



VANTAGE

AT A GLANCE

134 EXTENSION
PROJECTS
ACCOMPLISHED
AS OF 2ND QUARTER

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CBA CONTINUES FEEDING PROGRAM AT TIBAG ES

• Ms. Christine Janelle M. Santiago and Ms. Lureza M. Pastor [CBA]

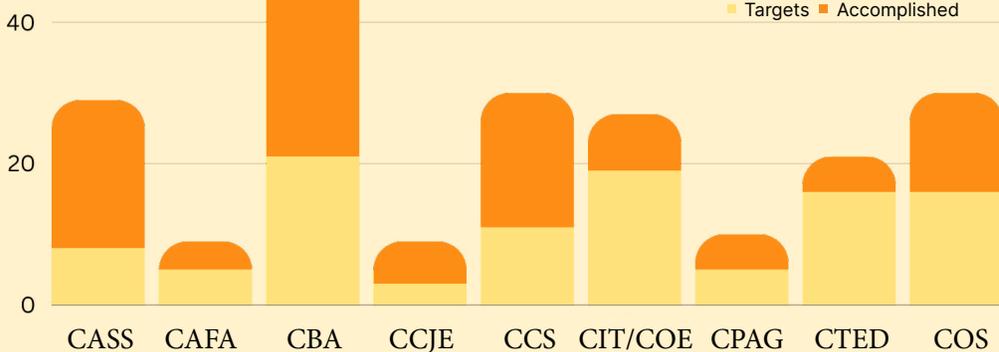
Committed to improve and aid in the nutritional well-being of basic education learners, the College of Business and Accountancy (CBA) supplemented their Feeding Program in Tibag Elementary School (Tibag ES) with five additional feeding activities, April 3-May 22, 2023.

Initially completed, 13 feeding program activities were implemented last December 10, 2022-May 22, 2023 headed by the the College Dean Dr. Jhonel C. Panlilio alongside with the CBA faculty experts. The aforesaid supplemental feeding program is part of the College's ongoing efforts and commitment to address the identified underlying nutritional deficiencies among learners that could hinder physical and cognitive development.

“Kami po ay natutuwa dito sa Tibag Elementary School sa pagkakaroon namin ng stakeholder na kagaya ng Tarlac State na nagbigay sa amin ng continuous feeding program para sa more or less 70 students. Naging very successful po ang feeding program na sinalihan ng hindi lang po mga bata kundi ng mga magulang na tumulong sa pag s-serve ng mga pagkain sa mga beneficiaries. Kasalukuyan pong nag B-BMI ang aming focal person, at sa pagiging successful po nito marami po sa kanila ang nag normalized na po ang BMI at dahil po dito kami ay...

OFFICE OF UNIVERSITY EXTENSION TARGETS FOR THE YEAR 2023

SECOND QUARTER ACCOMPLISHMENT



CBA CONTINUES FEEDING PROGRAM AT TIBAG ES

From page 1

- Ms. Christine Janelle M. Santiago and Ms. Lureza M. Pastor [CBA]

„lubos na nagpapasalamat, maraming maraming salamat po,” Dr. Marieta M. Cabenta, principal of Tibag ES, expressed when asked about her sentiments to the conducted feeding program activities.

In addition to providing nutritious meals, the initiative included a range of interactive activities and educational sessions aimed at enhancing the overall well-being of the recipients covering various important subjects such as nutrition,

hygiene, financial literacy, and overall health.

With support to the University’s extension mandates such as on student participation in extension activities, this undertaking offered a platform for student organizations within the university to extend support to the partner beneficiary.

The Junior Financial Executives (JFINEX) – TSU Chapter played a significant role on the promotion of financial literacy, while other student organizations contributed school supplies and hygiene kits which has further supported the agenda to meet the needs of the learners on education and health.

This event marked the commencement of a long-term collaboration between TSU-CBA and TES, known as

‘Transforming Individuals through Business Innovations, Adequate Health, and Gender-Responsive Interventions,’ or Project TIBAG.

Furthermore, this outreach activity directly aligns with the objectives of the United Nation’s Sustainable Development Goals (SDG) specifically on **SDG 2 – Zero Hunger and SDG 3 – Good Health and Well-being**.



