



URDANETA CITY UNIVERSITY PROMOTES HEALTH AND WELL-BEING THROUGH “PANAGTARIPTTO KADAGITI AGTUTUBO” PROJECT



Urdaneta City University (UCU), through the **College of Health Sciences (CHS)**, continues to demonstrate its unwavering commitment to promoting health and well-being in support of the **United Nations Sustainable Development Goal (SDG) 3: Good Health and Well-Being**.

As part of its ongoing extension initiatives, the college conducted the **“Panagtariptto Kadagiti Agtutubo” Project (PTO)** — a meaningful learning activity designed to educate and empower young people on the vital aspects of physical, mental, and social wellness. The activity was led by **Mdm. Alyssa Ashley Diego**, Acting Dean of the College of Health Sciences, together with **Mr. Roniel Aquino**, Extension Coordinator, and other dedicated faculty members and **nursing students**.

With the theme “Physical Changes: A Pubertal Tour Towards Mental and Social Wellness,” the program aimed to provide **Grade 11 and 12 students** with valuable insights into the various changes they experience during adolescence. The faculty speakers discussed the **physical and emotional challenges** that accompany puberty, highlighting the importance of **self-awareness, mental resilience, and social adaptability** during this critical stage of development.

Through this outreach effort, Urdaneta City University underscores its role as a **community partner for holistic development**, ensuring that young individuals are guided not only in academics but also in their **health and personal growth**.

This initiative reflects UCU’s broader mission of fostering **healthy, informed, and socially responsible citizens**, aligning its extension services with global efforts to achieve sustainable development. By continuously reaching out to the community through health education and awareness programs, UCU reaffirms its dedication to advancing **SDG 3 — ensuring healthy lives and promoting well-being for all at all ages**.

MAKE SDG#3 A REALITY

3 GOOD HEALTH
AND WELL-BEING

