

THE UGNAYAN NG PAHINUNGÓD  
ANNUAL REPORT

PAHINUNGÓD  
MAKIBAHAGI. MAGLINGKOD. MAGPAHINUNGÓD

2021-2022

paahinungod

# Pagbubuklod

## ABOUT THE TITLE

In 2022, communities began to slowly open from strict quarantines and health protocols brought by the pandemic. This gave the Ugnayan ng Pahinungód an opportunity to physically come together and get to know each CU's strengths, plan more programs, and offer more assistance to partner communities.

Pagbubuklod means coming together not just physically but also in the minds and aspirations of those who work for a common goal. It gives greater outcomes for concerted efforts of groups who rally together for a cause. Pagbubuklod is Ugnayan ng Pahinungód's invitation to the UP community to collectively offer oneself to the nation.

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*Isang buksang loob*

**THE UGNAYAN NG PAHINUNGÓD  
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# MESSAGE FROM THE UP PRESIDENT

**Danilo L. Concepcion**

21st President of the University of the Philippines



**N**ais kong ipaabot ang aking taos-pusong pasasalamat sa inyong lahat na bumubuo ng Ugnayan ng Pahinungód ng ating Unibersidad. Katuwang ang mga boluntir at sumusuporta sa mga programa ng Pahinungód, kayo ang mga Iskolar na nagsasabuhay ng lubos at mapagkalingang paglilingkod ng UP sa ating bayan.

Sa nakalipas na dalawang taon, sama-sama nating kinaharap ang krisis dulot ng pandemyang COVID-19. Naging mapanlikha at determinado tayo sa paghahatid ng mga nararapat na serbisyo-publiko, lalo na para sa mga kababayan nating higit na nangangailangan. Kumprehensibo din ang ating mga isinagawang pagsasanay at programa para sa kagalingan at kalusugan ng ating mga estudyante, kawani, at guro. Ang mga aktibidad na ito ay mahusay ninyong iniulat at patuloy na pinaunlad.

UP is mandated to actively shape a sustainable, equitable future for our communities and society. Grounded upon our cherished principles of honor and excellence with compassion, the Pahinungód has shaped academic volunteerism in the country, providing leadership and an example to other Philippine higher education institutions, as UP is also mandated to do. Now that we are better equipped with lessons gained during the past two years, I am confident that the Pahinungód's System and CU offices will further develop and expand their combined reach—especially with highly commendable programs such as the Gurong Pahinungód, psychosocial support, medical and dental missions, outreach, sending response teams for local calamities, and other activities. Through partnerships with public and private organizations, government units, and other higher educational institutions, the Pahinungód continues to make a unique and positive impact on the volunteers and our communities.

I congratulate all of you for your numerous accomplishments, despite the challenges and limitations, and for inspiring others to carry on with the Ugnayan ng Pahinungód spirit. It is truly an honor to have served with you.

Mabuhay po kayo!





# MESSAGE FROM THE SYSTEM DIRECTOR

*Marie Therese Angeline P. Bustos, PhD*

**W**arm greetings to all!

Pagbubuklod aptly describes the direction we have taken from July 2021 to December 2022.

Each Pahinungód office bears the uniqueness of the UP Constituent Unit (CU) where it is lodged, harnessing the strengths of its constituents as it develops a unique brand of volunteerism and service in their communities. Needs and concerns of the Filipino are far and wide, though, and are more complex than each CU Pahinungód could address. Clearly there are concerns that are cross-cutting and need the expertise of more than one CU.

Pagbubuklod is our coming together as One Pahinungód – unique in our individuality but choosing to work together in the realization that together, we are stronger, more efficient, and more effective. This annual report showcases what we have done individually as CU Pahinungód and collectively as One Pahinungód.

To the reader, thank you for journeying with us and for supporting the Ugnayan ng Pahinungód in whatever way you can. It is through your support that we as the university's official volunteer program are able to fulfill our shared vision and mission to serve the underserved through volunteerism.

May this report also serve as an invitation to our students, alumni, faculty, staff, partners, and friends of the University to heed the call of the Oblation and lend their time, passion, and talent in the spirit of honor, excellence, and compassion.

Maraming salamat po.



## *mission* **OUR MISSION**

To lead in innovative and transformative engagements as the public service university committed to the empowerment of people and selfless service to the nation

## *vision* **OUR VISION**

UP in the service of the underserved communities through volunteerism

## *guiding principles* **OUR GUIDING PRINCIPLES**

1. The University in the service of the nation
2. The volunteer as the embodiment of public service
3. Prioritization of the underserved
4. Mutuality of interests among the University, volunteers, and communities

## *objectives* **OUR OBJECTIVES**

1. Create opportunities for its students and other constituents that build character and values most honored in society: human dignity, social justice, love of country, and commitment to service
2. Develop and strengthen a systemwide program recognizing volunteer efforts and contributions
3. Promote the integration of the concept and values of volunteerism into the curriculum and deliver innovative, empowering and transformative, collaborative and people-centered volunteer services
4. Produce knowledge products based on the insights and learnings from the Pahinungód experiences
5. Provide programs, opportunities, and other platforms for mutual development of volunteers and underserved communities with mutual respect for all parties, recognizing that the volunteers, the University, and the communities are all sources, conduits, and beneficiaries of knowledge and service



# BY THE NUMBERS

FROM JULY 2021 TO DECEMBER 2022

## OVER 22,800

individuals  
reached



## 428

schools  
reached



## 145

capacity building sessions  
and seminars conducted

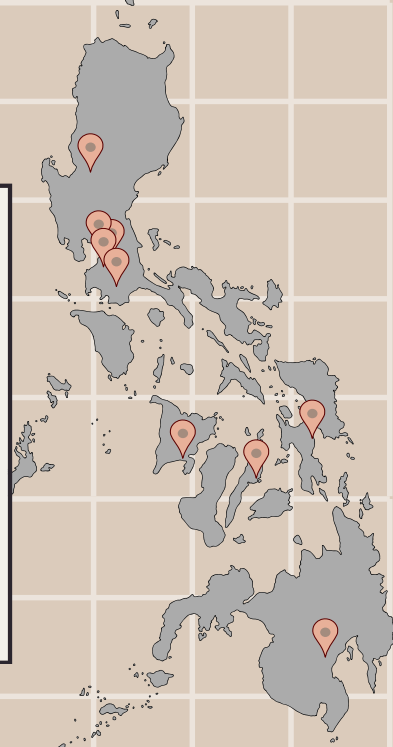


## 83 communities reached



FROM JULY 2021 TO  
DECEMBER 2022

**OVER 2,500**  
volunteers  
engaged



**25%**

undergraduates

**13%**

graduate students



**18%**

faculty

**13%**

alumni

**19%**

staff



**12%**

friends of Pahinungód

The Ugnayan ng Pahinungód team, composed of representatives from UP Baguio, UP Manila, and UP Diliman during the disaster response to Bucloc, Abra.

*Photo by John Rey Dave Aquino*

# UP SYSTEM UGNAYAN NG PAHINUNGÓD



The Ugnayan ng Pahinungód Council with some of the Pahinungód staff during the first day of the Pahinungód Volunteer Summit last September 22, 2022



In-Service Training of Teachers in BARMM: Training of Course Facilitators Closing Ceremony last December 2 at Blue Lotus Hotel, Davao City. Standing (L-R): Abolais Palagawad, Jr. of Curriculum and Instructions Division-Ministry of Basic Higher and Technical Education (CID-MBHE), nine training participants, and Abdulbasit Talicop (CID-MBHE); seated: Saddam Bazer, (Save the Children Philippines), Louie Cagasan and Lalaine Bagui (ACTRC), MBHE-Bureau of Basic Education Director Johnny Balawag, Pahinungód System Director Marie Therese Angeline Bustos, Hazel Joyce Ramirez and Ramon Sanchez, III (UP Diliman College of Education), Joy Grace Cruz (Pahinungód System Office), and Najma Dimaporo (CID-MBHE). *Photo by Grace Reytas*

Changes bring forth both new beginnings and continuity—continuity of previously fostered partnerships, programs, and plans in furthering the Pahinungód vision. And whilst change and continuity mean something different to everyone who engages in them and to everyone who benefits from them, there is a shared experience that weaves both in making our advocacy and our nation a better place. As the country continued to grapple with the COVID-19 pandemic, Pahinungód, like many organizations, has learned to adapt to post-pandemic realities and turned to hybridized solutions to perform its functions—advocacy and volunteerism program coordination, monitoring, and evaluation.

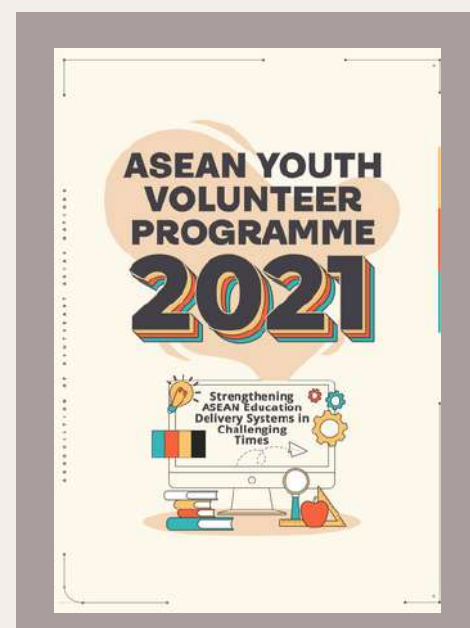
The years 2021 and 2022 have seen the UP Ugnayan ng Pahinungód System continue to strongly advocate for the recognition of the spirit of volunteerism in the iskolar ng bayan’s selfless service para sa bayan.

### Our Core and Cause, Beyond

Staying true to its mandate, the Pahinungód System has continued to highlight the significance of volunteerism and promote it both as a crisis management tool and development strategy.

The Pahinungód offices systemwide have been very proud in co-hosting the e-ASEAN Youth Volunteer Programme (AYVP) Philippines on August 30, 2021, with the theme “Strengthening ASEAN Education Delivery Systems in Challenging Times” in partnership with the Universiti Kebangsaan Malaysia. The e-AYVP Philippines 2021 featured seven webinars on ASEAN topics, six workshops on project management, and 22 masterclasses on different thematic areas.

In October 2021, the UP Office of the Vice President for Academic Affairs, Office of Student Financial Assistance, and Ugnayan ng Pahinungód organized the One for All: Summit on Student Volunteering and Social Responsibility. The One for All Summit determined policies, practices, and other actions that can support the meaningful and safe conduct of volunteering by UP students, which were participated in by various offices in all of UP’s constituent units, including the National Service Training Program (NSTP), National Service Reserve Corps (NSRC), and Ugnayan ng Pahinungód offices across eight CUs.





UP Vice President for Academic Affairs Maria Cynthia Rose Bautista and Asst. Vice President Richard Philip Gonzalo welcome participants during One for All: Summit on Student Volunteering and Social Responsibility held last October 25, 2021

Lastly, in celebration of Pahinungód’s 29th inception anniversary, the Pahinungód offices co-organized the Pahinungód Volunteer Summit which was held on September 21 to 24 at the Rural Economic Development and Renewable Energy Center in UP Los Baños. The summit highlighted the country’s volunteer initiatives, activities, and partnerships, and has provided a platform for ideas and discourse on volunteerism and building potential partnerships.

### Continuity in Service

The UP Ugnayan ng Pahinungód System continued to rekindle and reignite the spirit of public service after its reactivation in 2019, as the office’s own torch in its leadership core was passed on last Aug. 1, 2021.

Following the retirement of Dr. Grace H. Aguilin-Dalisay, who has been the System Director since May 2019 after Pahinungód’s revitalization, Dr. Marie Therese Angeline Bustos has been named the System’s next director. The turn-over ceremonies were done through online video conferencing and have been attended by members of the program in all eight constituent units of UP.

Dr. Therese has been recognized for her teaching, research, and public service in the fields of Special Education and Inclusive Education. Previously, she served as the Dean of the UP Diliman College of Education from 2016 to 2019. She has also sustained the Gurong Pahinungód (GP) Program by providing the GP volunteers with logistical support and the required training in pedagogy and has been instrumental in fielding the last onsite GP in 2018.

### Forging Bonds, Old and New

The UP Ugnayan ng Pahinungód System has maintained strong ongoing partnerships with both government organizations and various offices in the university, which have helped in promoting its advocacies and programs in various fields, such as education and humanitarian services. A further increase in the system’s ongoing partnerships ensures that Pahinungód’s work continues to be responsive and relevant. Pahinungód has not ceased to work hard in building strong, productive and mutually beneficial partnerships, and believes the best results arise from effective collaboration with government organizations, businesses, not-for-profit organizations, and individuals.



PDLC and BARMM-MBHTe Director General Salik Jr. hold up the signed Memorandum of Understanding between UP and the BARMM-MBHTe. Photo by Misael Bacani, UP MPRO

**Government Organizations.** One of the monumental partnerships the Pahinungód has forged this year was with Bangsamoro Autonomous Region of Muslim Mindanao-Ministry of Basic, Higher and Technical Education (BARMM-MBHTE), which was officially institutionalized through a Memorandum of Understanding and a Memorandum of Agreement (MOA) for educational cooperation on June 14, 2022, at Quezon Hall in UP Diliman.

Two of the highlighted and agreed-upon programs of the partnership are the Gurong Pahinungód Program and the In-Service Teacher Training (INSET). For this GP agreement, three GP volunteers (Timothy Guinto, UPLB alumnus; Hinz Benedict III Caaya and Anyag Aminhan Tanoy, UPV alumni) were deployed as volunteer teachers to South Upi, Maguindanao del Sur. The volunteer deployment was made possible through the support of the local government unit of South Upi and the UP Alumni Association of Greater Chicago.

Meanwhile, INSET is a five-day training program designed for in-service teachers and facilitated by experts from UP, aiming to enhance and optimize the capacities of MBHTE teachers in actualizing principles in the teaching and learning processes and further improve learning outcomes in their region.

Prior to the signing, virtual exploratory meetings were held on January 28, 2022, between UP System President Danilo Concepcion and Minister Mohagher Iqbal and on March 29 to 30, 2022, between select members from UP and BARMM-MBHTE, hosted by UP Mindanao.

In furthering our commitment to bringing technical expertise, voice, innovation, and experience to address the complex challenges of delivering quality education in the country, the Pahinungód System continued to strengthen our partnership with the Department of Education.

This year, the Ugnayan ng Pahinungód has been accepted as a member of the Department of Education's Philippine Forum for Inclusive Quality Basic Education (Educ Forum). Pahinungód also took part in the United Nations Transforming Education Summit (UNTES) 2022 Stakeholders' Convergence on August 5, 2022.

Pahinungód team during the introduction of volunteers to the community of South Upi headed by Mayor Reynalbert O. Insular  
Photo by Megan Rayala



**UP Offices.** Bonds with the UP Office of Admissions (OAdms) and the Office of Student Development Services have also been maintained by Pahinungód.

For the past year, the Pahinungód offices have worked closely with the OAdms in ensuring the accessibility of the UP College Admissions (UPCA) process after its shift to online modality in 2019. Pahinungód’s assistance, done through its Affirmative Action Program (AAP), has assured that even students in the marginalized sectors with insufficient access to the Internet and gadgets can apply for admission to UP. This model of the AAP also ensured that the UPCA process is thoroughly discussed, and an overview of courses that can be taken up at UP and tips in choosing their desired programs were shared with hopeful youth.



Gurong Pahinungód Anyag Aminhan Tanoy discusses how to fill out Form 1 for the UPCA Manual Application. *Photo by Megan Rayala*

## Coping with the Times

With the establishment of the Ugnayan ng Pahinungód Committee on Psychosocial Emergency Services (UP CoPES), a systemwide Program and a Committee composed of UP experts and practitioners across UP campuses, psychosocial support services have been provided to those in need. This year, UP CoPES continued to reach out and help others at the same time it continued to gear itself up and provide learning in the provision of psychosocial aid through its three work areas: KAMALAYAN (awareness-building), UGNAYAN (networking), and KASANAYAN (training).



As part of KASANAYAN, the first three modules on Principles of Psychosocial Support, Psychological First Aid and Monitoring and Evaluation of Psychosocial Support Activities, have been released in 2021 to all Pahinungód Offices. These modules have been written by multiple experts from all UP CUs, with the aim of furthering the competency of volunteers in giving help to themselves and others, especially in times of emergencies and disasters.

Meanwhile, six episodes of the Ledivina V. Cariño (LVC) Forum Series Lusog-Isip webinars have been streamed via Facebook Live from July 12, 2021, to May 16, 2022. The LVC Forum Series Lusog-Isip webinars have been designed mainly for the public, with the goal of raising awareness on mental health, general well-being, as well as other practical ways to take care of oneself and others. These webinar episodes were co-organized by the Pahinungód offices in the different UP constituent units.

Lastly, in 2022, mental health kits for children have been distributed in three areas as part of CoPES’s After Emergency Response.

Volunteers have been deployed to the towns of Limasawa, Leyte after Super Typhoon Odette from 7-11 February, Abuyog and Baybay, Leyte after Typhoon Agaton from April 30 to May 1, and to Bangued, Abra after the magnitude 7 earthquake from August 3 to 5, to provide Psychological First Aid and other capacity strengthening activities.

### Going Further

As we move forward to more changes in the coming years, Pahinungód System plans to continue optimizing and enhancing the partnerships and programs it has achieved this year.

Currently, the office continues to raise funds to support the deployment of the aforementioned GP volunteers in South Upi. Additionally, this funding will allow the office to deploy more volunteers and expand the scope of the program to reach more Bangsamoro learners.

Furthermore, with the plans of reinstating the UP College of Admissions Test (UPCAT) after being halted in the past three years due to the COVID-19 pandemic, Pahinungód also looks forward to bringing back the conduct of college preparatory sessions to Grade 12 students under the AAP.

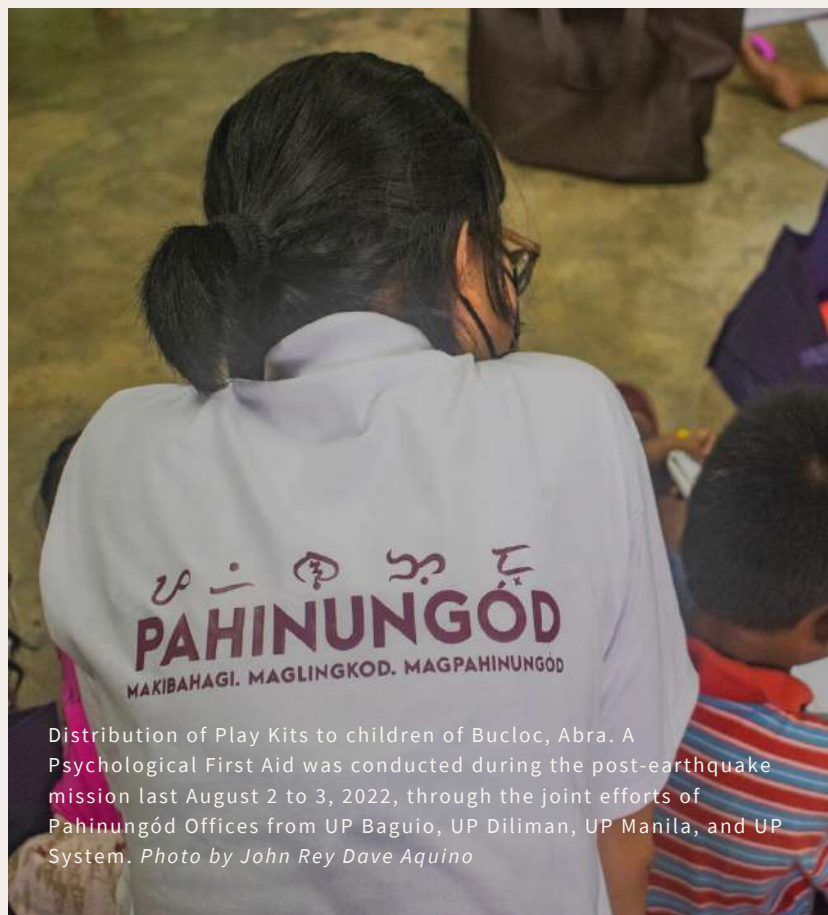
Pahinungód System would like to acknowledge the ongoing experience and guidance of our leaders. Periods of systemic instability due to the continuous onslaught of the COVID-19 pandemic have required the program the guidance and expertise of a strong and capable board, and Pahinungód has been fortunate to have been able to rely upon such a capable governance body.

Finally, throughout the tumult of 2021-2022, the Pahinungód System staff have been resolute and indefatigable.

Pahinungód approaches the year ahead with excitement and optimism with new partnerships and new ways of enhancing the impact of volunteering guiding our activities.



UP President Danilo Concepcion awards the Pahinungód pin to Timothy Guinto during the Volunteer Send-off last Aug. 30, 2021, at Quezon Hall, UP Diliman. *Photo by Abraham Arboleda, UP MPRO*



Distribution of Play Kits to children of Bucloc, Abra. A Psychological First Aid was conducted during the post-earthquake mission last August 2 to 3, 2022, through the joint efforts of Pahinungód Offices from UP Baguio, UP Diliman, UP Manila, and UP System. *Photo by John Rey Dave Aquino*





# UP BAGUIO UGNAYAN NG PAHINUNGÓD

Article by  
Divine Loraine Peñaflo  
& John Rey Dave Aquino



Alumnus volunteer Joshua Daveymar Galvez tells a story for Grade 5 students during the EDUKaravan sa Sagpat on April 21, 2022. Photo by England Danne Castro



Student volunteer Jann Alexis E. Lappas orients students of New Tanglag National High School regarding the UPCA applications during the Tangguyob in Apayao on October 27, 2022. Photo by Divine Loraine Peñafloor

**A**s the world eased into the ‘new normal’, the UP Baguio Ugnayan ng Pahinungód found itself adjusting to new modes of delivering its brand of public service to the various communities in Northern Luzon. While the pandemic made us take a pause in our daily lives, it also intensified the already existing struggles of our countrymen, such as poverty, education, and natural calamities. Even when restrictions were gradually lifted, the CoVID-19 pandemic still presented a threat. Some volunteers and communities expressed fear regarding the conduct of face-to-face service. Meanwhile, other problems that the program faced include road closures and severe weather conditions, and volunteers’ safety in the face of red-tagging. Nevertheless, the program successfully carried out volunteer activities in the virtual space.

Changes in the University of the Philippines Baguio’s (UPB) and Pahinungód Baguio’s leadership provided the program with different experiences and lenses in the delivery of service. From focusing on Baguio communities and the virtual space from the revitalization in 2019 to mid-2021, Pahinungód Baguio began to deliver services to more underserved communities beyond the city.

## Education

Through our programs, Pahinungód Baguio reached a total of 42 schools across the Cordillera Administrative Region (CAR) and Region I. The delivery of projects steadily moved from online in 2021 to face-to-face activities in 2022, thus expanding Pahinungód Baguio’s reach beyond the virtual space. Through engaging with schools and communities, Pahinungód Baguio designed programs that sought to address various problems in the basic education sector, such as low performance in international assessment and teachers’ assessment, adjustment of students to face-to-face and hybrid learning set-ups, and the need for contextualized and localized materials in the different content areas, and more.



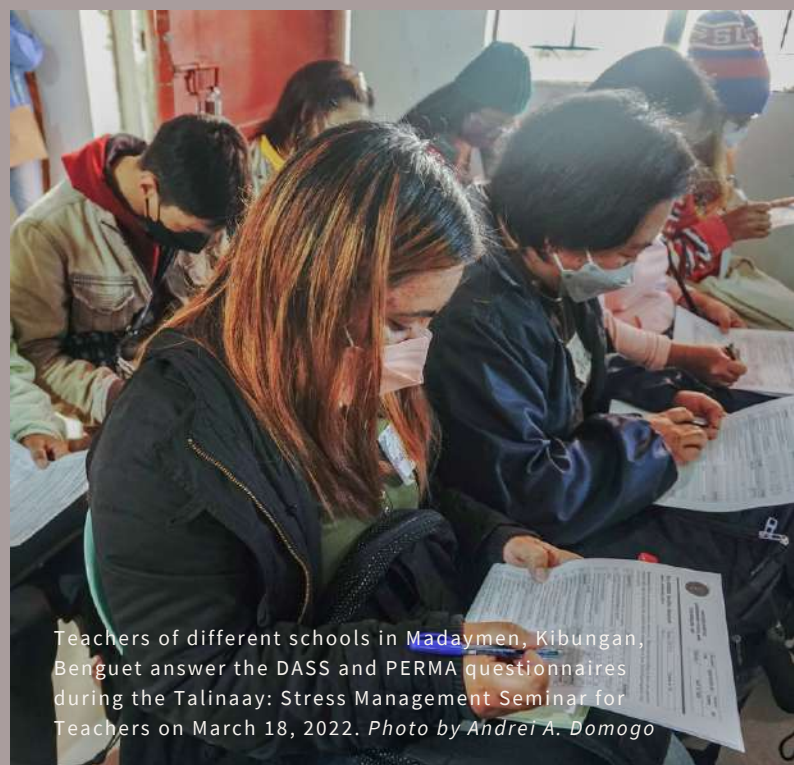
Students of Sagpat Integrated School, and staff and volunteers of Pahinungód Baguio take a picture together to end the EDUKaravan sa Sagpat on October 1, 2022. Photo by John Rey Dave Aquino

In planning the activities for the second half of 2021, Pahinungód Baguio continued the projects and partnerships started during the first half of the year. The e-Storyaan project, in partnership with the National Service Training Program (NSTP), released two storytelling videos in July 2021 through Facebook. These storytelling videos were distributed to our different partner schools through Google Drive. The other videos produced by the NSTP 2 students were reviewed and sent back for revisions.

In 2022, Pahinungód Baguio started the year with a book donation drive in time for Ugnayan ng Pahinungód's 28th Founding Anniversary. The donation drive ran from February 7 to February 25, 2022, with a total of 335 books donated by UPB constituents and friends, Adarna Publishing House, Inc., UPB Museo Kordilyera, and UPB Cordillera Studies Center. Pahinungód Baguio turned over the collected books to the municipality of San Gabriel, La Union, and conducted a storytelling lecture-training for local volunteers of the municipality. The storytellers were trained as a response to a reportedly high number of non-readers in the barangays of San Gabriel. After the training, the eight trainees met to plan their future storytelling activities in their respective barangays.

Teachers of Ampucao National High School participate in a group activity for a stress management session during the EDUKaravan sa Ampucao, May 27, 2022.

*Photo by John Rey Dave Aquino*



Teachers of different schools in Madaymen, Kibungan, Benguet answer the DASS and PERMA questionnaires during the Talinaay: Stress Management Seminar for Teachers on March 18, 2022. *Photo by Andrei A. Domogo*

In March, Prof. Giovanni Malapit of the Department of Physical Sciences proposed his project titled “Culture, Mother Tongue, and Physics through Traditional Games” and volunteered to give talks related to his project. He conducted his first seminars with Pahinungód Baguio in March in Tinglayan, Kalinga and Sagada, Mountain Province. After receiving positive feedback from his first audiences and seeing the response of the UP Baguio community and Physics professionals, Prof. Malapit continuously joined Pahinungód Baguio's EDUKaravans to meet more teachers and develop his module on the contextualization and localization of physics education with the aim of contributing to the further development of physics education in the country.

During the first few months of 2022, Pahinungód Baguio's flagship program, EDUKaravan, was conceptualized with two main components: teachers' training in pedagogy and content areas, and students' academic improvement in different learning areas. Through the EDUKaravan, Pahinungód Baguio reached a total of four schools, and conducted a total of 21 training, seminars, and/or workshops for students and teachers. The EDUKaravan maximizes the time spent by the volunteers in an area through the line-up of activities for the teachers and students.

Pahinungód Baguio volunteers and staff make final preparations during the EDUKaravan sa Sagpat, September 29, 2022. Photo by Khianne Ed Miguel Orteza



The pilot implementation of EDUKaravan in Sagpat Integrated School (SIS), Brgy. Sagpat, Kibungan, Benguet ran for three days on 22-24 April. The school was chosen after a prior engagement with its students in a Suro-Tutorial Services Program (Suro-TSP) wherein the Pahinungód Baguio staff and two faculty volunteers tutored students in reading, mathematics, and science. This number increased with nine volunteers joining the EDUKaravan, including one research assistant, one friend of Pahinungód Baguio, and seven faculty volunteers. Pahinungód Baguio's successful implementation of EDUKaravan's first run consisted of simultaneous training for teachers, subject appreciation classes and campus journalism training for the high school students, and storytelling and art activities for Grade 4-6 students, and film showing for Kinder to Grade 3 students. There were a total of 16 teachers and 140 students who participated in the first EDUKaravan.

After the successful pilot run in SIS, Pahinungód Baguio also held EDUKaravans in Ampucao National High School for teachers' training, and in Sevilla Elementary School and Lingsat Integrated School with teachers' training on contextualization, action research, stress management, and storytelling for children. In September 2022, Pahinungód Baguio returned to SIS to provide students with follow-up training in campus journalism and lecture-workshops in scientific investigation and mathematical investigation. Before leaving, the volunteers of Pahinungód Baguio spearheaded a culminating activity for all the participants of the second EDUKaravan in SIS.