EMPOWERING ARBO LEADERS: CBA DELIVERS ENHANCED CAPACITY BUILDING, WORKSHOP

- Dr. Katrina Bianca V. Sicat & Ms. Lureza M. Pastor [CBA]

The College of Business and Accountancy (CBA) has organized an Enhanced Capacity Building and Development Workshop for Leaders of Agrarian Reform Beneficiaries Organizations (ARBOs) in Tarlac Province in support to the latter’s improvement on leadership empowerment.

Dr. Katrina Bianca V. Sicat, from the Financial Management Department, was invited to facilitate topics related in cultivating entrepreneurial mindset and honing leadership skills for ARBO beneficiaries, last May 16, 2023.

Moreover, a workshop session also underscored the pivotal role of leadership in the agricultural sector, emphasizing participants’ ability to innovate and influence the next generation

of Filipino farmers.

“Thank you, Ma’am, sa lahat ng [aming] natutunan. Sana tuloy-tuloy ang mga [gawaing] ito upang makamtan natin ang tagumpay para sa bawat miyembro,” one of the attendees expressed during the activity.

In conclusion, the workshop with the participation of various Presidents, Officers, and Board of Directors from Agricultural Associations and Cooperatives in the province of Tarlac opened opportunities to share personal organizational experiences and a collaborative discussion of leaders’ styles and characteristics using selected frameworks and models.

Consequently, the seminar is in contribution to the United Nation’s Sustainable Development Goals under **Goal 8 – Decent Work and Economic Growth**.



CIT INSTALLS ALARM SYSTEM FOR VNHS

- Mr. Roberto D. Santiago Jr. [CIT]

The College of Industrial Technology (CIT) has provided technical assistance for the installation of three alarm systems at Victoria National High School (VNHS) as part of its commitment to community involvement through extension services.

Relative to VNHS’ priority to enhance the overall safety of the school, the CIT made sure that the three fire alarm systems are functional in order to help the school in providing spatial awareness and proactive response in the event of an actual fire.

Tarlac State University College of Industrial Technology faculty experts, namely Prof. Bryan Christopher Sico, Prof. Erwin Sibal, Mr. Ray Vincent Sarabia, and Mr.

Nino Enrico R. Bantolino, along with VNHS Faculty Coordinator Ms. Doan Joy Canlas Gabriel, assessed and inspected the school premises to identify the strategic areas for the installation of the alarm systems. Using a systematic approach, the TSU-COE faculty experts successfully installed the alarm systems in the Grade 7, 8, and 10 buildings at VNHS. Meanwhile, Ms. Gabriel, the VNHS faculty coordinator, expressed her gratitude for the prompt response of the University to their request.

This Extension Activity is in response to the United Nation’s Sustainable Development Goal (SDG) specifically **SDG 9 – Industry, Innovation, and Infrastructure** as part of the CIT’s efforts to provide technical assistance.



CAFA BRINGS 'COLORS' TO COMILLAS HIGH SCHOOL

• Ms. Lalaine Rose F. Santos [CAFA]

Empowering the students with the opportunity to hone their artistry and creativity through various activities, College of Architecture and Fine Arts (CAFA) Faculty Experts and student volunteers from the SIKHAYO Student Organization of the Fine Arts and Architecture Department served as extension service providers in a two-day Mural Painting Workshop for the Comillas High School on May 17-18, 2023.

As part of the extension project entitled Abe-Yabe Gugulis: A Mural Painting Workshop, the project featured a series of seminars and trainings spearheaded by the CAFA Faculty Experts to provide knowledge and skills for the learners of the aforementioned partner beneficiary.

Ms. Princess Gabrielle Masanque, Mr. Kenneth Leo V. Pamias, and Mr. Edno T. Joson discussed topics on innate and acquired skills as an artist, tips on arts, and mural ideas to the Comillas High School on the project's first day.

Following the series of seminars, the Comillas High School, SIKHAYO, and the Faculty Experts proceeded

with mural painting activity and has been successfully completed on the second day of the project.

The extension project delivered

contributes to the Sustainable Development Goals (SDG), specifically **SDG 4 - Quality Education and SDG 11 - Sustainable Cities and Communities**. It helps to ensure quality education, human capacity development, and promotion of language, arts, history, and culture, which is vital for long-term development.



CASS TURNOVERS DEVELOPED IEC MATERIALS, RISK MANAGEMENT PLAN TO BENEFICIARIES

• Ms. Maria Fermina Joyce C. Nucum and Mr. Derich D. Bognot [CASS]

The College of Arts and Social Sciences, through the Communication Department, has formally handed over to the partner beneficiaries Information, Education and Communication (IEC) Materials and a Comprehensive Risk Management Plan (RMP) developed through a course-based extension project, June 20 and 26, 2023.

