



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.

CORE VALUES

Resilience
Integrity
Commitment
Excellence

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

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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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

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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.



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BAGONG PILIPINAS

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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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.



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





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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.



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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.



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