



PROPOSED EXTENSION PROJECT

I. BASIC INFORMATION:

Project Title: Misyong Pangkalusugan Alay ng Pamantasan katuwang ng CDCPh (Concerned Doctors and Citizens Philippines) at IVMCC (Independent Volunteers Monitoring Covid Care)

Proponent: Office of Extension Services

Program Leader: Consuelo M. Untalan

Project Leader: Santiago P. Untalan, Jr.

Project Implementers: Majorie M. Castillo

Avegay Hernandez

Gerlie Hernandez

Project Duration: (1) One Year

Location: Poblacion, San Teodoro & Small Tabinay, Puerto Galera, Oriental Mindoro

Project Cost: Expenses will be shouldered by IVMCC and CDCPh

Contact Person: Consuelo M. Untalan

II. RATIONALE:

An Alternative and Holistic Health Services (AHHS) is being undertaken by a group of volunteer doctors, nurses, medical health workers, lawyers and professionals. Each member of IVMCC took an independent decision to join other volunteers and monitor patients suffering from COVID and its effects with as much virtual CARE as possible. The pandemic may have physically distanced people but IVMCC reaches out its virtual hands to help Covid-affected patients and their loved ones manage healing at home. With the use of online chat threads such as FB messenger, this group of doctors and civilian volunteers are able to teach the patient and families what to monitor and how to address the challenges of their illnesses until full recovery. IVMCC also aims to empower people with basic health information to help ease the fear that Covid-19 had brought. The group is composed of ordinary citizens, mostly with no medical background, from different life stages, walks of life and regions in the Philippines. All united by the common goal of offering support to anyone who needs help in treating Covid-19 and its medical effects in their homes. Blessed with compassionate doctors, loving volunteers, caring nurses and caregivers, advocacy partners, and even prayer warriors, IVMCC continues to share God's love and give hope to our fellow men.

Another volunteer group named the Concerned Doctors and Citizens of the Philippines (CDCPh) wants to help our government safely lift the lockdown so that more lives are saved and more livelihoods are restored. Our taxpayers money are dried up already, we cannot afford extending this lockdown anymore and spend on non-scientific protocols yielding very low to no result. CDCPh have been doing daily research on what would be more efficient and effective in addressing the pandemic and new studies show that the best approach is to include prophylaxis and early treatment protocol. Our government has a 3 pronged approach: barriers, hospitalization, and vaccination. All they want is for our leaders to include cheap effective alternative to treating Covid-19 and be implemented down to the barangay level, available to all Filipinos. They added that we need to have a public discourse about the protocols imposed on our citizens because this concerns our body, our health and our rights. They already appeal to then President Rodrigo Roa Duterte to allow "second opinion" from other doctors who are successful in treating thousands of patients. Many want to be allowed to present how they were able to treat and save significant number of patients. They want to allow the public to question our protocols such as CT (cycle threshold) settings of our RT-PCR machine settings, yielding high false positives. They want to allow them to question DOH data reporting focused on cases and not number of hospitalized which determines whether our healthcare is overwhelmed or not. They want to allow everyone to have a choice regarding vaccination. They also said that we all need to follow science as new studies come out every day. No one agency or individual can claim expertise to a pandemic we have not all experienced before. This is a continuous learning for everyone. And in this time of crisis, everyone needs to be humble and open.

III. OBJECTIVES:

IVMCC and CDCPh desires to collaborate with the Office of the Extension Services of MCC so as to render free medical, dental, optical and feeding activities to target clients specifically those who are less fortunate residents of the barangay which they have chosen.

IV. PROGRAM COMPONENTS:

1. IVMCC & CDCPh volunteers will seek the assistance of the medical team of the MCC University Clinic thru the Office of Extension Services of MCC.
2. IVMCC, CDCPh, & MCC Team will organize the flow of the activities during the medical mission.
3. IVMCC, CDCPh, & MCC Team will request the presence of the Barangay Police Action Team (BPAT) of the selected barangays with support group from Calapan City Police Station (CPS)



V. ACTIVITIES (Gantt chart):

Activities	Jan 2023	Feb 2023	March 2023	April 2023	May 2023	June 2023	July 2023	Aug 2023	Sept 2023
Preparation of Extension Proposal, MOA & Request Letter									
Planning & Preparation of the extension activity									
Implementation of the extension activity									
Monitoring									
Evaluation									

Activities	Oct 2023	Nov 2023	Dec 2023
Preparation of Extension Proposal, MOA & Request Letter			
Planning & Preparation of the extension activity			
Implementation of the extension activity			
Monitoring			
Evaluation			

VI. EXPECTED OUTPUT: The Medical Mission will encourage the beneficiaries to enrol their children at the University.

VII. BUDGETARY PROPOSAL: All expenditures for the mission will be shouldered by IVMCC & CDCPh.

Prepared by:

Sgd

SANTIAGO P. UNTALAN, JR.
Science Research Assistant

Noted:

Sgd

CONSUELO M. UNTALAN
Coordinator for Extension Services

Sgd

ELVIC. ESCOBAR, Ph.D.
Campus Executive Director

Recommending Approval:

Sgd

LOURDES ICALLA, DVM
Director for Extension Services, Knowledge Management & Technology Transfer

Approved by:

Sgd

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
Vice President for Research, Development & Extension
OIC - Office of the University President



Medical Mission



Consuelo M. Untalan, Coordinator for Extension Services and Nurse Majorie Castillo accommodate patients from different barangay of San Teodoro and Puerto Galera.



Nurse Gerlie, one of the nurses of the University assist the patient to know his weight.



PAMPAMAYANANG MANGYAN UGNAYAN INC.

Bethel, Victoria, Oriental Mindoro

SEC. NO. CN 201120010

March 22, 2023

DR. LEVY B. ARAGO, JR., Ph.D.
President
Mindoro State University
Main Campus, Alcate, Victoria, Oriental Mindoro

Dear Sir,

Greetings!

PMU- Pampamayanang Mangyan Ugnayan Inc. (PMUI) would like to express our heartfelt gratitude for the assistance and support you had extended to us for the benefit of our beloved people.

One of the activities of PMUI is to conduct medical and dental mission to people in need. PMUI aims to provide quality health care services through the conduct of medical and dental mission in partnership with the Local Government Units and other stakeholders.

In this regard, we would like to ask your good office for assistance by allowing your University Medical Team (medical doctor, dentist, nurses, etc.) and the Extension Services lead by Dr. Lourdes Icalla to be part of the medical and dental mission on **April 03, 2023 in Bethel Covered Court, Bethel, Victoria, Oriental Mindoro**. The said activity will start from 8:00 AM to 4:00 PM. We are expecting around **300 to 500** beneficiaries from the 3 barangays namely Canaan, Bethel and San Gelacio. Residents of other nearby barangays are also welcome.

Thank you and looking forward for your positive response on this matter as we work together for healthy citizenry.

Respectfully Yours,

Sgd

JUVELYN VILLANUEVA GUMAL-IN

Executive Director

0917 516 0064



Mindoro State University
Victoria, Oriental Mindoro 5205 Philippines

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Website: www.minsu.edu.ph
Mobile: +63 977 846 727 28

April 3, 2023

- Conducted Medical and Dental Mission

Persons Involved:

- Marianne B. Garcia, MinSU Nurse
- Mary Lou G. Recamara, MinSU Nurse
- Sir Jorge C. Gawad, Project Staff
- Neden Grace Hora, MinSU Dentist
- Von Lyndon Hidalgo, Rural Health Physician
- Josephine Brenda F. Bua-ay, RHMP Midwife II



The Medical and Dental Mission was facilitated and initiated by the PMUI with the assistance of other stakeholders and MinSU Medical Unit last April 03, 2023.



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
23. Patricia Pintor				
24. Isidro Barcelona				
25. Mark Louis H. Besa				
26. Belinda CASH				
27. Dorothy Evangelista				
28. Wendy Gavin				
29. Victoriano Yergel				
30. Zam Nicolas Argamosa				
31. Gino Argamosa				
32. Joy Ann Cepillo				
33. LOUIE Florigi				



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
34. Mary Ann Valladras				
35. DINALYN T. PADIWAN				
36. RHAILYN JADE TRINIDAD				
37. Maria Guisanta A. Poser				
38. Ruben Buervo				
39. LUSIO				
40. Ronalyn M. Cayidid				
41. Sonia Bernabe				
42. Retha Olt				
43. Dandida Pangale				
44. Corazon Evangelista				



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
45. Legi Eslabon				
46. Eliza Joy Fernandez				
47. Felix Fernandez				
48. Rhonda Paguit				
49. Lupo Delfino				
50. Santiaa Bangtan				
51. Solomon Umak				
52. Adalida Fernandez				
53. Jonathon Diado				
54. Estela A. Waoi				
55. Melanie O. Bulatas				



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

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46. Eliza Joy Fernandez				
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48. Rhonda Paguit				
49. Lupo Delfino				
50. Santiaa Bangtan				
51. Solomon Umak	P1			
52. Adalida Fernandez				
53. Jonathon Diado				
54. Estela A. Waoi	B			
55. Melanie O. Bulatas				



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
1. Jeffrey C. Jaramata				
2. Javvee S. Maltin				
3. Jai Flores				
4. Dieren Laika Cusi				
5. Maximine B. Kauri				
6. Jorge C. Grawal				
7. Mary Lou B. Ricamarra				
8. NEDIN GRACE HUKA				
9. MARLON D. CORTES	N			
10. MARTILIZA S. ANAE				
11. Emily H. Basfinga				



Medical and Dental Mission

Bethel and Canaan, Victoria, Oriental Mindoro

ATTENDANCE

April 03, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
12. ANABELLE G. ANTIPOA				
13. Diana S. Oritan				
14. Maria Carasco				
15. Leonila F. Gabriel				
16. Adela T. Asuncion				
17. Glory D. Angasan				
18. Jewelyn A. Solabo				
19. Rochelle Ann G. Mendoza				
20. Salvador G. Grawal				
21. Jerrill R. P. Ligon				
22. Roy U. Gabat				



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October 25, 2023

DR. LEVY B. ARAGO, JR.
University President
This University

Dear Dr. Arago:

Mabuhay Mahal Tana!