In time for the opening of applications for the UP College Admissions (UPCA) 2023, Pahinungód Baguio launched the Tangguyob, the official title of the program's Affirmative Action Program. Through the Tangguyob, Pahinungód Baguio staff and volunteers reached out to schools in the six provinces of the Cordillera region to carry out career orientations and UPCA orientations to Grade 11 and 12 students. Nineteen (19) volunteers were divided into teams that visited different high schools in Abra, Apayao, Benguet, Baguio City, Kalinga, Mountain Province, and Tabuk City. A total of 31 schools were reached, and 3,023 students were oriented on the UPCA application process and UPB's undergraduate degree programs. Tangguyob also became an avenue for the University's alumni to volunteer with Pahinungód and help in promoting UP Baguio, with three UP Baguio alumni-initiated Tangguyob in their respective provinces and schools. Additionally, a meeting with alumni was conducted for future Tangguyob activities, and Pahinungód Baguio sees this as an opportunity to open more volunteer opportunities for alumni who might be willing to spearhead activities in their own hometowns.

Before the year ended, Pahinungód Baguio was invited to be part of the "Sustaining STEM Ed Project" of the Cordillera Regional Science High School. Four faculty volunteers took part in the said lecture series to facilitate training for students on mathematical investigation and statistical tools.

The year 2022 also marked many partnerships with new schools in Northern Luzon. UP Baguio, through Pahinungód Baguio, signed Memoranda of Understanding with three Baguio schools—Pines City National High School, Bakakeng National High School, and Pinsao National High School—and two La Union schools—Lingsat Integrated School, and Sevilla Elementary School. We look forward to reaching and offering our education programs to more schools in Northern Luzon.

## Community Engagement

When Typhoon Maring devastated parts of Luzon in October 2021, Pahinungód Baguio promptly launched a donation drive for the areas affected in Benguet and La Union. Upon consultation with our partners—Lingsat Integrated School, Sevilla Elementary School, and North Luzon Educational Council—Pahinungód Baguio decided to distribute the relief packs to the families of students in Lingsat Integrated School and families in San Gabriel, La Union on October 23 and 26, respectively. Pahinungód Baguio also distributed relief packs to Brgy. Madaymen, Kibungan, Benguet, through the recommendation of the Sangguniang Kabataan ng Benguet. A total of P124,700 of donations were collected, with P100,000 donated by the UP Visayas, allowing the program to distribute 150 relief packs to the beneficiary communities.

Two months after the devastation brought upon by Typhoon Maring, Typhoon Odette made its landfall in Visayas and Mindanao and inflicted extreme damage in the regions. Pahinungód Baguio launched a donation campaign and, in January 2022, Pahinungód Baguio sent a cash donation of P80,000 to UP Cebu to help in purchasing relief packs to the families affected by the typhoon.

In March 2022, Pahinungód Baguio celebrated National Women’s Month by conducting a community-based gender sensitivity orientation in Brgy. Atok Trail, Baguio City. The activity was conducted in a hybrid set-up, with the event conducted in the barangay hall and livestreamed on our Facebook page, thus allowing residents of other barangays in Baguio to participate. It is our aim to turn this activity into an annual engagement.

While Pahinungód Baguio was preparing for the second half of 2022, a 7.0 magnitude earthquake with the epicenter in Abra struck Northwestern Luzon. Pahinungód Baguio was quick to coordinate with Pahinungód offices systemwide and launch a donation drive. All Pahinungód offices launched their calls for donations and directed the donors to Pahinungód Baguio. The total of P178,277 cash donations were used to purchase different food items including rice, cooking oil, soy sauce, coffee, sugar, salt, etc., which were repacked into a total of 120 relief packs. Pahinungód Baguio, together with Pahinungód Manila, Diliman, and System units went to Abra on 2-3 August to distribute the relief packs prepared by Pahinungód Baguio and Manila, and administer psychological first aid for children affected by the earthquake. This was spearheaded by Pahinungód Diliman, and assisted by Pahinungód Baguio and System units. Two trained volunteers of Pahinungód assisted in administering PFA. A total of 130 children received PFA and play kits brought by Pahinungód System.

Pahinungód Baguio received an invitation from the Department of Social Welfare and Development-Cordillera in November to attend a partnership forum in Bangued, Abra with different academic institutions, NGOs, CSOs, and media institutions. DSWD CAR gave an orientation on the KALAHYI-CIDSS program and its beneficiaries and volunteers. The participants also visited the areas where KALAHYI-CIDSS projects are currently being implemented; after the site-visit, there was a round-table discussion with the barangay officials and volunteers. Pahinungód Baguio gave its commitment in providing training and other assistance that are within the capacity of our resource persons and volunteers.



Dir. Andrei Domogo gives his opening remarks to teachers of Sagada National High School in view of Dr. Giovanni Malapit's lecture, March 28, 2022.  
*Photo by Divine Loraine Peñaflor*



Junior Project Associate Divine Loraine Peñaflor distributes relief packs during the Sinnaranay relief operations, a response to the M7.0 earthquake, in Bucloc, Abra on August 3, 2022. Photo by John Rey Dave Aquino

UP Baguio Chancellor Corazon L. Abansi and Pahinungód Baguio Director Andrei Domogo pose with the members of the Northern Luzon Education Council, June 17, 2022. Photo by John Rey Dave Aquino

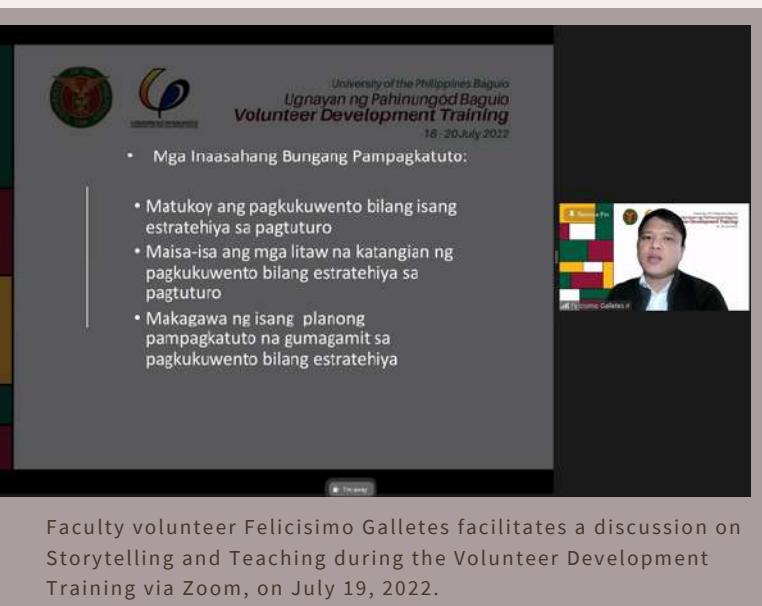


As part of Pahinungód Baguio’s aim in helping school officials deal with the stress brought about by the pandemic, we also conducted mental health-related activities in our partner communities. For the first time in two years, Pahinungód Baguio conducted a face-to-face stress management seminar in Brgy. Madaymen, Kibungan, Benguet. Forty (40) participants from five different schools in Brgy. Madaymen attended the activity titled *Talinaay*. Ms. Liza Ngiao, staff volunteer and guidance counselor of the UPB Office of Counseling and Guidance, administered the Depression, Anxiety, Stress Scale-21 (DASS 21) and the Positive Emotion, Relationships, Meaning, and Accomplishment tests to determine the stress levels of the participants. The results were used to determine whether or not a follow-up session is needed. After the tests, Mr. England Castro, a faculty volunteer and psychologist, delivered his talk on managing stress and mental health.

In April, Pahinungód Baguio hosted the 4th episode of the Lediviña V. Cariño Forum series titled “Magpakabuti’t Magpakabait.” Prof. (Ret.) Evangeline Ram served as speaker, and moderated by then UP Baguio Committee on Psychosocial Emergency Services (CoPES) representative, Ms. Ides Josepina Macapanpan. The viewer count of the said forum peaked at 42 on both Pahinungód Baguio and System Facebook pages.

## Volunteer Development

As a volunteer service program, Pahinungód Baguio highly recognizes the efforts of our volunteers in delivering services to our areas in Northern Luzon. To help volunteers improve their skills, Pahinungód Baguio regularly conducts pre-deployment training and expectation checks with all the volunteers participating in an activity. After deployment, Pahinungód Baguio conducts debriefing and assessment sessions with the volunteers to discuss the overall conduct of an activity and points for improvement. Aside from pre- and post-deployment activities, Pahinungód Baguio also conducts regular volunteer training on specific skills that are crucial when volunteering with Pahinungód Baguio.



Faculty volunteer Felicisimo Galletes facilitates a discussion on Storytelling and Teaching during the Volunteer Development Training via Zoom, on July 19, 2022.

The Volunteer Development Training in July 2022 included discussions deemed important for volunteers of Pahinungód Baguio in relation to our activities. Mr. Castro again served as a resource person on PFA, Prof. Charita Delos Reyes on methods and models in teaching, and Mr. Felicisimo Galletes on teaching through storytelling. Completers of the volunteer development training are expected to participate in Pahinungód Baguio’s activities.

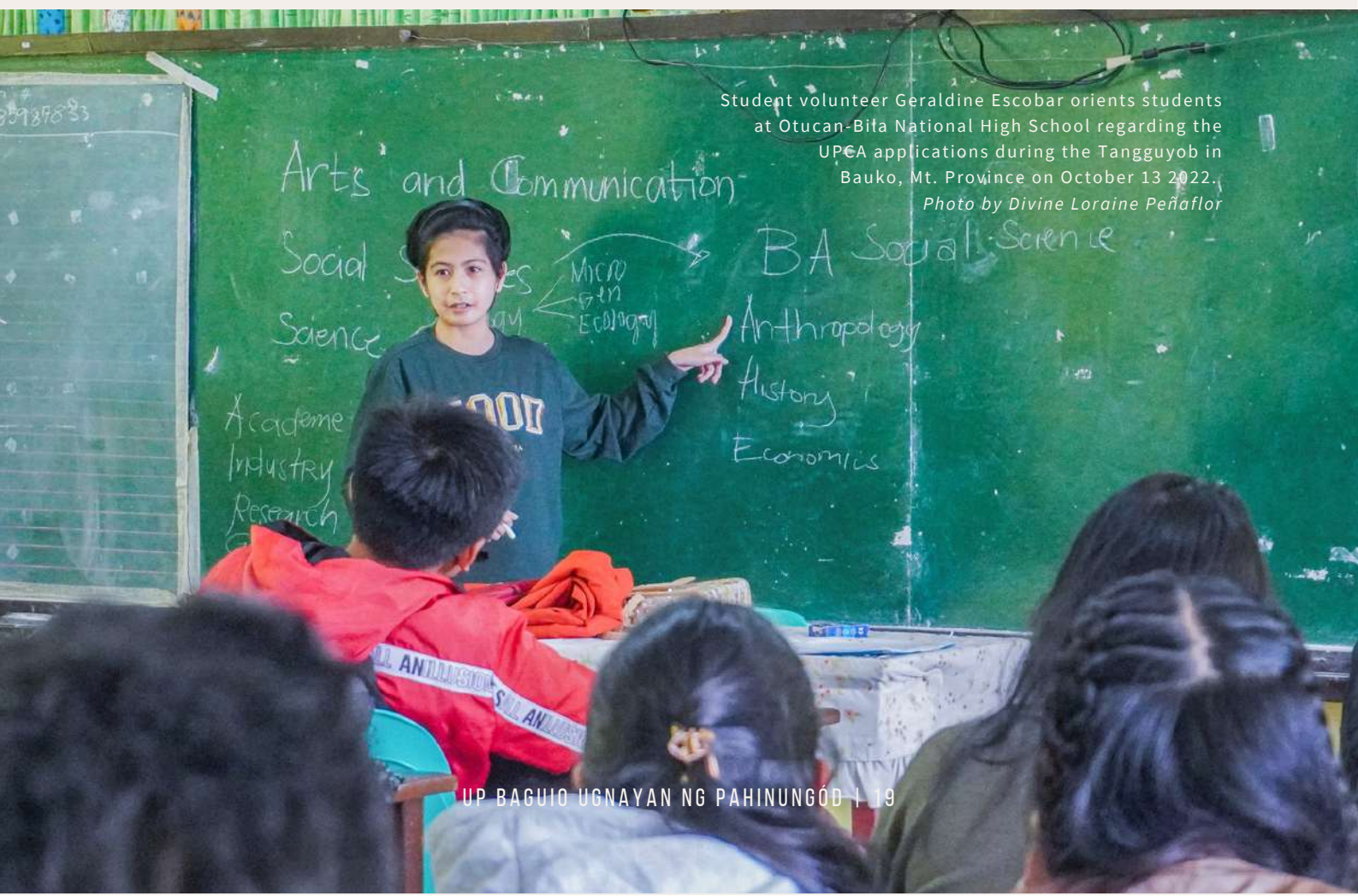
To end the year, Pahinungód Baguio showed its appreciation to our volunteers during the Volunteer Appreciation Day dedicated to our volunteers and what we have accomplished together. Ms. Kimberly Paglingayen, a faculty volunteer from the Department of Biology, received the Ugnayan ng Pahinungód pin for rendering 91 hours of volunteer service, and therefore named Volunteer of the Year for 2022. Volunteers from the different sectors of the university were also awarded: Mr. Markneel Balgos for Faculty Volunteer of the Year, Mr. Jann Alexis Enciso Lappas for Student Volunteer of the Year, Mr. Don Juanito Escobar as Staff Volunteer of the Year, Mr. Joshua Daveymar Galvez as Alumni Volunteer of the Year, and Ms. Alyana Atitiw and Ms. Marie Paz Aromin as Pahinungód Friend of the Year. The activity ended with a sharing session of the volunteers’ best Pahinungód Baguio experiences and a commitment to further the spirit of volunteerism in the University.

## Challenges and the Future

Each success comes with its own challenge. As Pahinungód Baguio returns to the communities it is mandated to serve, many challenges are yet to be overcome. In the current political climate, activities bearing the name of the University of the Philippines are likely to be viewed as being too critical and progressive. Pahinungód Baguio's response to this is to bring awareness to both communities and volunteers with the aim of becoming more visible to introduce the University of the Philippines and its constituents to the people we serve. Another challenge we face when engaging with the communities in Northern Luzon is a lack of access to the internet and technology, with many schools and communities having little to no mobile signal. Some schools also have limited access to computer units and books, and an alarming number of schools either lack libraries or have non-functional libraries. Lastly, while Pahinungód Baguio aims to reach as many schools as it can, another difficulty is the long distances between areas to be serviced that the amount of time it takes to travel hinders the delivery of our service and sometimes discourages volunteers. In scheduling activities, we also need to consider the differences in the schedule of our volunteers and our partner communities.

The Ugnayan ng Pahinungód Baguio prides itself on reaching new heights from 2021-22. From continuing its commitment to volunteer recruitment and development, to expanding its reach to the different corners of Northern Luzon, and to partnering with the other Pahinungód offices in delivering services to the remote communities, Pahinungód Baguio definitely fulfilled its role as a volunteer service program serving the underserved.

In 2023, we look forward to strengthening our existing partnerships and adjusting our projects according to the timely needs of our communities. Pahinungód Baguio also aims to ensure that all volunteers are equipped with the skills and knowledge they need during their service. We promise to continue improving Pahinungód Baguio as a program and espouse the fundamental values of the University, honor and excellence, and the Pahinungód spirit, involvement, and service.



Student volunteer Geraldine Escobar orients students at Otucan-Bita National High School regarding the UPCA applications during the Tangguyob in Bauko, Mt. Province on October 13 2022.

Photo by Divine Loraine Peñaflo





**Corazon Lumbera-Abansi, PhD**  
Chancellor, UP Baguio

While our Pahinungód Office is actively engaged with the communities of Northern Luzon and have collaborations of various kinds, I envision the office to be highly visible in the remote areas of the Cordillera, making UP education available and accessible to the youth of this region.



**Asst. Prof. Andrei A. Domogo, PhD**  
Director, UP Baguio Ugnayan ng Pahinungód

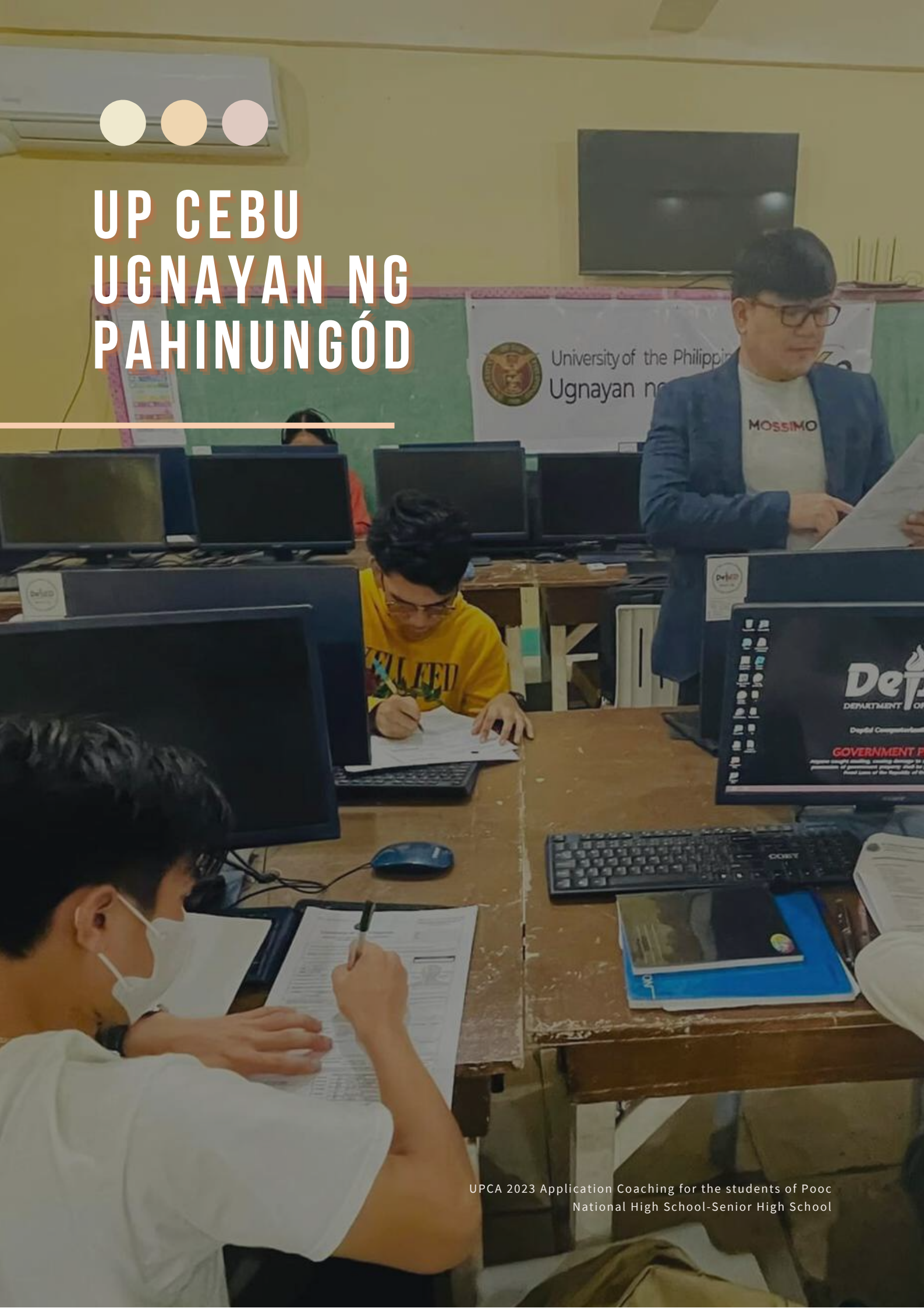
We at the Ugnayan ng Pahinungód Baguio have been witness to the shared growth among our volunteers and partner communities. For our activities, we have trained and/or mobilized more than 50 volunteers composed of students, faculty, alumni, and friends. We have partnered with 40 schools, where we engaged with 250+ teachers and around 3,500 students in our Edukaravan (teacher and student development program) and *Tangguyob* (career orientation and UPCA assistance program).

Pahinungód volunteers were able to advance in their mastery of different subject areas. They had the privilege to learn from the realities on the ground and gain different perspectives, which led to good character development and grounded education. The teachers from our partner schools had the occasion to discuss and get ideas on contextualizing and localizing lessons and stress management. Furthermore, the students had an alternative learning experience through storytelling, appreciation lessons, journalism, and scientific and mathematical investigation. Graduating students were introduced to the idea of having a free and quality college education at UP through career orientation.

In these activities, we were able to connect and reconnect with all of the provinces in the Cordillera and some places in the neighboring regions. The mutual development of our volunteers and partner communities is always our goal and most treasured achievement. We aspire to continue providing and improving Pahinungód volunteer opportunities in the years to come.



# UP CEBU UGNAYAN NG PAHINUNGÓD





Pahinungód Pin Awarding on July 29, 2022

Special citation read during the awarding of the Pahinungód pin:

“Ang Pahinungód pin ay iginagawad sa mga natatanging nagsipagtapos na nagsilbing boluntir ng Unibersidad. Sila ay mga namumukod tanging mag-aaral na nagbigay ng oras, kakayanan, talino at pagmamalasakit upang tugunan ang tawag ng Oblation na paglilingkuran ang mga maralitang komunidad at sector ng lipunan. Sa kanilang sakripisyo at pag-aalay ng sarili, patuloy na nabubuhay ang diwa at kaluluwa ng Unibersidad ng Pilipinas na maglilingkod sa Bayan ng walang hinihinging kapalit. Sa kanilang maliliit na paraan, sila ang nagsilbing higitang simbolo ng Pamantasan ng Bayan at mga tagapagdala ng mensahe ng kaunlaran at pag-asa.”

**M**any countries around the world, including our own, have faced multiple overlapping challenges, which continue to hinder—even reverse—the progress toward their development goals. Extreme poverty has risen globally in 2020 for the first time in over two decades. The Philippines and the rest of the world have continued to grapple with the health, economic, and social impacts of the COVID-19 pandemic. Additionally, already high inflation rates have been exacerbated by the Russian invasion of Ukraine, making food, energy, and other necessities more expensive, with much of the burden falling on the poorest and most vulnerable people, which the country has seen greatly from 2021 to 2022. Climate change has continued to pose long-term risks, as natural disasters and extreme weather affect everything from agriculture to infrastructure. This growing fragility and conflict many Filipinos have experienced haven’t ceased deepening food insecurity and education crises, compounding the downturn in growth prospects from two years of the pandemic.

Despite these global and local challenges, the Ugnayan ng Pahinungód UP Cebu never stopped or closed its doors to the community, with its continuous support to the community partners in upholding the Pahinungód spirit and duty of care towards its volunteers and all those who normally would benefit from its programs and services. The slow ease of restrictions in the country has allowed the Pahinungód to gradually return to the conduct of face-to-face programs, adhering to and observing distancing and other COVID-safety precautions.

### **Teacher Development Program**

Activities under the Teacher Professional Development (TPD) program have allowed the Ugnayan ng Pahinungód UP Cebu to achieve its goal of training public school teachers based on their needs in content, research, and pedagogy and matched with the expertise of the UP Cebu volunteer faculty, REPS, staff, alumni, and students. With the help of partners like DepEd partner school heads and teachers, activities such as Action Research Coaching, Service Learning, Research Colloquium, and International Forum have been conducted in either in-person or online modalities.

Meanwhile, service learning, a course-related activity conducted by students based on the partner community's needs, allowed students to apply their course objectives to the community with a consultation. The Ugnayan ng Pahinungód UP Cebu has reached more than 100 teacher-participants through the Ledivina Carino webinar series and partnership with Sibonga Central Elementary School in Sibonga, Poooc National High School in Talisay City, and Kal-anan Elementary and High Schools in Tabogon, Cebu.

With the goal of discussing issues, trends, research, and best practices in education through volunteerism, research colloquiums under the TPD program have allowed presenters—mostly educators themselves—to share their research findings to the public. For 2021 to 2022, more than 700 teachers and researchers around the Philippines have joined and tackled various topics such as innovation for remote learning, transdisciplinary research in graduate education, and recent developments in the field.

An international forum was also held in partnership with the Universiti of Sains Malaysia, where 112 teachers and researchers from both the Philippines participated in the forum discussing teaching and volunteerism during the COVID pandemic.

Many webinars and face-to-face training have also been conducted, where more than 300 have participated.

Pahinungód Para sa Sta. Rosa National High School:  
Teachers Professional Development for Sta. Rosa  
National High School teachers.

\*Contextualization of Science Teaching  
for Grade 9 Science

Volunteer Speaker: Dr. Gionvanni Gio Malapit,  
a Plasma Physicist from UP Baguio  
Moderator: Florame A. Amarin

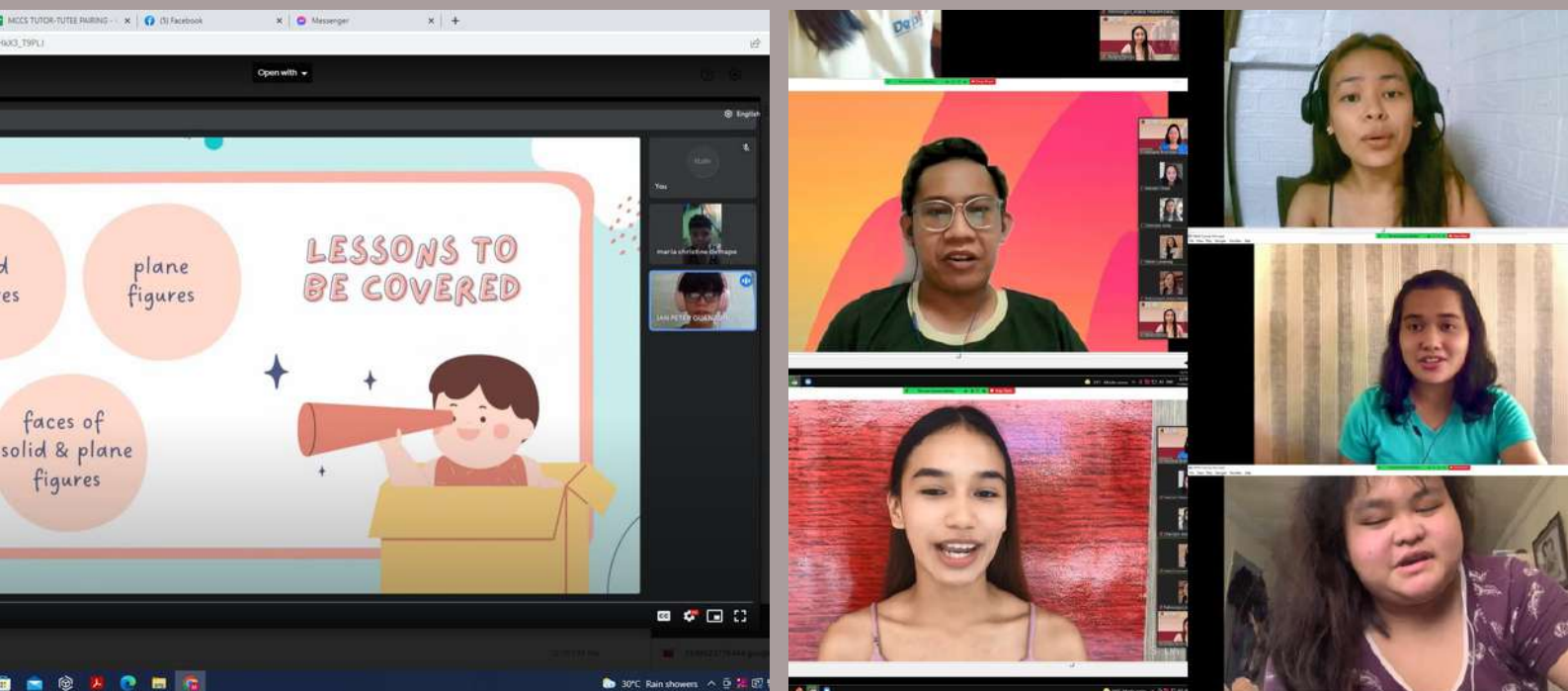
"Let's not get tired of doing good, because in time we will be rewarded."



## E-Tutorial Service Program

The E-Tutorial Service Program allowed the Ugnayan ng Pahinungód UP Cebu volunteers to provide free tutorial services for elementary or high school students in Mathematics, English and Public Speaking.

For the 2021 to 2022 period, the E-tutorial Service program has reached more than 80 students from four schools in Cebu City, Mandaue, and Talisay. Tutorials were mostly done online as it was the modality most accessible to everyone. Furthermore, the DepEd teachers conducted action research about these tutorials which were presented at local and international conferences.



Sessions from the Math and Public Speaking offerings of the E-Tutorial Service program were conducted through online modes like Zoom.

## Committee on Psychosocial Emergency Services (COPES) Program

With CoPES being a systemwide program aiming to provide psychosocial support services by strengthening the capacities of individuals and communities so they would be able to help themselves and others, as well as to strengthen the psychosocial well-being and capacitate them in providing psychological first aid as front liners, the UP Cebu Ugnayan ng Pahinungód has also done its role in reaching out to the community in giving psychosocial services.

