXTENSION SERVICES

**CENTER FOR COMMUNITY
DEVELOPMENT AND
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January 4, 2023

The College Dean / Department Head
Urdaneta City University
Urdaneta City

Dear Sir / Madam:

Greetings!

The Center for Community Development and Extension Services office would like to extend its heartfelt thanks for all your support and participation in the success of the University extension services and outreach projects for the year 2022. We have again proven the Bayanihan spirit among our beloved University's personnel.

As we start up with the year 2023, may we request your college/department extension coordinator for the *Year-End Program Review and Planning* of Extension programs to be held at the Conference Room, Administrative Building on January 13, 2023, at 1:00 in the afternoon with the following agenda:

- a. Presentation of 2022 accomplishments
- b. Re-entry Point Action Plan for 2023
- c. Adopt-a-School Program
- d. Extension Coordinators Profile Update
- e. Other matters

In view hereof, may we request the attendance of your extension coordinators in this regard.

Thank you very much and God bless.



EXTENSION COORDINATORS MEETING

NOVEMBER 28, 2023 2:00PM HELD AT 2ND FLOOR CONFERENCE ROOM, ADMINISTRATIVE BUILDING

Agenda:

- 2023 Badang Pasinaya para kay Lolo at Lola
- Re-Entry Plan for 2024
- Badang Panagtaripatto Kadagiti agtutubo project
- Status of Needs Assessment Survey (NAS)





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EXTENSION COORDINATORS MEETING

NOVEMBER 28, 2023 2:00PM HELD AT 2ND FLOOR CONFERENCE ROOM, ADMINISTRATIVE BUILDING



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Purchase of groceries for gift giving activity (Pasinaya Para kay Lolo at Lola 2023)



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Preparation of groceries by the college of health sciences faculty members for gift giving activity

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Preparation of groceries by the college of health sciences faculty members for gift giving activity (Pasinaya

Para kay Lolo at Lola 2023)



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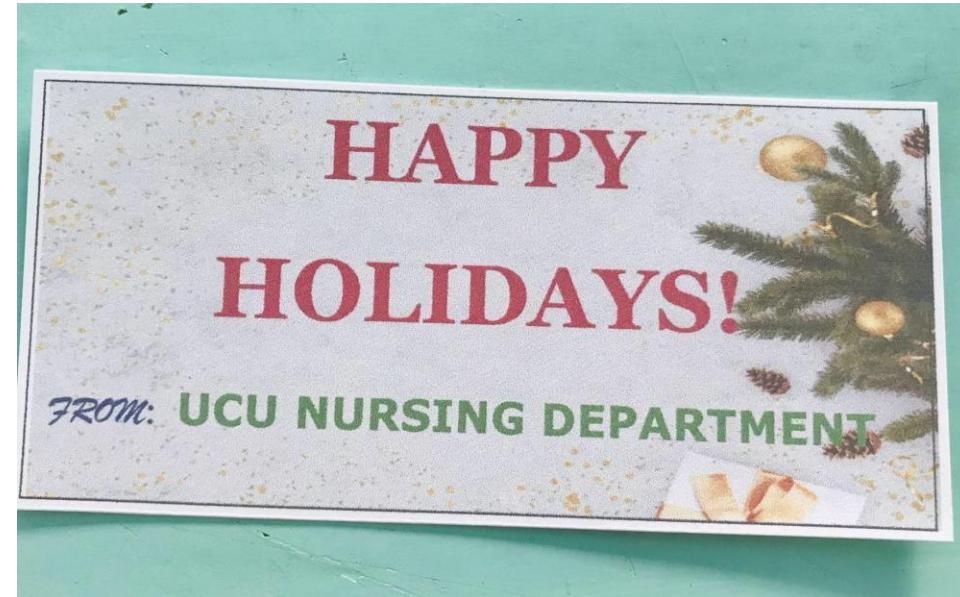
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Preparation of groceries for gift giving activity (Pasinaya Para kay Lolo at Lola 2023)



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Endorse purchase groceries share from the College of Health Sciences to Center for Community Development and Extension Services office for gift giving activity (Pasinaya Para kay Lolo at Lola 2023)