Greetings of Peace and Good Health. I am writing to formally request to allow me to conduct extension program entitled: **"Nourish and Flourish: A Breastfeeding Wellness Program"** To give you an overview, one of the creators of the organization Padede Moms of Oriental Mindoro, which currently has 447 active members. We have donated milk to numerous hospitals and supported the breastfeeding mothers about breastfeeding and its importance. Together with my co-founders, our goal is to support those women who are having difficulty nursing as well as to teach them how to maintain the flow of their breastmilk.

Founded on June 23, 2021, is PMOM. We held a breast milk drive donation at the provincial hospital in Oriental Mindoro to celebrate our first and second years. The recipients were the newborn children of mothers who were having difficulty providing breast milk. I was selected to serve as the City Health Nutrition and Sanitation Resource Speaker for our third year.

In line with this, I would like to propose a Breastfeeding Program for the year 2023-2025 for our group. We would like to conduct the said program and create tie ups in different local government offices and different barangays in Calapan City, Oriental Mindoro. The beneficiaries will be the breastfeeding mothers and the infants. The advocacy. Attached files are the proposed Breastfeeding Programs, beneficiaries, partnerships and tie up in Local Government Offices.

I would like to express my gratitude for your understanding and consideration of this request. Your support is greatly appreciated, and I look forward to your positive response.

Thank you for your time and consideration.

Truly yours,

Sgd
MICHELLE D. VILLAN, MBA, CGSP
Assistant Professor I

Noted:

Sgd
CONSUELO M. UNTALAN
Coordinator for Extension Services, MCC

Sgd
ELVI C. ESCAREZ, Ph.D.
Campus Executive Director

Sgd
LOURDES V. YALLA, DVM
Director for Extension Services, Knowledge Management and Technology

Recommendation Approval:
Sgd
CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
VP for Research, Development and Extension

Approved:
Sgd
LEVY B. ARAGO, JR. Ph.D.
University President

401
•Main Campus, Alcate, Victoria •Bongabong Campus, Labasan, Bongabong •Calapan City Campus, Masipit, Calapan City



EXTENSION PROPOSAL

I. BASIC INFORMATION

A. TITLE: "Nourish and Flourish: A Breastfeeding Wellness Program"

B. PROPONENT AND PROJECT LEADER:

MICHELLE S. VILLAN, MBA, CGSP

Assistant Professor I/ MCC College of Business and Management

C. PROGRAM LEADER:

MICHELLE S. VILLAN, MBA, CGSP

Assistant Professor I/ MCC College of Business and Management

PROJECT COORDINATOR/ IMPLEMENTERS:

JACKIELYN M. DILODILO

KIMBERLY JOY S. LANTICAN

D. PROJECT DURATION: Year 2023-2025

E. PROJECT LOCATION: Calapan City, Oriental Mindoro

F. PROJECT COST: Php 1,500.00

G. SOURCE OF FUND: LOCAL GOVERNMENT FUNDED

II. RATIONALE

The healthiest start to life is provided to all children by breastfeeding. As a baby's first immunization, breastmilk aids in cognitive growth and offers vital defense against illness and demise. In addition to saving health care expenditures, improving family health, and fostering national growth, breastfeeding lessens the burden of maternal and pediatric sickness. All parties gain from women breastfeeding. Yet only 41% of infants under six months and 45% of toddlers worldwide receive breastmilk exclusively.¹ Increasing breastfeeding globally would prevent more than 800,000 child deaths annually, particularly those related to pneumonia and diarrhea.² Optimal breastfeeding also has the potential to prevent close to 100,000 maternal deaths from cancer and type II diabetes annually. Supporting breastfeeding mothers requires a lot of time, money, and protective measures. Family-friendly policies give women and babies the time they need to recuperate from childbirth, form close bonds with one another, and breastfeed throughout the crucial first few weeks and months of life. These policies include paid maternity leave, access to high-quality daycare, breastfeeding breaks, and designated nursing areas. Working women, for whom going back to paid or unpaid employment is one of the biggest impediments to nursing, should pay particular attention to these policies. Promoting breastfeeding aligns with global efforts to support maternal and child health. It also aligns with cultural norms and traditions that recognize breastfeeding as a natural and essential aspect of infant care.

Here is a detailed rationale for implementing a breastfeeding program:

Optimal Infant Nutrition: Breast milk is uniquely tailored to meet the nutritional needs of infants. It contains the right balance of nutrients, antibodies, and enzymes that support healthy growth and development.

Immunological Benefits: Breast milk is rich in antibodies and immune-boosting factors that help protect infants from infections, illnesses, and allergies. It provides passive immunity during the early months of life.

Neurological Development: Breast milk is associated with improved cognitive development in infants due to its high content of essential fatty acids like DHA (docosahexaenoic acid) and ARA (arachidonic acid).

Reduced Risk of Chronic Diseases: Breastfed infants have a lower risk of developing chronic conditions later in life, including obesity, diabetes, asthma, and certain types of cancer.

Postpartum Recovery for Mothers: Breastfeeding triggers the release of oxytocin, which helps the uterus contract and return to its pre-pregnancy size. It also aids in postpartum weight loss and reduces the risk of postpartum hemorrhage.

Breastfeeding as a Sustainable and Cost-effective Choice: Breast milk is a natural, renewable resource that requires no packaging or transportation. It is also more cost-effective than formula feeding, as it is readily available and free. A well-implemented breastfeeding program can help reduce health disparities by ensuring that all mothers, regardless of socio-economic status or background, have access to the resources and support they need for successful breastfeeding.



In summary, a breastfeeding program is essential for promoting the health and well-being of both infants and mothers. It serves as a cornerstone for optimal infant nutrition and contributes to long-term health outcomes for families and communities. Additionally, it aligns with broader global efforts to improve maternal and child health, making it a vital component of public health initiatives worldwide.

The proponent will take part in providing knowledge and information about breastfeeding program and sanitation. It will be implemented yearly especially on the month of Breastfeeding Awareness Month. The beneficiaries will acquire knowledge and will learn how to do the proper way of breastfeeding and sanitation practices.

III. OBJECTIVES

This project aims to:

1. share knowledge about breastfeeding sanitation practices;
2. learn how to do the proper way of producing breastmilk to newborn mothers; and,
3. create tie ups and linkages to the local government of Calapan City

IV. TARGET BENEFICIARIES

The said extension program's intended beneficiaries will be lactating mothers and breastfeeding mother of different barangays in Calapan City, Oriental Mindoro.

V. PROGRAM OF ACTIVITIES

Developing a breastfeeding program involves careful planning, education, and support for mothers and families. Here is the comprehensive outline for the breastfeeding program:

"Nourish and Flourish: A Breastfeeding Wellness Program"

Target Implementation: 2023

SESSION 1: I. Introduction to Breastfeeding

Importance of breastfeeding for both mother and baby
Benefits of breastfeeding for long-term health

SESSION 1: II. Physiology of Breastfeeding

Anatomy of the breast and lactation process
Hormones involved in lactation

SESSION 2 III. Preparing for Breastfeeding

Prenatal care and nutrition
Creating a breastfeeding-friendly environment at home

SESSION 2 IV. Positioning and Latching

Proper techniques for positioning and latching
Common challenges and how to address them

SESSION 3 V. Breastfeeding Techniques

Different feeding positions for comfort and effectiveness
Recognizing and responding to hunger cues

SESSION 3 VI. Establishing Milk Supply

Strategies for ensuring a healthy milk supply
Pumping and storing breast milk

SESSION 4 VII. Overcoming Common Issues

Engorgement, mastitis, and nipple pain
Tongue tie and other potential challenges

SESSION 5 VIII. Nutrition for Breastfeeding Moms

Maintaining a balanced diet while breastfeeding
Staying hydrated and meeting nutritional needs

"Nourish and Flourish: A Breastfeeding Wellness Program" | Page | 2

•Main Campus, Alcate, Victoria

•Bongabong Campus, Labasan, Bongabong

•Calapan City Campus, Masipit Calapan City



SESSION 6 IX. Balancing Breastfeeding with Other Responsibilities
Strategies for working mothers
Navigating breastfeeding in public

SESSION 7 X. Partner and Family Support
How partners and family members can support breastfeeding mothers
Encouraging a supportive breastfeeding environment

SESSION 8: XI. Transitioning to Solids
Introducing solid foods while continuing to breastfeed
Signs of readiness and appropriate food choices

SESSION 9: XII. Continuing Breastfeeding Beyond Infancy
Benefits of extended breastfeeding
Addressing societal and cultural perspectives

SESSION 10: XIII. Community Resources and Support Groups
Local lactation consultants, support groups, and resources
Online communities and forums for breastfeeding mothers

XIV. Evaluating the Program
Gathering feedback from participants for program improvement
Measuring the program's impact on breastfeeding success rates

XV. Graduation and Certification
Recognizing participants' achievements and completion of the program

XVI. Ongoing Support and Follow-Up
Post-program resources, helplines, and continued support for participants
Tailor each section to the specific needs and demographics of the audience. Additionally, involving healthcare professionals and lactation consultants in the program to provide expert guidance and support.

VI. BUDGETARY EXPENSES:

Particulars	Quantity	Unit Price	Total Price
Contingency Fund			Php 1,500.00
Funds will be outsourced and sponsored by different Barangays in Calapan City, Or. Mindoro			
TOTAL			Php 1,500.00

VII. GANTT CHART

	2023	2024	2025
- Acted as Resource Speaker in Celebration of Nutrition Month - Barangay Sapul, Calapan City, Oriental Mindoro - Conduct Breastfeeding Program to different Barangays of Calapan City, Oriental Mindoro. - Session I- Session 10 - Approximately 6 months depending on the availability of LGU.			