The course-based extension project centers on the BA Communication Program Curriculum aiding into information dissemination on Risk, Disaster, and Humanitarian Communication which addresses challenges posed by both natural disasters and human-induced hazards in the basic education sector, aligned with Department Order (DO) No. 50, series of 2011, and the Philippine Disaster Risk Reduction Management Act of 2010 (Republic Act 10121).

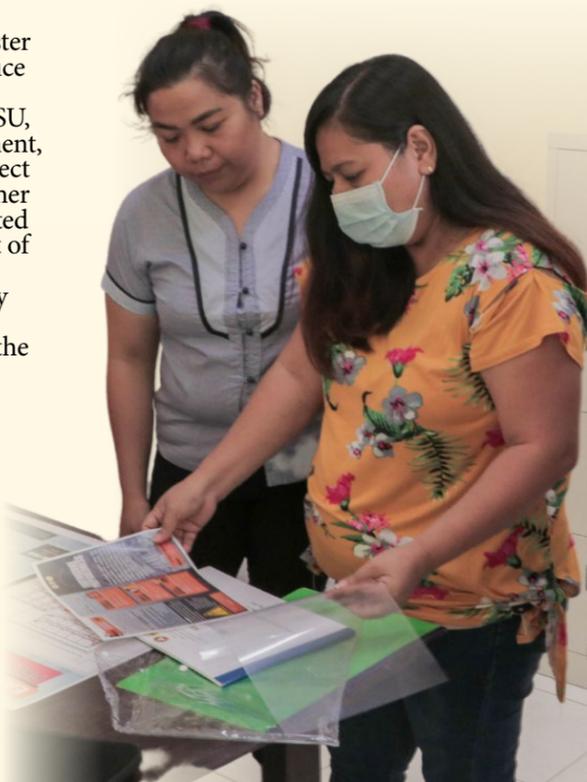
Furthermore, the partner beneficiaries who took part in this undertaking were the Central Azucarera de Tarlac Elementary School, Bureau of Fire Protection - Tarlac, Matatalaib High School, San Manuel Elementary School, Maligaya Elementary School, Baras-Baras

High School, and the Provincial Disaster Risk Reduction and Management Office (PDRRMO).

"We are glad and grateful to TSU, especially to communication department, as they chose us to be part of this project and shared this to our student", a teacher of San Manuel Elementary School stated when asked how she views the project of the College.

The initiative was led by faculty extensionists and students from the Communication Department, under the guidance of Dr. Aloysius T. Madriaga, dean of the College of Arts and Social Sciences, and Ms. Maria Fermina Joyce C. Nucum, chairperson of the Communication Department, who also served as the project leader.

Contributory to the United Nation's Sustainable Development Goals (SDG), this project is in line with the **SDG 4 - Quality Education** as it involves dissemination of information on important causes such as referenced, the risk management among institutions.



CAFA INVOLVES STUDENTS IN EXTENSION ACTIVITIES IN ARMENIA-INTEGRATED SCHOOL

• Ms. Lalaine Rose F. Santos [CAFA]

Architecture students of the College of Architecture and Fine Arts (CAFA) have collaborated in the completion of Architectural Design Proposals which were handed over to the Armenia Integrated School (Armenia IS), CAFA's partner beneficiary.

Pegged as one of the college's commitment to provide technical assistance and consultancy to the community, the project

consequently improves the facilities of Armenia IS with foundations from the Architectural Design 6 Section 3D students' expertise with the expert assistance of their course instructor Ar. Garry M. Advento.

Meanwhile, Ar. Marco F. Bildan (College Dean), Ar. Raymond T. Co (Chairman of the Architecture Department), Ar. Paul E. Villegas (College Extension Department Head), Engr. Cesar M. Bartolo, Mr. Leonardo S. Hirang, the extension service providers, Mr. Aljon N. Lusong (Unit Head), and Ms. May C. Cruz (the beneficiary) were present during the final service delivery.

Prior to the completion of the activity, the CAFA Faculty Experts conducted several activities of professional assistance for the improvement of the facilities and grounds of the school from April 14,

2023, to May 31, 2023.

"It is in our belief that a well-planned school site can serve as the blueprint towards the development of Armenia Integrated School as a school of the Future." The letter of the Armenia IS mentioned referencing the necessity of the University's assistance to their school community.