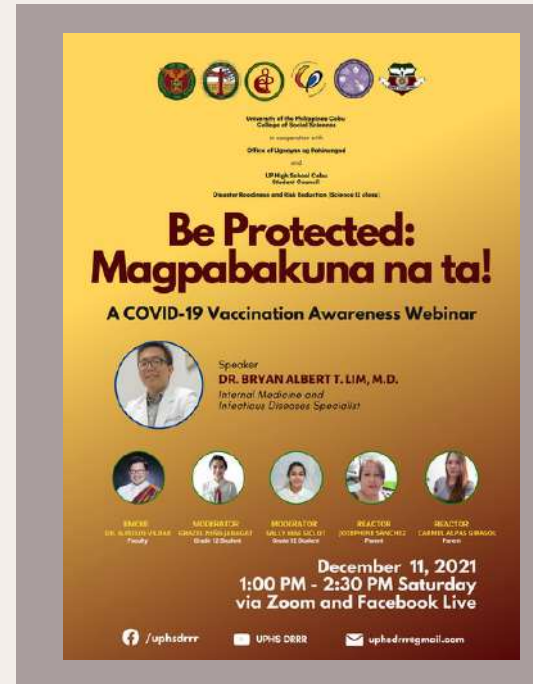
For the 2021 to 2022 period, the UP Cebu Ugnayan ng Pahinungód has reached out to Cordova Public College where 13 administrative staff and 20 faculty members benefitted from CoPES activities.

## Buhay Pahinungód for Disaster and Risk Reduction Management Program

Disasters like typhoons and earthquakes regularly hit the country, and this program was developed to raise awareness of best practices and research on disaster risk reduction management (DRRM).

A webinar titled “Be Protected: Mag Pa-Bakuna na ta! A Covid-19 Vaccination Awareness Webinar” has reached out to 300 participants from the general Cebuano community. This webinar has helped educate Cebuanos, mostly parents, on how vital the COVID-19 vaccination is for the country to achieve herd immunity.

Another activity for the DRRM program focused on sustainable energy, reaching 173 participants consisting of UP High Cebu parents, students, and alumni.



The poster is for a webinar titled "Be Protected: Magpabakuna na ta!" which is a COVID-19 Vaccination Awareness Webinar. It is organized by the University of the Philippines Cebu, College of Social Sciences, Office of Disaster and Risk Management, and the UP High School Cebu Student Council. The speaker is Dr. Bryan Albert T. Lim, M.D., an Internal Medicine and Infectious Diseases Specialist. There are five panelists: Dr. Arisul Villar, Dr. Grace Rose Lagana, Dr. Sally Rose Quijote, Dr. Josephine Sanchez, and Dr. Gabriel Alpas Guezon. The webinar is scheduled for December 11, 2021, from 1:00 PM to 2:30 PM Saturday, via Zoom and Facebook Live. Contact information for UPHS DRRM is provided at the bottom.



The UP Cebu Ugnayan ng Pahinungód conducts UP College Admissions 2023 Application Coaching to senior high school students.



## Affirmative Action Program (AAP)

Activities under AAP aim to provide supplementary training among high school students on specific subjects as requested by the community.

Two activities during the years 2021 to 2022 focused on voter literacy, reaching more than 60 participants from Barangays Guba and Pulangbato.

A webinar on job preparation and professional enhancement was also conducted for 300 graduating students of the Bohol Island State University – Calape Campus.

To also aid in the promotion and the accessibility of the UPCA, the UP Cebu Ugnayan ng Pahinungód has also reached out to many schools in the area, coaching and helping students fix the requirements and pick their programs for UPCA.



As the UP Cebu Ugnayan ng Pahinungód moves toward 2023, it aims to maximize the potential of hybrid modalities to ensure more access and participation among the underserved communities for many of its activities. It also looks to continue the use of online modality, mostly for the tutorial programs, given its cost-effectiveness, and safety among the volunteers and tutees. The online tutorial requires less time for preparation and has no travel time and expenses. Lastly, it hopes to conduct more training for staff on technical writing and conducting in-person fieldwork. Such training can equip the UP Cebu Ugnayan ng Pahinungód staff for future demands.



Also part of the Affirmative Action Program on UPCA 2023 for Pahinungód Partner Schools, more than 100 SHS students from Cebu City Don Carlos A. Gothong Memorial National HS - DepEd Region 7 attended the UPCA Application Coaching.



**Atty. Leo B. Malagar**  
Chancellor, UP Cebu



My vision for the UP Cebu Pahinungód Office in the next 3 years includes:

(1) Expanding outreach to more communities: The office can aim to increase its reach and impact by identifying and partnering with more communities in need in collaboration with other government agencies and local government units. For example, the office can work with marginalized communities in remote areas or disaster-stricken regions to provide education, healthcare, and livelihood support in collaboration with other organizations.

(2) Developing innovative and sustainable programs: The office can strive to develop more innovative and sustainable programs and projects in collaboration with Regional Center of Expertise on Education for Sustainable Development-Cebu (RCE) that address the specific needs of the communities. For example, the office can create a program that provides training in sustainable farming practices or renewable energy systems to help communities become more self-sufficient and resilient.

(3) Forging stronger partnerships with stakeholders: The office can strengthen its partnerships with local government units, non-government organizations, and other stakeholders to improve the effectiveness and sustainability of its programs. For example, the office can collaborate with LGUs to provide education and health services in underserved communities, or work with NGOs to implement community-based disaster preparedness and response programs.

(4) Fostering a culture of volunteerism and service: The office can encourage more UP Cebu faculty, students and staff to participate in volunteer activities and service-learning programs. For example, the office can organize a volunteer fair where faculty, students and staff can learn about different volunteer opportunities and sign up to participate in community service projects. The office can also recognize and celebrate the contributions of volunteers through awards and other forms of recognition.

Overall, my vision for Pahinungód is focused on empowering communities and fostering sustainable development through innovative programs, strong partnerships, and a culture of service and volunteerism.



**Prof. Aurelio P. Vilbar, PhD**  
Director, UP Cebu Ugnayan ng Pahinungód



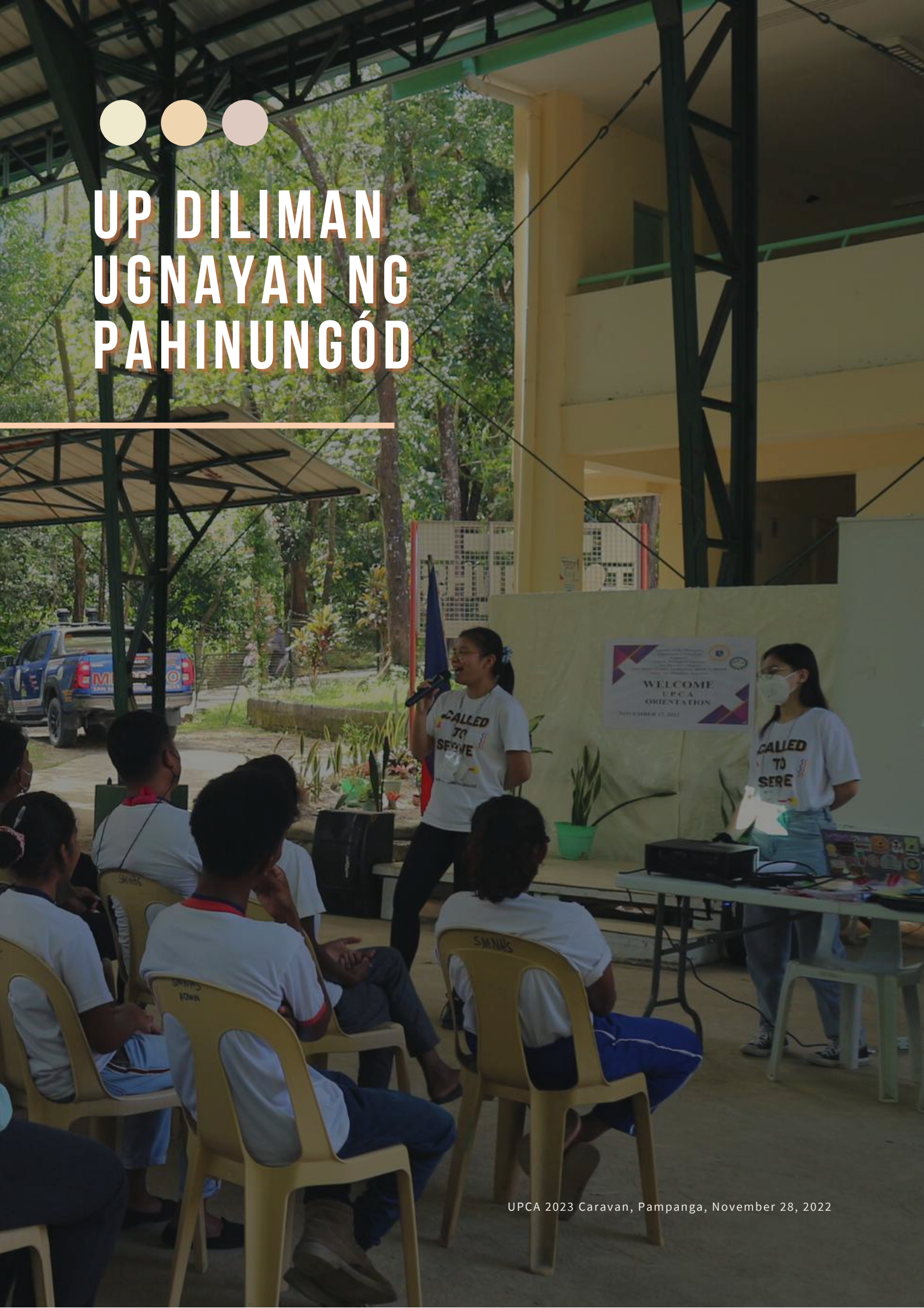
*"I feel fulfilled that aside from the faculty and students doing Pahinungód, we librarians and staff had a chance to volunteer in Santa Rosa National High School, Olango Island after Typhoon Odette."*


The statement of UP Cebu Librarian Ms. Mylah Pedrano during the 2022 Systemwide Pahinungód Council Meeting in UP Cebu encapsulated our 2022 success story.

This year opened doors for hybrid volunteerism and for more volunteers. Professors and graduate students volunteered to coach Santa Rosa teachers on their research proposals through in-person and online modes. Also, the staff and REPS helped in restructuring their library and volunteering in the Affirmative Action Program. This collective volunteerism created ripples of kindness and reciprocity that consequently developed personal and professional growth among the volunteers and the community.

What made us happier this year was that the e-tutorial and e-service learning research conducted by our volunteers were presented at international conferences. The e-service learning research was published in a Springer publication in Greece. This research inspired the office to do more volunteerism with research for the next years.

UP DILIMAN  
UGNAYAN NG  
PAHINUNGÓD





Psychosocial Wellness Seminar: Proactive Balance of Work and Life Living is a wellness seminar for the UP Asian Center Staff where they learned mental health techniques such as psychological first aid and skills from the Community Resilience Model.

**T**he UP Diliman Ugnayan ng Pahinungód’s momentum in pursuing the Pahinungód mission is powered by the generosity of its supporters and partners, motivated by the sincere advocacies and mission to serve a brighter tomorrow for the people it serves.

Like many others, the easing of the COVID-19 restrictions this 2022 allowed several programs of the UPD Ugnayan ng Pahinungód to move from online to face-to-face implementation. Health protocols were strictly observed, which included social distancing, use of open spaces, wearing of masks, and frequent use of alcohol during the face-to-face activities of the UPD Ugnayan ng Pahinungód. Face-to-face activities allowed the UPD Pahinungód to provide more meaningful interaction among volunteers, partner schools, and communities which further solidified the vision and mission of the Ugnayan ng Pahinungód.

### Gurong Pahinungód Program

One of the Pahinungód’s main activities, the Gurong Pahinungód program, sends UP alumni to public high schools in underserved areas of the country to help uplift the quality of education in remote communities. And to support the implementation of this, the UPD Ugnayan ng Pahinungód aimed to help in volunteer recruitment through the production of publicity materials.

To achieve this, the UPD Ugnayan ng Pahinungód launched the “Mga Kwentong Gurong Pahinungód,” a video series featuring the stories and testimonies of the former Gurong Pahinungód volunteers: Karen Panol, Joanna Abigail Terrado-Decano, and Raymond Jason Aquino on the significance of the Gurong Pahinungód program last February and March 2022. The videos were used during Gurong Pahinungód orientations.

### Psychosocial Support Program

The Psychosocial Support Program (PSP) is a mental health program of the UPD Ugnayan ng Pahinungód that was established back in 2020. Activities under this aim to empower individuals, groups, and communities to build their capacity for psychosocial support and to enhance the knowledge and skills of volunteers (students, faculty, staff, and alumni of the University of the Philippines) on basic psychosocial support that they can offer to their respective families, peers, and communities and to help themselves as well.



UNIVERSITY OF THE PHILIPPINES DILIMAN  
UGNAYAN NG PAHINUNGOD

HOLISTIC WELLNESS WEBINAR SERIES 2

LET'S TALK ABOUT...  
**FINANCIAL WELLNESS**

WITH MR. GENESIS KELLY LONTOC  
REGISTERED FINANCIAL PLANNER

NOVEMBER 25, 2022, FRIDAY  
5:30PM - 7:00PM

SCAN THE QR CODE OR  
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From July 2021 to December 2022, the Psychosocial Support Program was put into action through its three components:

The first component is information dissemination from which several activities were accomplished in efforts to provide up-to-date and accurate information on COVID-19, mental health, and relevant service providers. The release of publication materials related to mental health and wellness on the UPD Ugnayan ng Pahinungód's Facebook page, as well as the peer support service, were done to invite more students to be Peer Support Volunteers (PSVs) or to avail of the free psychosocial support service. With the help of three undergraduate student volunteers, over 50 posts on the Pahinungód Diliman's Facebook page have a cumulative reach of 220,000. In addition, the "Holistic Wellness Webinar Series," and the launching of PSP and Volunteer handbooks also took place. The Holistic Wellness Webinar installments were attended by a total of 45 people with 13,295 cumulative Facebook post reach. All these efforts contributed to creating a space where UP constituents are being continuously informed on issues, matters, and resources related to mental health.

The second component of the program is capacity building which pertains to the efforts being done to train PSVs to provide basic psychosocial support to the UPD community. To accomplish this, peer support training on Psychological First Aid (PFA), Community Resiliency Model, and signs of safety were conducted. For Peer Support Training Batch 4, 19 out of the 28 participants completed the training. From 2020 to the present, there are 107 trained Peer Support Volunteers, where 20 are active. Orientation workshops on PFA and wellness skills were also done for various university constituents, and monthly Kumustahan sessions were carried out for case management updating and discussion of special topics. Five Orientation-workshops were facilitated by a total of 10 faculty volunteers, 1 undergraduate student, 1 alumnus, and 2 staff. These were attended by 22 faculty, 12 graduate students, 67 undergraduate students, 21 staff, 3 alumni, 7 non-UP individuals. Meanwhile, 14 monthly Kumustahan sessions were conducted, attended by 15-20 Peer Support Volunteers from Batches 1-4.

The third component is the referral system which aims to support seekers with special psychosocial needs beyond the level of PFA. A resource list of different specialized services guides the PSVs in referring their assigned support seekers for further needed support. Ten undergraduate student volunteers, 10 graduate student volunteers, 2 REPS, 3 staff, 17 faculty, and 7 alumni handled 51 cases, 60 inquiries, 19 referrals.



The Holistic Wellness Webinar Series, held in September and November 2022, discussed topics on holistic health and financial wellness.

## **Buhay Pahinungód Program**

UPD Pahinungód's Buhay Pahinungód program aims to promote disaster risk reduction, mitigation, and adaptation practices and climate change adaptation through capacity building of community volunteers and community members to become first responders in their areas in times of disaster and calamity. With the many disasters that hit our country, there is always room in addressing various risk reduction and mitigation steps, as well as respond to both pre-and post-disaster relief operations.

With the help of the Brgy. UP Campus, an ocular visit in Pook Daang Tubo and Pook Arboretum was conducted last March 4, 2022, to prepare for implementation of the program. The UPD Pahinungód team was joined by Brgy. Captain, Hon. Zenaida P. Lectura and her staff. In the same month, two Disaster Risk Reduction and Management (DRRM) Seminar-Workshops with select residents of Pook Daang Tubo and Pook Arboretum, Barangay UP Campus were conducted last March 23 and March 30, 2022, in partnership with the UP Resilience Institute (UPRI). During the seminar-workshops, lecture discussions on the basic concepts of DRRM and workshops on community risk assessment and DRRM prevention, mitigation, preparedness, response, and recovery were given by Dr. Emmanuel M. Luna and Ms. Lea Victoria Serrano, from UPRI, to build the participants' capacities for DRRM.

The program was successfully implemented as the residents were able to put together data and information to draft their community-based disaster risk reduction and management plan.

## **Tutorial Service Program**

Activities under the Tutorial Service Program (TSP) aim to provide public school students with additional learning sessions geared towards enhancing their skills in different subject areas (reading comprehension, Mathematics, Science, English, etc.) and enriching their academic preparation for higher education.

As part of the preparations of the volunteers of TSP, last February 25, the UPD Pahinungód conducted an orientation training. A lecture-discussion on understanding struggling adolescent readers and workshops on vocabulary and story reading lessons, asking questions, and conducting engaging activities were done by volunteers from the UP College of Education, Dr. Marie Grace Reoperez, Ms. Erlene Barandino, Mr. Arnold Gatus, Ms. Melissa Lopez, Mr. Jerome Hilario, and Ms. Rose May Zabala. A follow-up session was conducted for the TSP volunteers last April 23, 2022. The volunteers were taught how to administer pre-tests and how to deliver the online tutorials via messenger by Dr. Marie Grace Reoperez and Mr. Joshua Basquiñas.

Following this, the UPD Pahinungód, in coordination with the Filipino department of Balara High School, officially launched TSP via Google Meet and Facebook Live last June 3, 2022.

UPD Ugnayan ng Pahinungód director Jocelyn T. Caragay proudly introduced TSP and the TSP volunteers to the attendees. Assoc. Prof. Marie Grace T. Reoperez, Ph.D. of the UP College of Education and the volunteer resource person of the TSP, also gave an inspiring speech to the Grade 7 students who will take part in the tutorial sessions from June to July 2022. Ms. Sam Danielle Matulac, Junior Project Associate of the UPD Ugnayan ng Pahinungód, and Mr. Romnick Madrinico of Balara High School hosted the virtual launch.

From June 15 to July 25, a total of 12 sessions on reading comprehension were conducted by the TSP volunteers with their Grade 7 tutees from Balara High School. This included one getting-to-know session and one (1) assessment session.

To recognize the students who were able to complete the sessions, a face-to-face culminating activity was conducted last August 3, 2022, in their school building. A total of 45 participants composed of students, parents, teachers, volunteer tutors, and staff, attended the activity.



Meeting with the farmers of the Molinete Farmers Association (MoFA) and Association of Malunggay Farmers and Entrepreneurs on October 10 in Laurel, Batangas



A Culminating Activity for the online Tutorial Service Program held from June 15 to July 25, 2022, with the Grade 7 students of Balara High School




  
**APPLICATIONS FOR UPCA 2023**  
 are now **OPEN**

**UPD Ugnayan ng Pahinungod and UP Office of Admissions**  
**UPCA 2023 Caravan**  
 Manual UP College Admissions Application Service

Open to Tarlac, Pampanga and Zambales public high schools with highly unreliable to no internet connection

**Applicant's Requirements**

- Fully accomplished Forms:
  - Form 1 Personal Data Sheet (filled out by the applicant)
  - Form 2A (filled out by the high school)
  - Form 2B High School Record (filled out by the applicant)
- A certified true copy of the Permanent Secondary School Record (FIS7/SFIO)
- 2x2 picture

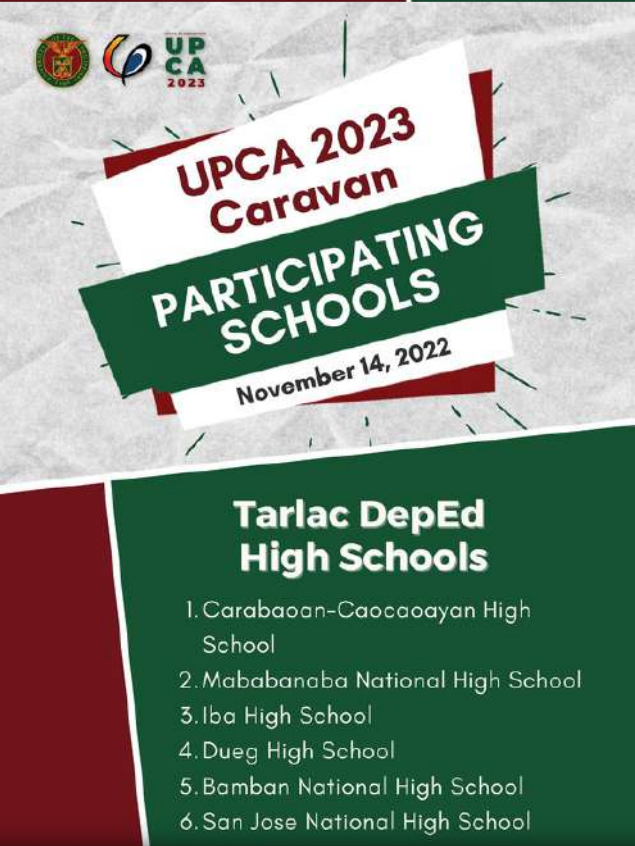
**For inquiries, contact:**  
**Dr. Willie Awitan**  
 Junior Project Associate  
 pahinungod.upd@up.edu.ph


## Affirmative Action Program

The Affirmative Action Program (AAP) is initially designed to hold college entrance examination reviews for public high school students in underserved provinces in hopes of increasing the representation of their population in the University and other state universities and colleges. This program hopes to democratize access to higher education. Considering that there is no test for the upcoming academic year due to the persisting pandemic, UPCA orientations were conducted in the provinces of Tarlac, Zambales, and Pampanga from November 14 to 28, 2022. It was successfully initiated by the UPD Ugnayan ng Pahinungod and UP Admissions Office.

Under the AAP, the UPD Ugnayan ng Pahinungod launched the UPCA Caravan in November 2022. Nine public high schools in Tarlac, Zambales, and Pampanga namely Carabaoan-Caocaoayan High School, Bamban National High School, Mababanaba National High School, Iba High School, Dueg High School, San Jose National High School, Buhawen National High School, San Marcelino National High School, and Camias National High School were visited during the caravan. A total of 480 senior high school students were provided orientations on how to apply to UP. Indigenous Peoples (IP) students from Zambales and Pampanga also joined the orientations.

UPCA forms were distributed after the orientation sessions with guidance from the UP Office of Admission in the person of Dr. Daniel Mabazza, Assistant Director for Test Administration.




  
**UPCA 2023 Caravan**  
**PARTICIPATING SCHOOLS**  
 November 14, 2022

**Tarlac DepEd High Schools**

- Carabaoan-Caocaoayan High School
- Mababanaba National High School
- Iba High School
- Dueg High School
- Bamban National High School
- San Jose National High School



UPCA 2023 Caravan, Zambales, November 17, 2022

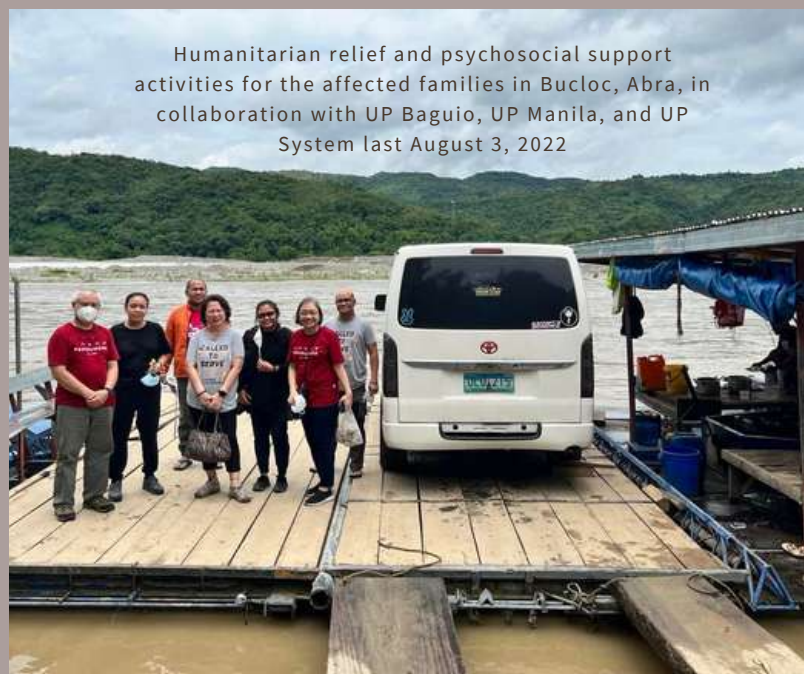
## Serbisyong Pahinungód ng UP Diliman

Serbisyong Pahinungód ng UP Diliman is an online gathering launched last October 8, 2022, with the goal of introducing the programs and functions of the UPD Ugnayan ng Pahinungód to the 26 academic degree-granting units of the University of the Philippines Diliman, establishing networks with the faculty and student focal persons of 26 units; and identifying and collating the programs and services that the 26 UP Diliman college units can offer with the UPD Ugnayan ng Pahinungód to relevant partner communities/groups.

The 2020 to 2021 period has seen the UPD Pahinungód thrive and grow. It has been a challenging year and the impact of COVID-19 has been felt across the community and has particularly affected the volunteering community. As restrictions continue to ease in 2023, the UPD Ugnayan ng Pahinungód aims to serve more communities by broadening its geographic reach, adopting communities, and providing integrated support, enhancing its volunteer programs on psychosocial support, disaster risk reduction and management, education, and tapping the existing resources and expertise of the UP Diliman community.



Repacking of donations for the affected families and communities of the recent tropical storm Paeng November 11, DSWD National Resource Operations Center, Pasay



Humanitarian relief and psychosocial support activities for the affected families in Bucloc, Abra, in collaboration with UP Baguio, UP Manila, and UP System last August 3, 2022



Meeting with the farmers of the Molinete Farmers Association (MoFA) and Association of Malunggay Farmers and Entrepreneurs last October 10, Laurel, Batangas





Humanitarian relief and psychosocial support activities for the affected families in Bucloc, Abra, in collaboration with UP Baguio, UP Manila, and UP System last August 3, 2022



**SERBISYONG PAHINUNGOD NG UP DILIMAN 2022**

OCT. 8, 2022

Serbisyong Pahinungód ng UP Diliman is a gathering held last October 8, 2022 to establish networks with the 26 degree-granting units of UP Diliman.



UPCA 2023 Caravan, Tarlac Province, November 14, 2022



**Fidel R. Nemenzo, DSc**  
Chancellor, UP Diliman



I am proud of our UP Diliman Ugnayan ng Pahinungód. During the pandemic, it has pivoted from outreach programs in the provinces to the provision of mental health and psychosocial support for students and the community. It has mobilized and trained peer support volunteers for its Psycho-social Support Program (PSP), which is a crucial and unique contribution to our university's public service initiatives to address the COVID-19 pandemic.

Through its innovations and partnerships with various stakeholders, UP Diliman Ugnayan ng Pahinungód will, in the coming years, continue to embody the spirit of bayanihan and damayan. These are at the core of our mission as a public service university in serving the underserved communities in the spirit of volunteerism and compassion. UP has a rich pool of talents with passion to serve and give back to the country, towards the goal of sustainable and pro-people development.

**Assoc. Prof. Jowima Ang-Reyes, RSW, MSW, PhD**  
Director, UP Diliman Ugnayan ng Pahinungód



Since its renaissance in July 2019, the UPD Ugnayan ng Pahinungód has successfully implemented a total of six major programs, namely: the Tutorial Service Program (TSP), the Teacher Development Program (TDP), the Buhay Pahinungód Program, the Psychosocial Support Program (PSP), the Affirmative Action Program (AAP), and the Serbisyong Pahinungód of UP Diliman. These programs have been realized through the active participation of more than a hundred volunteers, who have helped a number of individuals and communities within and outside the UP Diliman campus.

From July 2021 to December 2022, regular programs were implemented, like TSP, the Buhay Pahinungód Program, and PSP continued. Meanwhile, Serbisyong Pahinungód ng UP Diliman was launched this year. It is a collaborative effort among 16 academic degree-granting units of the UP Diliman that responded to the call made by the office to the UP Diliman community, where their unique programs and expertise will be made accessible to different partner institutions/communities/groups in need. This is in line with Pahinungód's goal of making UP a caring university and solidifying its commitment to serving underserved communities in accordance with its mandate to serve the people. In addition, Serbisyong Pahinungód concretely provides students, faculty, and other constituents of the University with an avenue to express and develop their love of the country through the utilization of their unique disciplines and expertise for the communities.