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- Barangay Sapul, Calapan City, Oriental Mindoro - Conduct Breastfeeding Program to different Barangays of Calapan City, Oriental Mindoro. - Session I- Session 10 Approximately 6 months depending on the availability of LGU.			
- Barangay Masipit, Calapan City, Oriental Mindoro - Conduct Breastfeeding Program to different Barangays of Calapan City, Oriental Mindoro. - Session I- Session 10 Approximately 6 months depending on the availability of LGU.			
Commencement of the Activity			
Evaluation and Assessment			

VIII. EXPECTED OUTPUT

The proposed extension program aims to increase knowledge and confidence in better understanding of breastfeeding techniques, proper latch, milk production and troubleshooting common issues. The program will provide necessary support and resources to help mothers establish and maintain successful breastfeeding relationship with their infants. For the mother, breastfeeding can lead to quicker postpartum recovery, reduced risk of certain illnesses and a natural method for birth control. For the baby, breastfeeding is associated with a reduced risk of infections, allergies, obesity and certain chronic diseases and lastly, breastfeeding is a cost-effective way to feed an infant, as it eliminates the need for formula, bottles, and other feeding-related expenses

Prepared by:

MICHELLE S. VILLAN, MBA, CGSP
Assistant Professor I

Noted:


CONSUELO M. UNTALAN
 Coordinator for Extension Services, MCC

ELVI C. ESCAREZ, Ph.D.
Campus Executive Director

LOURDES V. ICALLA, DVM

Director for Extension Services, Knowledge Management and Technology

Recommending Approval:

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
VP for Research, Development and Extension

Approved:

LEVY B. ARAGO, JR. Ph.D.
University President



HEALTHY DIET GAWING SUSTAINABLE FOR ALL
JULY 05, 2023

NARRATIVE REPORT

The breastfeeding seminar held on July 05, 2023 Balingayan, Calapan City, Oriental Mindoro. It was a significant gathering aimed at promoting awareness and providing valuable information on the benefits and importance of breastfeeding. The event was organized by Calapan City Health Nutrition with the noble intention of empowering mothers and caregivers with the knowledge and skills needed for successful breastfeeding.

The seminar commenced with warm and welcoming remarks from Hon. Ramil D. Evangelista, Chairperson Brgy. Balingayan, expressing gratitude to all attendees, sponsors, and the distinguished speaker for gracing the occasion. The organizer highlighted the critical role breastfeeding plays in the overall health and development of infants and underscored the importance of supporting breastfeeding mothers.

I was introduced as a renowned expert in lactation and breastfeeding, possessing extensive experience in the field. The audience was informed about Ms. Villan academic background, professional achievements, and commitment to advocating for breastfeeding.

I initiated the seminar by delving into the numerous benefits of breastfeeding for both infants and mothers. I provided evidence-based information on how breastfeeding contributes to optimal growth, immunity, and cognitive development in infants. Furthermore, I also gave emphasis on the long-term health advantages for mothers, including reduced risk of certain diseases. Addressed common challenges faced by breastfeeding mothers. The speaker offered practical strategies and advice on latching techniques, positioning, and managing common breastfeeding difficulties. Additionally, I also discussed the importance of seeking professional support and resources when encountering problems.

Following the presentations, an engaging Q&A session provided attendees with the opportunity to seek clarifications and additional advice. The questions ranged from technical breastfeeding concerns to broader societal issues related to breastfeeding support.

The seminar concluded with heartfelt thanks extended to the speaker, guests and participants for the invaluable insights shared. Calapan City Health Nutrition expressed gratitude to the attendees for their active participation and encouraged them to apply the knowledge gained to promote breastfeeding within their communities.



PHOTO GALLERY:



Acted as a Resource Speaker at Barangay Balingayan during the Celebration of Nutrition Month.



Photo opportunity with Dr.Bolor, Rural Health Physician, Mam Glenda M. Raquepo,RN, City Nutrition Action Officer and Hon. Ramil D. Evangelista, Chairperson, Brgy. Balingayan



The participants are the Barangay Officials, City Health Nutrition and the invited breastfeeding Mothers of Barangay Balingayan, Calapan City, Oriental Mindoro.



Awarded with certificate signed by Hon. Ramil D. Evangelista, Brgy. Chairperson of Balingayan, Calapan City, Oriental Mindoro.



Republic of the Philippines
CITY GOVERNMENT OF CALAPAN
Oriental Mindoro



July 4, 2023

ELVI C. ESCAREZ, PhD
Campus Executive Director
Mindoro State University

Thru: **FRANIE M. AFABLE, DBMHM**
Dean, College of Business and Management
Mindoro State University



Dear:

Greetings from City Health and Sanitation Department-Nutrition Section!

Nutrition Month is an annual campaign held every July led locally by the CHSD-Nutrition Section and City Nutrition Committee to create greater awareness in the importance of good nutrition as mandated by PD 491.

With this, may we invite Ms. Michelle S. Villan to join us during the cluster Nutrition Month celebration entitled '*Healthy Diet, Gawing Affordable for MOMSHIES! MOMshies Sabayang Hakab, Importanteng Eksklusibo at Sapat*', to share her breastfeeding journey to the pregnant and lactating mothers in the said activity which will be held at Brgy Balingayan on July 5, Wednesday at 8:00 A.M. We zealously believe in her expertise and knowledge in this matter.

Thank you very much in advance.

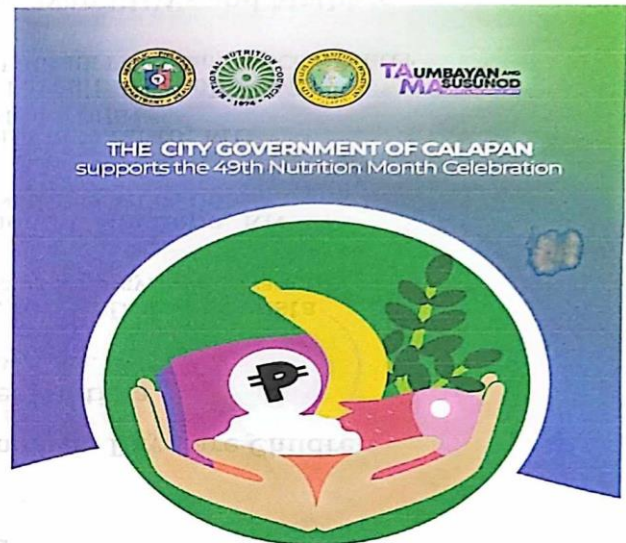
Sincerely,

Sgd

GLENDAM RAQUEPO RN
NO IV/CNAO



TAUMBAYAN
ANG
MASUNOD



HEALTHY DIET
gawing affordable
FOR ALL!

#NutrilyongSapatParaSaLahat
#HealthyDietForAll

49th Nutrition Month
JULY 2023



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ADMIN-6-2023-07-00408
(Revised, February 2020)

07/04/2023

In the interest of the service and with duly approved request for an authority to travel with Control No ADMIN-6-2023-07-0408, **MS. MICHELLE S. VILLAN (Assistant Professor I)** hereby authorized to travel on Official Time tomorrow, July 05, 2023 to serve as Resource Speaker during the Nutrition Month /Breastfeeding Journey at Barangay Balingayan, Calapan City.

- Vehicle to be used: : REGULAR TRANSPORTATION
- Driver's Name: : N/A
- Date and Time of Departure : July 05, 2023 / 08:00 AM

The Campus Executive Director of this University, shall supervise the proper implementation of this Order.

Sgd

DR. ELVI C. ESCAREZ
Campus Executive Director



CLUSTER 5
PROGRAMME

**#Momshies Sabayang Hakab, Importanteng
Ekslusibong at Sapat**

PART 1

Doxology.....	Balingayan Day Care Children
National anthem /Calapan Hymn.....	Isabel Bautista BNS,Brgy Sta. Isabel
Welcome Remarks.....	Hon. Ramil D. Evangelista Chairperson, Brgy, Balingayan
Overview of the Program.....	Glenda M. Raquepo, RN City Nutrition Action Officer
Message.....	Basilia M. Llanto, MD City Health Officer
Message.....	Ma. Teresita N. Bolor, MD. Rural Health Physician/ PopCom Officer
Intermission Number.....	Balingayan BHWs and Mothers
Message.....	Hon. Ronalee E. Leachon City Councilor/Chairperson, Committee on Health and Sanitation
Message.....	Hon. Rommel “BIM” A. Ignacio City Vice Mayor
Message.....	Hon. Marilou Flores-Morillo City Mayor

PART 2

Talk about Breast feeding Journey.....	Michelle S. Villan Professor Mother/ Minsu Calapan
Sabayang Hakab(Lactating Mothers)	
Cooking Contest	
IntermissionNumber.....	Cluster 5 BNS
Awarding Ceremony	
Closing Ceremony.....	Hon. Leoly B. Arellano Brgy. Councilor/Committee on Health

Marlyn Catubig and Julie Anne Manalo
Masters of Ceremony

Venue: Balingayan Covered Court
July 05,2023/800 AM



CERTIFICATE

OF APPRECIATION

IS PROUDLY PRESENTED TO

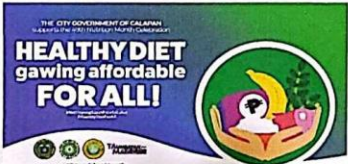
Michelle S. Villan

For sharing her time and expertise as resource speaker during the Nutrition Month Celebration (Cluster 5) with the theme: "HEALTHY DIET GAWING AFFORDABLE FOR MOMSHIES - MOMshies Sabayang Hakab - Importanteng Eksklusibo at Sapat!"

Given this 5th day of July 2023, in Barangay Balingayan, Calapan City

July 05, 2023

DATE



Hon. Ramil D. Evangelista
SIGNATURE



Outline:



Advantage of Breastfeeding for Mother & Baby

Breastfeeding also known as nursing, is the process of feeding a baby with the mother's milk, either directly from the mother's breast or by pumping out milk and feeding it to the baby from a bottle.

As a [advantages of breastfeeding](#), lactating women have a lower risk of developing breast and ovarian cancer.





Breastfeeding is essential and has health benefits for both the babies and mothers.

Breast milk which is rich in **minerals, vitamins, proteins, and immunoglobulin (antibodies)**, helps baby in fighting against infections and other diseases. It also keeps mother who breastfeeds, away from developing the risk of many **cancerous and non cancerous diseases**.



Types of Breast Milk and Its Benefits



Depending upon the duration of milk production, there are three stages of breast milk. All three types of breast milk are essential for infant nutrition, and the consistency of the milk gets thinner with the progression of the days.

Stages of Breast Milk:

- Colostrum milk
- Transitional milk
- Mature milk





Benefits of Breastfeeding for Baby

The prominent advantage of breastfeeding is that it helps fight various diseases to lower the risk of getting affected by it.

- It helps in lowering the risk for **Asthma and Allergies**
- Infant breastfeed for 6 months are less likely to be affected by **ear infections** (Acute Otitis media), **respiratory ailment**, and **gastrointestinal infections** (diarrhoea/vomiting)
- It lowers the risk of **obesity**, as breastfed promotes proper growth of baby rather uneven increase in weight.



