

Women's Health Seminar
March 18, 2024



Narrative Report Women's Health Seminar

The Women's Health Seminar held at the Audio Visual Room on March 18, 2024 from 9:00 am to 11:30 am, was a significant event attended by all female faculty and staff members of MinSU Bongabong Campus.

The event began with registration facilitated by Mr. Winchester L. Roxas, a staff of WGAD from 8:45 to 9:00 am. Following the registration, attendees were welcomed with an opening prayer and National Anthem of Women All Cast through an Audio Visual Presentation, setting patriotic and reverent atmosphere.

Dr. Mylene C. Briñosa delivered warm welcome remarks, expressing gratitude for the participation of all female faculty and staff members. Her words set a tone of inclusivity and appreciation for the importance of women's health.

Dr. Ciedelle Piol-Salazar, the Campus Executive Director delivered an enlightening message, emphasizing the significance of prioritizing women's health and well-being. Dr. Salazar's message underscored the importance of preventive care and self-care practices.

The guest speaker, Dra. Trina Ysabel Nuestro- Espiritu, was introduced by Ms. Kris Ann C. Degala, a member of the WGAD Secretariat. Dra. Espiritu conducted the session proper, providing valuable insights and information on various aspects of women's health. Her expertise and engaging presentation style captivated the audience and fostered meaningful discussions.

After the informative session, Ms. Jessamae V. Recto, the WGAD Coordinator, delivered closing remarks, expressing appreciation for attendees' participation and emphasizing the importance of ongoing support for women's health initiatives. Ms. Recto then surprised all female faculty and staff by announcing her personal contribution to pamper them with free hot oil treatment, manicure, pedicure and haircut as part of the celebration of Women's Month. The lucky recipients would be selected through draw lots, adding an element of excitement and anticipation to the event.

Following the announcements and giving of free vouchers, attendees had the opportunity for a photo session with the guest speaker, fostering camaraderie and networking among participants. Additionally, food packs were distributed to all the attendees as a token of appreciation for their participation and support.



Mindoro State University

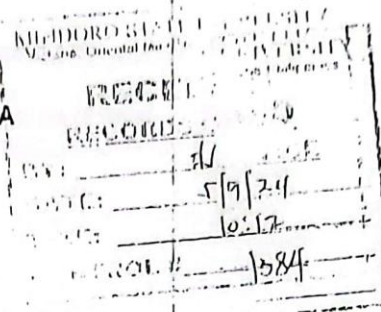
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May 8, 2024

DR. CHRISTIAN ANTHONY C. AGUTAYA
OIC-Office of the University President
This University



Sir:

Warmest Greetings!

Mothers play a pivotal role in shaping our lives, offering guidance, support and unconditional love. Mother's Day is celebrated in various forms and traditions across different cultures and communities. It's a day dedicated to expressing love, gratitude and appreciation for the maternal figures in our lives. The celebration of Mother's Day holds deep cultural and emotional significance in societies around the world.

Relative to this, the Women, Gender and Development Unit, would like to request your approval to conduct a short program for our faculty and staff specifically mothers on May 13, 2024 at 8:00am - 9:30am at the University Auditorium.

Attached are the program of activities and proposed budget for the said program.
Thank you very much and God Bless!

Very truly yours, |

CHRISTINE A. LUZON-GERMAN

Director for Women, Gender and Development Unit

Certified Allotment Available: *[Signature]*

ROVELYN P. ROXAS

SAO-Finance/Acting Budget Officer III

[Signature]
Recommending Approval

DR. NEMESIO H. DAVALOS

Vice President for Academic Affairs

JOELENE C. LEYNES

Vice President for Admin and Finance

Approved: |

DR. CHRISTIAN ANTHONY C. AGUTAYA

OIC-Office of the University President



PROGRAM OF ACTIVITIES

May 13, 2024 /8:00am -9:30am
MinSU Auditorium

Prayer
National Anthem
Panunumpa sa Watawat ng Pilipinas
MinSU Hymn
Panunumpa ng Lingkod Bayan

Welcome Message	- WGAD Director
Inspirational Message	- OIC, Office of the University President
Video Presentation	- Mother's Day Celebration
Serenade / Song	- Representative from MinSU Brass Band
Gifts of Appreciation	- WGAD TWG

PROPOSED BUDGET

Main Campus	80 @ Php 100.00 (mini-rechargeable fan)	8,000.00
Calapan Campus	73 @ Php 100.00 (mini-rechargeable fan)	7,300.00
Bongabong Campus	47 @ Php 100.00 (mini-rechargeable fan)	4,700.00
	Grand Total	20,000.00

-05-504

Mother's Day Celebration
May 13, 2024





KAPEHAN SA GUIDANCE, FORDA HEALTHY MIND: ANG ATAKE NG MGA FERSION...EYY!

The Guidance and Counseling Office hosted a one-week event aimed at helping the students, teachers, and staff to take a breather and prioritize their mental well-being. The event also incorporated different ways of play therapy through board games (chess, scrabble) and guitar. Brochures about mental health awareness and bookmarks with inspirational messages were given out, one each for free, to raise awareness and promote positivity. This also aimed to foster a closer connection between the office and the student body. Additionally, to this, the event is also designed to shift the perception of the Guidance Office and Guidance Counsellor as the “Disciplinarian”, instead it is a safe space where individuals can seek support.

