

Polytechnic University of the Philippines
Mulanay, Quezon Branch
Sta. Rosa Mulanay, Quezon

NARRATIVE REPORT

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Program/Year: Diploma in Information Communication Technology III

I. Introduction

The OJT training series orientation entitled "Rise up to the Challenge of work Commitment Achieving Resiliency after Pandemic". Was held on March 31, 2023 at 7:00 o'clock in the morning at Governor Helen Tan Covered Court of Polytechnic University of the Philippines Mulanay Quezon Branch. Which was led by the master of the ceremony Mr. Hjelmar M. Abulencia and also with the Director of PUP Mulanay Ma'am Adelia Roadilla who gives her inspiration message. And Ma'am Huryetha Marasigan who firstly gave an opening remarks as well as the three speakers who shared their knowledge to the students. And also with the OJT advisers and participation of all the OJT students from PUP Mulanay and General Luna Branch.

II. Narration of the Event

The OJT training seminar entitled "Rise up to the Challenge of Work Commitment: Achieving Resiliency after Pandemic" was held at PUP Mulanay, and it was an insightful event that provided participants with valuable information to navigate the current and future work landscape. The seminar began with registration and a prayer, followed by the national anthem.

The event kicked off with opening remarks by the OJT Coordinator, Ma'am Huryettha D. Marasigan. She welcomed the participants and expressed her appreciation for their attendance. She emphasized the importance of the seminar and how it can help prepare the participants for the challenges and opportunities that lay ahead in the current and post-pandemic workplace.

Inspirational messages were also given by Director of PUP Dr. Adelia R. Roadilla, Assistant Director of PUP Gen Luna Dr. Llenerd Robledo, and Luisito Asia, the Head of Academic Programs, and Carlos M. Cribbe, Head of Student Services. They provided words of encouragement and emphasized the importance of education, learning, and personal growth in achieving success and resilience in the workplace.

The first resource speaker, Ma'am Shiela S. Diokno, a Faculty member of PUP Mulanay, then took the stage and talked about Personal Commitment to Behaving Ethically and Responsibly. She discussed the importance of integrity in the workplace and how it relates to one's personal values. She emphasized the need to be accountable for one's actions, especially in a professional setting, and how it can help build trust and respect among colleagues and employers. She also shared practical tips on how to make ethical decisions, and how to handle ethical dilemmas in the workplace.

The second speaker, Ma'am Roselyn Panopio, then talked about Managing Emotions to Develop Positive Relationships. She emphasized the importance of emotional intelligence and how it can help individuals navigate interpersonal relationships in the workplace. She provided practical tips on how to regulate emotions, recognize and empathize with the emotions of others, and effectively communicate in different situations. She also discussed the impact of emotions on work performance, and how it can affect individual and team productivity.

After the informative talks, participants were given a lunch break to refresh themselves. The seminar resumed at 1 pm with the third speaker, Atty. Edelyn Ayongco Son, who talked about Republic Act No. 11313 Safe Spaces Act (Bawal Bastos Law). She explained the provisions of the law, which aims to eliminate gender-based harassment in public spaces, schools, and workplaces. She also shared practical examples and scenarios to help participants understand how to apply the law in different situations. She emphasized the importance of creating a safe and inclusive workplace, and how it can help promote gender equality and diversity.

The last speaker was Ms. Bevy Stefanie Tan, the nurse of PUP Mulanay, discussed the importance of implementing safety protocols and practices in the workplace to prevent accidents and injuries. She provided an overview of the different types of hazards and risks that workers may encounter in their respective workplaces. She also discussed the various safety protocols and measures that organizations can implement to prevent accidents. Ms. Tan emphasized the importance of developing a safety culture in the workplace, where all employees are actively involved in identifying and reporting hazards and taking the necessary steps to prevent accidents. She also discussed the role of first aid in responding to accidents and emergencies, and how organizations can train their employees to provide basic first aid and response.

Overall, Ms. Tan's talk was highly informative and emphasized the importance of workplace safety and prevention of accidents and injuries. Participants learned practical tips and strategies to promote safety in their respective workplaces, and how they can play an active role in promoting a safety culture.

The last part of the seminar was the giving of certificates to all participants, and picture-taking to commemorate the event.

Overall, the OJT seminar provided valuable insights into the current and future work landscape, and helped participants prepare to meet the challenges and opportunities that lay ahead. The seminar provided a platform for participants to interact and learn from experts in various fields, and gain practical knowledge and skills to succeed in their careers.

In addition to the informative talks, the seminar also included various activities to encourage participation and engagement from the attendees. The awarding of certificates to all participants was a significant moment of recognition and validation for the hard work and dedication they had shown throughout the seminar. The group photo taken at the end of the event was a fitting way to capture the collective energy and spirit of the participants, as they celebrated the successful completion of the seminar.

The OJT seminar also coincided with Women's Month, which was acknowledged and celebrated during the event. This provided an opportunity to recognize and appreciate the contributions and achievements of women in the workplace, and inspire young women to pursue their career aspirations with confidence and determination.

In conclusion, the "Rise up to the Challenge of Work Commitment: Achieving Resiliency after Pandemic" OJT seminar held by PUP Mulanay was a highly informative and engaging event. The seminar provided practical insights and strategies for participants to navigate the challenges of the changing work landscape, and equip themselves with the skills and knowledge necessary for success in their respective fields. The interactive format of the seminar encouraged participation and engagement, and the awarding of certificates and celebration of Women's Month provided fitting moments of recognition and inspiration for the participants. Overall, the OJT seminar was a valuable learning experience that will benefit the participants in their future careers.



(Ma'am Shiela Diokno talked about Personal Commitment)



(Ma'am Adelia Roadilla giving inspirational messages)

III. Learnings/Knowledge Acquired

As a participant of the "Rise up to the Challenge of Work Commitment: Achieving Resiliency after Pandemic" OJT seminar, I have acquired valuable knowledge and skills that can help me navigate the current and future work landscape. Here are some of my key takeaways from the seminar:

- Personal commitment to behaving ethically and responsibly is crucial in the workplace. Upholding integrity, being accountable for one's actions, and making ethical decisions can help build trust and respect among colleagues and employers.
- Managing emotions and developing emotional intelligence is important for navigating interpersonal relationships in the workplace. Regulating emotions, recognizing and empathizing with others' emotions, and effectively communicating can help improve individual and team productivity.
- Understanding the provisions of Republic Act No. 11313 Safe Spaces Act (Bawal Bastos Law) is important in creating a safe and inclusive workplace that promotes gender equality and diversity.
- Implementing safety protocols and practices in the workplace is crucial in preventing accidents and injuries.

The OJT seminar provided a platform to all of us to interact and learn from experts in various fields, gain practical knowledge and skills, and prepare for the challenges and opportunities that lay ahead in the current and post-pandemic workplace. By applying these learnings in our future career, we can become a more effective and responsible employee who is equipped with the necessary skills and knowledge to succeed in a changing work landscape.

IV. Recommendation

The flow of the OJT orientation program was good and the topics are very informative too, that I am sure that all participants learned a lot and acquired so much learning to all the topics of the event. However I have only a few recommendations, like all of participants especially for the OJT trainees to listen carefully to the discussion because all the topics in the event is so important to learn. In addition, some participants in the events should not have any extra activity, so as not to destruct other participants of the event.