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Preparation of gifts from different Colleges for the Gift Giving Activity at Barangay Tipuso, Urdaneta
Pangasinan
(Pasinaya Para kay Lolo at Lola 2023)



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Distribution of gifts for all Senior Citizens of Barangay Tipuso, Urdaneta Pangasinan (Pasinaya

Para kay Lolo at Lola 2023)



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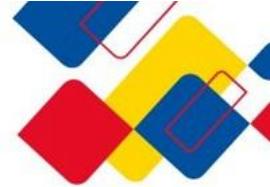


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Short presentation of selected Senior Citizens of Barangay Tipuso, Urdaneta

Pangasinan (Pasinaya Para kay Lolo at Lola 2023)





UCU College of Teacher Education Donates Research-Based Sports Equipment to Public Schools in Pangasinan

Urdaneta City, Philippines — In a meaningful initiative aimed at enhancing physical education in local schools, the College of Teacher Education at Urdaneta City University (UCU) has donated research-based sports equipment to various public schools across Pangasinan. Developed by UCU students as part of their research projects, the equipment aims to support sports programs in underserved communities, promoting fitness, teamwork, and skill development among students.



A Research-Driven Initiative to Support Local Education

The donation is part of UCU's broader commitment to applying research for community development, showcasing how student-led projects can directly benefit society. The College of Teacher Education collaborated with its students to design and create sports equipment tailored to the needs of local schools,

aligning with their research findings on accessible, practical, and safe sports gear for young athletes.



Dr. Ryan delos Reyes, Dean of the College of Teacher Education, highlighted the significance of the initiative, stating, "This project not only allows our students to apply their research in a meaningful way but also addresses a genuine need in the community. By donating this equipment, we hope to inspire the next generation to embrace physical education and lead healthier lives."

Empowering Public Schools with Quality Sports Resources

Public schools in many regions, including Pangasinan, often face budget constraints that limit their ability to invest in quality sports equipment. UCU's donation helps bridge this gap, providing schools with gear that supports various sports activities, from basketball to track and field. Each piece of equipment was thoughtfully crafted by UCU students, based on research focused on durability, safety, and accessibility for young users.

One of the schools receiving the donation, [School Name] in [Location], expressed gratitude for the much-needed resources. "These sports items are a great addition to our physical education program," said [Principal's Name], principal of [School Name]. "Thanks to UCU and its students, we can now offer better facilities for our students, which will help them develop athletic skills and foster a spirit of sportsmanship."

Students Making an Impact Through Research

The project also reflects UCU's commitment to hands-on learning, encouraging students to engage in research that has real-world applications. For the student-researchers involved, the experience





offered a chance to see their work directly benefit their community, reinforcing the importance of academic efforts that extend beyond the classroom.





One student, [Student's Name], who participated in designing the equipment, shared, "It's fulfilling to know that our research is making a difference. We were able to apply what we learned to create sports equipment that can help other students in public schools discover their potential in sports."

UCU's Dedication to Community Service and Education

UCU's College of Teacher Education plans to continue supporting local schools through future projects that integrate research with community service. This initiative aligns with UCU's mission to serve as an educational institution that not only nurtures student learning but also actively contributes to the development of the wider community.

"By donating these resources, we are investing in the future of young students and in the improvement of public education in Pangasinan," Dr. delos reyes added. "Our aim is to encourage other institutions and individuals to support local schools and create similar projects that benefit the community."

Looking Forward: More Collaborations with Local Schools

Following the success of this donation, UCU aims to explore additional collaborations with public schools in Pangasinan, especially in areas that would benefit from innovative, research-based resources. The university envisions these partnerships as a way to promote not only physical fitness but also the importance of applying research to meet the needs of the community.

As UCU continues to champion research with a community focus, the College of Teacher Education is proud to lead initiatives that enhance educational experiences for students across Pangasinan. This donation is a testament to UCU's commitment to transforming research into practical, impactful contributions that uplift and inspire local communities.