- **Polyunsaturated fatty acid** (Docosahexaenoic Acid -DHA), found in breast milk, supports efficient **brain development**.
- It helps lower the risk of developing **type-1 diabetes** in future
- It helps in the prevention of **sudden infant death syndrome** (SIDS)
- It lowers the risk of **Necrotizing Enterocolitis** (NEC) for preterm infants
- It reduces the frequent visit to doctor and **chances of hospitalization**





Benefits of Breastfeeding for Mother



The process of breastfeeding not only proves to be an immunity booster for the babies but also brings advantages to the breastfeeding mothers, such as:

- **Hormone called Oxytocin** released during breastfeeding helps in managing the **uterus to regain its pre-pregnancy size** and **lowers the uterine bleeding** after birth
- It lowers the **risk of osteoporosis**
- It lowers the risk of developing **breast and ovarian cancer**
- Helps in the management of **postpartum depression**
- Develops deep **mother child closeness**
- Breastfeeding aid in **delay menstruation** (ovulation)



**TIPS ON
HOW TO BOOST YOUR
MILK SUPPLY**



fppT.com



TOPICS:

- ❖ Boosting Milk after Birth
- ❖ Type of Breastfeeding Pumps and tools
- ❖ Foods for Breastfeeding Moms



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DID YOU KNOW.....

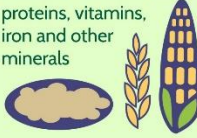
- Breastfeeding follows the law of supply and demand.



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WHAT TO EAT WHEN BREASTFEEDING?

BREASTFEEDING AND YOUR DIET

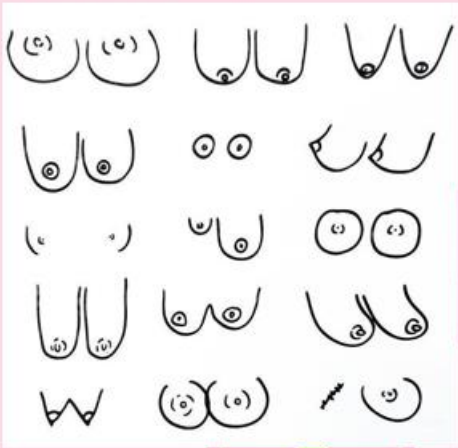
EGGS Perfect source of meeting your body's regular protein requirement  Source of Vitamin D	LOW-FAT DAIRY PRODUCTS Calcium is required for your baby's bone structure development and equally essential for the mothers well being 	LIQUIDS To ensure proper milk production you need to stay well hydrated 	LEAN MEATS from fish and chicken are rich in vital nutrients 
SEASONAL FRUITS Fruits are rich sources of antioxidants, vitamins and minerals 	LEAFY GREEN VEGETABLES are storehouses of Vitamin A, Vitamin C iron,calcium and healthy antioxidants 	WHOLE GRAINS is fortified source of essential nutrients like proteins, vitamins, iron and other minerals 	LEGUMES are a rich source of proteins and iron content, especially for vegan mothers They are gas inducing foods, and hence should be included in moderation 

BOOSTING MILK AFTER BIRTH

1. POSITIVE MINDSET



2. DEDEcation





BOOSTING MILK AFTER BIRTH

3. HYDRATION



4. ENJOY! ☺



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Breastfeeding mothers donate breast milk to the different barangays in Calapan City, Oriental Mindoro.



Calapan City



The founders and administrators of Padede Moms of Oriental Mindoro with the head nurse of PGOM, Kimberly Joy L. Mazon a DepEd nurse, Ms. Jackielyn Dilo Dilo, provincial accountant of Puerto Galera and Michelle S. Villan contribute the 75 breastmilk bags.



TRAINING DESIGN

I- BASIC INFORMATION

Title of the Activity	: ALAY-AKAY sa DARAYAW
Target/Number of Participants	: 300/year
Target Date and Venue	: 4th quarter 2023 & 2024 Sitio Darayaw, Brgy. Panaytayan, Mansalay, Oriental Mindoro
Implementing Agency	: Mindoro State University -Bongabong Campus – Tourism Management
Coordinators	: Rhea B. De Guzman- Project Leader Kaycee H. Nuestro-Implementer Catherine Campo – Implementer Ronalene O. Sales- Implementer Jether B. Ignacio-Implementer Mary Jeane S. Lubos (Coordinator for Extension and Public Information)

II- RATIONALE

The KAPWAA program, initiated in 2021 as an extension activity linked to the Bachelor of Science in Tourism Management, has been actively implemented across diverse areas within the province, particularly focusing on select public schools in Bulalacao. Upon conducting a comprehensive Community Needs Assessment (CNA) in Sitio Darayaw, Barangay Panaytayan, Oriental Mindoro, it was discerned that the community faces a pressing need for fundamental hygiene supplies, footwear, and sustenance.

The Province of Oriental Mindoro is basically known for its inhabitants known as Mangyans. At the southernmost tip of this province lies the municipality of Mansalay, blessed with unspoiled natural biodiversity and amazing people, it is an auspicious getaway for nature adventurers and culture lovers. In terms of culture, the Mangyan tribe plays a very important role. Culturally, the Mangyans have a very different perception of cleanliness and hygiene than lowlanders do. Therefore, they are seen as dirty, which again carries a connotation of them being less intelligent. Living in areas distant from town, this population lacks basic necessities such as clean water, shelter, and medicine. Many of them live in unsanitary environments and do not have basic health knowledge, resulting in problems such as poor sanitation and malnutrition.

VISION

The Mindoro State University is a center of excellence in agriculture and fishery, science, technology, culture and education of globally competitive lifelong learners in a diverse yet cohesive society

MISSION

The University commits to produce 21st century skilled lifelong learners and generate and commercialize innovative technologies by providing excellent and relevant services in instruction, research, extension and production through industry-driven curricula, collaboration, internationalization and continual organizational growth for sustainable development.

Basic hygiene encompasses practices crucial for maintaining health and preventing the transmission of diseases. These practices include regular body washing, hand hygiene, nail grooming, laundering clothing, maintaining neat hair, and tooth brushing. This ongoing program is committed to improving the health conditions within the Mangyan community by promoting and supporting these fundamental hygiene practices.

III- OBJECTIVES

CORE VALUES

Resilience
Integrity
Commitment
Excellence

The main objective of the activity is to provide an awareness of the significance of personal hygiene and extend help to our brothers and sisters from the Buhid Mangyan Tribe specifically the distribution of their necessities.

Specifically, this aims to:



1. Introduce hygienic practices to maintain health and prevent diseases.
2. Educate the young Mangyans about proper hygiene.
3. Increase awareness about the possible effects of poor hygienic practices.
4. Encourage good personal hygiene practices.
5. Uplift the morale of Mangyans by improving their hygiene practices

IV- METHODOLOGY

The proposed outreach program to be conducted in Sitio Darayaw, Barangay Panaytayan, Mansalay, Oriental Mindoro program will be conducted quarterly starting the last quarter of 2023 to 2025. The Bachelor of Science in Tourism Management faculty and staff in cooperation with the Local Government Unit (LGU) of Mansalay extend personal hygiene awareness. Values orientation will also be imparted.

The following activities will be carried out:

Topics	Duration
Personal Hygiene Orientation	30 minutes
Food Safety & Sanitation	30 minutes
Workshop-Proper Handwashing	10 minutes
Feeding Program	60 minutes
Gift Giving	20 minutes
Distribution of Hygiene Kits & Footwear	20 minutes
Q and A	10 minutes
Total	3 hours

V- BUDGETARY REQUIREMENT

Particulars	Amount	Total Amount (up to Year 2025)
Hygiene Kits	Php 150 * 300	c/o LGU & private Sponsors
Footwear	Php 250 * 300	
Food & Refreshment	Php 50 * 300	
	Total	N/A

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CORE VALUES

R-ecolence
I-ntegrity
C-ommitment
E-xcellence

VI- EVALUATION

Evaluation will be administered after the end of each training course.

VII- EXPECTED OUTCOME

The expected outcomes of this program are the following:

1. Improved knowledge of personal hygiene
2. Extensive understanding of the significance of good hygiene in relation to their health and holistic well-being
3. Encompass help in our own little way to Mangyan community development

Prepared by:

Sgd

RHEA B. DE GUZMAN
Project Leader



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Noted by:

Sgd

MARY JEANE S. LUBOS, PhDBM
Coordinator, Extension

Sgd

CIEDELIE P. SALAZAR, Ph. D.
Campus Executive Director

Sgd

LOURDES V. CALLA, DVM
Director, Extension and KTTO

Sgd

FRANIE W. AFABLE, DBMHM
Dean, College of Business and Management

Recommending Approval:

Sgd

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
Vice President for Research, Extension, and Development

Approval:

Sgd

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
University President, OIC

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CORE VALUES

R-esilience
I-ntegrity
C-ommitment
E-xcellence



Narrative Report

Alay-Akay: An Extension Program of the Bachelor of Science in Tourism Management Mindoro State University

December 14, 2023

Introduction:

On December 14, 2023 Tourism faculty staff along with tourism students of Mindoro State University – Bongabong Campus took part in the outreach program called “Alay-Akay: An Extension Program of the Bachelor of Science in Tourism Management Mindoro State University”. The outreach program was organized by the faculty of the Tourism Department. Said outreach program was to help the secluded Upper Yunot Elementary School.

Participants and Attendees:

Three faculty members of the Tourism department along with the five BSTM students took part in the outreach program, the faculty members are the following: Catherine M. Campo, Kaycee H. Nuestro, and Rhea B. De Guzman. They were accompanied by BSTM students, they are the following: Alvin G. Lorenzo, Gwyneth T. Mogol, John Louise S. Lalunio, Maricris A. Acosta, and Renan G. Buenviaje.

Event Highlights:

The faculty members of the Tourism department along with BSTM students departed from Mindoro State University – Bongabong Campus at 6:22 AM. After a long ride, the team arrived at 7:36 AM at the Municipality of Mansalay. They dropped off boxes that contained writing pads, pencils, and table wares. After dropping off the boxes they arrived at the Municipality Bulalacao at 8:50 AM.

At exactly 10:33 AM the team arrived at Upper Yunot Elementary School after settling, the event officially started at 10:40 AM. It started with a warm welcome from the hosts Ms. Gwyneth Mogol and Mr. Renan Buenviaje. It is followed by a warm welcome from Mr. Abiezer Abnay the principal of Upper Yunot Elementary School. Ms. Rhea B. De Guzman also gave a message and informed the children on the flow of the program. The children then played “hep-hep-hooray” to warm them up for the event.