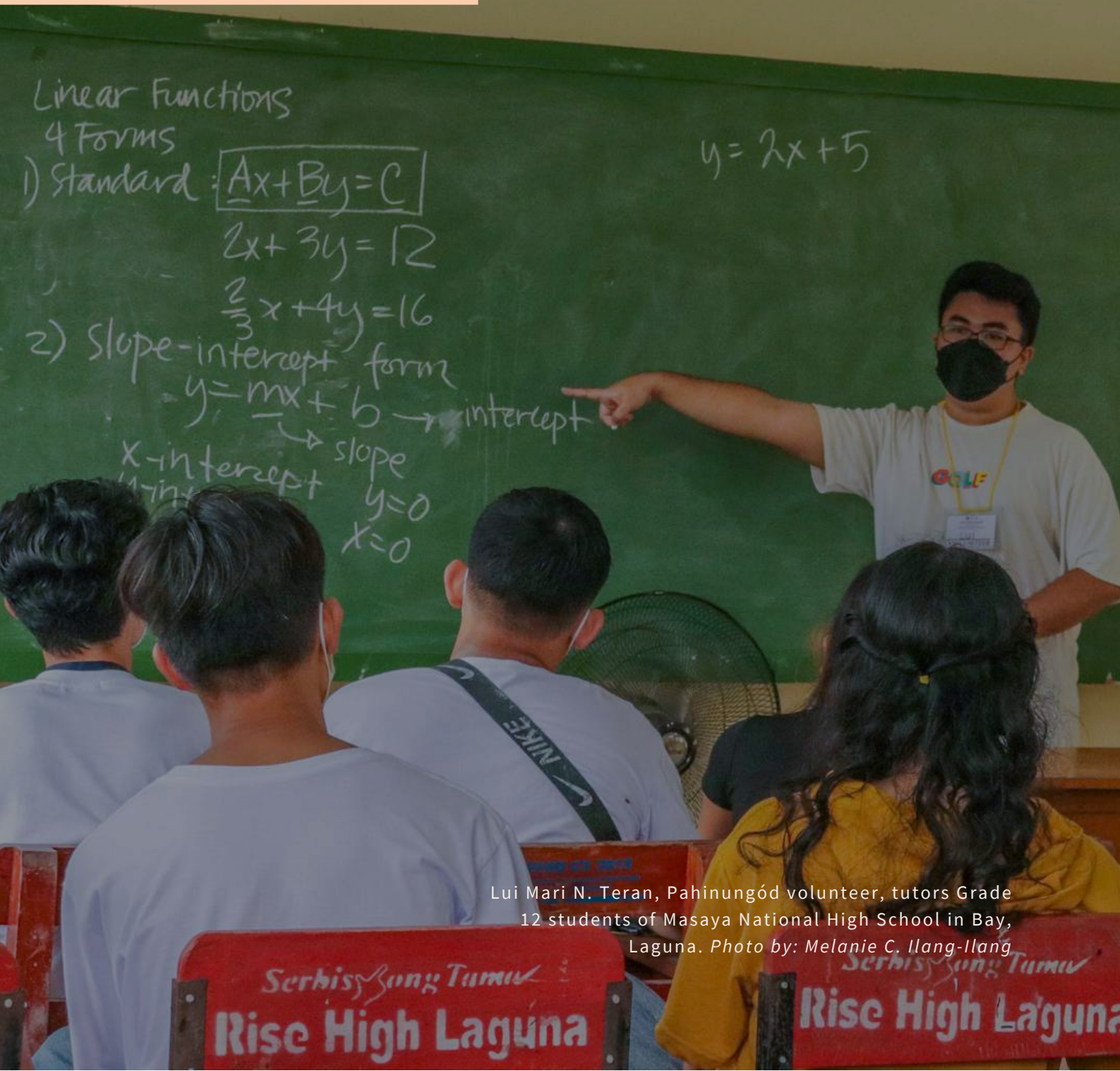
The UPD Ugnayan ng Pahinungód, in the implementation of the Affirmative Action Program and in coordination with the UP Office of Admission, organized the conduct of the University of the Philippines College Admission (UPCA) Manual Application Caravan. Schools in Tarlac, Zambales, and Pampanga, with little to no access to internet connections were assisted in the application process by making manual application forms available, as well as conducting an orientation discussing the different UP campuses and degree programs. These efforts were geared towards providing access and opportunities to students who are experiencing difficulties with the online application process to have a fair chance of admission – which is a part of the university's efforts to democratize access to a college education.

The volunteers played important roles in helping overcome the challenges brought on by the period of pandemic, and the current challenges as we transition to in-person activities. More initiatives and innovations were fueled by lessons learned, insights shared, and partnerships with and by the volunteers and other relevant stakeholders. It has helped in sustaining enthusiasm and passion during this unprecedented time when volunteering and offering oneself for service can be challenging in the midst of socio-economic and political turmoil brought about by the pandemic.

The UPD Ugnayan ng Pahinungód will continue to innovate and advocate its endeavors, upholding UP's mandate to serve the nation as a national university while providing a gender-fair and culturally inclusive platform for values education among volunteers and channeling and mobilizing their spirit of Bayanihan. It will continue to advance its advocacy for volunteerism at and over UP Diliman by training, nurturing, and organizing volunteers to proactively serve and promote volunteerism as the key component in nation-building, highlighting the inherent worth and dignity of the communities being served and their basic human rights.



# UP LOS BAÑOS UGNAYAN NG PAHINUNGÓD



Linear Functions

4 Forms

1) Standard:  $Ax + By = C$

$$2x + 3y = 12$$

$$\frac{2}{3}x + 4y = 16$$

2) Slope-intercept form  
 $y = mx + b$  → intercept

↙ slope  
↘ x-intercept  
 $y = 0$   
 $x = 0$

$$y = 2x + 5$$

Lui Mari N. Teran, Pahinungód volunteer, tutors Grade 12 students of Masaya National High School in Bay, Laguna. Photo by: Melanie C. Ilang-Ilang

Serbisyo ng Tumutulong  
Rise High Laguna

Serbisyo ng Tumutulong  
Rise High Laguna



Gilbert Q. Lanwang, UPLB Pahinungód staff, orients aspiring volunteers during the Volunteer Orientation on September 19, 2022, at the Bahay ng Pahinungód.  
*Photo by Melanie C. Ilang-Ilang*

**T**he UPLB Ugnayan ng Pahinungód continued to recognize the various crises that hit the country and left a great impact on many individuals. In the face of immense need, UPLB Pahinungód unceasingly chose to take action and reached out to even the farthest communities, virtually and remotely, despite the strict implementation of lockdowns and physical distancing due to the threat of COVID-19.

Like other constituent units, the UPLB Ugnayan ng Pahinungód found the years 2021 to 2022 as eventful yet productive, which demanded flexibility and innovation in facing the challenges and limitations of the COVID-19 pandemic.

Transitioning to the new normal, many still struggle to navigate the impact of the pandemic crisis, making the needs of the common “masa” feel overwhelming. As restrictions started to ease in the latter part of 2021, face-to-face activities gradually returned.



### Volunteer Development Program

The UPLB Pahinungód’s volunteer development programs are centered on providing relevant training and seminars to hone and foster volunteers’ growth and well-being. From 2021 to 2022, Pahinungód conducted six runs of the Online Volunteer Training Course (OVTC), five orientations, three volunteer assemblies, one volunteer camp (October 22 to 23, 2022), and one Pahayon sa Nagsipagtapos (July 2021). More than 300 individuals were oriented, with 103 completing the basic volunteer training.

In addition, the office, with the volunteers, celebrated its 28th Inception Anniversary and 28th Founding Anniversary in October 2021 and March 2022, respectively.

BILOG NG KAPAALARAN | Participants doing one of the teambuilding activities during the Volunteer Camp held on October 22 to 23, 2022 *Photo by Melanie C. Ilang-Ilang*

## Communications and Public Information

One of the goals of UPLB Pahinungód is to promote and improve its visibility not just on its Facebook page but also on other social media platforms. Following the official launch of UPLB Pahinungód's website last October 1, 2021, year-round posts of the office's activities and projects were done consistently.

Several webinars were also conducted, which include “Boluntirismo: Ako, Ikaw, at Tayo” last December 6, 2021; “Puso Para sa Bayan” series last February 14 and 21, 2022; and “Mga Mukha ng Kababaihan: Maria, Juana, at Melchora” on March 21, 28, and 31, 2022. All of these were streamed online via Zoom and Facebook Live, with an average of 100 participants attending each webinar.

These activities allowed UPLB Pahinungód to be transparent in its operations, not only for its constituents but also for its partners.



Megan Kaye Marie O. Rayala, Pahinungód System Office staff, facilitating one of the focus group discussions for the different sectors in Gasan, Marinduque  
Photo by May Kathleen T. Montenegro



Asst. Prof. Raphael M. Ferrer during the Psychosocial Support and Stress Management Training at Dayap National Integrated High School on Nov. 18, 2022  
Photo by Melanie C. Ilang-Nang

## Service-Learning Program

The service-learning program of UPLB Pahinungód focuses on assisting various community projects and initiatives run by different UPLB offices. The office has worked with the NSTP classes, Development Communication classes, Museum of Natural History, College of Engineering and Agro-Industrial Technology Student Council (CEAT SC), Office of the Vice Chancellor for Student Affairs (OVCSA), and MNH for the years 2021 to 2022.

The DEVC 155 class from March to June 2022; the CEAT SC educational discussion last March 26, 2022; the MNH strategic planning on April 9 and 10, 2022; the OVCSA Team Building on June 17 and 18, 2022; the DEVC 144 class from September to December 2022; and NSTP classes in November 2022 were part of the activities under this program.



One of the summit  
trade fair  
concessionaires from  
the community  
partners of Pahinungód  
arranges their footwear  
products from Liliw,  
Laguna. Photo by  
Melanie C. Ilang-Ilang

## Bayanihan

Bayanihan aims to not only promote the agricultural and local products of different communities but also to empower the different sectors and groups within the community through the conduct of various livelihood and capacity-building activities and the provision of sustainable sources of income via social enterprises.

Bayanihan Online, the social media platform of Bayanihan launched in August 2021 is being monitored the whole year round. Other activities spearheaded and conducted by UPLB Pahinungód for the year 2021 to 2022 that fall under this program include a seminar-workshop on Organization Formation (Paete, Laguna) in May 2021, the three-day webinar on Mga Mukha ng Kababaihan: Juana, Maria at Melchora on March 21, 28 and 31, 2022, the Women's Month Trade Fair in March 2022 and the Pahinungód Summit Trade Fair in September 2022.

UPLB Pahinungód consistently partners with UPLB offices such as the UPLB Business Affairs Office and various Local Government units in Laguna and Quezon to effectively and efficiently implement the said program. Some of UPLB Pahinungód's community partners are RUMEP from Liliw, Laguna, for footwear; Samahan ng mga Kababaihan ng Putho Tuntungin from Los Baños, Laguna, for various household items made from paper, scrap cloth, and resin; PWD Los Baños for both food and non-food products; KCFA from Quezon Province; Quinale Women's Group from Paete, Laguna, for some Ukit; Samahan ng Maghahalaman from Bay, Laguna, for plants; Alabat Island Farmers Producers Cooperative from Alabat town in Quezon, for different food products; Daisy's Pasalubong from Nagcarlan, Laguna, for some pasalubong food products; MACALU from Magdalena, Cavinti, and Louisiana for bags and headwear made from pandan leaves; and Agara, Barong from the town of Lumban in Laguna.

For the upcoming year, UPLB Pahinungód looks forward to establishing partnerships with associations and cooperatives coming from Mountain Province, Marinduque, and different towns in Laguna.

## Lingap-Aral

Lingap-Aral is an educational enhancement program of UPLB Pahinungód, which aims to give academic assistance to public high school students through tutorial sessions and create learning materials to aid in distance learning set-up with the onslaught of the pandemic.

The UPLB Pahinungód and UPLB Masbateños held an Academic Enhancement Program (AEP) on July 24 to 30, 2022, in which 61 incoming senior high school and college students participated. The tutorial sessions assisted students in reviewing and recalling previous lessons to prepare them as they enter tertiary education.



Participants of the AEP together with the UPLB Pahinungód and UPLB Masbateños during the Opening Ceremony of the AEP last July 24, 2022  
*Photo by Gilbert Q. Lanwang*

## SINAG

SINAG is a youth development and empowerment program focusing on developing today's youth. Through SINAG, youth improve their daily life skills and performance and develop their sense of responsibility and citizenship by activating their roles in the community through volunteerism. The program also increases their awareness of their rights and the support available to them, creating opportunities for them to collaborate and build networks.

On November 8, 2021, Laguna University's newly elected student leaders received Leadership Training. Meanwhile, from September to December 2022, special tutorials were held for 120 Grade 12 students from four schools in Bay, Laguna namely, Laguna Science High School, Masaya National High School, Bitin National High School, and Nicolas L. Galvez Memorial Integrated National High School. The special tutorials are held in collaboration with the Municipality of Bay LGU, the Municipal Social Welfare and Development Office, and the Department of Education - District of Bay, Laguna.



Participants doing one of the conservation and resource management activities during the Ecological Youth Training held at the Bahay ng Pahinungód on November 26, 2022 *Photo by Melanie C. Ilang-Ilang*

## KATATAGAN

The KATATAGAN program encompasses environment-related activities that address disaster response and climate change awareness. These activities complement the existing advocacy and capacity-building needs of community partners, facilitate learning exchanges in documenting and sharing best practices in disaster risk reduction and climate change adaptation (DRR-CAA), and sharpen the skills and enhance the knowledge of communities with DRR-CCA.



The UPLB Pahinungód, in collaboration with the Laguna Climate Change Adaptation and Mitigation Office, the Provincial Disaster Risk Reduction and Management Office of Laguna, the UP Professional School for Agriculture and the Environment, and the UPLB Environmental Science Society, conducted various seminars, workshops, training, and ecological camps, to capacitate the barangay volunteer workers (BVWs), youth and student leaders.

Three clusters of 67 Barangay Volunteer Workers (BVWs) from different LGUs of Laguna (Pakil, Pangil, Paete, Kalayaan, Siniloan, Sta. Maria, Famy, Mabitac, Bay, Los Baños, and Calamba) completed the introductory course on disaster risk reduction and climate change adaptation on July 26, 28, and 30 of 2021. The participants were also provided a series of DRR-CCA training sessions during March and October 2022.

Meanwhile, an Ecological Youth Camp, which aims to raise the awareness of the youth on how to protect the environment and conserve its natural resources, was held on December 9 to 11, 2021. Sixteen youth/student leaders from Laguna participated in the event.

A week-long information drive was also conducted in celebration of Earth Day 2022, which began on April 18 and ended on April 22, 2022. An Ecological Youth Training, the last KATATAGAN-related activity for the year 2022 was held on November 26 and was attended by 14 youth/student leaders from Laguna.

## **Ka-Lipunan**

Ka-Lipunan is a technical assistance and capacity-building program that assists and capacitates various community sectors such as farmers, fisherfolks, indigenous communities, and other groups on health-related concerns and on UPLB priority and niche areas such as food security, resource management, and biodiversity conservation among others.

With the help of the Department of Human and Family Development Studies as Pahinungód's consultants and resource persons, various Mental Health and Psychosocial Support (MHPSS) activities from 2021 to 2022 were conducted. For the year 2021, two separate Psychological First Aid (PFA) Online Training was given to more than 209 teaching and non-teaching staff of Dayap National Integrated High School, Calauan Laguna, and one Mental Health and Psychosocial (MHPSS) Online training to the 28 participants from the Laguna University on November 17, 2021. For 2022, one MHPSS training was given to 83 Bureau of Internal Revenues (BIR) San Pablo employees via Zoom on May 12, 2022. A Training Seminar on Stress Management and Psychological First Aid was held at Dayap National Integrated Highschool last November 18, 2022 which was attended by 95 Grade 11 and 12 students.

As part of the multi-sectoral projects under Ka-Lipunan, a short course on Social Impact Assessment was conducted from April 6 to 8, 2022. It was attended by 41 participants from UPLB and other CUs. Other activities for the year 2022 include a focus group discussion and ocular visits in Gasan, Marinduque, from July 25 to 30, 2022, and a Civil Service Examination Review last July 2022, attended by 238 UPLB employees.

The years 2021 to 2022 proved to be fruitful for the UPLB Ugnayan ng Pahinungód. As the new year starts, the UPLB Pahinungód hopes to strengthen existing partnerships through MOAs and MOUs; revisit previous partners and look into further collaboration and engagements; review, update, and upscale UPLB Pahinungód's programs, projects, and activities to be in line with the Sustainable Development Goals; expand networks and linkages; strengthen Volunteer Recruitment and training; scale-up volunteer skills particular to community development programs, and hone the professional development and growth of its staff.



CBDRM training for Barangay Volunteer Workers from Cluster 1 LGUs of Laguna held last March 2022 *Photo by LCCAMO*



Asst. Prof. Sheba Mae Duque, gives Math lessons to UPLB employees during the Civil Service Examination Review. *Photo by Melanie C. Ilang-Ilang*



UGNAYAN NG PAHINUNGOD  
UNIVERSITY OF THE PHILIPPINES LOS BAÑOS

## Impact Assessment of Extension and Public Service PPAs 06-08 April 2022



Resource persons of the Short Course on Social Impact Assessment, together with UPLB Chancellor Jose V. Camacho, Jr. and UPLB Pahinungod Director Jose Limbay Lahi O. Espaldon *Photo by Gilbert Q. Lanwang*





**Jose V Camacho, Jr., PhD**  
Chancellor, UP Los Baños



The UPLB Ugnayan ng Pahinungód has always been at the forefront of public service through volunteerism in the university and its partner communities. UPLB envisions Pahinungód to carry on the programs for the holistic development of its constituents. The implementation of the different public service initiatives of the office on instruction, research, and extension will continuously contribute to and complement the vision of a future-proof UPLB.



**Jose Limbay Lahi O. Espaldon**  
Director, UP Los Baños Ugnayan ng Pahinungód



One of our greatest feats is honoring and building upon the foundation set by directors, staff, and volunteers before me, and continuing the path forward, in line with UPLB's mission.



Student, staff, and faculty volunteers attend the Volunteers' Assembly last September 7, 2022, at the Bahay ng Pahinungód.  
*Photo by Melanie C. Ilang-Ilang*



# UP MANILA UGNAYAN NG PAHINUNGÓD

UP MANILA  
DONATEL/MSASC - US/105

Surgeons, nurses, and anesthesiologist  
during a major operation



Since its inception in 1994, the UP Manila Ugnayan ng Pahinungód has never ceased in adhering to the Pahinungód’s mandate of serving the underserved, especially with health-related services given its ties to the Philippine General Hospital—which also continues to give medical assistance to the poorest of the poor. In its continuous service para sa bayan, its programs have also expanded beyond the borders of community health.

The years 2021 and 2022 have seen how the enduring COVID-19 pandemic presented communities with adversity in a myriad of ways—from lockdowns to resource insufficiency towards health systems. While these obstacles may have stretched the Pahinungód and the volunteers beyond their limits, this period has not stopped their hearts to serve the people.

Amid the challenges posed by the pandemic, the UP Manila Pahinungód has been able to conduct 48 volunteer activities, ranging from health training and education, disaster preparedness and risk management, teachers’ development, and tutorial services.

### Health Mission Program

With health-related activities being at the core of its spirit, the UP Manila Pahinungód has ensured that communities can still benefit from many of its health-centered programs despite the onslaught of the COVID pandemic and its variants.

**Medical and Surgical Missions.** For the 2021-2022 period, the UP Manila Pahinungód has done four medical consultations and three surgical missions. The first one took place from June 4 to July 9, 2021, where volunteers from UNP and UP-PGH Department of Pediatrics, together with the Tulay ng Kabataan Foundation Inc. volunteers and staff, were able to deliver free medical services to 157 adult and pediatric patients from various barangays in Malabon, Baseco, Navotas, and Tondo, Manila. The second was conducted on September 11, 2021. This mission was in partnership with The Great Lighthouse Foundation Inc. and the different departments of the UP-PGH, where 80 adults and pediatric patients received free medical consultations. The third and most recent was held from July 23 to July 24, 2022. Volunteers from Pahinungód Manila, UP-PGH, UP Los Baños, Sanggunian Brgy. of Nakar, and other partner organizations were able to deliver free medical services to 159 patients in Gen. Nakar, Quezon Province. Out of the three missions of 2021, two were conducted through the online platform zoom/ teleconsultation in adaptation to the new normal and observance of the guidelines set by the University of the Philippines COVID-19 Task Force.



In 2022, Pahinungód Manila also conducted several missions. Services were not limited to medical consultations but extended to minor and major surgical operations. In partnership with the Local Government Unit of Alabat Island Quezon Province, the Ugnayan ng Pahinungód Surgical Team was able to operate a total of 62 individuals consisting of elderly, adult, and pediatric patients from 19 to 24 March 2022. Another mission was held from September 4 to 8, 2022, in Cabarroguis, Quirino Province, where volunteers from Pahinungód, UP-PGH, St. Lukes, and other partner institutions were able to serve 26 indigent patients from Cabarroguis, Quirino Province. The Ugnayan ng Pahinungód Manila also conducted its first Pahinungód Initiated Medical and Minor Surgical Mission during the pandemic. Four hundred thirteen (413) indigent patients from Brgy. Tiniguiban and other neighboring Barangays in Calauag, Quezon Province were served from September 29 to October 2, 2022.

**Ocular Inspection and Site Visit.** Ocular visits have also been done by Pahinungód for their health mission services, often with the goal of initiating partnerships with the local government units, preparation for a medical mission, and meeting with partners.

On August 5 to 7, 2022, the ocular team of UP Manila Pahinungód with the members of the University of the Philippines Medical Alumni Society in America visited Catanduanes and were able to inspect the Eastern Bicol Medical Center and met with the PGU-Catanduanes and LGU-Virac officials for possible partnership and planning of the 2023 Catanduanes Mission.

Another ocular visit was done last August 29 to 31, 2022, in the municipality of Ilagan, Isabela. The ocular team visited and inspected Gov. Faustino N. Dy Sr. Memorial Medical Center. Like the earlier ocular visit, they had discussions with the local government units and other prospective partners for the upcoming medical and surgical mission.

On October 5 to 8, 2022, the ocular team visited Mamburao, Occidental Mindoro in preparation for the 2023 Occidental Mindoro Thyroid Mission. Their visit included the inspection of the facilities at Occidental Mindoro Provincial Hospital and the meetings with the local government officials as part of their preparations for the 2023 mission.

Memoranda of Agreement (MOA) for the Catanduanes and the Occidental Mindoro missions were drafted, based on the discussions and agreed-upon details of the upcoming activities.

**Turnover of Donations.** On September 8, 2021, the Pahinungód assisted with and heeded the needs of the residents of Brgy. Tiniguiban in Calauag, Quezon, through the donation of medicines.

## Health Training Program

Pahinungód Manila has also continuously sought the improvement of various health-related services that medical students, volunteers, and other health workers provide through many workshops and training seminars under its health training program.

On March 9 and May 17 in 2022, the Pahinungód conducted workshops for suturing, where 50 UP Manila students attended the sessions that were headed by Dr. Eric Talens. First aid training for the three Gurong Pahinungód volunteers headed for deployment in Maguindanao was also conducted last August 21, 2022, which allowed them to become more familiar with basic first aid.

In September, a two-day breast care advocacy was also conducted in Quirino, where employees of the provincial capitol and local health workers of the province were given an awareness lecture on breast care and breast examination. A few of the attendees underwent breast examination and were referred to the health center when indicated.

Lastly, on November 18, 2022, a consultative meeting was held with the Nutrition Council of the Philippines, which allowed both parties to forge a bond to a possible collaboration in the future.



## Health Education Program

Pahinungód Manila's health education program focuses on ensuring that communities are well-informed on current and relevant health issues. To fulfill this mandate, webinars and evaluations have been conducted from June 2021 to December 2022 in various communities.

Three webinars have been conducted from December 2021 to April 2022. The first, held on December 6, 2021, focused on the campaign to end violence against women and children with the title "Proteksyon ng mga Bata Laban sa Abuso." Together with the UP Manila Center for Women Studies and volunteer speakers from the UP-PGH Department of Psychiatry, 150 attendees, mainly women, have been provided extensive knowledge on practical applications of Child Protection Policies. The second, held last March 28, focused on a timely issue: COVID-19 in the Workplace. Attendees were mostly staff and employees of the Children of Joy Foundation. They learned how they can protect themselves and measures recommended in the workplace. Lastly, the webinar focusing on mental health awareness "It's Okay Not to be Okay" imparted relevant and timely knowledge on mental health to employees of DOST PTRI on April 22, 2022.



Philippine General Hospital employees received food from Ugnayan ng Pahinungod Manila Emergency Room Volunteers Program during the COVID-19 pandemic.

### Emergency Room Volunteers Program

On October 19, 2021, the Pahinungód Manila and the UP-PGH Department of Emergency Medicine, assisted in providing medical services to marginalized individuals and/or patients of UP-PGH through donation of necessary supplies.

### Disaster Preparedness and Risk Reduction Program

Most of the activities spearheaded by the UP Manila Pahinungód were focused on Disaster Management and Risk Reduction, with a total of 14 programs for 2021 to 2022.

In July 2021, the UP Manila Pahinungód set up a community pantry, which helped around 350 individuals consisting of residents, as well as some Philcare and security employees with the provision of food and hygiene kits. On August 5, 2021, through the Pahinungód Manila Mobile Pantry, 13 street dwellers in Manila received grocery packs. A day after, on August 6, residents in a San Mateo Rizal town received medicines to address their health needs. In October of the same year, the Pahinungód went to Buguias, Benguet, to deliver more than 200 relief packs and other necessary medical supplies to residents and the local health units of the 14 barangays in the municipality. On December 27 to 30, relief packs, energy packs, and water filtration kits were provided to 6 barangays in Limasawa Island, Southern Leyte.



Relief packs that were donated and distributed in many of UP Manila Pahinungód's DRRM activities







#### MGA KAILANGAN

Bigas  
Delata  
Asukal at kape  
Mga biskit at tinapay  
Kutsara at tinidor  
Plato at baso

Mga gamit para sa  
pag-alaga ng katawan  
(Hygiene kit):  
Alcohol  
Sabon sa katawan  
at panglaba  
Shampoo  
Sipilyo at toothpaste  
Mga sanitary napkin  
Toilet paper  
Mga gamot

Mga kumot  
Mga banig  
Mga tuwalya

**IPADALA LANG PO SA**  
Ugnayan ng  
Pahinungod-Manila  
Mezzanine (itaas ng  
UP Health Service,  
sa may PGH Atrium)  
Lunes-Biyernes /  
8 nu - 4 nh  
Tel: 88141236  
  
(Hanapin si LULIN o  
ABBA)

**Nananawagan  
po ng tulong  
ang  
UGNAYAN NG  
PAHINUNGOD-  
MANILA  
para sa mga  
nasalanta ng  
#AgatonPH**

The UP Manila Pahinungod's disaster response has continued in 2022. In January, medicines and generators were distributed in a heavily affected barangay in Inabanga, Bohol. In February, a follow-up mission in Limasawa, Leyte was done and recovery packages were delivered to Limasawa rural health units and barangay health centers. In April, residents of Brgy. Sabang in Morong, Bataan, as well as victims of Typhoon "Agaton" in Abuyog, Leyte received assistance, donations, and relief goods through the generosity of the many partners of the Pahinungod. Meanwhile, in June, the Pahinungod returned to Limasawa to conduct post-disaster follow-up activities including psychological first aid activities and water filtration monitoring. In August, more than 200 families received relief packs and geriatric patients were attended to by Pahinungod volunteers as part of the Pahinungod's post-earthquake response in Bangued, Abra. Lastly, on November 8 to 9, together with the Mountaineering Federation of the Philippines, Inc., a basic mountaineering course was conducted as part of the disaster preparedness training for staff and volunteers, which let them become more equipped with knowledge and skills for future activities by the UP Manila Pahinungod.

### Program for Street Children

Street children have also been the UP Manila Pahinungod's beneficiaries. For the years 2021 to 2022, a total of 20 street children from Child Hope Philippines have received school backpacks and school supplies courtesy of the Red Cross Youth Council's generosity.

### Teacher Development Program

For the Teacher Development Program, the UP Manila Pahinungod has accomplished two activities. The first was held last August 15, 2022, where books, school supplies, masks, and bags were given to the ENGAGE Learning Hub in Agusan del Sur. This was made possible through the partnership with SM Foundation and the UP-PGH Property Office. Another activity was done last September 6, this time focusing on developing possible collaborative projects through a consultative meeting with the Quirino LGU, Quirino State University, and the Quirino DepEd District Office. The breast care advocacy and training program under the Pahinungod's Health Training Programs was one of the results of this consultative meeting.



One of the many recipients of UP Manila Pahinungod's mobile pantry

## Tutorial Service Program

The UP Manila Pahinungód has also managed to continue its Tutorial Service Programs. Years 2021 to 2022 saw the turnover of school supplies to 40 street children from Child Hope Philippines on August 5, 2021; the promotion and organization of a benefit concert for Museong Pambata and Child Hope Philippines in December 2021; and a pre-deployment training program last November 12, 2022.

## Pahinungód-Initiated Activities

UP Manila Pahinungód has accomplished eight Pahinungód-initiated activities.

On September 23, 2021, the UP Manila Pahinungód assisted the Emergency Room (ER) department of the UP-PGH in the provision of two tents for UP-PGH patients and their companions. At present, the set-up is at the UP-PGH ER entrance.

The UP Manila Pahinungód also celebrated its anniversary last September 30, 2021, and prepared a series of testimonials from partners and volunteers on the spirit of volunteerism.

