



PTO 2: COLLEGE OF HEALTH SCIENCES CHAMPIONS YOUTH WELLNESS THROUGH COMMUNITY EDUCATION



The Panagtari patto Kadagiti Agtutubo (PTO) 2 learning activity was conducted by the College of Health Sciences (CHS) of Urdaneta City University (UCU), led by Ms. Alyssa Ashley Diego, Acting Dean, and Mr. Roniel Aquino, Extension Coordinator, together with CHS faculty and Nursing students. With the theme "Physical Changes: A Pubertal Tour Towards Mental and Social Wellness," the session was designed to equip Grade 11 and 12 students with essential knowledge about the physical, emotional, and social transitions of adolescence.

Through interactive lectures and open discussions, Nursing student speakers, under the supervision of CHS faculty, tackled important topics such as self-awareness, mental health, and positive social interactions. The activity not only guided the youth in understanding and managing the challenges of puberty but also promoted holistic wellness—encouraging confidence, empathy, and resilience.

This initiative embodies UCU's mission to extend learning beyond the classroom by delivering public lectures and community educational events that foster personal growth and social responsibility. It also highlights the university's active commitment to the United Nations Sustainable Development Goal 4 (Quality Education)—ensuring that knowledge and health awareness reach communities through meaningful, service-oriented learning experiences.

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