Following the game Ms. Catherine M. Campo presented the hygiene kit. The importance of hygiene was also discussed. This is to inform and educate the students about the proper leaning of their body. This includes proper hand washing to educate them on the importance of having a clean hand before and after eating. After cleaning all the hands of the children, they were then given a hygiene kit to apply all the knowledge they gained from Ms. Campo.

Ms. Kaycee H. Nuestro then educated the children on the importance of having proper manners. The lecture includes why the children should always say “po” and “opo” whenever they are talking to an adult. Being kind and thoughtful was also thought. The children were also informed about proper waste disposal and how it is important to have a clean environment. After



the hand washing and proper manners talk from Ms. Campo and Ms. Nuestro, the children were fed meals for their lunch.

After lunch, the children danced to the “fruit salad dance” to warm them up again for another talk. Following the dance, Ms. Melendrez then told a story to the children. The story is about a kid who likes to eat junk food. The children seemed very engaged with the story. The story is important because it is to educate the children on the danger of too much consumption of junk foods. The importance of eating vegetables was also discussed. Ms. Melendres also informed the children on why they should exercise daily.

After being entertained by the story from Ms. Melendrez the children were then fed with merienda. They then find a comfortable spot to enjoy their pansit. After their merienda, the children were then given clothes that they could wear whenever they went to school. The children were filled with joy as they received the clothes. Following the distribution of the clothes, the children were then asked to go up on the stage to have a photo opportunity along with the team.

Conclusion:

The “Alay-Akay: An Extension Program of the Bachelor of Science in Tourism Management Mindoro State University – Bongabong Campus” served as a reminder of the value of helping those in need. It is a joy to witness the smiles of the children whenever they receive something from the team. The outreach program was also a reminder that there are secluded areas that need a helping hand. The participants of the outreach program went home with a fulfilled heart knowing the amount of help they give to the students of Upper Yunot Elementary School.



Documentation



Tourism department faculties and BSTM students arriving at the Municipality of Mansalay.





Tourism department faculties and BSTM students at the Municipal Hall of Mansalay.



Tourism department faculties and BSTM students welcomed by Mr. Edmel Asehan of the PIO Office of Mansalay.



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BAGONG PILIPINAS



Tourism faculties and BSTM students en route to Upper Yunot Elementary School.



Arrival of the team at the secluded Upper Yunot Elementary School



Ms. Mogol and Mr. Buenviaje greeting the students and forming them in line to start the program.



The students playing hephep-hooray to warm them up for the event. The student showed great cooperation as they enjoy playing the game.



Mr. Abiezer Abnay the principal of Upper Yunot Elementary School giving a warm welcome message.



Ms. Rhea B. De Guzman giving a message and the flow of the program.



Ms. Catherine Campo gave the student a lecture on the importance of properly washing their hands.



Ms. Catherine Campo teaching the students on how to properly wash their hands. The students seemed very cooperative as this is the first time that an outreach program reached their school.



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The students happily showing the hygiene kits that they received.





Ms. Kaycee H. Nuestro giving a lecture about the importance of “po” and “opo”. The students are very knowledgeable as they know how to properly address an older person.





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The students receiving their lunch after the lecture from Ms. Campo and Ms. Nuestro



The students of Upper Yunot Elementary School smiling to the camera while enjoying their lunch.



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The students happily dancing the fruit salad dance. The students seemed very familiar with the dance.





Ms. Melendrez telling the students a story about a child who likes eating junk foods. The students seemed very engage at the story as they are laughing throughout the story.



The students receiving happily their merienda after the story telling from Ms. Melendrez.



A kindergarten student of Upper Yunot Elementary School smiles to the camera while enjoying his merienda.



Tourism faculties and BSTM students preparing the clothes for distribution.



The students looking excited as they are about to receive the clothes. They seemed excited as this the first that an outreach program reached their secluded school.



A kindergarten student of Upper Yunot Elementary School looking extremely grateful as he received a shirt.



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The event ended with a photo-opportunity with the students of Upper Yunot Elementary School. Everyone seemed happy and fulfilled while they smile at the camera.



Prepared by:

na
Sgd
RHEA B. DE GUZMAN



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BAGONG PILIPINAS

Project Leader



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March 24, 2023

THE PRESIDENT
This University

Sir:

Greetings!

RECEIVED	
RECORDS OFFICE	
BY:	1
DATE:	5/31/23
TIME:	8:49
CONTROL #	521

This is to respectfully submit a proposal titled "Empowering DAO Waterlily Association through Entrepreneurial and Skills Development Phase 2". This consists of four projects to be implemented by the College of Business and Management, College of Arts and Sciences and College of Computer Studies with the assistance of the Extension Unit. The said project will be implemented in a year from April 2023-April 2024, initially the project will be in need of Php. 73,250.00 for the implementation of eight targeted trainings.

Attached are the proposal and the minutes of the meeting during the outcome assessment from Dao Waterlily Association last January 27, 2023, which resulted to conceptualized of the Phase 2.

Hoping for your approval on this regard.

Thank you very much and God bless!

Very truly yours,

Sgd

LOURDES V. ICAYLA, DVM
Director for Extension, Knowledge & Technology Transfer

Recommending Approval:

Sgd

CHRISTIAN ANTHONY C. AGUTAYA, PhD
Vice President, For Research, Development & Extension

Approved:

Sgd

LEVY B. ARAGO, JR., PhD
University President

•Main Campus, Alcate, Victoria •Bongabong Campus, Labasan, Bongabong •Calapan City Campus, Masipit, Calapan City



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MISION

The University commits to produce 21st - century skilled professionals and generate and commercialize innovative technologies by providing excellent and relevant services in instruction, research, extension, and production through industry-driven curricula, collaboration, internationalization, and continual organizational growth for sustainable development.

GOAL

Provide and broaden the access to quality education responsive to an ever growing and dynamic society

OBJECTIVES

Strengthen the capabilities of the institution to:

1. Offer quality education.
2. Provide opportunities for the youth to develop their potential as human being and as productive members of society.
3. Expand financial assistance to poor but deserving student toward greater access to education
4. Maximize productivity to sustain income generation and;
5. Intensify research and extension services, which are relevant to the needs of the community.

PROGRAM PROFILE:

Title of the Program: **EMPOWERING DAO WATERLILY ORGANIZATION THROUGH ENTREPRENEURIAL AND SKILLS DEVELOPMENT: PHASE II**

B.1. Head of the Agency: **Dr. Levy B. Arago, Jr.**

B.2. Program Leader/ Coordinator: **Dr. Lourdes V. Icalla**

B.3. Proponents:

Project 1: Training on Project proposal preparation

Project Leader/Proponent: **Mr. Macario B. Masagca, Jr**

Project 2: Basic MS Applications and Products Designing Skills Development Training for Dao Waterlily Association, Naujan, Oriental Mindoro

Project Leaders/Proponent **Ms. Christine A. Luzon – German**

Facilitators: **Mr. Darius M. Abog**
Engr. Jake C. Siscar

Trainer / Resource Speakers: **Mr. Paolo Michael Lafuente**
Mr. Harold Y. Bangalisan
Mr. Cirile Dominic Horlador
Engr. Jennie Fernando

Project 3: TESDA Orientation Seminar

Resource Person: **Mr. Jorge M. Hernandez**
TESDA Focal Person, Community Based Training for Enterprise Development

Project 4: Basic Life Support and Rescue Operation

Project Leader/ Proponent: **Dr. Wilma C. de los Santos**

C. Cooperating Agencies: **Mindoro State University**
Brgy. Dao, Naujan, Oriental Mindoro

D. Implementers: **College of Business and Management, College of Computer Studies, College of Arts and Sciences (Environmental Science)**

E. Program Cost:

Project Title	Amount
Project Proposal Training	Php. 13 ,050.00
Basic MS Applications and Products Designing Skills Development Training for Dao Waterlily Association, Naujan, Oriental Mindoro	Php 27,500.00
TESDA Orientation Seminar	Php: 8,000.00
Basic Life support and Rescue	Php. 24,700.00
Total	73 ,250.00

- F. Project Site: Dao, Naujan, Oriental Mindoro
- G. Direct Beneficiaries: 25 members from Dao Waterlily Association
- H. Program Duration: one year
- I. Funding Agencies: Mindoro State University

PROJECT 1. Enhancing skills in project proposal preparation through capacity building

Project Leader: Mr. Macario B. Masagca

TRAINING WORKSHOP ON GRANT PROPOSAL WRITING

Tentative Date: April 13 & 14, 2023

I. RATIONALE

The Mindoro State University, thru Research Development and Extension (RDE) Department, is envisioned to be the dynamic center for research, development, and extension which adheres to the concept of relevance to the national agenda and focuses activities on the continuous generation of knowledge and technologies essential for the economic development of the province. Our approaches aim to strengthen the research, development, and extension capabilities of the institution in social, technology, and agriculture thru linkages, innovations, and the development of new strategies. It is for these reasons we want to extend our reach to various communities and people organizations.

Our present-day challenges in the socioeconomic sector have direct and indirect impacts on the communities. Much of those impacts are felt by these communities which are dependent on agriculture, fishery and other related enterprise. For instance, the rise in the prices of primary commodities, the onslaught of natural disasters including drought and flood, plant and animal pests/diseases, and the recent crisis of the province, the oil spill which affected the entire eastern coastline of Oriental Mindoro, have put a very agonizing burden to farming and fishing communities who rely on the affected resources for their livelihood and sustenance.

A relative advantage is in favor of existing and organized community organizations like DAO Waterlily Association. They can refocus their objective on helping the entirety of their members for mutual benefit by shifting to alternative livelihoods or income-generating projects at least for the time that they could not earn enough for the association. There are various external opportunities that could be sought which are generally designed to provide funding assistance to community organizations.

This proposal is aimed to capacitate community associations, rural improvement clubs, women's associations, senior citizen's associations, and other civil society groups which are in existence to serve a common purpose for rural development) in grant proposal writing.