In November and December, more than 4,850 COVID-19 antigen test kits have been provided to PGH Maintenance employees, employees of the UPLB Pahinungód, KEOFI communities, and to constituents of Buguias town in Benguet, and Alabat, Quezon.

Lastly, on December 15 to 17, 2021, gifts have been provided for the 311 children and 200 families for the Agta community in Sitio Disimungal, Nagtipunan through a gift-giving activity. Each child received a meal of spaghetti and fried chicken. Appreciation was extended to several sponsors and donors who made this “Pamaskong Handog ng Pahinungód” possible.

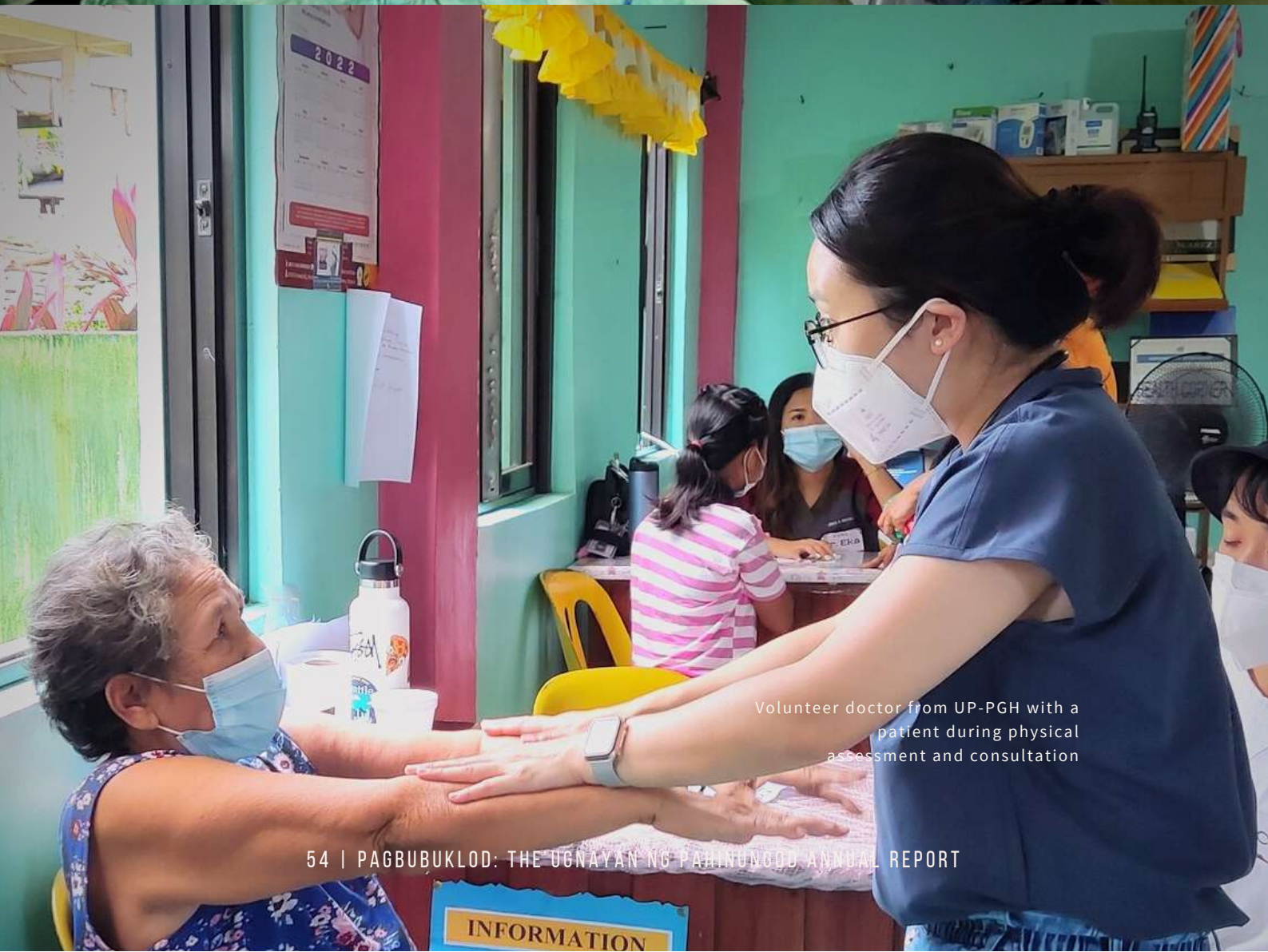
Overall, the UP Manila Pahinungód has reached many Filipinos, and has continued in setting the Pahinungód spirit of volunteerism ablaze in the years 2021 to 2022. As a new year is set to begin, the UP Manila Pahinungód seeks to continue in this service for the Filipino people, even beyond health.



Ugnayan ng Pahinungód Manila staff with Agta kids during the Christmas Gift-giving activity in Quirino Province



Surgeons, nurses and anesthesiologist during a major operation



Volunteer doctor from UP-PGH with a patient during physical assessment and consultation





**Carmencita D. Padilla, MD, MAHPS**  
Chancellor, UP Manila



Our vision for the UP Manila Pahinungód Office when it started in 1994 and until now is to reach out to underserved communities and disadvantaged sectors through programs that respond to their urgent needs, particularly in health.

The past 28 years, this vision is being fulfilled by serving hundreds of thousands of Filipinos through its programs that are clustered into Educational Assistance, Community Health, Community Social Welfare, Disaster Preparedness and Risk Reduction Management and Advocacy.

**Eric SM. Talens, MD, MSc, FPCS, FACS**  
Director, UP Manila Ugnayan ng Pahinungód



The COVID pandemic simply magnified the usual problems of our underserved Filipino communities. The death rates, already fueled by poverty, a slowed economy, the inaccessibility of government services, the occasional natural disasters, as well as the widespread misinformation in the media, were only pumped up by the pandemic. Covid only served to remind us, concerned volunteers, to contribute to addressing these issues as swiftly as we can.

As we continue our trek through the limitations brought about by this Covid pandemic in 2022, the Ugnayan ng Pahinungód of UP Manila, as part of the Health Sciences Center of the University of the Philippines, continues to learn to tweak our various programs and activities, from virtual, to hybrid and full face-to-face formats, to remain true in the service of the underserved communities, while we keep our volunteers safe from the disease. Our unit conducted hybrid teleconsultations and medical/surgical missions, advocacy workshops, channeled donations from faithful donors to the underserved communities, and sent a full face-to-face disaster response mission to areas in Abra, ravaged by the Luzon earthquake.

The most important achievement of the office in 2022 is the unceasing adaptation to the changes in conditions in the country in pursuit of our mandate. We will continue to uphold the UP brand of volunteerism conducting programs led by UP constituents, focused on serving the underserved Filipino communities, and backed-up by UP academic expertise and experience.

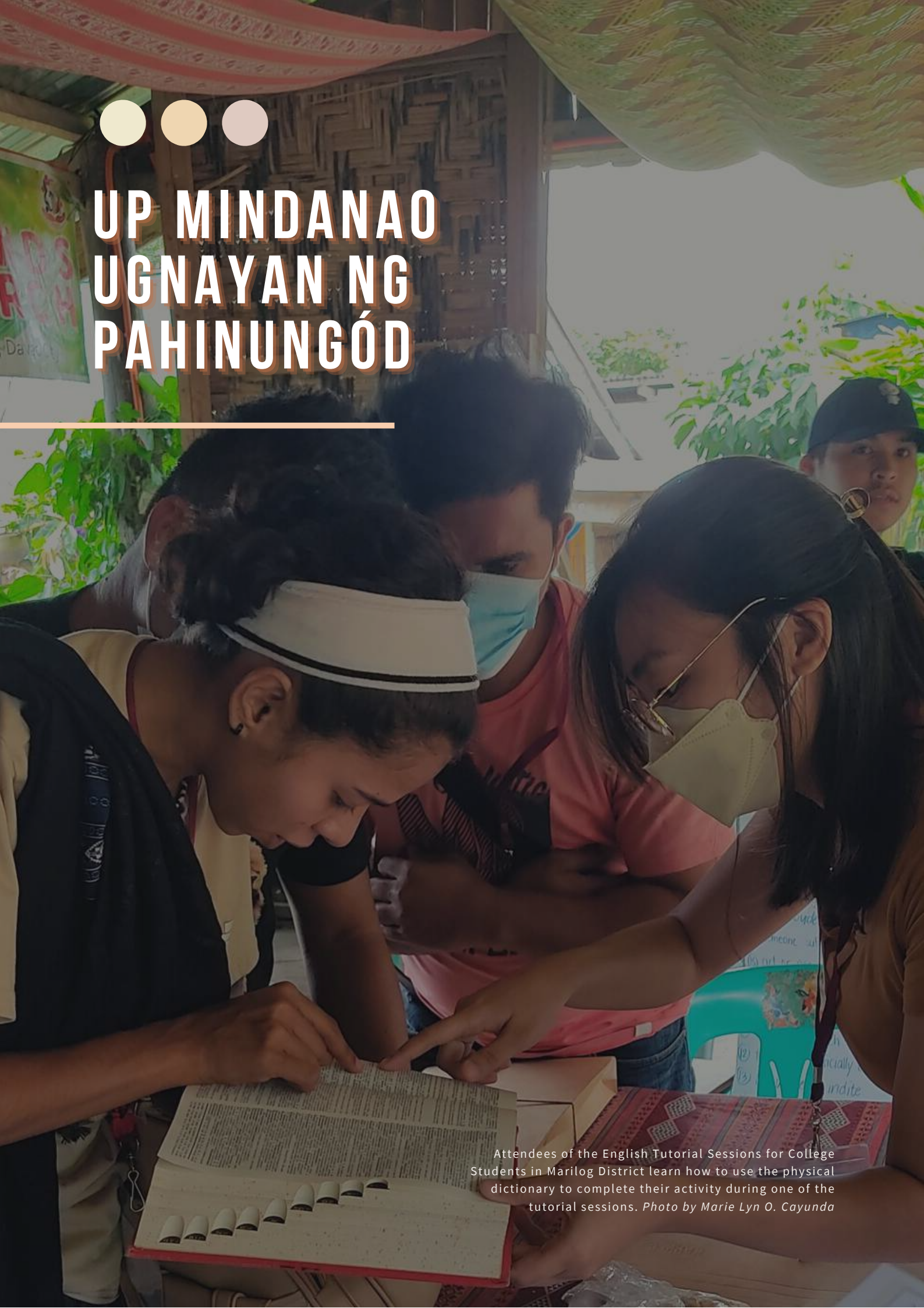


The Ugnayan ng Pahinungód Manila-HMP Team during the Pahinungód Initiated Medical and Surgical Mission conducted at Brgy. Tiniguiban, Calauag Quezon



# UP MINDANAO UGNAYAN NG PAHINUNGÓD

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Attendees of the English Tutorial Sessions for College Students in Marilog District learn how to use the physical dictionary to complete their activity during one of the tutorial sessions. *Photo by Marie Lyn O. Cayunda*

Members of the Technical Working Group for the partnership of the University of the Philippines and the Bangsamoro Ministry of Basic, Higher, and Technical Education meet at UP Mindanao for the preparation of the Memorandum of Understanding. *Photo by Megan Rayala*



**I**n the face of unprecedented challenges, the UP Mindanao Ugnayan ng Pahinungód, like other Ugnayan ng Pahinungód offices from UP's constituent units, continues its work of engaging people and communities impacted by COVID-19 and other crises and calamities. When travel restrictions were in effect, the Ugnayan ng Pahinungód Mindanao developed offerings through online and virtual platforms. It continued to inspire volunteers to join, establish new partnerships, and provide services to identified communities consistent with the Pahinungód's mandate to serve the people.

Even with this remote reality, several successful training sessions were implemented in response to requests of community leaders and partner institutions.

In 2021 and 2022, the results of the UP Mindanao Ugnayan ng Pahinungód's volunteer facilitation have been manifested by a number of applicants coming forward to offer their time for projects like affirmative action, tutorials, and disaster response.

The easing of the COVID-19 restrictions in 2022 has, meanwhile, enabled the UP Mindanao Ugnayan ng Pahinungód to resume conducting face-to-face activities with extra precaution by observing the required health protocols. Alcohol, facemasks, and other disinfectants were among the required supplies per activity. Social distancing was also observed.

## Affirmative Action Program

The Affirmative Action Program (AAP) is UP Mindanao Ugnayan ng Pahinungód's flagship program. This supports UP Mindanao's mandate of reaching out to poor and deserving students from underserved and cultural communities in Mindanao and providing them with opportunities to access UP education. AAP provides academic enhancement activities to public high school students to prepare them for college education. Part of the activities aligned with AAP is the promotion of UP and UP College Admission (UPCA). Principals, teachers, and students were oriented on the university's admission process and provided with a step-by-step guide in filling out the UP College Admission (UPCA) application form.



Director Michael A. Gatela discussing the UPCA Manual Application to the Don Ruben E. Ecleo Sr. Memorial National High School students during UP College Admission (UPCA) Manual Application Campaign in Dinagat Islands  
*Photo by Austin Von Divinagracia*

To ensure that remote and distant public high schools are provided with equal opportunity of accessing UP education, the Ugnayan ng Pahinungód Mindanao assisted the UP Office of Admissions in disseminating the UPCA manual application forms to schools in Mindanao that were not able to access the online platform.

In 2021, online promotion of the UP College Admission (UPCA) was done in partnership with the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) Offices of the Member of Parliament (MP) Rasol Y. Mitmug, Jr. and MP Don Mustapha A. Loong, the Bangsamoro Scholars Association, UP Mindanao Office of the University Registrar, UP Mindanao Information Technology Office (ITO) and the UP Office of Admissions. The University of the Philippines College Admission (UPCA) Orientation for BARMM aims to encourage graduating senior high school students in the region to consider taking up their college degrees in UP. The online orientation was also attended by principals, teachers, and students from other schools outside BARMM.

When travel restrictions were lifted, the UP Mindanao Ugnayan ng Pahinungód partnered with the Department of Human Kinetics to conduct an Academic Enhancement Program in Surigao and Butuan. The academic enhancement session in Surigao City was held on July 25 to 29, 2022, while the session in Butuan City was held on August 10 to 13, 2022.

Meanwhile, the promotion for the UPCA was also enhanced in 2022 by utilizing both online and face-to-face modes. The online orientation was conducted on October 8, 2022, with UP Mindanao Chancellor Lyre Anni E. Murao giving the Welcome Remarks. UP Office of Admissions Director Francisco De Los Reyes provided the orientation about the UPCA while UP Mindanao University Registrar Prof. Karen Joyce G. Cayamanda gave significant information about UP Mindanao and its program offerings.

A face-to-face UPCA Manual Application Campaign was organized for the Province of Dinagat Islands and Siargao Island on November 2 to 5, 2022. Another face-to-face UPCA orientation was conducted at Catalunan Pequeño National High School in Davao City. Other partner schools, division offices, and communities were also provided with the manual forms for UPCA via email.

The submitted manual forms were then forwarded to the Office of Admissions in Diliman, Quezon City.



The Ugnayan ng Pahinungód Mindanao reached out to senior high school students of partner schools as part of the face-to-face UPCA Manual Application Campaign.



## **Teacher Development Program**

UP Mindanao Ugnayan ng Pahinungód's Teacher Development Program for the 2021 to 2022 period was focused on providing training and capacity-building activities to the Bangsamoro Autonomous Region in Muslim Mindanao Ministry of Basic, Higher, and Technical Education (BARMM-MBHTE) teachers and stakeholders. UP Mindanao Ugnayan ng Pahinungód coordinated and facilitated the activities which tapped UP experts to implement the teacher development-related programs and activities stipulated in the Memorandum of Understanding between UP and BARMM-MBHTE.

In 2022, two training programs were organized in collaboration with the BARMM-MBHTE. The first was the activity entitled: "In-service Training for Teachers and Nurses on Food Safety Management" on November 7 to 10, 2022 held at Seda Hotel, Davao City. The experts from the UP Mindanao's Department of Food Science and Chemistry were tapped to address the request from BARMM-MBHTE Health and Nutrition Unit.

The office also hosted and facilitated the meetings to organize a pool of resource persons and facilitators who will handle the BARMM-MBHTE Training of Teachers on Responsive and Relevant Research Work. This training is under the Bangsamoro Junior Scientist Program theme. The first batch of this training was conducted in Zamboanga City last November 17 to 21, 2022. The module on the metacognitive design thinking of the Center for Integrated STEM Education, Inc. (CISTEM) was used for this training. The program was made possible through the support of resource persons and facilitators from partner units like the National Institute for Science and Mathematics Education Development (NISMED), UP College of Education, UP Mindanao Office of Extension and Community Service (OECS), and Office of Research.

## **Psychosocial Services Program**

It has been very important to attend to a person's mental health, especially in times of the pandemic and multiple disasters hitting the country. As such, the Pahinungód Mindanao's Psychosocial Services Program has allowed the volunteers to address this relevant issue by conducting a webinar on mental health to help selected public school teachers in managing work-related stress; and, by responding to the psychosocial and financial needs of students residing in areas affected by typhoons and flooding. From 2021 to 2022, the focus was on university constituents and partners affected by Typhoons Odette and Paeng including the Mindanao flooding post-disaster response.

The existing pool of Psychosocial First Aid (PFA) Volunteers was tapped to conduct PFA for students residing in areas affected by Typhoon Odette and Paeng including areas with flooding incidents in Davao City and Mindanao. Students identified in need of financial assistance were provided with PhP 2,000.00 each.

The Ugnayan ng Pahinungód Mindanao also responded to the request from Sadaan Elementary School in Midsayap, Cotabato for the conduct of an online training entitled: "Strengthening Resiliency of Public School Teachers in Handling Limited Face-to-Face Classes". Prof. Rachele Bersamin, the UP Mindanao CoPES representative, served as the resource person. Aside from Sadaan Elementary School, teachers from other public schools were also able to attend the webinar.



## Ugnayan ng Pahinungód Online Programs

The Ledivina V. Cariño Webinar series, the Pahinungód UP Mindanao's main online program, was launched in recognition of Pahinungód's first System Director, Prof. Ledivina V. Cariño. It showcases Pahinungód administrators, volunteers, and former volunteers as resource persons providing relevant insights on volunteering and their present engagements in their respective fields.

The first part of this series was in 2021. Various aspects of volunteering and meaningful engagement in BARMM were discussed with Dr. Grace Aguling-Dalisay, Mr. Yul Adelfo Olaya, Ms. Hazel Pergis-Lozada, Mr. Errol Merquita, and Ms. Arlene Mahinay as speakers.

The second part series in 2022 was specifically organized for UP Mindanao's graduates and graduating students to provide them with insights as they move forward and build their careers. Resource persons for these webinars were UP Mindanao graduates who served the marginalized communities in Mindanao as Gurong Pahinungód volunteers: Ms. Maria Cecilia Corvera-Eugenio and Atty. Ralph James Laman.

## English Tutorial Program

An English Tutorial Program was conducted for the college students in Marilog District, establishing a partnership with the Davao City Indigenous Peoples Mandatory Representative (IPMR) in response to their request for assistance with an English tutorial for their scholars. These sessions were conducted for eight (8) Saturdays from June to August 2022.

UP Mindanao faculty, REPS, alumni, and staff from the Department of Human Kinetics, Office of Extension and Community Service, and the School of Management joined the team of volunteer trainers.

The Mapantew Learning Center in Marilog District of Davao City Indigenous Peoples Mandatory Representative (IPMR) Datu Rody Mande served as the venue for the tutorial. Ugnayan ng Pahinungód provided the materials. Meals and snacks were also provided to the training team and the participants.



As the Pahinungód UP Mindanao moves forward to 2023, the office intends to reach more schools and communities in Mindanao and in BARMM and Caraga Region- UP Mindanao's priority areas. The Pahinungód also looks forward to continuing and enhancing the aforementioned programs and undertakings they have accomplished in the past year.

For instance, the Affirmative Action Program of UP Mindanao will become a yearlong undertaking, targeting not only students but other stakeholders as well who have significant roles in the application process like the teachers, guidance counselors, principals and if possible, also the parents. A three to five-day Affirmative Action Sessions will also be conducted in partnership with interested schools and communities.

The Teacher Development Program will be a collaborative activity with the Ugnayan ng Pahinungód Cebu in partnership with the UP Mindanao Department of Human Kinetics targeting teachers handling Physical Education subjects. The long-term goal is for participants to produce research outputs through the action research training that will be conducted.

DRR-related programs will have activities like the: (1) enhancement of the Psychosocial Support Program of UP Mindanao Pahinungód by collaborating with the Psychosocial Support Program of Ugnayan ng Pahinungód Diliman, and (2) a collaborative activity with the university disaster response volunteers. The 2023 Ugnayan ng Pahinungód Online Programs will have more of the Ledivina V. Cariño Webinar Series and other webinars on various topics with volunteer resource persons.

The tutorial programs will be a continuation of the sessions for the students in the Marilog District.

Environmental Awareness Programs for 2023 will be done with the Barangay Local Government Unit of Mintal for their Solid Waste Management Program and the Philippine Eagle Foundation for their various environmental advocacies.

A special program to support activities and projects under the UP and BARMM-MBHTE MOU is also integrated with the plans for 2023.



Members of the Department of Food Science and Chemistry conducted the In-service Training for BARMM Teachers and Nurses on Food Safety Management as part of the Memorandum of Understanding between the University of Philippines and BARMM MBHTE. *Photos by Roeviminda G. Delos Santos*





A UP College Admission (UPCA) Manual Application Campaign Volunteer Orientation was conducted for the UPCA Manual Application Campaign with Ms. Diane Catibog and Prof. Karen Joyce G. Cayamanda as speakers.

A Training of Teachers on Responsive and Relevant Research Work for the Bangsamoro Junior Scientist Program was conducted in Zamboanga City on November 17 to 21, 2022. Seated beside the UP NISMED Director Prof. Sheryl Lyn Monterola is the Member of Parliament and Chair of the Committee on Basic, Higher and Technical Education, Prof. Eddie M. Alih.





**Lyre Anni E. Murao, PhD**  
Chancellor, UP Mindanao



As the University's Volunteer Service Program, I envision UP Mindanao Pahinungód to complement the efforts of this University's experts and units in extending public service and reaching out to partner underserved communities in Mindanao through its volunteers. With our Strategic plan already in place for the next three years, I hope that the office will sustain its Affirmative Action Programs in our identified priority areas like the Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) and Caraga Region as this is in line with UP Mindanao's mandate of providing access to UP education to poor and deserving students coming from the underserved and cultural communities in the island of Mindanao as stated in the Republic Act 7889 (UP Mindanao Act). I would also like the office to continue to work with our UP experts who will be engaged in BARMM's Ministry of Basic Higher and Technical Education (MBHTE) to support the Ministry and UP's purpose of partnership which is "to deliver responsive, relevant, and quality education for disadvantaged and marginalized learners in BARMM."



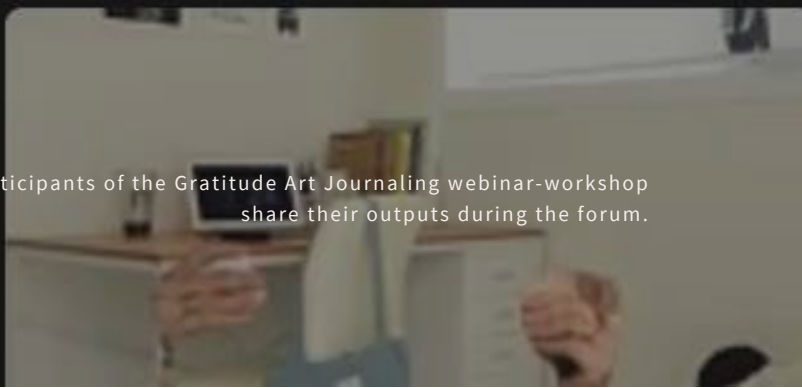
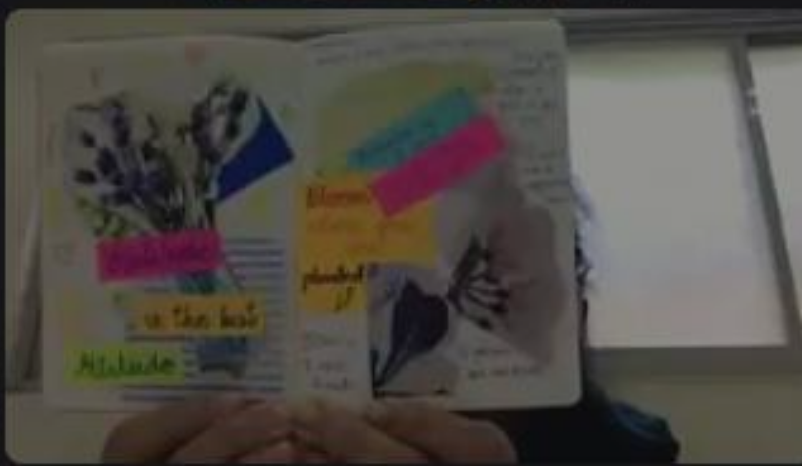
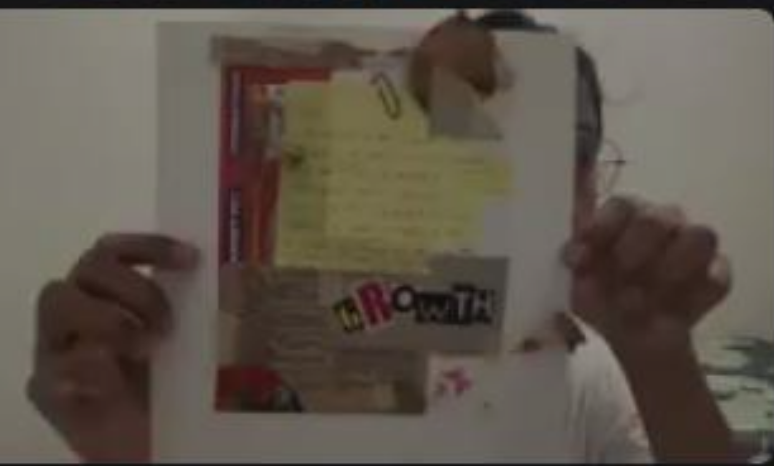
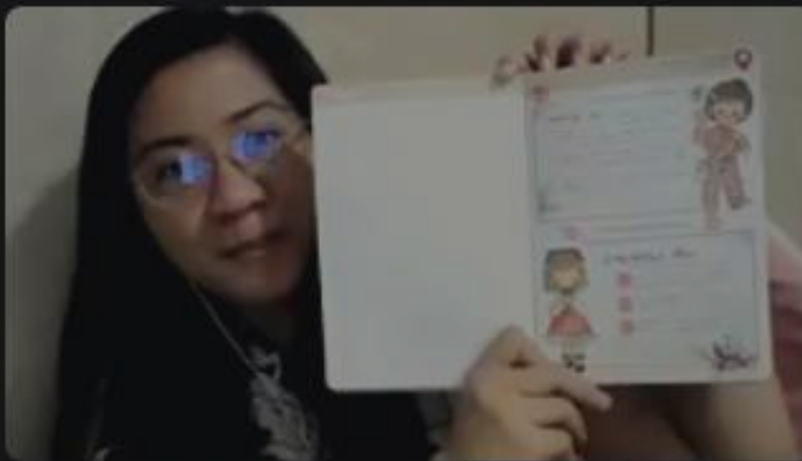
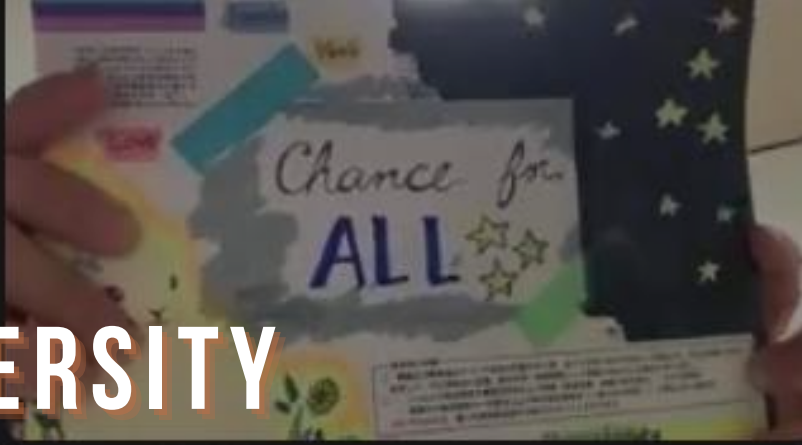
**Mr. Michael A. Gatela**  
Director, UP Mindanao Ugnayan ng Pahinungód



The most important achievement of the UP Mindanao Ugnayan ng Pahinungód this past year is that we were able to expand the reach of our Affirmative Action Program on the island of Mindanao through our collaboration with units and organizations within and outside the university. The program continues to support UP Mindanao's mandate of reaching out to poor and deserving students coming from underserved and cultural communities and providing them with opportunities to access UP education. We are expected to push through with this effort especially now that this is part of the priority programs included in the UP Mindanao Strategic Plan 2022-2025.

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# UP OPEN UNIVERSITY UGNAYAN NG PAHINUNGÓD



Participants of the Gratitude Art Journaling webinar-workshop share their outputs during the forum.



