



# URDANETA CITY UNIVERSITY CHAMPIONS HOLISTIC GROWTH THROUGH SEMINAR ON STRESS MANAGEMENT AND GENDER EQUITY



In a progressive step toward advancing **Sustainable Development Goal 4 (Quality Education)** and fostering an inclusive academic culture, **Urdaneta City University (UCU)** launched the seminar “**Navigating Stress and Promoting Gender Equity for Holistic Development.**” This initiative reflects the university’s steadfast commitment to developing well-rounded leaders and educators who value both personal well-being and institutional inclusivity as key drivers of academic and organizational success.

The seminar emphasized two crucial dimensions of professional and educational development—**stress management** and **gender equity**. In an era marked by rapid change and increasing demands, the ability to effectively manage stress is essential not only for maintaining productivity but also for safeguarding the health, morale, and motivation of the university’s workforce. At the same time, promoting gender equity ensures that all members of the institution—regardless of gender—are given equal opportunities to grow, contribute, and lead.

Participants were equipped with **practical tools and techniques to navigate workplace stress**, enhance emotional resilience, and maintain balance between professional responsibilities and personal well-being. Additionally, the seminar explored the integration of **gender-sensitive policies and inclusive practices** in academic and administrative settings, reinforcing UCU’s ongoing advocacy for fairness and equality in education and leadership.

By empowering its faculty and staff to address these interconnected challenges, UCU not only strengthens its institutional effectiveness but also fosters a culture of empathy, collaboration, and respect. The initiative highlights the university’s holistic approach to education—one that values human development as much as academic excellence.

Through this activity, **Urdaneta City University reaffirms its commitment to SDG 4—Quality Education—by nurturing an academic environment that promotes wellness, inclusivity, and equitable opportunities for all**, ensuring that learning and leadership thrive in harmony with human dignity and social responsibility.

**MAKE SDG#4 A REALITY**