OBJECTIVES

This activity is a two-day training and workshop intended to achieve the following objectives:

1. To educate participants on the basics and rudiments of grant proposal writing.

EMPOWERING DAO WATERLILY ORGANIZATION THROUGH ENTREPRENEURIAL AND SKILLS DEVELOPMENT: PHASE II

- Main Campus, Alcate, Victoria
- Bongabong Campus, Labasan, Bongabong
- Calapan City Campus, Masipit, Calapan City
- Main Campus, Alcate, Victoria
- Bongabong Campus, Labasan, Bongabong
- Calapan City Campus, Masipit, Calapan City

F. Project Site: Dao, Nanjan, Oriental Mindoro

G. Direct Beneficiaries: 25 members from Dao Waterlily Association

H. Program Duration: one year

I. Funding Agencies: Mindoro State University

PROJECT 1: Enhancing skills in project proposal preparation through capacity building

Project Leader: Mr. Macario B. Managosa

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Page 2 of 8
EMPOWERING DAO WATERLILY ORGANIZATION THROUGH ENTREPRENEURIAL AND SKILLS DEVELOPMENT: PHASE II

•Main Campus, Alcala, Victoria •Bongabong Campus, Lahuas, Bongabong •Calapan City Campus, Maripit, Calapan City
•Main Campus, Alcala, Victoria •Bongabong Campus, Lahuas, Bongabong •Calapan City Campus, Maripit, Calapan City

2. To provide basic training in the writing of grant proposals.
3. To come up with at least one (1) ready-made grant proposal.

II. EXPECTED OUTPUTS

At the end of this activity, the participants are expected to exhibit the following capabilities:

1. Awareness relative to the principles and technicalities of grant proposal writing.
2. Hands-on in the actual writing of a grant proposal. Writing the same in the local language form is encouraged to better express the thought of their needs and requests.
3. Ready to be submitted grant proposals for external funding opportunities.

III. PROPOSED FLOW OF ACTIVITIES

Day 1	AM	PM
Training	Topics - Overview of Grant Proposal Writing - Considering the Readers, Purpose, and Expectations of a Grant Proposal - Common Elements of Grant Proposals <i>Open Forum</i>	Topics - General Tips in Writing Grant Proposals - Successful Grant Proposals <i>Open Forum</i>
Day 2	AM	PM
Workshop	Actual Writing of the First Draft of the Grant Proposal	Critiquing of the Work

IV. ESTIMATED BUDGETARY REQUIREMENTS

The budgetary estimate is based on 30 participants. Adjustments can be made if a lesser or greater number of participants are expected.

Particulars	Quantity	Unit Cost (P)	Total Cost (P)
Handouts	30 pcs	P 50.00	P 1,500.00
Bond Paper (A4 size)	2 reams	300.00	600.00
Yellow Paper	5 pads	100.00	500.00
Ballpen	30 pcs	15.00	450.00
Meals 30 persons for two days	2 snacks per day / 2 lunches	150	9,000.00
Fuel -Transportation		1,000.00	1,000.00
GRAND TOTAL			P 13,050.00

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Sgd

EMPOWERING DAO WATERLILY ORGANIZATION THROUGH ENTREPRENEURIAL AND SKILLS DEVELOPMENT: PHASE II

•Main Campus, Alcate, Victoria •Bongabong Campus, Labasan, Bongabong •Calapan City Campus, Masipit, Calapan City

IV. ACTIVITIES

Program	Facilitators/ Resource Speaker	Date
Orientation on MS Application (MS Word & MS Excel)	Mr. Harold Y. Bangalisan Engr. Jen T. Fernando	April 2023
Hands-On Training	CCS -BSIT Faculty (Main)	
Evaluation & Feedback		

Program	Facilitators/ Resource Speaker	Date
Orientation on Products Designing / E-Marketing	Mr. Paolo Lafuente Mr. Cirile Dominic Horlador	May - April 2024
Hands-On Training	CCS -BSIT Faculty (Main)	
Evaluation & Feedback		

V. BENEFICIARIES OF TRAINING

The beneficiaries of the training are the men and women of Dao Water Lily Association.

VI. EXPECTED OUTPUTS

There be will be an increase of production in terms of E-marketing and skilled members of Dao Waterlily Association through the use of information technology.

VII. Budgetary Requirements:

Particulars	Quantity	Unit Cost(Php)	Total (Php)
Snacks (Am/Pm)	35 pax (3 consecutive trainings)	80.00	8,400.00
Lunch	@120.00 for 35 pax (3 consecutive trainings)	120.00	12,600.00
Gas Allowance (3 days) Fuel – /Transportation	1,000.00 for 3 trainings	1,000	3,000.00
Training Kit (ballpen, copies of module, notebook, bond paper certificates)	100.00		3,500.00
Total			27,500.00

PROJECT 3: BASIC LIFE SUPPORT AND EMERGENCY PREPAREDNESS TRAINING AND ORGANIZATION FOR DRR STUDENT VOLUNTEERS TRAINING PROPOSAL

Project Leader: Engr. Wilma C. de los Santos

I. RATIONALE

Emergencies happen when we don't expect them. Major emergency and disasters are not respectful of national boarder and never occur at convenient times. The magnitude of human suffering caused by these events is huge and many aspects of people's live are affected-health, infrastructure, access to food and water, school activities, facilities and other life commodities, to name just a few. That is why it is vital to have knowledge and skill in emergency preparedness so that the effects of disasters can be mitigated and coordinate response maybe launched as effectively and efficiently as

Project leader: MS. CHRISTINE A. LUZON-GERMAN

I. RATIONALE

Town for Every Juan – the famous tagline of Naujan, Oriental Mindoro! This municipality is a simple place within Oriental Mindoro considered a first-class municipality and the rice storage of the province. Naujan has many tourist attractions where they can enjoy and relax. One of them is the Dao Waterlily Mini Park, where they could experience ultimate bliss aboard a floating cottage. Also displayed in the park are their ingenious handicrafts and souvenirs made of dried waterlilies.

The Dao Waterlily Association - composed of 20 members, is currently holding the operation of the Minipark. They must learn how to advertise their goods with posters and compute their cash flows to keep the business running. They were eager to do things, but their lack of knowledge of computer applications made it difficult for them to do so.

Microsoft Office is a suite of productivity software that includes several popular applications, such as Word, Excel, Publishers, etc. It is available for Windows, macOS, iOS, and Android devices. It is used by individuals, businesses, governments, and educational institutions worldwide. It will be extremely beneficial if the members of the association learn how to use it in their daily operations.

II. OBJECTIVES

Generally, this project aims at empowering the members of the Dao Waterlily Association of Brgy. Dao, Naujan, Oriental Mindoro by facilitating their work through more effective use of IT tools, particularly in the operation of Microsoft Office.

Specifically, it targets to:

- ✓ Familiarize the beneficiaries with the basic functions of MS Office applications.
- ✓ Enhance the productivity of the beneficiaries.
- ✓ Provide Mastery of basic document creation and editing.
- ✓ Boost the beneficiaries' confidence in using MS Office applications.
- ✓ Awareness of some advanced features:

Keeping up with technology: MS Office software is constantly evolving and new features are added regularly. Providing basic MS Office training can help them stay up-to-date with the latest technology and ensure they are using the most efficient and effective tools available.

III. PROGRAM COMPONENTS

Training/ Seminar/ Demonstration

Resource speakers will be the experts from College of Computer Studies -BSIT Faculty of Main Campus.

possible when disaster or other crises strike. Although many emergencies are often unpredictable, much can be done to prevent and mitigate their effect as well as to strengthen the response capacity of communities at risk.

This activity will be conducted to train and educate DAO Waterlily Association Members whose goals are to strengthen the capacity of the Association to manage efficiently all types of emergencies, saves lives, and reduce suffering if disaster strikes the college community.

The participants will learn about Disaster Preparedness and Basic Life Support including Cardiopulmonary Resuscitation (CPR). CPR is a technique involving the heart and lungs that are used when breathing stops. Administering CPR can restore breathing and restart the heart if heart failure accompanies the loss of breathing. This valuable technique should be learned by all in case of emergencies happen to all often, and early intervention can save a life.

This training will be delivered in a classroom format with an authorized resource person from MDRMO Victoria, to enhance hands-on skills performance and facilitate the learning experience.

OBJECTIVES:

General Objective

The general objective of this training is to capacitate the participants in emergency preparedness so that the effect of disaster can be prevented and mitigated and to prepare them to be disaster risk reduction practitioners in the college to save lives during an emergency situation.

Specific Objectives:

1. To introduce the Local Disaster Risk Reduction Management Team, their functions and responsibilities.
2. To orient the participants about hazards, risk, vulnerability and capacity, disaster risk reduction, climate change, and emergency preparedness.
3. To familiarize the participants with the different tools, equipment, materials, and kits in emergency preparedness, first aid, and basic life support.
4. To teach the legal basis of basic life support training.
5. To teach the principle of emergency care.
6. To teach the introduction to basic life support training
7. To teach the automated external defibrillator (AED)
8. To demonstrate hands-on Cardiopulmonary Resuscitation CPR
9. To demonstrate the respiratory arrest and rescue breathing.
10. To demonstrate foreign body airway obstruction management.
11. To distribute IEC materials.

Topics for the two day training/seminar :

Introduction of the Local Disaster Risk Reduction Management Team and CMC their functions, and responsibilities.