Towards its end, the site development plan for Armenia Integrated School was effectively completed. The delivered extension project contributes to the Sustainable Development Goals, particularly **SDG 4 - Quality Education, SDG 9 - Industry, Innovation, and Infrastructure, and SDG 11 - Sustainable Cities and Communities**.



CPAG EXPLORES CHALLENGES, OPPORTUNITIES IN BRGY. ARMENIA

● Ms. Dianne M. Llorca [CPAG]

Paving the way for a more community-centered approach in resolving the needs of Brgy. Armenia, the College of Public Administration and Governance (CPAG) conducted a baseline community needs assessment in Sitio Bayabas and Sitio Sampalok in anticipation to cater to them various extension services.

With participation of the 3rd-year BPA Students, the primary objective of the baseline study was to identify the key challenges and opportunities that residents of the aforesaid sitios encounter which would then serve as the basis for the

production of a more contextualized extension program for the involved communities.

Although we share the same world, we often inhabit different realities until we immerse ourselves in the lives of others," Ms. Vien Jamaica D. Samson, one of the faculty assessors during the activity, mentioned underscoring that individual perspectives may be influenced by various factors and that this baseline activity shall serve its purpose to shed light to the sitio's realities.

Key Survey and Observations

Sitio Bayabas is located approximately six kilometers from the barangay hall and presents a unique set of challenges for its residents. To reach the sitio, one must navigate a 1.5-kilometer hanging bridge or cross the river, provided there is no water hindrance.

This remote proximity and the lack of accessible roads have presented disadvantages to the community such as the delivery of essential service and active participation of the residents in

various barangay activities.

It is surveyed preliminarily that the residents of Sitio Bayabas have limited transportation options which would have had hindered possibilities for more livelihood opportunities and access to information. Moreover, a closer examination of Sitio Bayabas reveals that the central issue is low economic activity.

A similar scenario unfolds in Sitio Sampalok, located even farther from the barangay and facing nearly identical challenges. Like Sitio Bayabas, the lack of accessible roads is a common hindrance that would implicate issues such as from inadequate solid waste management, limited public transportation, restricted access to basic services, and persistently low economic activity.

However, Sitio Sampalok's unique challenge involves a poultry-related issue that has led to a fly infestation, compelling residents to work in the poultry industry due to limited employment opportunities.

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CPAG EXPLORES CHALLENGES, OPPORTUNITIES IN BRGY. ARMENIA

● Ms. Dianne M. Llorca [CPAG]

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Future Directions

These challenges underscore the critical need for infrastructural improvements, increased access to services, and strategies to enhance economic and living conditions in both Sitio Bayabas and Sitio Sampalok.

In the concluded activity, valuable information was gathered to shape future extension services and potential research endeavors. This collaborative effort

not only ensured the safety of all participating students, thanks to the assistance of barangay safety officers, but also ensured the confidentiality and educational use of the collected data.

This completed extension activity aligns with the Sustainable Development Goals, particularly **SDG 1: No Poverty**. It emphasizes the college's commitment to addressing the needs of marginalized sectors, particularly the impoverished and vulnerable, by advocating for equal access to economic resources, basic services, natural resources, financial services, and new technologies.

PSYCH DEPT GUIDES QMA STUDENTS TOWARDS BETTER CAREER CHOICES

● Ms. Mary Joy R. Facun [CASS]

Aiming to offer students valuable career guidance services, the College of Arts and Social Sciences through its Psychology Department conducted a Career Guidance Seminar for Grades 10 and 12 of Quezon Memorial Academy (QMA), April 25, 2023.

Ms. Julia Yvette P. Miranda, Ms. Jazmin Joy E. Dizon, Ms. Mary Joy R. Facun, and Mr. Daniel T. Dizon led the administration of the Realistic, Investigative, Artistic, Social,