Pahinungód Team meets with the Luyungan High School Principal and teachers for site visit and partnership establishment.

**F**rom COVID and climate change to conflict and humanitarian crises, the world continued to face growing and complex challenges in 2021 and 2022. And while still relatively young, the UP Open University Ugnayan ng Pahinungód has already made significant strides in upholding the spirit of the Pahinungód by working closely with public and private partners, including local governments, and by focusing on communities it works with to meet those problems head-on for all people to thrive.

The years 2021 to 2022 have also been transitional in many ways, as the UPOU Ugnayan ng Pahinungód navigated its way through the ups and downs of the many crises that hit the country, gradually reinstating in-person services whenever possible and adapting to the needs and wants of the communities.

The office continues to truly work on ‘build back better,’ taking on board all the lessons the Pahinungód has learned from its previous activities to deliver for the communities it serves.

### Stress Reduction Technique Series

Under the Pahinungód’s UP CoPES program, this series looked to further promote mental health wellness and provide the general public with accessible stress reduction techniques for the whole of 2022.

Through the assistance of UPOU CoPES Representative, Asst. Prof. Ria Valerie Cabanes, resource persons were identified to produce videos of different stress reduction techniques which were then forwarded to UPOU Multimedia Center for review. After having been reviewed, the stress reduction videos were posted on the Pahinungód UPOU microsite with teasers about the videos cross-posted at the Pahinungód UPOU Facebook page.

#### Gratitude Art Journaling Workshop

Held on March 31, 2022, this workshop served as one of the live sessions for the Stress Reduction Technique Series. Ms. Jestine Crhastia Gatdula, Senior Office Assistant of Pahinungód UPOU served as the resource speaker. Invitations about the event were sent via the Pahinungód UPOU Facebook page and UPOU MyPortal, an online platform dedicated to UPOU students. The event was conducted via Zoom and had 71 participants.



### Laughter Yoga Workshop

This workshop also served as one of the live sessions under the Stress Reduction Technique Series. Information on the event was disseminated via UPOU MyPortal, an online platform dedicated to UPOU students, and the Pahinungod UPOU Facebook page. UPOU Multimedia Center provided technical assistance in conducting the event via Zoom, live streamed via the UPOU Pahinungod Facebook page.

### Development of Kalinga at Yakap (KaYa) App

In the Pahinungod UPOU’s continuous promotion of mental health well-ness, its team looked to develop a one-stop app for mental well-being needs. The development of the Kalinga at Yakap (KaYa) App was one of its activities planned with the coordination of CoPES. Pahinungod volunteers with programming and application design backgrounds were tapped to help in the development process. A systems designer and integrator, as identified by Asst. Prof. Ria Cabanes, became a part of the development team. After several revisions and testing, the prototype version was reviewed by the development team and initially launched internally. Feedback was given and addressed.

The KaYa app is still in its revision phase and is targeted to be launched soon to Pahinungod and UPOU communities.

### Bridge Program Offering in Luyungan High School

Making education accessible has always been one of the Pahinungod’s missions, and the Pahinungod UPOU has achieved this by installing an internet connection in Luyungan IP High School and equipping the IP students with basic knowledge of English and Mathematics.

As part of the preliminary preparations, the Pahinungod team conducted coordination meetings with Ms. Josephine Valledor, DepEd Region X IP Focal person, and held ocular site visits to Bukidnon on April 18 to 19, 2022. The call for volunteer course coordinators was disseminated via the Pahinungod UPOU Facebook page. Program and MODEl platform orientations were also held for the volunteers accordingly. Group chats with the volunteers were also put in place to serve as primary means of communication and monitoring.



Volunteer course coordinator Joan Protacio utilizes an online game platform incorporated in Bridge English during the synchronous session with Luyungan High School IPs.



During the offering, weekly synchronous sessions for Bridge Math and Bridge English were conducted via Zoom to enrich the discussion of the module topics. The physical venue for the synchronous sessions was provided by the Luyungan High School administration. Meanwhile, recordings of the sessions were also posted on the course sites for future reference of the students.

Post-test and exit surveys were administered to the students toward the end of the program. To recognize the completers of the courses, a virtual closing ceremony was held via Zoom on July 2, 2022.

Also, an awarding ceremony for the bridge program volunteers was conducted on July 12, 2022, to give recognition and appreciation to all the volunteers who served as course coordinators for this offering, and to serve as a sharing space in relation to their experiences and recommendations for the offering.

### Mainstream Offering of Online Bridge Program

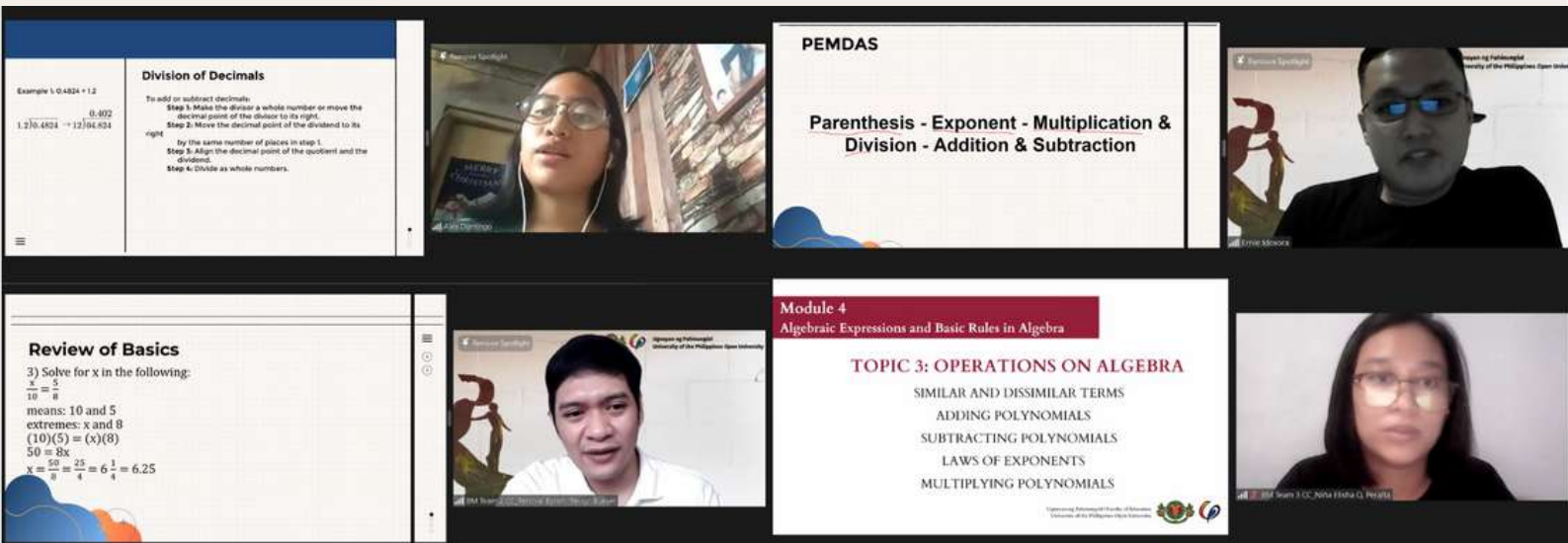
The Online Bridge program was also offered to the general public to enrich the knowledge of the participants in English, Mathematics, and Physics and prepare them for higher education.

During this offering, which was held last July 20 to August 31, 2022, three courses namely Bridge English, Bridge Mathematics, and Bridge Physics were offered to the general public via the UPOU MODeL (Massive Open Distance eLearning) platform. The modules and activities for the three courses were developed by the Faculty of Education.

The call for volunteer course coordinators was disseminated via the Pahinungód UPOU Facebook page and UPOU MyPortal. A general orientation was first held for the aspiring volunteer course coordinators, explaining the specifics of the offering and the expectations among them. Those who commit to continue serving as volunteer course coordinators participate in the separate course and MODeL platforms orientations. Group chats via Messenger were put in place as a means of communication among the volunteers. Communication allowance was also given as a form of support to the volunteers.

Weekly reports were filled out by the volunteers which reflected their observations on the learning pace of the students and suggestions for consideration. Synchronous sessions were conducted on Saturdays for Bridge English and Bridge Physics, and Sundays for Bridge Mathematics.

Post-test and exit surveys were administered to the students toward the end of the program. The volunteer course coordinators also filled out end-of-program evaluation forms. To recognize the completers of the courses, a virtual closing ceremony was held via Zoom and live streamed via the Pahinungód UPOU Facebook page on October 22, 2022. Certificates of Completion were rolled-out to the completers via email. In the same way, Certificates of Appreciation were also given to the volunteers.



## Offering of Introductory Course on Contact Center Services

With the aim of developing effective online communication skills that will provide the participants with competitive skills and knowledge for ICT-enabled and contact services-related jobs, the Pahinungód UPOU offered an introductory course on Contact Center Services.

The offering of this course was done in coordination with Concentrix Philippines. The Pahinungód UPOU posted a call for volunteers who will serve as course coordinators. Orientation and coordination meetings were done in preparation for the opening of the course on October 15, 2022. Unlike the previous offerings of this course, synchronous sessions were conducted during 2022 because of the modification of implementation based on previous evaluations. The synchronous sessions were designed as a mentoring time for the participants with the goal to guide them in doing the course requirements and addressing other course-related concerns.

The 60 participants who were able to submit their course requirements were given Certificates of Completion.



Volunteer course coordinators for the Introductory Course on Contact Center Services conduct mentoring-type of synchronous sessions for the course participants.

## Online Volunteer Training

Online volunteer training focusing on project management has also been conducted in order for participants to identify the key considerations in organizing a training; identify the necessary data needed to be able to organize a training and identify ways to obtain data; and understand the importance of a training needs analysis and its application in making a training design.

Coordination meetings with Ugnayan ng Pahinungód UPLB were conducted in preparation for this training while a call for interested participants was disseminated via email among the volunteers. The training, which focuses on the basics of project management, was conducted via Zoom.

The outputs of the participants were reviewed by the Ugnayan ng Pahinungód UPLB. Certificates of Completion and Participation were given to the volunteers. Facilitators from Pahinungód UPLB received Certificates of Appreciation and tokens.



Volunteers for the ICT literacy training assist the Dumagat IPs in learning basic computer knowledge.



The Pahinungód team and volunteers, AUPWU – Diliman and UPOU representatives, and Dumagat IPs celebrate the success of Day 1 of ICT literacy training.

## ICT Literacy Training for the Dumagat IPs

With the digital era becoming more prominent comes a need for indigenous peoples to become literate in many technologies. The ICT Literacy training was conducted for the Indigenous People of Dumagat to address these, allowing them to create documents, presentations, and worksheets using basic Microsoft Office applications (Word, Powerpoint, Excel); and learn how to search the Internet and access online services and online communications such as Gmail and Yahoo.

In partnership with AUPWU-UPOU Chapter, a 2-day training for ICT literacy at MC Theater, UPOU-DICT Building, C.P. Garcia Ave., Diliman, Quezon City was conducted for the Dumagat IPs. Pahinungód volunteers, Ms. Katrine Ames Gito and Ms. Yrelle Mae Lleva, served as resource speakers. They discussed the basics of Microsoft Office applications, the use of the internet and Google Workspace, and the creation of email addresses. Other Pahinungód volunteers assisted as hands-on tutors to the participants.

The event was conducted on October 8, 2022, where 21 participants attended, and on October 15, 2022, with 19 participants.

## Civil Service Exam Review Sessions

UPOU employees who were set to take the civil service examinations have benefitted from the Pahinungód UPOU's review session, too.

These review sessions were collaborative work among three offices: All UP Workers Union-OU chapter (AUPWU-OU), Faculty of Education, and Ugnayan ng Pahinungód UPOU. The sessions were conducted in a hybrid set-up with physical attendees convening at the UPOU Audio-Visual Room while online attendees were participating via Zoom.

The call for participants was disseminated by the AUPWU-OU via UPOU email. Prior to the review sessions, a pre-test was administered to the participants to gauge their current level on the topic areas covered by the Civil Service Exam. Resource persons were jointly identified by the Faculty of Education and Ugnayan ng Pahinungód UPOU.

## Read Aloud in

### Sto. Domingo Elementary School

In celebration of the National Reading and Book Month with the theme: "Rediscovering the Legacy of Literature through Reading" in November, the Ugnayan ng Pahinungód UPOU in collaboration with the University Library held face-to-face storytelling sessions for the Kinder pupils of Sto. Domingo Elementary School on November 28, 2022, to promote the love for reading among the pupils.

Ms. Denise Therese Ann Palisoc, staff from the UPOU Office of Gender Concerns (OGC) facilitated the storytelling sessions. Aside from the storytelling sessions, interactive games were also prepared for the students, which were facilitated by Ms. Christine Faye Pesimo, a student assistant from the University Library.



In collaboration with the University Library, the Ugnayan ng Pahinungód conducts a reading program for kindergarteners at the Sto. Domingo Elementary School; Ms. Denise Palisoc served as the volunteer storyteller.

## 2022 Volunteer Appreciation Party

In line with the celebration of National Volunteer Month in December, the office held an Online Volunteer Appreciation Party on December 21, 2022, via Zoom. The event aimed to give recognition to the effort and commitment of the Pahinungód UPOU volunteers in helping with its programs and activities. Interactive games and raffles were prepared for the volunteers.

The event also allowed the volunteers to share their volunteer experiences this year, including their suggestions for future volunteer work with the office. Customized Pahinungód UPOU t-shirts were also rolled-out to the 2022 Pahinungód UPOU volunteers.

Moving forward, the Pahinungód UPOU targets to focus on establishing programs that aim to contribute to the development of primary and secondary education and mental health wellness. It looks forward to continuing the provision of free and accessible online courses, training programs for teachers and students in partner schools, and activities for mental wellness, among others. Through the development of the e-Guro program, there are plans to further capacitate the K-3 elementary teachers of partner schools in teaching reading and numeracy skills.

Since at the heart of the Pahinungód are our dedicated volunteers, the office intends to strengthen the engagement with them and develop volunteer training programs suited to their needs. The Ugnayan ng Pahinungód UPOU also looks forward to forging partnerships with other academic, and non-academic institutions, and volunteer organizations.

FOR YOUR TIME AND EFFORT,  
AND FOR YOUR HEART FOR SERVICE.

*Thank you*

**PADAYON, PAHINUNGÓD!**

UP OPEN UNIVERSITY UGNAYAN NG PAHINUNGÓD | UPOU FAMILY

- UGNAYAN NG PAHINUNGÓD UPOU FAMILY

Go to [www.menti.com](http://www.menti.com) and use the code 4857 1002

**Anong klaseng volunteer work ang gusto mong gawin sa 2023?**

storytelling a read aloud  
organizing events  
commworks in remote areas  
larong lahi  
mental wellness advocacy  
education-related  
csc review  
math teacher  
reading literacy  
math and science  
mental health awareness  
community service  
teaching related  
reading compre  
motivational speaker  
tutorial in wheels  
speakership  
education  
teach  
toss  
stem  
speakership  
module writer  
teaching skills  
wordpress  
adopt-a-library  
mental wellness advocacy  
organizing events  
face to face training  
storytelling a read aloud  
commworks in remote areas  
larong lahi  
mental wellness advocacy  
education-related  
csc review  
math teacher  
reading literacy  
math and science  
mental health awareness  
community service  
teaching related  
reading comprehension  
motivational speaker  
tutorial in wheels  
speakership  
reading comprehension  
teaching programs  
resource speaker and writer  
mental health teacher



**Melinda dP. Bandalaria**  
Chancellor, UP Open University



Since 2019, the Ugnayan ng Pahinungód has played an important role in the various public service initiatives of UPOU so it can extend its expertise to the marginalized and underrepresented communities in the country. The brand of volunteerism that the Pahinungód embodies is consistent with the vision of UPOU in promoting inclusive lifelong learning not only in its service communities but also in its volunteers.

With the steps that have been undertaken by the Pahinungód Office in establishing online volunteerism, we are confident that this selfless service will continue to flourish among the UPOU community, both its students and alumni, its faculty members and staff, along with its partner institutions and other stakeholders. We aim to develop transformative programs which will play a significant role not only in fostering an engaging online volunteerism atmosphere but also in placing UPOU as one of the pillars of online volunteerism in the Philippines vis-a-vis public service.

**Asst. Prof. Queenie Roxas-Ridulme, MAN, RN**  
Director, UP Open University Ugnayan ng Pahinungód



Reaching out to indigenous peoples (IP) communities has been one of the notable achievements of the office. Through the projects and activities of the office, we were able to contribute in addressing the needs of these marginalized communities, especially in the aspect of education. This year, through the support of the Department of Education Region X, Pahinungód UPOU offered bridge program in English and Mathematics for the senior high school students belonging to the seven tribes of Bukidnon namely, Talaandig, Higa-onon, Bukidnon, Umayamnon, Matigsalug, Manobo and Tigwahanon. The office also organized ICT literacy training program for the youth of Dumagat IPs residing in Rodriguez, Rizal. Moving forward, Pahinungód UPOU, with the help of our volunteers and partner institutions, is committed to actively take part in developing programs intended to advance the collective well-being of the IP communities.



# UP VISAYAS UGNAYAN NG PAHINUNGÓD

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Student volunteers gather trash along the coast of the UP Visayas Miagao campus in celebration of the International Coastal Clean-up Day.



Ms. Dana Princess Alforte, one of the Pahinungód volunteers, assists a voter on how to fill-up the voter's registration form during the Satellite Voter's Registration in UP Visayas Iloilo City campus on September 18, 2021.

**T**he past years were anything but normal, especially with the impact of COVID-19. Yet, the UP Visayas Ugnayan ng Pahinungód/Oblation Corps (UP/OC) has continued playing a huge role in supporting the UPV community throughout the pandemic. The support of our community partners and the collaboration with individuals and families in the community have helped make many of our achievements possible and allowed us to have an even greater impact not only on the lives of our stakeholders and partners in UPV but also on the public.

### Satellite Voter's Registration

With a voter's registration site set at the UPV Iloilo City campus, the UPV UP/OC took the initiative of looking for volunteers and conducting an orientation for them to assist in the said voter's registration last September 18, 2021. The voter's satellite registration was held at the UPV Iloilo City campus in partnership with UP Alumni Association Iloilo Chapter and the Commission on Elections.

### Online Webinars (Pahinungód si Isko at Iska, Padayunon ang Istorya: Ledivina V. Cariño Online Forum and Mental Health Awareness)

In celebration of the National Volunteer Month 2021, the UPV UP/OC invited its former volunteers to share their experience and the impact of volunteerism on their lives to students and student organizations to inspire and inculcate the spirit of volunteerism and social commitment of UP. Forty participants attended the online forum titled, "Pahinungód si Isko at Iska: Padayunon ang Istorya: Ledivina V. Cariño Online Forum " on December 15, 2021.



In recent years, there has been increasing acknowledgment of the importance of mental health in achieving global development goals. Yet, despite some progress, people with mental health issues often experience human rights violations, discrimination, and stigma. To educate the public about mental health, UPV UP/OC initiated online webinars on various aspects of mental health. These webinars are geared toward helping individuals survive mid-life crises and find their purpose, take a fresh look at life, and make more intentional decisions; discussing how women cope with stress and anxiety and bringing to light women's overburdening and multiple roles; and understanding common mental health challenges among senior high school learners and managing them.

This 3-day webinar on mental health was in collaboration with the UPV Office of Student Affairs (OSA), UPV Employees Cooperative (UPVEC), and UPV Gender and Development Program (GDP) with the Master of Education students of Ms. Juvy Janeo of UPV OSA. Over 100 participants attended the 3-day webinar held on August 6, 11 and 12, 2022.

### **Teacher Training Program with Sadaan Elementary School of Schools Division Office of Cotabato**

With the gradual return of face-to-face classes, the UPV UP/OC held a teacher training program to equip and prepare teachers for this transition; train and upgrade their skills on relevant trends and innovations in learning and teaching; and improve their pedagogical approaches and bridge learning gaps.

This was also the response of the UPV UP/OC to the Principal of Sadaan Elementary School's request for assistance from UPV experts, specifically from the Division of Professional Education, College of Arts and Sciences, to provide inputs in strengthening their teaching practices and methodologies, through a webinar that was held on March 30, 2022.



Prof. Lovella S. Divinagracia spoke on “Recalibrating Pedagogical Approaches in Preparation for Face-to-Face Instruction” and Prof. Pepito R. Fernandez, Jr. spoke on “Interventions for Bridging Learning Gaps and Intensifying Learning Gains” with the principal and teachers of Sadaan Elementary School of Schools Division Office of Cotabato on March 30, 2022 via Zoom.



## UPV Animal Care Program

The UPV Animal Care Program (ACP) was established to help curb the incidence of animal cruelty and stray animal population in the UP Visayas campuses and transform it into a humane university.

As a kick-off activity of the program, the UPV UP/OC held a webinar on CATropang IDOLO on September 14, 2022, to increase awareness on animal welfare, proper care, and treatment among the UPV constituents. Forty-eight UPV faculty and staff attended the webinar.

To encourage student volunteerism and increase their engagement in the ACP, Chancellor Camposano met with advocates of animal welfare, specifically the Search and Rescue K9 Philippines, on December 6, 2022. Additionally, a talk with the student dormers was held in collaboration with the UPV OSA on December 12, 2022. The event was conducted at the UPV Covered Court and was attended by a total of 182 student dormers.

UP Visayas Ugnayan ng Pahinungod/Oblation Corps  
**CATropang IDOLO**  
via zoom

**CATropang IDOLO**

Wednesday | 14 September 2022  
8:30 AM - 11:30 AM

Register now at:  
[tinyurl.com/CATropangIDOLO](https://tinyurl.com/CATropangIDOLO)

**DR. BAREL TABUADA**  
Bello Provincial Veterinarian  
Bello Provincial Veterinary Office

**SHARON BANZON-YAP**  
Education & Learning Officer  
UPVCS Animal Rehabilitation Center (RARC)

**PROF. KHRYSTA IMPERIAL RARA**  
Project Manager  
UPV TNYR 2022

**MR. ALBERTO HARTE**  
Livestock Coordinator/Technician  
L30 Misamis Role

**MS. MICHELLE ESCRIBA**  
Co-founder  
TRAV, K9, and Tarp Stray  
Cat Advocates

**MR. JAMES G. LUNASCO**  
Master of Geriatrics

The UP Visayas Ugnayan ng Pahinungod/Oblation Corps (UPV UP/OC) will be holding a webinar series entitled CATropang IDOLO, which is a preliminary activity of the UP Visayas Animal Care Program (UPV ACP).

The UPV ACP aims to curb the incidence of animal cruelty and stray animal population in the UPV campuses and transform UPV into a humane university.

The first webinar will focus on laws and policies related to Animal Welfare and Protection, proper handling and care of animals, as well as the health risks associated with stray animals.

## Set-up an aquaculture facility for the Mag-indi Ayta Indigenous People community in Floridablanca, Pampanga

The Director of St. Vincent School of Technology (SVST) Resource Center for Social Concern of Adamson University, Dr. Emilliano Ibera, requested the services of the UPV through the UPV UP/OC to help the Mag-Indi Ayta Indigenous Peoples (IP) in Floridablanca, Pampanga put up an aquaculture facility. The UPV team composed of Vice-Chancellor for Research and Extension (VCRE) Dr. Harold Monteclaro, Institute of Aquaculture (IA) Director Dr. Rex Ferdinand Traifalgar, IA Prof. Fredson Huervana and UPV UP/OC Director Dr. Farisal U. Bagsit initially held a Zoom meeting with Dr. Ibera on July 22, 2022 to discuss UPV's partnership with Adamson University. The UPV team went to Floridablanca, Pampanga on October 7-8, 2022 to check potential locations for the setting-up of an aquaculture facility for the Mag-indi Ayta IP.

# UTAK AT PUSO PARA SA BAYAN BOLUNTERISMONG TATAK UPV



AUGUST 17, 2022 | 8:30 AM - 12:00 PM | VIA ZOOM



**The role of Volunteerism in Shaping the Future of the University of the Philippines**  
DR. CLEMENT C. CAMPOSANO  
Chancellor  
University of the Philippines Visayas



**Volunteer Service in the Era of New Normal and Call for Transformation**  
PROF. JESSICA A. DATOR-BERCILLA  
Associate Professor  
Institute of Fisheries Policy and Development Studies, College of Fisheries and Ocean Sciences  
University of the Philippines Visayas



**Volunteerism and Nation Building**  
MR. DONALD JAMES D. GAWE  
Executive Director  
Philippine National Volunteer Service Coordinating Agency (PNVSCA)



REGISTER HERE:

[tinyurl.com/upvpuso](https://tinyurl.com/upvpuso)



## Utak at Puso para sa Bayan: Bolunterismong Tatak UPV

As part of the celebration of the 75th Anniversary of the UP Presence in Iloilo last August 2022, the UPV UP/OC held a webinar titled, “Utak at Puso para sa Bayan: Bolunterismong tatak UPV” on Aug. 17, 2022. The activity aimed to re-introduce the UPV UP/OC to its stakeholders and partners, discuss its current programs and activities, and provide renewed energy for volunteerism in UPV. The webinar was attended by 104 participants.

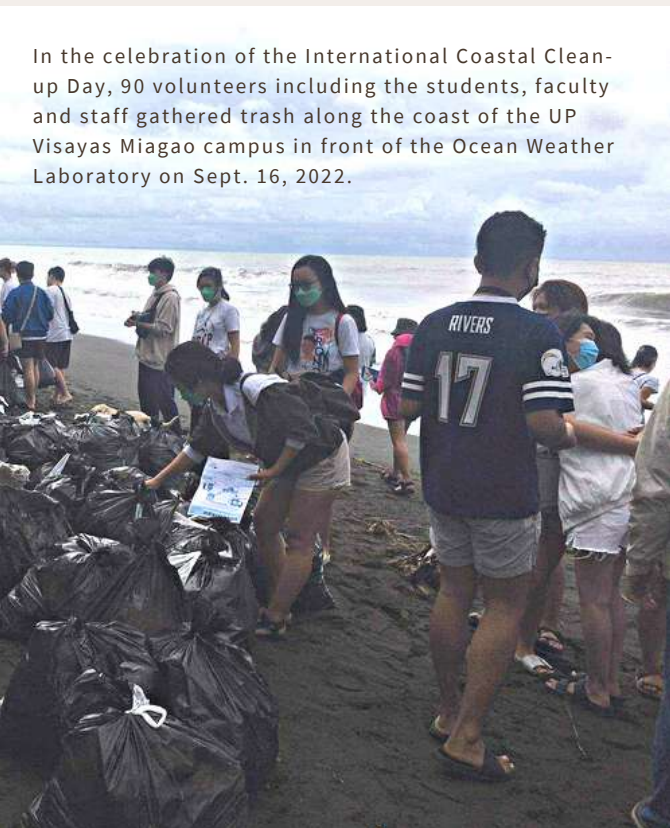
## Establishment of Pag-ambit Management System

The UPV UP/OC’s vision and mission is to make the university a caring academic community in the service of underserved communities nationwide through volunteerism. To realize this, we need to mainstream volunteerism in UPV and harness the support of its stakeholders and partners—students, faculty, staff, and alumni here and abroad through an online platform. Thus, the establishment of the Pag-ambit Management System (PMS) was initiated through a series of meetings with the UPV CRSIS volunteers who designed the UPV UP/OC volunteer management system. The PMS was launched on August 17, 2022.

## Dampig Baybay: Coastal Clean-Up

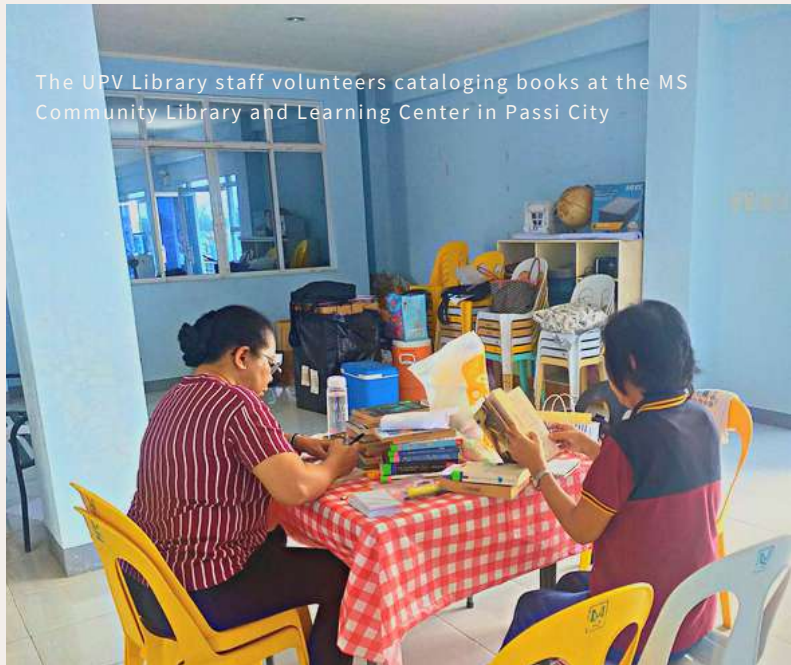
Dampig Baybay is a coastal resource management program of the UPV UP/OC which aims to create awareness and promote the importance of protecting the oceans and waterways not only in the local community, but also globally.