The event ran for a week, October 7 to 11, 2024, at the front of the Guidance and Counseling Office. It was also supported by the *Siningbalai: Harmonics*, contributing to the overall ambiance of the *Kapehan* by providing live performances throughout the week for one hour to two every morning and afternoon with free flow of coffee and snacks. This was organized with a rotation of singers, depending on which members were available during their free time, ensuring that the performance did not interfere with their classes.

Day 1 (October 7, 2024, Monday)

Kapehan sa Guidance, kicked off at 1 in the Afternoon, as the morning was used to prepare for the event. Ms Heidelita G. Bumohya, Guidance Counselor III, formally opened with a welcoming speech, emphasizing the importance of mental well-being and giving a brief explanation of the event’s purpose.

The first day attracted students from high school to college across different programs, as well as the faculty and staff. Board games and Tarot Card were a hit among the attendees, while the *Siningbalai: Harmonics* provided live music in the background. The photo frames became a hotspot for visitors. The “free your mind” wall was not as popular on the first day, while nearly a dozen wrote messages for their future selves putting them in a bowl.





Day 2 (October 8, 2024, Tuesday)

During the second day of the event, the Freedom Wall was more active as many students left their notes. After their training, some students went straight to the *Kapehan (free coffee)* to relax and recharge. While waiting for the live music performed by the *Harmonics*, the students borrowed the guitar from the GCO and began jamming together. In the afternoon, the messages students' wrote for their future selves were read aloud anonymously in front of the attendees.

As with the previous day, the board games, Tarot reading, and the photo frames were still a hit among the visitors, with live music from *Harmonics* in both the morning and afternoon.





Day 3 (October 9, 2024, Wednesday)

The highlights for Day 3 of the *KAPEHAN SA GUIDANCE* were the successful symposium held in the morning at the University Auditorium. It was made possible through the suspension of classes, allowing the students to attend. After the talk, the *Kapehan* (free coffee) was again promoted, inviting everyone to visit. Aside from the board games, and photo frames the students are having fun using, the Tarot card reading created quite a line of staff and a few of the faculty members and students. Due to the absence of the *Siningbalai: Harmonics*, the students enjoyed music jamming among themselves, contributing to the relaxing ambiance of the



place.



Day 4 (October 10, 2024, Thursday)

On the fourth day of the *Kapehan*, it was a rather quiet morning in the *Kapehan* due to the fast approaching Midterms examination. However, the absence of *Siningbalai: Harmonics* did not stop the students from enjoying live music, as they held their own music jamming session. Their music provided a lively atmosphere while the board games, Tarot card reading, and photo frame activities continued to be enjoyed by many.

Additionally, few students showed commendable courage by signing up on the “self-referral” slip for counseling, acknowledging the need to also prioritize mental well-being.





Day 5 (October 11, 2024, Friday)

On the final day of the *Kapehan*, the atmosphere remained as lively and engaging as ever. Although the *Kapehan* (*free coffee*) opened at 9, some students had already arrived as early as 8 in the morning. Some students mentioned that they were willing to wait for the coffee, while others simply wanted a place to study for their upcoming exams.

In the morning, there were still no performances from *Siningbalai: Harmonics*, the students once again took the initiative to borrow the guitar from the Guidance Office and fill the event with their music. Their spontaneous jamming session continued to create a warm and welcoming environment, attracting more students to join and relax. The board games and Tarot card reading remained popular throughout the day. By the afternoon, *Siningbalai Harmonics* finally performed, providing live music for the entire afternoon.





The *Kapehan sa Guidance* successfully provided a comforting space for the students, staff, and faculty to pause from their busy schedules and focus on their mental health. The variety of activities, from board games and tarot card reading, to live performances, offered something for everyone who attended. The event's impact was further emphasized by the number of attendees daily with a total of 1,040, with some even having perfect attendance. The event not only achieved its goal of promoting mental well-being but also helped in building rapport between the Guidance and Counseling Office and the entire University community.

Feedback gathered from 151 attendees using a 5-point Likert scale further proved the success of this event. Attendees were asked if the event was beneficial to them, 125 rated “lubos na sumasang-ayon” (strongly agreed), 23 rated “sumasang-ayon” (agree), and 3 rated “nyutral” (neutral). In terms of whether the program's objectives were clearly communicated, 112 responded strongly agree, 33 agreed, and 6 answered neutral. For the event's facilitation, 111 respondents strongly agreed that it was effectively facilitated, 34 agreed, and 6 answered neutral. And also part of the feedback form, the attendees were asked about the appropriateness of the venue, 112 strongly agreed that it was appropriate, 30 agreed, 7 were neutral, and the remaining 2 disagreed leading to a suggestion of having proper ventilation and a much spacious venue for the next *Kapehan*. And out of all the respondents, 136 participants strongly agreed, 14 agreed, and 1 responded neutral and showing no disagreement with having *KAPEHAN SA GUIDANCE* again next year.

With the successful outcome of this event, the *Kapehan* stands as evidence of the importance of providing spaces where everyone can feel safe, heard, seen, and validated in their journey as they venture through their mental well-being. The event was a gentle reminder for everyone that mental health is as important as physical health.

Prepared by:

HEIDELITA G. BUMOHYA

Guidance Counselor III

KYLA DANICA O. MAYUPAO

Psychometrician

Noted:

JONBERT M. CAOLI

Director, Student Affairs and Services