UCU College of Nursing Integrates Sexual and Reproductive Health Education into Course Syllabus

Urdaneta City, Pangasinan—The College of Nursing at Urdaneta City University (UCU) has taken a progressive step in promoting student health and well-being by incorporating Sexual and Reproductive Health (SRH) education into its course syllabus. This initiative aligns with the university's commitment to providing holistic, relevant, and impactful education that empowers students with essential knowledge and skills for personal and professional growth.

The inclusion of SRH education aims to address critical issues affecting the youth, including reproductive health rights, responsible parenthood, and the prevention of sexually transmitted infections (STIs). By integrating these topics into the curriculum, the College of Nursing ensures that students not only receive academic training but are also equipped to become advocates of health and wellness in their communities.

Promoting Awareness Through Education

The SRH component will be introduced through comprehensive modules on sexual and reproductive health care services. Topics include anatomy and physiology of the reproductive system, contraception, family planning, STI prevention, and the psychological and social aspects of sexual health. Interactive sessions, case studies, and group discussions will encourage students to actively engage with these vital topics.

Dr. Banez, Dean of the College of Nursing, highlighted the importance of the initiative:

“Our goal is to produce well-rounded healthcare professionals who are not only competent in clinical settings but are also advocates of health education. By including SRH topics in our syllabus, we empower our students to address sensitive but crucial issues in healthcare with confidence and compassion.”

Collaboration with Experts

The program is developed in collaboration with health professionals, non-governmental organizations, and government agencies specializing in reproductive health. These partnerships ensure that students receive updated and evidence-based information, aligning with national and global health standards.

To further enhance learning, the College of Nursing plans to host regular seminars, workshops, and outreach programs. These activities will provide practical applications of classroom knowledge and foster a sense of responsibility among students as future healthcare providers.

Impact on the UCU Community

The initiative is also a response to the needs of the broader UCU community. Students from other colleges can benefit from peer education campaigns led by nursing students, fostering a campus culture that values informed decision-making and healthy practices.

“As students, it’s empowering to learn about topics that are often misunderstood or stigmatized,” said Student X a nursing student. *“It makes us better prepared to handle real-world health concerns and to educate others.”*

UCU’s Commitment to Sustainable Development Goals (SDGs)

The integration of SRH education reflects UCU’s dedication to achieving the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (Good Health and Well-Being) and SDG 4 (Quality Education). By addressing sexual and reproductive health, UCU contributes to reducing health disparities and promoting informed choices among its students and the wider community.

As the program takes root, UCU’s College of Nursing continues to set a standard for innovative and





inclusive education, equipping its students with the tools they need to make meaningful contributions to the field of healthcare.

DO YOU NEED SOMEONE TO TALK TO? WE ARE HERE TO LISTEN

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PSYCHOLOGICAL ASSESSMENT AND COUNSELING CENTER

DO YOU NEED SOMEONE TO TALK TO?

Are you experiencing psychological distress or do you have school concerns?

Let's talk. We are here to listen.

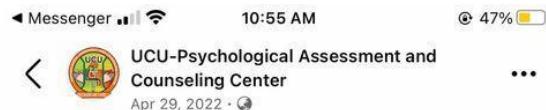
Your school counselors are here for you.

Contact them thru the links below.

Urdaneta City University (UCU) launched a comprehensive mental health support program aimed at providing essential resources and assistance to both students and staff members. The initiative comes as part of the university's ongoing efforts to address the growing importance of mental well-being within academic environments.

UCU's administration highlighted the significance of supporting mental health amidst the pressures of academic life, work-related stress, and societal challenges. As part of the initiative, the university has licensed counselors and mental health professionals to ensure that students and employees receive the care and attention they need.

The program emphasizes confidentiality and accessibility. Students and staff can schedule private sessions with professional counselors through an easy-to-use online platform. UCU has also committed to providing mental health services at no additional cost to students and employees, ensuring that financial barriers do not prevent anyone from seeking help.



Need someone to talk to? Are you experiencing psychological distress or do you have school concerns?

The UCU-Psychological Assessment and Counseling Center is here for you. Contact them thru the links below.