In celebration of the International Coastal Clean-up Day, the UPV UP/OC partnered with the UP Fisheries Guild, UP Beta Sigma Fraternity - UP Visayas Chapter, UPV Clovers, and UPV Museum of Natural Sciences to conduct a Dampig Baybay: Coastal Cleanup activity in front of the UPV Ocean Weather Laboratory on September 16, 2022. Ninety volunteers including the students, faculty and staff participated in the said activity.



In the celebration of the International Coastal Clean-up Day, 90 volunteers including the students, faculty and staff gathered trash along the coast of the UP Visayas Miagao campus in front of the Ocean Weather Laboratory on Sept. 16, 2022.

On September 17, 2022, the UPV, in partnership with the EarthingPH, 8 Villa Beach House, the Iloilo City Tourism and Development Office, Iloilo City Environment and Natural Resources Office, and Iloilo Stand UP Paddleboarding (ISUP), took part in a massive initiative to remove trash along the beaches of Villa Arevalo. Panay News and More Power Corporation also partnered with the City Government in support of this event. The UPV UP/OC volunteers were from the Office of Student Affairs, Human Resource Development Office, and Balay Ilonggo.



The UPV Library staff volunteers cataloging books at the MS Community Library and Learning Center in Passi City

### **MS Community Library and Learning Center in Passi City**

The organization and establishment of the MS Community Library and Learning Center in Passi City was an initiative of the UPV Library in collaboration with the UPV UP/OC. This program aims to serve the library needs of locals and nearby municipalities, provide manpower, technical services, and the necessary materials needed for its management system. The creation of the library was initiated by Mr. and Mrs. Zyrel and Jhoanna Rojo and was funded by the Gorriceta -Rojo family, with the assistance of the High FYV (Highlight the Impact Forward Youth Volunteers).

On October 8 and 28, 2022, the UPV Library staff went to Passi City to organize the community library by setting up a catalog system and the management of the physical copies of books. On November 25, 2022 the UPV UP/OC staff went with the UPV Library staff to assist in the organization of books and cataloging systems.

### **UPCA Caravan: Aabutin ang Pangarap**

The UPV UP/OC, in collaboration with the UPV Office of the University Registrar (OUR) and UP Office of Admissions (OAd), conducted the UPCA Caravan: Aabutin Ang Pangarap (AAP) for manual applications on November 3, 2022 at Balay Turun-an with the Panay Bukidnon Indigenous Peoples in Tapaz, Capiz. The activity aims to bring the UP closer to the different schools in Panay Island, Guimaras and Negros by reaching out to UPCA applicants, especially those in remote areas who do not have the facility for online applications.

The UPV UP/OC team also paid a courtesy call to DepEd-Passi City Division Superintendent Maria Roselyn J. Palkat who helped in the distribution of UPCA forms to Grade 12 students in the different schools in Passi City.

On November 4, 2022, the UPV UP/OC team went to Col. Patrocinio Artuz Memorial National High School in Tapaz, Capiz, and Ibajay, Aklan and conducted an UPCA orientation in the following schools: Ibajay Academy, Ibajay National High School and Naisud National High School. The UPV UP/OC team also went to Guimaras on November 7, 2022 for the UPCA orientation in Jordan National High, Buenavista National High School and TVC-Sta. Teresa National High School.

On November 11, 2022 the team went to Talisay City for the UPCA orientation in Rafael B. Lacson National High School and Colegio de San Nicolas de Tolentino.



Ms. Ana Liza Subade of the UPV Office of the University Registrar discussed the UP College Admission to commence the UPCA Caravan: Aabutin Ang Pangarap (AAP) on November 3, 2022 at Balay Turun-an with the Panay Bukidnon Indigenous Peoples in Tapaz, Capiz.

### UPV UP/OC Core Group and First Strategic Planning

To streamline volunteerism among the UPV stakeholders, the UPV UP/OC created a Core Group composed of 69 volunteer focal persons from different units/offices in the UPV. Chancellor Camposano issued a memorandum on June 17, 2022 to formalize the volunteer-focal persons' engagement.

On August 1, 2022, the UPV UP/OC held the first volunteer focal persons meeting via Zoom to orient them on their critical role as focal persons, as well as volunteering opportunities to help the underserved communities. Fifty-four volunteer focal persons attended the said meeting.

On November 18, 2022, the UPV UP/OC held a strategic planning with UPV volunteer focal persons for a more inclusive planning and to get their inputs on the activities to be implemented for the fiscal year 2023. The result of the activity was used during the UP/OC Systemwide Planning in December 2022 at UP Baguio. Forty volunteer focal persons attended the workshop.

### PasKOOPerasyon

The UPV UP/OC, the UPV Employees Cooperative, and CFOS Public Service Program, together with volunteers from CFOS student organizations launched the "PasKOOPerasyon" on December 17, 2022.

In its first year, PasKOOPerasyon held a Christmas gift-giving program to help the coastal families in Miagao, Iloilo who were affected by Typhoon Paeng last October. The activity also provided an avenue for the UPV community to uplift their spirits through the sharing of meals, grocery packs, and engaging games with prizes. Moreover, severely affected fisherfolk households were given fishing gear and materials for boat repair and alternative livelihood assistance to help them gradually recover from the aftermath of Typhoon Paeng.



PasKOOPerasyon held a Christmas Gift-giving program to help the coastal families of Miagao, Iloilo affected by severe tropical storm last October on December 17, 2022 at the UPV New Administration Building.



**Clement C. Camposano**  
Chancellor, UP Visayas

I envision the UP Visayas UP/OC as an office committed to the promotion of voluntarism across different sectors in the UP Visayas community, not as a way of paying back our debt to society but as an articulation of UP's identity as a public service and publicly engaged institution of higher learning. An office dedicated to making voluntarism the norm rather than the exception in the University.



**Asst. Prof. Farisal U. Bagsit, PhD**  
Director, UP Visayas Ugnayan ng Pahinungód

The most important achievement of the UP Visayas UP/OC office in 2022 was bringing our office closer to communities that were in dire need of our help and providing the expertise and services that are unique to UP Visayas. The COVID-19 pandemic caused delay in the implementation of our activities and programs but with a proactive and more inclusive approach and strategies, and generous support of the UPV administration and its constituents, the office was able to regain its footing and pick up its pace. And we are very optimistic that more volunteers will get on board in the future so that the UPV UP/OC will have a far-reaching impact on communities.



# UPV TACLOBAN UGNAYAN NG PAHINUNGÓD



Asst. Prof. Hector Bryan P. Grama, UP Tacloban Ugnayan ng Pahinungód coordinator, together with the UPVTC Psychology faculty, packs 200 mental health kits and 200 plays kits. Photo by UP Tacloban Ugnayan ng Pahinungód



Professor Efmer Agustin talks about the UPCA application to senior high students of Notre Dame of Abuyog with participants from Abuyog National High School and Visayas Christian Institute of Technology. *Photo by UPCA Abuyog Team, UPV Tacloban College*

**I**n a period of significant societal disruption, the UP Visayas-Tacloban Ugnayan ng Pahinungód found new ‘COVID-safe’ ways of participating in their communities and lessening the challenges associated with living through a pandemic. Despite many challenges, which included natural disasters on top of multiple COVID-19 variant surges, there has still been a lot the Pahinungód has done. Many of the UP Visayas-Tacloban Ugnayan ng Pahinungód volunteers had recognized, reconnected, and reimagined the spirit of the Pahinungód while acknowledging their roles in reaching these communities across the country.

While the pandemic had many of Pahinungód Tacloban’s face-to-face activities affected, the easing of COVID-19 restrictions for the years 2021 to 2022 made it possible for participants, trainers/speakers, volunteers, and other stakeholders involved in the programs and activities to travel.

### **Dayón Kamo Ha UP, UP College Admissions (UPCA) 2022 Campaign**

Campaigns for the UPCA 2022 were conducted by the UP Visayas-Tacloban Ugnayan ng Pahinungód to encourage students to apply for admission in UP, and to increase applications in campuses such as the UP Visayas-Tacloban in Eastern Visayas.

The UPCA 2022 campaign was done through the collective effort of UP Visayas-Tacloban Ugnayan ng Pahinungód, UPVTC Dean Patricia B. Arinto, Office of College Secretary, Office of Student Affairs, UP faculty, staff, students, and alumni volunteers.



Mr. Rogene Ramos, BA Psychology instructor, talks about the possible career paths of each degree program to two (2) students who booked an information session for the UPCA Online Application. *Photo by Marvie A. Villones, UPV Tacloban College*



(Above) Biology professor Jessa May Malanguis talks about online application for admission in UP to students of Tinago National High School in Inopacan, Leyte during the UPCA campaign held on September 28 to October 10, 2022.

*Photo by UPCA Southern Leyte Team, UPV Tacloban College*

(Below) SEES Training Facilitator Dr. Ervina A. Espina (standing) explains the contents of the SEES manual before the group simulation

*Photo by Hector Bryan P. Grama*



After identifying the senior high schools in Region 8, the UP Visayas-Tacloban Ugnayan ng Pahinungód and UP Visayas-Tacloban faculty and staff started to communicate and gather contact persons for the areas that were visited. UP Visayas-Tacloban faculty and staff were clustered into several teams and given assigned areas to visit. Each team visited schools to conduct information sessions, as well as drop off the information materials like flyers, posters, and sampled application forms to these schools. UP faculty or staff discussed the courses offered at UP Visayas-Tacloban, and in different UP campuses, as well as the application process. Through the help of UP students and student organizations, and alumni, the reach of the campaign was widened because they were able to reach areas that faculty members and staff could not otherwise reach to distribute the information materials. UP Visayas-Tacloban also conducted one-on-one coaching sessions inside the UP Visayas-Tacloban campus for those who live nearby and wanted to see and feel the campus. The information and one-on-one coaching sessions were designed for those students who are undecided about which courses and UP campus they wish to apply to, as well as those who need guidance in the online application. Students who booked information sessions and one-on-one coaching in UPVTC also toured the campus.

From September 28 to October 10, 2022, the UP Visayas-Tacloban Ugnayan ng Pahinungód visited more than 80 senior high schools and has given information kits to 213 schools.

### **Teacher Training and Capacity Building Program**

The teacher training and capacity building program of the Pahinungód UP Tacloban was aimed at capacitating secondary school teachers in the provision of mental health & psychosocial support services (MHPSS) to their students through equipping them with knowledge on psychosocial interventions; providing them with knowledge and skills on empathic listening, psychological first aid and resilience-building; enhancing their facilitation skills; and training them on the proper conduct and process of the different modules in the manual.



In partnership with the UP Visayas-Tacloban Psychology faculty of the Division of Social Sciences, Pahinungód Tacloban was able to conduct teacher training at Sta. Fe National High School in Sta. Fe, Leyte, on July 5 to July 7, 2022. The program was done through the request of the school that aims for their teachers to appropriately provide psychosocial support to their students who most often seek to establish a sense of normalcy in their lives after going through adversities brought by the pandemic and disasters such as typhoons. During the teacher training, the Psychology faculty gave lectures on the context of the SEES (Supporting, Enabling, and Empowering Students) Manual, understanding disasters and mental health, the importance of knowing the normal reactions or psychosocial reactions, providing appropriate actions, and important skills appropriate for proper facilitation.

Asst. Prof. Hector Bryan P. Grama, UP Tacloban Ugnayan ng Pahinungód coordinator, delivers two (2) 1500-L water storage tanks donated by Remote Area Medical - RAM Philippines to the residents of Brgy. Dawahon, Bato, Leyte on May 12, 2022. *Photo by UP Tacloban Ugnayan ng Pahinungód*



### **Relief Effort for the community of Bato, Leyte**

With Bato, Leyte still recovering from the aftermath of Typhoon “Odette” which hit the country last December 2021, the local community needs access to basic necessities. In response to this need, on May 12, 2022, the Ugnayan ng UP Visayas-Tacloban Ugnayan ng Pahinungód reached out to help provide water storage for the residents of Dawahon in Bato, Leyte, whose circumstances as an island barangay had trouble accessing water after the disaster hit their area.

The relief effort in the community of Dawahon was made possible with the help of Remote Area Medical – RAM Philippines who donated two (2) 1500L capacity water storage tanks. UP Visayas-Tacloban Ugnayan ng Pahinungód faculty coordinator, Asst. Prof. Hector Bryan Grama, went to Bato, Leyte to turn over the donation to the Chairman of Brgy. Dawahon.



## Relief Efforts for the Typhoon Odette affected communities in Southern, Leyte

With the help of generous donors, Remote Areas Medical (RAM) Philippines, and its friends and donors, as well as from Leyte-Samareños in Japan who donated construction materials, UP Visayas-Tacloban was able to extend help to 30 households in three municipalities in Southern Leyte (Anahawan, San Francisco and San Ricardo) who were devastated by the Typhoon “Odette”. Faculty coordinator Asst. Prof. Grama delivered the donations to the recipients along with the volunteers.

## Psychological first aid (PFA) for Typhoon ‘Agaton’ affected communities in Abuyog and Baybay

Another typhoon also hit many communities in early 2022, and one of the services the UP Visayas-Tacloban Ugnayan ng Pahinungód provided was the provision of psychological first aid (PFA) to the Typhoon Agaton affected communities in Abuyog and Baybay, Leyte. PFA volunteers successfully conducted PFA to the communities in Abuyog on April 30 and in Baybay on May 2 to 3, 2022. The activity was primarily funded through the partnership with the Ramon Aboitiz Foundation Inc., or RAFI. Other donors were the DOH-EVCHD (for the area coordination assistance and the two transport vehicles they provided for the Abuyog deployment), Ms. Bavelle K. Ambas and friends (for the 102 loot bags given to children and adolescents in the evacuation center), and Pahinungód System Office for additional children’s play kits.



(Above) Psychological first aid session with a group of adolescents who are survivors of the landslide-affected community in Brgy. Mailhi, Baybay City

(Below) Psychology faculty of the UP Visayas Tacloban College - Division of Social Sciences conducts training for volunteers who will be deployed to provide PFA to Typhoon Agaton affected communities in Abuyog, Leyte. *Photos by UP Tacloban Ugnayan ng Pahinungód*

**PFA Volunteers Deployment and Training.** The volunteers that provided PFA to the victims and survivors of Typhoon Agaton in Abuyog and Baybay have undergone training prior to deployment. In Baybay, the training of volunteers on April 23, 2022, was in partnership with Sidlak Paglaum, a local volunteer group. Another PFA training on April 26, 2022 was done in Tacloban for volunteer staff and alumni of UPVTC. This PFA training was done through the efforts of the Psychology faculty of the college. Trainers guided the volunteers through the important guidelines, principles, and basic sets of action in conducting psychological first aid during the training to make these volunteers ready for the deployment that followed. The Ramon Aboitiz Foundation Inc. or RAFI provided the funding support for the PFA training, supplies, and mental health and play kits for the PFA sessions.

## Volunteer Reflections



Honestly, my first few volunteering activities with the Pahinungód were more of an escape for me—an escape from the overwhelming workload and a feeling of low self-worth. In Pahinungód, I am assured that everything I do contributes to a good cause and that is an instant dopamine boost!

In each of the relief assistance I volunteered in, I valued every “little” thing that I packed because I knew that each of those would help a family get through a few more days. Eventually, I found myself involved in more activities other than relief packing—from preparing certificates to teaching kids and having an academic exchange with teachers. While involving myself in such activities will perhaps never be a 100% comfortable experience for me (there is the anxiety of finding myself in new situations or the company of new people, the constant Impostor Syndrome, etc.), there is always comfort in volunteering besides being an escape.

As someone who almost always prefers working alone, I have a newfound appreciation for working with driven and empathetic people. Usually, there were discussions (sometimes, late at night) among the volunteers. Given our diverse backgrounds, topics jumped from the sciences and mathematics to politics to literature and, eventually, to a more random/casual topic. But more than these, as a teacher, what is perhaps the most motivating experience is to see how the attitudes of students change after a day of spending with them.



**KIMBERLY P. PAGLINGAYEN**  
Instructor in Biology  
Ugnayan ng Pahinungód Baguio Volunteer





### **Teacher Jean**

An innovation conceptualizes as we designed our action research. It is a brainchild of Dr. Vilbar's encouraging words when he saw the positive comments of my pupils on my youtube reading videos. He found potential in my attempt to create instructional materials that would probably improve the reading ability of my pupils in Grade 6 in Sibonga Central Elementary School.

Thus, our teams' action research "Impact on E-Instructional Videos on Pupils Reading Comprehension Amidst the Pandemic" was born.



### **Teacher Karen**

Dr. Vilbar taught us the ADDIE Model which was used in action research. We consulted with him the steps in conducting the studies. He guided us all throughout and provided us with materials such as a green screen, ring light, condenser, and headset to improve the quality of our videos. Then Dr. Vilbar introduced us to the Master of Education students. We presented to them the format of the premier videos and the culture-based concept of the study. UP students volunteered to produce the third and fourth episodes. The third episode is a local folklore of Dumalan, Dalaguete entitled "Tres Marias" and the fourth one is a National Folklore "Pilandok". They pilot-tested the videos and revised them based on the feedback and uploaded them on teacher Jean's Youtube Channel.



## Bookworms Reading Studio (BRS) Team of Sibonga, Cebu

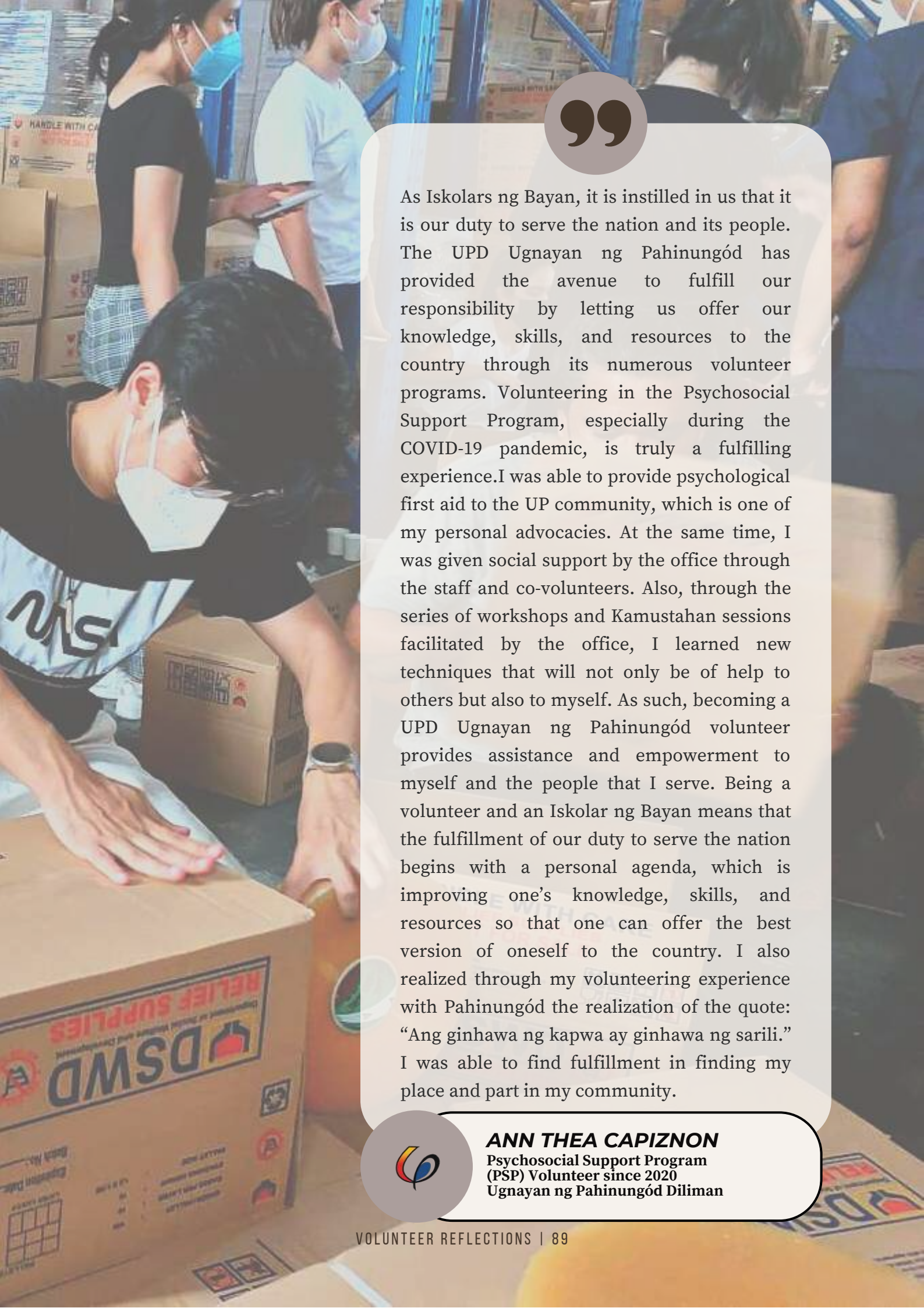


### **Teachers Jean Momongan, Karen Rizada, Eden Alcuizar, and Rhea Mae Fernandez**

The volunteerism of UP Cebu's Master Students had a great impact on our action research. They were able to produce quality videos that saved us time in producing the next episodes. And these videos encourage us to hone and improve our very own ICT skills.

Our collaboration with them made us realize that there is no difficult or impossible task if there is cooperation and teamwork within the group.





As Iskolars ng Bayan, it is instilled in us that it is our duty to serve the nation and its people. The UPD Ugnayan ng Pahinungód has provided the avenue to fulfill our responsibility by letting us offer our knowledge, skills, and resources to the country through its numerous volunteer programs. Volunteering in the Psychosocial Support Program, especially during the COVID-19 pandemic, is truly a fulfilling experience. I was able to provide psychological first aid to the UP community, which is one of my personal advocacies. At the same time, I was given social support by the office through the staff and co-volunteers. Also, through the series of workshops and Kamustahan sessions facilitated by the office, I learned new techniques that will not only be of help to others but also to myself. As such, becoming a UPD Ugnayan ng Pahinungód volunteer provides assistance and empowerment to myself and the people that I serve. Being a volunteer and an Iskolar ng Bayan means that the fulfillment of our duty to serve the nation begins with a personal agenda, which is improving one's knowledge, skills, and resources so that one can offer the best version of oneself to the country. I also realized through my volunteering experience with Pahinungód the realization of the quote: "Ang ginhawa ng kapwa ay ginhawa ng sarili." I was able to find fulfillment in finding my place and part in my community.



**ANN THEA CAPIZNON**  
Psychosocial Support Program  
(PSP) Volunteer since 2020  
Ugnayan ng Pahinungód Diliman



## Turo ng Bolunterismo

Tula ni Einstein Yamat, UPLB Pahinungód Volunteer

Walang kakilala, ako'y pumasok sa Bahay ng Pahinungód  
Ipinakilala sa tunay na kakanyahan ng talino sa paglilingkod  
Ika nga'y aanhin mo pa ba ang damo kung patay na ang kabayo  
Saang pa ba gagamitin ang talino kung nawawala naman ang puso

Maaring nagsimula ang ilan sa atin bilang makinang marunong lang matuto mula sa mga libro't guro  
Maaring tayo ay sumali upang gumawa ng pagbabago, ngunit mapapansin natin na tayo rin ay binabago  
Datapwa't, hindi sinasabi ng libro na sa bolunterismo tayo maaring matututo maging isang tao  
Isang tao na marunong magmahal nang lubos at walang inaasahang gantimpalang makukuha sa dulo

Ang pusong ito ang walang katapusang nagtataguyod ng bolunterismo sa galaw ng masa  
Mga kinakapatid ko sa karangalan, kumakalat ang bayanihan tulad ng kuryente sa kadena  
Ngunit tadhana nga ba ang dahilan para sabihing tayo'y tinipon ng sinagtala ng magandang diwa?  
O baka naman sa kapalaran, dahil tayo lang din ang nanghahawa ng kabutihan sa ating nakakasama?

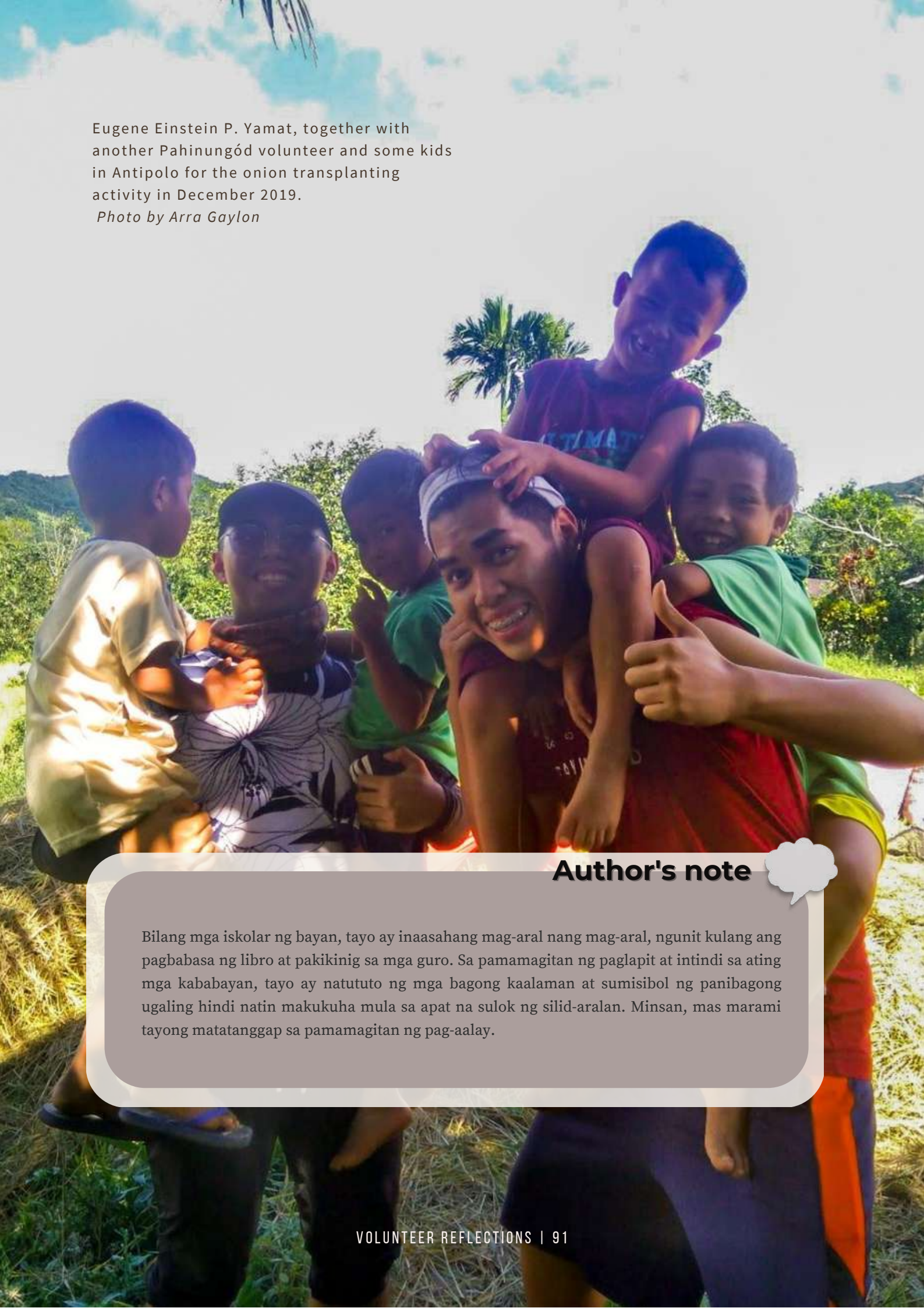
Tadhana o kapalaran ang pinagmulan, tayo-tayo lang din ang pinagsama para kumalat sa iba  
Sila man ay maging mga bata o matatanda, nakapag-aral o hindi, kabayo man o magsasaka  
Walang pinipili ang pag-aalay ng kamay at pakikiramay ng damdamin sa ating mga kapwa  
Walang pinipiling lugar o panahon ang bolunterismo, dahil ito ay sinasabuhay- 'di isang maskara

Sa pagkalantad sa ibang mga kultura, tayo ay natututong makinig, umintindi, makibahagi at maglingkod  
Tayo ay natututong maging tao para sa tao, at isang kandila na nauubos para sa liwanag ng nasa sulok  
Liwang, ang kaalaman natin ay hindi upang mansilaw, ngunit para maging gabay sa mga nabubukod

Mga iskolar, tandaan, ang edukasyong ating hinihiram ay para sa kinabukasan natin i-Pahinungód.

Eugene Einstein P. Yamat, together with another Pahinungód volunteer and some kids in Antipolo for the onion transplanting activity in December 2019.

*Photo by Arra Gaylon*



### Author's note

Bilang mga iskolar ng bayan, tayo ay inaasahang mag-aral nang mag-aral, ngunit kulang ang pagbabasa ng libro at pakikinig sa mga guro. Sa pamamagitan ng paglapit at intindi sa ating mga kababayan, tayo ay natututo ng mga bagong kaalaman at sumisibol ng panibagong ugaling hindi natin makukuha mula sa apat na sulok ng silid-aralan. Minsan, mas marami tayong matatanggap sa pamamagitan ng pag-aalay.