Understanding Hazards, Risk, Vulnerability and Capacity (HRVC) and Disaster Risk Reduction (DRR)
Legal Basis of Basic Life Support Training

Principle of Emergency Care

Introduction to Basic Life Support Training
Second Day

Cardiopulmonary Resuscitation

Automated External Defibrillator

Respiratory Arrest and Rescue Breathing

Foreign Body Airway Obstruction Management

EXPECTED OUTPUT

At the end of the training participants must:

1. Be familiarized with emergency preparedness and the functions and responsibilities of the Local Disaster Risk Reduction and Management Team.
2. Be able to define and understand hazards, risk, vulnerability, capacity and disaster risk reduction, and climate change.
3. Be able to identify different emergency kits, tools, materials, and equipment.
4. Be able to identify and understand the kinds of life support.
5. Be familiarized and skilled on:
 - ✓ How to do a primary survey:
 - Explain the need for preparation for proper emergency care.
 - Describe the emergency action principles.
 - Enumerate the golden rules in giving emergency care.
 - ✓ How to provide rescue breathing for adult, children, and infants who show signs of circulation but not breathing or are inadequate.
 - ✓ How to provide Cardiopulmonary Resuscitation to an adult, child and infants who have cardiac arrest.
 - ✓ How to relieve choking.
6. Be familiarized, and skilled on foreign body airway obstruction
 - ✓ Causes of obstruction
 - ✓ Classification of obstruction
 - ✓ Complications from Abdominal thrust
 - ✓ Performing the chest thrust in obviously pregnant and very obese people

Budgetary Requirement:

Particulars	Quantity	Unit Cost(Php)	Total (Php)
Snacks (Am/Pm)	35 pax (2 consecutive trainings)	80.00	5,600.00
Lunch	@120.00 for 35 pax (3 consecutive trainings)	120.00	12,600.00
Gas Allowance (3 days) Fuel – /Transportation	1,000.00 for 3 trainings	1,000	3,000.00
Training Kit (ballpen, copies of module, notebook, bond paper certificates)	100.00		3,500.00
Total			24,700.00

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EMPOWERING DAO WATERLILY ORGANIZATION THROUGH ENTREPRENEURIAL AND SKILLS DEVELOPMENT: PI

•Main Campus, Alcate, Victoria •Bongabong Campus, Labasan, Bongabong •Calapan City Campus, Masipit, Calapan City

Project 4: TESDA Orientation Seminar

Concept Note:

Improvement in the small enterprise of DAO Water lily organization was noted after the outcome evaluation and assessment of series of trainings conducted for the organization. Having seen the improvement to which organization is now able to cater some events in their locality and making an additional income, Phase II of the project was then conceptualized which is also based on their needs. With this, coordination with the TESDA Provincial/ Regional Office was made for more competency skills and opportunity for scholarships. As a result, TESDA will be having an initial Orientation Seminar for the members of the organization to be sponsored by the University on April 3, 2023.

Budgetary Requirement:

Particulars	Quantity	Unit Cost(Php)	Total (Php)
Snacks (Am/Pm)	35 pax (2snacks)	80.00	2800.00
Lunch	35 pax	120.00	4,200.00
Gas Allowance Fuel – /Transportation	One day travel (Calapan, Naujan and Victoria)	1,000	1,000.00
Total		Php	8,000.00

Prepared by: **LOURDES V. ICANLA, DVM**
Director for Extension, Knowledge & Technology Transfer

Allotment Available: **MS. ROY LYN P. ROXAS**
Budget officer III

Recommending Approval:

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D
Vice President for Research, Development and Extension

PROF. JOELENE C. LUYNES
Vice President for Administration and Finance

Approved.

LEVY B. ARAGO JR., Ph.D.
University President

Jan 27, 2023

Meeting Minsu

w/ Mam Iulla

Ang pinagmamalas ng President ng Minsu ang
ang organization ng mga Waterlily ng
Region 1 ng Lungsod ng Marikina ng
sa buong training. Ang mga
kung training ng Minsu ngayon ngayon
2022 at imahinasyon ng mga
kumagang ng mga training kung ito ba
ang nagagamit ng buong member at
ni pres. na ito nagagamit at nagagamit
ng buong member
Request letter
documents
attachment
proposal

Ang mga training

Ang mga training
ang mga training
ang mga training
ang mga training
ang mga training

* Lathalaing

* Familiarization form (1st)

* Reflexology like massage, hair cutting

* Imbroidery ng mga produkto ng waterlily

Ang mga training

Ang mga training

Ang mga training

Jan 27, 2023

Meeting

Meeting By

Sgd

Michael Lopez
John Harris
John De Souza
Dennis Vasconcelos
John A. Boudet
Mandy V. Aguirre
Maria A. de la Cruz
Jocelyn B. Medina
Micaela Aguirre
Michelle D. Mordant
Lizette Mordant
Cristina Mordant
Cynthia Mordant



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Victoria, Oriental Mindoro 5205 Philippines

E-mail: mnsctmainop@gmail.com

Website: www.minscat.edu.ph

Phone: +63 977 846 72 28

**Basic Life Support Training
Dao, Naujan. Oriental Mindoro
May 25-26, 2023**





2-Day BLS-Safety First Aid and Disaster Preparedness Training
May 25 & 26, 2023

The Mindoro State University in collaboration with Extension MDRRMO Naujan and Victoria has conducted a 2-day Basic Life Support Training. The target participants of the training were 20 participants from Dao, Naujan. DRRM MinSU, MDRRMO Naujan and Victoria team have facilitated the 2-day training.

In Day 1, the lectures about disaster preparedness and safety-first aid were given.

The opening program hosted by Jared M. Melendres.





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Engr. Wilma C. De Los Santos DRRM Director while giving her opening message and discussed about the Disaster Preparedness.





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Dr. Lordes V. Icalla Director for Extension while giving her expectations and the importance of the training.



Message Engr. Mary Ann R. Pante MDRRMO III, Head of MDRRMO Naujan.





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Introduction Mr. Louie Hans Hernandez the facilitator of MDRRMO Naujan.





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Lectures during Day 1 composed of Basic Safety Tips for Disaster and Introduction to First Aid.





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Lectures during Day 1 composed of Basic Safety Tips for Disaster and Introduction to First Aid of Shem D. Guy the facilitator of MDRRMO Victoria.





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In Day 2, skills demonstration, post-test, and skills evaluation were administered.

Day 2 skills demonstration and evaluation





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The Graduation Ceremony of the training completers.





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The two-day Basic Life Support Training has successfully concluded with a good participation of the members of the DAO water lily organization as seen in the picture.



Prepared:


WILMA C. DE LOS SANTOS
Extension Project Leader



Introduction to Basic Life Support Training

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 25, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
1. Rochelle D. Martiner	Pres. Dao waterlily As.	Dao Naujan Or. Mdo.	0926-952-3182	Jgmartiner
2. Rufina M. Mendoza	Member	Dao Naujan Or. Mdo. DWA		RS.
3. Lorna D. Lantio	Member	Dao Naujan Or. Mdo DWA		Lantio
4. Jny T. Uino	Member	Dao Naujan Or. Mdo	09319507866	Jny
5. Sara M. Erwad	"	"		Erwad
6. Anthony De Gernan	"	"		De Gernan
7. MCT G. GARCIA	member / BHW	Dao, Naujan		Garcia
8. Nestor M. Ramos	SB MEMBER	DAO NAUJAN	09486544729	Ramos
9. Jhany I. Ramos	Business Manager DWA	Dao Naujan Or. Mdo	09707572912	Ramos
10. Cyrcus V. Amnuno	Member	Dao naujan or. mdo.		Amnuno



Introduction to Basic Life Support Training

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 25, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
11. Jayson M. Colindon	Admin Aide - DPM			
12. GERARD DANGIN	LDRM Assistant	MDRRMO - NAUJAN	09295824259	
13. HAN VOME HERNANDEZ	DISASTER MANAGEMENT OPERATIONS ASSISTANT	MORUMMO - NAUJAN	091671196570	
14. Engr. Mary Ann R. Pante	LDRM officer III	MDRRMO - Naujan	0926 001 9776	
15. Jaime dela Rosa				
16. Olyshon M. Velles	Instructor I	MINSU Main Campus	09957641407	
17. Darius M. Abog	NSTP Director	MINSU	09774732338	
18. Marianne B. Garcia	Nurse II	MINSU	09775177681	
19. Cecille S. Lopez	Responder	MDRRMO Victoria	P09618325059	
20. Vhem D. Guy, RN	LDRM II Operation & M.O	MORUMMO Victoria	09994090330	



Introduction to Basic Life Support Training

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 25, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
21. Linelyn Salazar				Salazar
22. RM Ramos				Ramos
23. Anthony De Guzman				
24. Vincent Anas				
25. ALJUN MARTINEZ				
26. kimberly C. De Guzman				
27. Cynthia D. Pulol	auditor			
28. Noriel S. Pampai	Sec.			
29. JARED M. MELENDES	DRRM Coordinator	MBC		
30. Ayren, Davison D	Student	MNC		



Introduction to Basic Life Support Training

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 25, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
31. Felix, Arnela Jemynah Suzanne	STUDENT	MMC	0927-499-8427	
32. Fajardo, Marc Jeriel C.	STUDENT	MMC		
33. Joy G. De Ruizman	P.T.O	DWA	09071459436	
34. DAISY UARAN	SB MEMBER	DOO	09872518912	
35. WILMA C. DE LOS SANTOS	DRUM DR.	MMC	09771172807	
36. EMERSON GALAN		DAS	09463377235	
37.				
38.				
39.				
40.				



Introduction to Basic Life Support Training

Practical Activity

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 26, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
1. Mary Ann H. Lally	Member	Dao	09993577228	
2. LUCH G. GARCIA	member	Dao, Naujan	09466630993	
3. Jayson M. Ciriador	Staff - Dfmm		19570751303	
4. Rochelle D. Martinez	President DWA	Dao Naujan / Dao Waterlily	0920-952-2088	
5. Napoleon C. Porropio	Sec.	Dao Naujan / Dao Waterlily		
6. Rosibel P. Marquez	V-Pres.	Dao naujan / dao waterlily	09099569266	
7. Jenet B. Medina	member	Dao, Naujan / Dao waterlily		
8. melody v agulho	treas.	Dao, naujan / Dao waterlily		



Introduction to Basic Life Support Training

Practical Activity

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 26, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
9. Lhany L. Ramps				
10. Eljohn M. Vellos				
11. Arelle S. Lopez				
12. Wilmy C. Delos Santos				
13. Ayaen, Daveson				
14. Felix, Arelle Jemymah Suzanne				
15. Fayardo, Marc Serich C				
16. Vhen, D. Guy, RN				



Introduction to Basic Life Support Training

Practical Activity

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 26, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
17. Marianne B. Kareca				
18. Gerardo R. Dangan				
19. Han Louie Hernandez				
20. Cynthia D. Putal				
21. Joy G. De Guzman				
22. Agnes V. Aronuevo				
23. Angen Daveson				
24. Felix, Arnelo Jemymah Serrano				



Introduction to Basic Life Support Training

Practical Activity

Dao Waterlily Park, Dao, Naujan

ATTENDANCE

MAY 26, 2023

Name/Pangalan	Designation/ Katungkulan	Agency/Address/Lugar	Contact No.	Signature/Lagda
25. Fajardo, Marc Jeriel C.				
26. JARED MELENDES				
27. JOEY V. LIWANAG				
28. Ayaen, Dawson				
29. Daniel M. Abay				
30.				
31.				
32.				



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Vision

The Mindoro State University is a center of excellence in agriculture and fishery, science, technology, culture, and education of globally competitive lifelong learners in a diverse yet cohesive society.