By signing the Counseling Interview Form, you are giving your CONSENT to allow us to use your information solely for the purpose of providing you with the mental health support services that we offer. All given information will be treated with utmost confidentiality.

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PSYCHOLOGICAL ASSESSMENT AND COUNSELING CENTER

DO YOU NEED SOMEONE TO TALK TO?

Are you experiencing psychological distress or do you have school concerns?

Let's talk. We are here to listen.

Your school counselors are here for you.

Contact them thru the links below.

TINE ROSE P. CASTILLO For Associate • College of Arts and Sciences • College of Teacher Education Form Link: https://forms.gle/kSAjBQvCKC7HmLkP Facebook Account: https://www.facebook.com/tinecastillo	GETTE G. GEDORIA, R.Pm For Associate • College of Information and Technology Education • College of Pharmacy Form Link: https://forms.gle/2kw4tSYU9huK47f9 Facebook Account: https://www.facebook.com/georgette.gi	N. GRUPO For Associate • College of Business Management and Accountancy- BS Accountancy • College of Engineering and Architecture Form Link: https://forms.gle/qiS2KJ5fHTDaWVA Facebook Account: https://www.facebook.com/gruponinga
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Write a comment...





MONETTE SORIANO-LOCQUIAO, RGC
Guidance Director

- Institute of Graduate and Advanced Studies

- ✉ Form Link:
<https://forms.gle/RosRUZUuLLP7UlyD8>
- ✉ Facebook Account:
<https://www.facebook.com/monette.locquia.376>

2nd Semester
2021-2022

The mental health support initiative is just one of many steps UCU is taking to ensure that students and staff can succeed in both their academic and personal lives. As part of its ongoing development, the university is exploring further opportunities to expand these services, including the integration of peer counseling programs and partnerships with local mental health organizations.

<https://www.facebook.com/share/p/1DYaGtz3dh/>

No Smoking Policy for Urdaneta City University (UCU)

Purpose:

The Urdaneta City University (UCU) is committed to promoting a healthy and safe environment for students, faculty, staff, and visitors. This policy establishes a smoke-free environment across all university premises to enhance the quality of campus life and support the health and well-being of the entire UCU community.

Scope:

This policy applies to all students, faculty, staff, contractors, and visitors on UCU premises, including but not limited to buildings, outdoor spaces, walkways, parking lots, university-owned vehicles, and other areas within the campus.

Policy Statement:

1. Prohibition of Smoking

Smoking of any kind, including the use of cigarettes, cigars, pipes, electronic cigarettes (e-cigarettes), and vaping devices, is strictly prohibited on all UCU premises, including:

- Classrooms, laboratories, libraries, and offices
- Cafeterias, restrooms, hallways, and stairwells
- Outdoor areas such as gardens, open spaces, and walkways
- Parking areas and all university-owned vehicles

2. Enforcement of the Policy

Campus Security and designated staff are authorized to enforce this policy. Violators will be reminded of the policy and may face disciplinary action as outlined below. UCU will post “No Smoking” signs at visible locations around the campus to remind everyone of this policy. Students, faculty, and staff are encouraged to report any violations to Campus Security to ensure compliance.

3. Consequences of Violation

Violations of this No Smoking Policy will result in:

First Offense: Verbal warning and educational materials on the health risks of smoking.





Second Offense: Written warning and required participation in a smoking cessation program.

Third and Subsequent Offenses: Disciplinary action, including but not limited to suspension or fines, depending on the severity of the offense.

4. Support for Smoking Cessation

UCU is committed to supporting students, faculty, and staff who wish to quit smoking. The university provides access to smoking cessation resources, including counseling and referral to local health programs. Information on these programs will be available through the university's Health Services.

5. Compliance and Review

UCU will regularly review the No Smoking Policy to ensure its effectiveness and to update it as necessary. Community members are encouraged to provide feedback to help improve the policy's implementation and reach.

Urdaneta City University is dedicated to creating a smoke-free campus to protect the health and safety of all members of its community. We encourage everyone to respect and adhere to this policy and to work together toward a cleaner, healthier, and safer environment for all.

Effective Date: **June 1, 2022**