**Testimony from Fernando Mesa,  
Former Mayor of Alabat, Quezon**  
Community Partner, UP Manila  
Ugnayan ng Pahinungód

The yearly surgical mission is one of the most awaited activities in Alabat Island. Jointly conducted by the municipality of Alabat and Pahinungód, the official volunteer service program of the University of the Philippines, the mission extends benefits even to the two neighboring municipalities of Perez and Quezon, Quezon.

This gracious initiative of Alabat Municipality Mayor Fernando Mesa and the benevolent support of Dr. Eric Talens, director of UP Pahinungód received the assistance of the Governor of Quezon, Congresswoman of the 4th District of Quezon, and the Mayors of Perez and Quezon, Quezon.

Growing up in Alabat, it was Mayor Mesa's dream to bring health services closer to the people. God has answered his prayer through the surgical mission of the Pahinungód.

Patients are spared from being brought to hospitals in the mainland with all their financial and other problems.

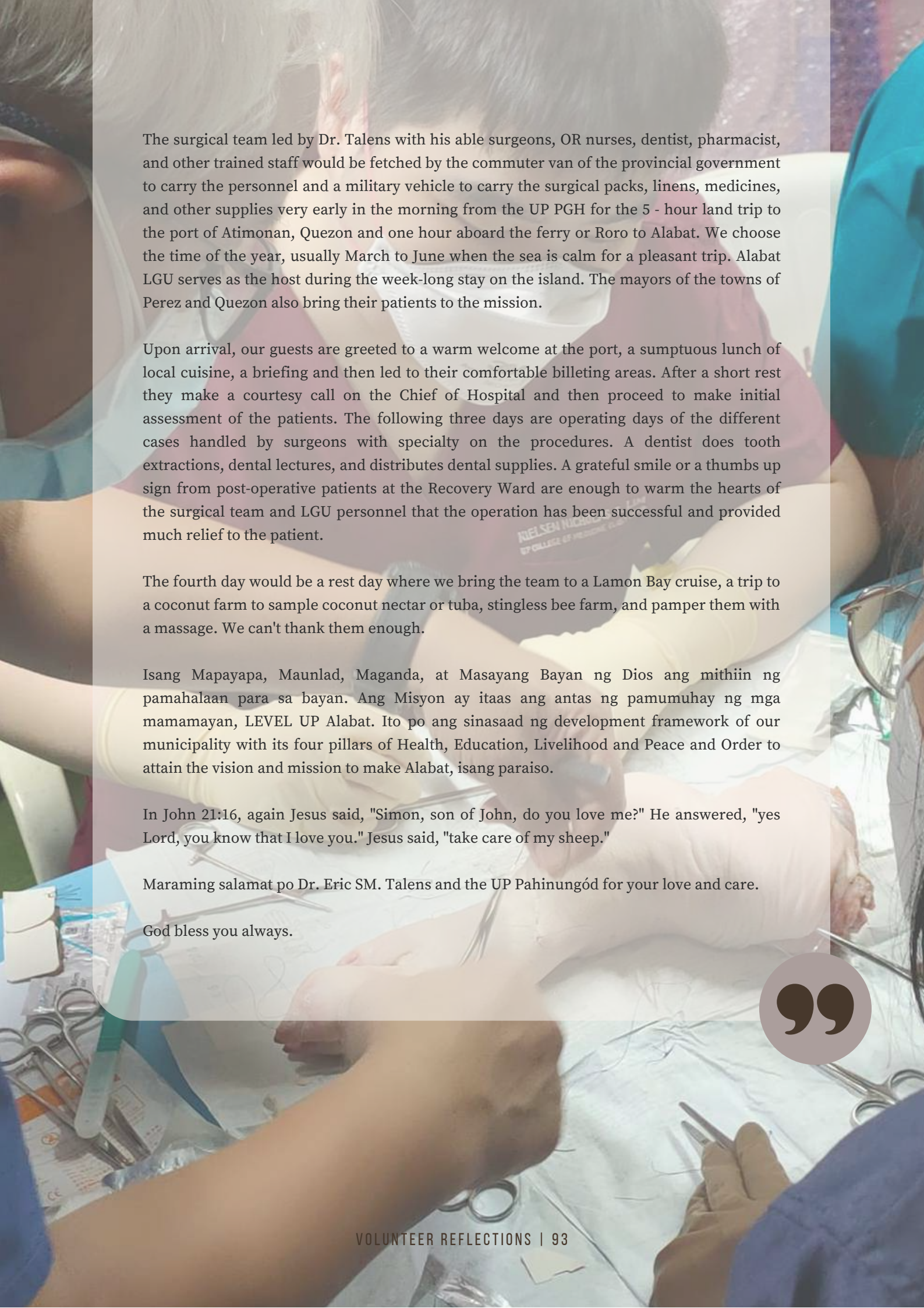
One unforgettable case was a farmer who was profuse in thanking the Mayor after the Cesarean Section on his wife by the team. "Naligtas po ang aming dalawang kalabaw...", pertaining to their source of livelihood that he had earmarked for the operation.

During the 9-year term of Mayor Mesa (2013-2022), the surgical mission changed the lives of 241 major and 503 minor surgical patients.

Included were cases of circumcision, warts removal, dental extractions, even ultrasound for a total of 2,160 beneficiaries. The mission only took a break during the CoVID- 19 pandemic years (2020-2021).

Each patient has his/her own story to tell of how grateful they were to the mission, truly heaven-sent to Alabat Island, thank God.

Major surgery, for patients under spinal or general anesthesia, includes removal of goiter, myoma, gall bladder stones, hernia, uterus, breast excision, and Cesarean Section, among others. Minor operations are under local anesthesia for the removal of cysts and other masses in different parts of the body. Patients who need to undergo further management are referred to East Avenue Medical Center and UP PGH where the team also helps in the implementation of surgical procedures.



The surgical team led by Dr. Talens with his able surgeons, OR nurses, dentist, pharmacist, and other trained staff would be fetched by the commuter van of the provincial government to carry the personnel and a military vehicle to carry the surgical packs, linens, medicines, and other supplies very early in the morning from the UP PGH for the 5 - hour land trip to the port of Atimonan, Quezon and one hour aboard the ferry or Roro to Alabat. We choose the time of the year, usually March to June when the sea is calm for a pleasant trip. Alabat LGU serves as the host during the week-long stay on the island. The mayors of the towns of Perez and Quezon also bring their patients to the mission.

Upon arrival, our guests are greeted to a warm welcome at the port, a sumptuous lunch of local cuisine, a briefing and then led to their comfortable billeting areas. After a short rest they make a courtesy call on the Chief of Hospital and then proceed to make initial assessment of the patients. The following three days are operating days of the different cases handled by surgeons with specialty on the procedures. A dentist does tooth extractions, dental lectures, and distributes dental supplies. A grateful smile or a thumbs up sign from post-operative patients at the Recovery Ward are enough to warm the hearts of the surgical team and LGU personnel that the operation has been successful and provided much relief to the patient.

The fourth day would be a rest day where we bring the team to a Lamon Bay cruise, a trip to a coconut farm to sample coconut nectar or tuba, stingless bee farm, and pamper them with a massage. We can't thank them enough.

Isang Mapayapa, Maunlad, Maganda, at Masayang Bayan ng Dios ang mithiin ng pamahalaan para sa bayan. Ang Misyon ay itaas ang antas ng pamumuhay ng mga mamamayan, LEVEL UP Alabat. Ito po ang sinasaad ng development framework of our municipality with its four pillars of Health, Education, Livelihood and Peace and Order to attain the vision and mission to make Alabat, isang paraiso.

In John 21:16, again Jesus said, "Simon, son of John, do you love me?" He answered, "yes Lord, you know that I love you." Jesus said, "take care of my sheep."

Maraming salamat po Dr. Eric SM. Talens and the UP Pahinungód for your love and care.

God bless you always.

”



## REFLECTIONS

When I was a college student at UPLB and a resident of Men's/Coed dorm, the Ugnayan ng Pahinungód building was very near. Looking at the newly constructed building in 1996, I thought it to be homey because it resembled a “bahay” or house, and I later found that it was aptly named Bahay ng Pahinungód. Even though I was three years into college, I still felt homesick being someone whose origins came from Mindanao. Hence, the structure drew me towards it like a magnet. The people inside were even more like family. Without hesitation, I applied for volunteer work in Nasugbu, Batangas, where we met with farmers and identified their needs particularly on farming and agriculture. I'm glad that we are still in touch, and I'm glad that we even had a chance of reuniting before the pandemic hit.

I still had that volunteerism spirit after graduation. Thus, I joined the 3rd batch of the Gurong Pahinungód program. I'd say it was a decision I would never come to regret in all my years of living, because the people I've come across in the program are still my family and friends until now, even after 22 years, especially my partner, Dr. Dazzie Zapata-Pinlac.

Then, for a long time, I worked in the banana industry and lost touch with Pahinungód. But here I am presently, from the private sector to the academe and reigniting my passion for volunteerism. I started signing up in online activities of UPLB Pahinungód and it wasn't until recently that I got involved in a face-to-face program of the UP Mindanao Pahinungód. It seems that I've never left home. Indeed, I'd say Pahinungód is family and Pahinungód is forever.



**RODGESSA A. LOPEZ**  
UP Mindanao Ugnayan ng  
Pahinungód Faculty Volunteer



**Arlene Mendiola Acol**  
UPOU Pahinungod Volunteer

## ◀ Reflection: Giving Back HOPE



I am passionate about teaching and sharing my skills and knowledge with others. By being a Ugnayan ng Pahinungod UPOU volunteer, not only can I share my passion with those who are in need, but I can also give back to the institution that gave me a second chance in learning. Through the Ugnayan ng Pahinungod UPOU programs, I can help give back hope to my countrymen.

## Reflection: “I See Me In You”



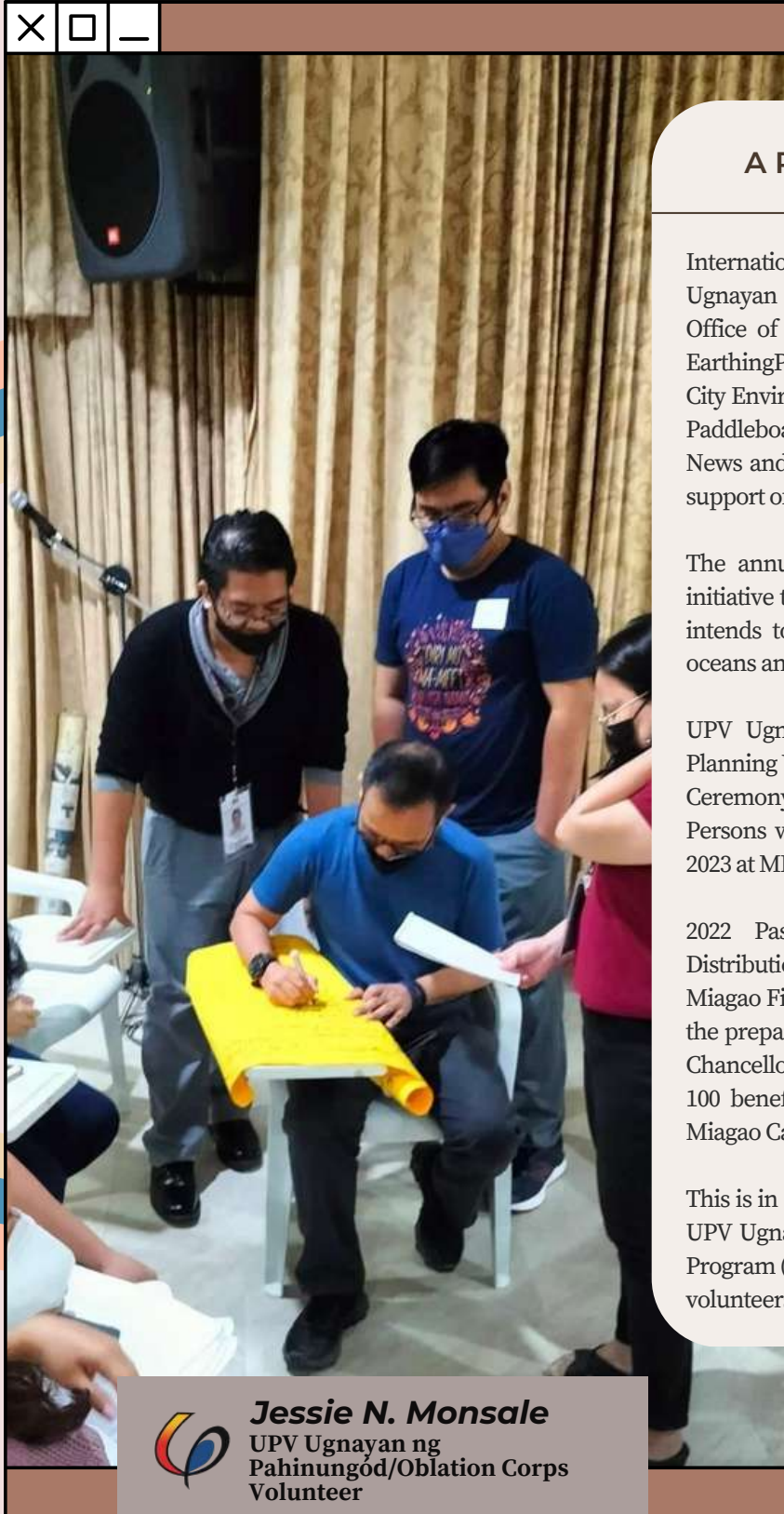
It is just a matter of recognizing and accepting the fact that we all have the capacity to share ... our time, and our resources, or simply by our mere presence. Our giftedness as persons can be best measured if we are able to give without expecting anything in return.

With these thoughts, my yet few added experiences with the UP Visayas Ugnayan ng Pahinungód/ Oblation Corps activities made me concretely believe that volunteerism is a special act of love that shapes and defines my unique character being both a public servant and private individual, inspired by God Himself. And simply put, all of these because I can see myself in you.

Allow me then, to share with you an acronym turned free-verse poem:

Volunteering is innate deep within us by nature  
One only needs to keep the fire burning to nurture;  
Leads to a worthy life, so vibrant and meaningful  
Untiring immediate response of others plea or call;  
Nothing else matters but love to deliver service for free  
Time is essential to give and share, as the case may be;  
Experiences are priceless and treasured memories  
Embracing passion for empathy and selflessness;  
Right now, we are all proud UP Pahinungód volunteers.

## Reflection: “I See Me In You”



### A Recollection of My Volunteer Work

International Coastal Cleanup Day (Sept. 17, 2022) – with UPV Ugnayan ng Pahinungód/Oblation Corps co-volunteers from the Office of Student Affairs and Balay Ilonggo in collaboration with EarthingPH, the Iloilo City Tourism and Development Office, Iloilo City Environment and Natural Resources Office, and Iloilo Stand UP Paddleboarding (ISUP) at 8 Villa Beach House, Iloilo City. Panay News and More Power also partnered with the City Government in support of this event.

The annual event encourages people to take part in a massive initiative to remove as much garbage as possible on beaches. It also intends to create awareness of the importance of protecting the oceans and waterways of the world.

UPV Ugnayan ng Pahinungód/Oblation Corps (UP/OC) Strategic Planning Workshop (Nov. 18, 2022) – I served as the event’s Master of Ceremony and participated in the workshop with co-Volunteer Focal Persons where we discussed upcoming plans and activities for FY 2023 at MILC AVR, TLRC, CUB, UPV Miagao Campus, Iloilo.

2022 PasKOOPerasyon Gift-Giving, Christmas Program, and Distribution of Fishing Gear and Boat Repair Materials for the Miagao Fisherfolk affected by STS Paeng (Dec. 17, 2022) – I helped in the preparation of the venue, distribution of food packs and assisted Chancellor Clement C. Camposano in the gift-giving to more than 100 beneficiaries at the New Administration Bldg. Grounds, UPV Miagao Campus, Iloilo.

This is in collaboration and support of UPV Employees Cooperative, UPV Ugnayan ng Pahinungód/Oblation Corps, CFOS Public Service Program (CPSP), LGU-Miagao, and the dedicated student leaders and volunteers from CFOS-SC, UPIS, UPFG, and UPV GRASFA.



**Jessie N. Monsale**  
UPV Ugnayan ng  
Pahinungód/Oblation Corps  
Volunteer

# THE UGNAYAN NG PAHINUNGÓD COUNCIL



## **Prof. Marie Therese Angeline P. Bustos, PhD**

Director, Ugnayan ng Pahinungód System

Marie Therese A.P Bustos is a professor of Special Education at the University of the Philippines-Diliman. She is the System Director of the Ugnayan ng Pahinungód, the volunteer program of the UP and also serves as the Philippine Convener of the Assessment, Curriculum and Technology Research Program at the UP Center for Integrative and Development Studies. Teacher Therese, as she is called, has a PhD in Special Education from the University of the Philippines and is a sign language interpreter. She was a member of the Technical Panel on Teacher Education under the Commission on Higher Education and chairs the Technical Committee on Special Education.

## **Asst. Prof. Andrei A. Domogo, PhD**

Director, UP Baguio Ugnayan ng Pahinungód

Andrei A. Domogo is a faculty of the Department of Mathematics and Computer Science at the University of the Philippines Baguio, where he obtained his BS Mathematics degree. After finishing his bachelor's degree, he served as Gurong Pahinungód (UP volunteer teacher in underserved communities) for one school year in Besao National High School in Besao, Mountain Province, and in Governor Bado Dangwa Agro-Industrial School Extension in Kapangan, Benguet the following year.

Asst. Prof. Domogo returned to UP Baguio to teach and enrolled in the graduate program and successfully finished his Ph.D. in Mathematics at UP Baguio with a sandwich program at Roskilde University, Denmark.





### **Prof. Aurelio P. Vilbar, PhD**

Director, UP Cebu Ugnayan ng Pahinungód

Aurelio P. Vilbar is a Professor of the College of Social Sciences, University of the Philippines (UP) Cebu. He finished his Ph.D. in Language Education at UP Diliman.

An officer of the Philippine Association for Language Teaching and the Philippine Association for Graduate Education Region 7, he was a consultant of the Department of Education on the Mother Tongue-Based Multilingual Education Policy and on the Media and Information Literacy Curriculum. His publications include action research, service learning, language with culture and technology.

He was a Visiting Professor at Otemae University, Japan, and a country representative to UNESCO Bangkok and Seoul training on education for sustainable development. He received the TESOL Leadership Award in Chicago, USA, and the TESOL International Participation Award in Philadelphia, USA for his research on courseware production for sustainable development and intercultural competence; and the UP Cebu Most Outstanding Professor in Public Service.

### **Assoc. Prof. Jowima Ang-Reyes, RSW, MSW, PhD**

Director, UP Diliman Ugnayan ng Pahinungód

Dr. Ang-Reyes is the Director of the UPD Ugnayan ng Pahinungód and one of the representatives to the Committee on Psychosocial Emergency Services of the Ugnayan ng Pahinungód System. An Associate Professor of the UP Department of Social Work, College of Social Work and Community Development (CSWCD). Dr. Ang-Reyes is the current Secretary and board member of the Asia Pacific Association for Social Work Education (APASWE). A member of the Child Protection Committee (CPC) from the National Authority for Child Care (NACC) formerly known as the Intercountry Adoption Board (ICAB), and an active accreditor of the Philippine Accrediting Association of Schools, Colleges, and Universities (PAASCU). Dr. Ang-Reyes worked as a Care and Protection Social Worker in Auckland, New Zealand, and has extensive experience in clinical social work practice and peace development work.







### **Mr. Jose Limbay Lahi O. Espaldon**

Director, UP Los Baños Ugnayan ng Pahinungód

Jose Limbay Lahi O. Espaldon is an Extension Specialist at the University of the Philippines Los Baños Ugnayan ng Pahinungód. In addition to his current post, he was the Former President of the Society of Research, Extension and Professional Staff Inc. (UP REPSS), and a member of the REPS Welfare Council.

He graduated from UPLB with a degree in BS Agriculture, majoring in Animal Science, and currently pursuing further studies in Animal Physiology and Environmental Sciences as his advocacy for upholding sustainable practices for communities, especially in the field of agriculture and the environment. He served as a student volunteer from 2007-2010 and as a technical staff of the same office since 2012.

### **Dr. Eric SM. Talens, MSc, FPCS, FACS, DMCC**

Director, UP Manila Ugnayan ng Pahinungód

Eric Talens is the director of the Ugnayan ng Pahinungód of UP Manila with more than 37 years of service. Dr. Talens completed his Residency in General Surgery, Fellowship in Trauma Surgery, and MS in Clinical Epidemiology (Rockefeller Fellow) in the UP- PGH. After which he finished his Research Fellowship in Trauma Surgery at the USUHS in Bethesda, Maryland where he is currently a permanent visiting Professor.

In addition, he has Diplomate degrees in General Surgery, Trauma and Critical Care, and the Medical Care of Catastrophes. Through his transformative leadership, Dr. Talens and his team have been awarded numerous awards among them are the Outstanding Volunteer Service Award given by the International Assoc. for Volunteer Effort Philippines (IAVE), 2014, ABS -CBN Gawad Geny Lopez Bayaning Pilipino (National Award) 2014 National Outstanding Volunteer Organization, PNVSCA and Committee on People's Participation, House of Representatives, 2014 DOH "Bayani ng Kalusugan Award 2016.





### **Mr. Michael A. Gatela**

Director, UP Mindanao Ugnayan ng Pahinungód

Michael A. Gatela is a Bachelor of Arts in Social Sciences Major in Political Science graduate of the University of the Philippines in the Visayas Tacloban College. He joined the first batch of Gurong Pahinungód (GP) volunteers and was deployed to Jolo Agricultural School in Jolo, Sulu. He signed up for another year and was assigned to Kidawa High School Annex (now Kidawa National High School) in Laak, Davao de Oro. He continued to be a full-time volunteer at the University of the Philippines Mindanao before he was hired as a regular employee. He was assigned as the Gurong Pahinungód Program Coordinator of UP Mindanao in 2003 to 2009.

As an employee and a member of the Research, Extension and Professional Staff (REPS) group in UP, he served as Chair and member to various committees and task groups within UP. He was a former President of the REPS in UP Mindanao and a member of the Board of Directors of the UP Madayaw Multi-Purpose Cooperative. At present, he is a University Extension Specialist II at the Office of Extension and Community Service.

### **Asst. Prof. Queenie Roxas-Ridulme, MAN, RN**

Director, UP Open University Ugnayan ng Pahinungód

Queenie Roxas-Ridulme is an assistant professor of the Faculty of Management and Development Studies, UP Open University. She also serves as the Director of the Ugnayan ng Pahinungód UP Open University. She is a registered nurse by profession and finished her bachelor's and master's degree in nursing at the University of the Philippines Manila. She is now preparing to finish her PhD degree in Education major in Guidance at the University of the Philippines Diliman.

She has authored and presented a number of research papers that were published in international and national scientific publications. She is actively involved in her advocacies on mental health, women's health and educational welfare of indigenous peoples in the Philippines.





### **Asst. Prof. Farisal U. Bagsit, PhD**

Director, UP Visayas Ugnayan ng Pahinungód

Farisal's work mainly focuses on fisheries science, management, and policy, with emphasis on small-scale fisheries, coastal resilience, and gender and development. She earned her BSc in Fisheries (as a Bureau of Fisheries and Aquatic Resources scholar) and Master of Marine Affairs from the University of the Philippines Visayas (UPV). She left for the USA in 2016 as a Fulbright Scholar to pursue her PhD in Coastal Resources Management (with Social Sciences and Coastal Policy as her primary track and Biology as her secondary track) at the East Carolina University in North Carolina.

While doing her PhD, she was awarded the East Carolina University 2018 International Graduate Student Award. She came back in the Philippines in 2020 and joined the Faculty of the College of Fisheries and Ocean Sciences (CFOS) at UPV as an Assistant Professor. Before her PhD, she served the UPV in various research capacities as a Science Research Assistant, University Research Associate 1, and University Researcher 1. She is the present Chair of the CFOS Research Ethics Committee.



### **Asst. Prof. Hector Bryan P. Grama**

Faculty Coordinator, UP Visayas Tacloban College Ugnayan ng Pahinungód

Hector Bryan P. Grama is a faculty in the Division of Social Sciences of UP Tacloban, where he earned his BA in Social Sciences major in Economics. He earned his master's degree in Agricultural Economics from UPLB under the SEARCA-DAAD scholarship. Before teaching, he worked with the Department of Trade and Industry – Leyte for almost three years and was involved in the development of Micro, Small and Medium Enterprises (MSMEs).



**Prof. Grace H. Aguiling-Dalisay, PhD, RPsy**

Former Director, Ugnayan ng Pahinungód System  
(1999-2001; May 2019-July 2021)

Dr. Grace is a retired full professor of the Department of Psychology, College of Social Sciences and Philosophy, UP Diliman, where she was Department Chair and College Dean.

She was the former Executive Secretary of the Psychological Association of the Philippines, President of the National Association for Sikolohiyang Pilipino (Filipino Psychology) and President of the Philippine Association for the Gifted. Dr. Aguiling-Dalisay is Founding President of the Philippine National Volunteer Organizations Information Coordination Exchange Network (PNVV-VOICE). She was International Board member of VSO and a member of the UN 2015 and 2021 State of the World's Volunteer Report (SWVR) Expert Advisory Group.

At present, she is President and CEO of a non-profit organization that has pioneered the development of a coherent system of assessment and research for improving the quality of education.

**Asst. Prof. Jason Paolo Telles**

Former Director, UP Baguio Ugnayan ng Pahinungód  
(August 2021-July 2022)

Jason Paolo Telles is a current doctoral research student at the School of Media, Film & Journalism, Faculty of Arts, Monash University in Australia. He holds an MA Media Studies (Broadcast) degree from the University of the Philippines Diliman and a BA Communication degree from the University of the Philippines Baguio. His research interests are media history, media anthropology, indigenous media studies, ecomedia studies, ecocriticism, and Southeast Asian media. He is the current Executive Director of the Southeast Asian Media Studies Association.





### **Prof. Jocelyn T. Caragay, RSW**

Former Director, UP Diliman Ugnayan ng Pahinungód  
(July 2019-June 2022)

Prof. Jocelyn T. Caragay is currently a professorial lecturer of the Department of Social Work, UPD College of Social Work and Community Development (UPD-CSWCD) and the president of its foundation, the UP Social Action and Research for Development Foundation, Inc. (UPSARDFI).

She he was full professor of the UPD-CSWCD Department of Social Work, where she used to be Department Chair, Research and Extension for Development Office (REDO) Director, and College Dean. Formerly, she was also UPSARDFI Executive Director. She was former board member of the National Association of Social Work Education, Inc. (NASWEI), former Board Chair and Executive Director of the Organization for Training Research and Development (OTRADEV). She was a Research Fellow of the United Nations Centre for Regional Development (UNCRD), Japan, covering assignments in South and Southeast Asia.

### **Ms. Rhonna Marie Robles-Vereña**

Former Director, UP Open University Ugnayan ng Pahinungód  
(June 2019-October 2021)

Rhonna Marie Robles-Vereña is a University Researcher at the Faculty of Education (FEEd), University of the Philippines Open University (UPOU). She joined UPOU in 1996, where she has been involved in the implementation of various teacher education programs of the university. Aside from research functions, Ms. Vereña also provides academic and technical support to FEEd faculty members and students. She is also involved in the planning, implementing, and monitoring of various extension programs, notable among which are the EDUKussion forum and the Teacher Development Program (TDP). At present, she serves as Coordinator of the National Service Training Program (NSTP) and the Professional Teaching Certificate program of the Faculty of Education.

Ms. Vereña has an undergraduate degree in Sociology and a Master's degree in Public Affairs (major in Education Management) from the University of the Philippines Los Baños.





### **Asst. Prof. Ruben M. Gamala**

Former Director, UP Visayas Ugnayan ng Pahinungód  
(June 2019-May 2022)

A faculty of the College of Management, UP Visayas, Asst. Prof. Gamala was appointed director of the Ugnayan ng Pahinungód/Oblation Corps from 2019-2022, a post he also held from 1997-2003.

His term as UPV Pahinungód Director has brought major breakthroughs in the landscape of volunteerism at UPV such as sending the biggest number of Gurong Pahinungód volunteers in Mindanao and Visayas.

Asst. Prof. Gamala also volunteered with the UK Voluntary Service Organization in Skopje, Macedonia, from 2004-2005. He was a two-time national finalist in the Philippine National Volunteer Service Coordinating Agency (PNVSCA) Search for Outstanding Volunteers. He was recognized with the 2008 Chancellor's Award for Outstanding Achievement in Extension and Community Service for his engagement with a community of rebel returnees in Leon, Iloilo, and the Chancellor's Award for Outstanding Achievement in Public Service in 2016.

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## ABOUT THE PHOTO

This photo was taken during Pahinungód's relief response to Bucloc, Abra on August 3, 2022, after a magnitude 7.0 earthquake hit Abra last July 27, 2022. The relief response was a concerted effort among Pahinungód System, Baguio, Manila, and Diliman units.

In the photo, the children are drawing as part of the psychological first aid activity for youth. Mental health playkits were distributed to the children, while relief packs and hygiene kits were distributed to affected families.

*Photo by: John Rey Dave P. Aquino, UP Baguio Ugnayan ng Pahinungód*