Mission

The University commits to produce 21st century skilled professionals and generate and commercialize innovative technologies by providing excellent and relevant services in instruction, research, extension and production through industry-driven curricula, collaboration, internationalization, and continual organizational growth for sustainable development.

Goal

Provide and broaden the access to quality education responsive to an ever growing and ever growing and dynamic society.

Objectives

Strengthen the capabilities of the institutional:

1. Offer quality education.
2. Provide opportunities for the youth to develop their potential as a human being and a productive member of a society.
3. Expand financial assistance assistance to the poor but deserving students toward greater access to education.
4. Maximize productivity to sustain income generation and;
5. Intensify research and extension services, which are relevant to the needs of the community.

Program Profile

I. PROJECT TITLE:

Ageless Adventures

II. HEAD OF THE AGENCY :

LEVY B ARAGO JR. Ph. D.

III. IMPLEMENTING AGENCY:

Mindoro State University
Extension Unit All program of the
University Health Services Unit of the
University

IV. PROJECT LEADER :

Christian Panaligan

V. PROJECT LOCATION:

Aruga-Kapatid Foundation
Incorporated Managpi Calapan City
Oriental Mindoro

VI. PROJECT COST:

Php 15,000.00

VII. PROJECT DURATION:

JUNE, 6, 2023



Background/Rationale:

The college of Information Technology first year student-F3

A home for the aged is a type of residential facility that provide care and accommodation for the elderly people who are no longer live independently. These facility sometimes called retirement home or long-term care homes.

In a home for the aged, residents typically received assistance with activities of daily living, such as bathing, dressing and toileting, as well as medical care and supervision. The level of care and supports provided can vary widely depending on the needs of the individual residents

The program includes to fulfil the needs of the elderly in terms of physical, groceries, and mental assistance. On other hand communication skills is also being develop throughout the way of organizing and fulfilling documentation regarding the certain program.

Many homes for the aged also offer social and recreational activities, such as games and music, to help them stay active and engaged. Meals are typically provide, either in a communal dining room or in the resident's room.

Overall, homes for the aged play an important role in providing safe and supportive environment or elderly individuals who require ongoing care and assistance.

I. OBJECTIVES

The proposed outreach program is significant for the following reasons:

1. **Provide companionship:** Many elderly people in home for the aged or assisted living facilities suffer from loneliness and isolation, and an outreach program can provide-need companionship and social interaction.
2. **Improving mental health:** Studies have shown that social interaction can have a positive effect on mental health, including reducing symptoms of depression and anxiety.
3. **Promoting physical health:** Participating in social activities can also have physical health benefits, such as improving mobility and reducing the risk of falls.
4. Through this program we can develop and improve our skilled on having a public speaking and interaction with other people and with confidence that we learn from our subject Purposive Communication and;
5. Extend the core values being installed by the university to the students through strong bond of teamwork and collaboration.



METHODOLOGY

A social preparation will be conducted by analyzing the target community to ensure the safety and the success of the Outreach Program. This includes the safety of the elderly and the conductors of the proposal. On the contrary the methods of collecting data on the proposal fulfils by the proper way of using communication.

Furthermore, the proposal is held on one community of elderly through home for the aged. Data on the community is as being collected is collected on the same on the use of communication.

COMPONENTS:

Target Dates: June 06, 2023

1. Opening Remarks and Orientation
2. Exercise Classes
3. Socializing with the senior (Food Break)
4. Interactive Games and Entertainment
5. Distribution of supplies like personal and general needs - general needs like grocery supplies, condiments supplies and laundry supplies

Projected Expenses for the half day Activity

Items	Aruga-Kapatid Foundation Incorporated	Cost
No. of participant	25 senior citizen	
Snacks	Contribution	1,300.00
Prizes for Raffle	Solicitation	5,400.00
Gift Giving	Contribution	8,300.00
		15,000.00



Prepared by:

Sgd

CHRISTIAN PARALIGAN
Instructor 1

Recommending Approval:

Sgd

DR. LOURDES V. ICALLA
Associate Professor IV, DEKTT

Recommending Approval:

Sgd

CHRISTIAN ANTHONY C. AGUTAYA, Ph.D.
Vice President for Research, Development & Extension

Approved:

Sgd

LEVY B. ARAGO, JR. Ph.D
University President



NARRATIVE REPORT

ARUGA KAPATID FOUNDATION INC. EXTENSION ACTIVITY

In our life, we learned that true happiness is when you are giving. Helping others, especially the senior citizens, makes us evaluate who we are. Being able to help others was a privilege for it teaches us to become concerned of those who are in need. It helps us understand the spirit of compassion without selfishness. As part of the English 111 Class Final Project, we conducted an Outreach Program at the Aruga-Kapatid Foundation, Inc., Managpi Calapan City last June 6, 2023. We brought different kinds of supplies for general and personal use, snacks, prizes for the mini games and lunch. We have organized a simple yet memorable program for them. The program started with a prayer to ask for the God presence in the said event.

This was led by Mr. Donald Cuenca who was the emcee of the whole event together with his partner, Ms. Jimmilyn Pascua. It was followed by the opening remarks from Florilyn Castillo. After the opening remarks, we started the program by doing some light exercises to light up their mood. After that, we had a little conversation with them. We asked them about their life inside the foundation. And with that, we started reaching our goal by socializing with them. Talking and laughing with them are the best feelings we ever had. Some of my students become emotional during the program because of tears of joy. They said that they were happy that they get this opportunity to share the love and be with them even in a short time. While we are still talking to some elderlies that need assistance, the emcee starts the a game which was requested by one of the elderlies. It was the game called "Pinoy Henyo". They started the game by picking a participant who would want to join. The games went smoothly as they enjoyed and play another round. The other games were asking some questions like "Sino ang nanakop sa ating bansa?" The participants, which are the elderlies, will answer the questions we created. Even with wrong answers, we consider those as correct because the purpose of our activity is to give the satisfaction and companionship they need. We give the best we can to fulfill those purpose.

After those mini games, we dedicated some song while the elderly was in a short breaktime. At exactly 10:1, some of the facilitators prepare the lunch. While preparing, we came up with the idea of giving them a piece of paper and pencil or ballpen for them to draw whatever they like. We assisted them, especially those who can't draw by themselves. This activity helps us understand these people because of the short story about the drawings which can be related on their past life experience. It was heartwarming. We give an opportunity to hear that kind of story from them. Afterwards, we help them to get in their respective seats. Some of them are in the kitchen while the seniors are in the receiving area. Ssome of them eat in their own while the others are needs assistance for them to eat. Satisfaction and happiness are visible in the eyes of every senior citizen and for us it was a success. We have achieved the goal of our program. After that we go back to the main area of the program to proceed in giving gifts and giving the prizes of the winner, we go on in the next part giving them the personal supply one by one followed by giving the snacks one by one.



And after the gifts giving and prizes, the program was concluded by the closing by yours truly. We have thanked them all and promise them to get back if their have a chance. After the closing remarks, we gave the certificate of appreciation to Sir Lito C. Vergara together with the general supply we bought. Sir Lito Vergara give a little speech and thanked us for the donations and small program we conduct he is very happy that we spent a little time to visit them and give donations. At exactly 12:00 pm everyone wears a wide smile for the succession of the program. We are very happy and looking forward for another outreach program activity in the near future.

After the outreach program, we all have realize that people can search for their happiness but for we don't search it, this simple program that makes everyone happy and satisfied is the proof that we don't need to search our own happiness we can create the happiness and satisfaction we want in many things like this kind of program, this activity also thought us a lot of good things like we need to spend our time in our family and friends for us not to regret in the future we also learn a lot of things like the idea that even the little things we do in others have a great impact on their lives.

17	Quinsy, Japheth C.	3252
18	Palomera, Jerald M.	3253
19	Palma, Noel L.	3254
20	Pardo, Gabe C.	3255
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23	Tinglasan, Mary B.	3257
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CHRISTIAN PENALICAN
Project Leader



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2.	Alcaraz, Lorenda A.	
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6.	Boongaling, Hermeo M.	
7.	Colangoy, Victoria S.	
8.	De Castro, Melecio M.	
9.	Garcia, Alicia C.	
10.	Gusto, Benedicta M.	
11.	Ical, Benildo S.	
12.	Javier, Antonio Jr. A.	
13.	Julao, Werner L.	
14.	Mabutas, Manalo D.	
15.	Manalo, Necetas R.	
16.	Ocenar, Marcela G.	
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22.	Samson, Catalina A.	
23.	Tingkalag, Basilyo B.	
24.	Tipones, Mely C.	
25.	Vicente, Martha A.	

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Sgd

CHRISTIAN PANALIGAN
Project Leader



"LUNCH TIME"



"DISTRIBUTION OF GIFTS"



"ENTERTAINMENT"



"GROUP PHOTO"



"AWARDING CERTIFICATE TO MR. LITO S. VERGARA"



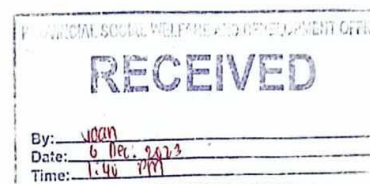
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December 6, 2023

ZARAH C. MAGBOO RSW
Head Officer, Provincial Social Welfare & Development Office
Provincial Capitol Compound
Bgy. Camilmil, Calapan City



Dear Ma'am Zarah:

Warmest greetings!

The Mindoro State University Employees Multi-Purpose Cooperative (MinSUEMPCo) in collaboration with the Extension Services Office of MinSU-Calapan City Campus would like to conduct an Outreach Program entitled: **CHRISTMAS GIFT GIVING & FEEDING PROGRAM FOR ABUSED WOMEN & CHILDREN** presently residing at Bahay Kanlungan Center in Barangay Ilaya, Calapan City, Oriental, Mindoro on December 8, 2023 at 2:00 p.m.

Activities are centered on the provision and distribution of relief goods.

Thank you very much and may God Bless You!

Respectfully yours,

Sgd

CONSUELO M. UNTALAN
Coordinator, Extension Services Office
Mindoro State University - Calapan City Campus
Board Member, MinSUEMPCo

Sgd

MEDEL T. ARENILLO Ed. D.
BOD Chairperson, MinSUEMPCo

Feeding Program for Abused Women & Children



MinSUEMPCo Officers/MinSU Employees visit/conduct an outreach program at Bahay kanlungan, Brgy Ilaya, Calapan City.