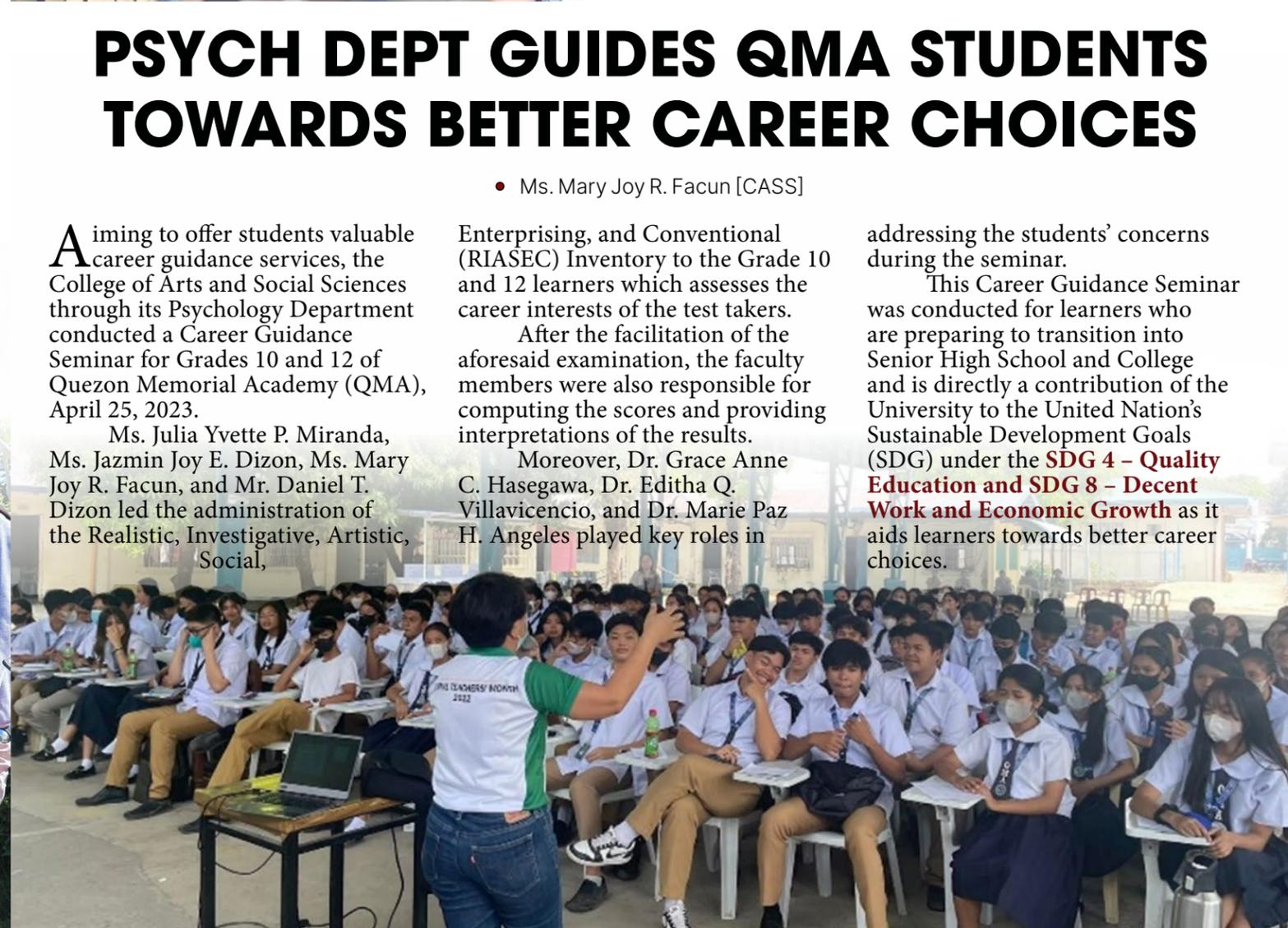
Enterprising, and Conventional (RIASEC) Inventory to the Grade 10 and 12 learners which assesses the career interests of the test takers.

After the facilitation of the aforesaid examination, the faculty members were also responsible for computing the scores and providing interpretations of the results.

Moreover, Dr. Grace Anne C. Hasegawa, Dr. Editha Q. Villavicencio, and Dr. Marie Paz H. Angeles played key roles in

addressing the students' concerns during the seminar.

This Career Guidance Seminar was conducted for learners who are preparing to transition into Senior High School and College and is directly a contribution of the University to the United Nation's Sustainable Development Goals (SDG) under the **SDG 4 - Quality Education** and **SDG 8 - Decent Work and Economic Growth** as it aids learners towards better career choices.





AB ELS 3-A PARTICIPATES IN OUTREACH ACTIVITY IN SAN JOSE, TARLAC

• Mr. David V. Lip [CASS]

Contributing to the Extension Mandates of Tarlac State University particularly under Student Engagement on Extension, the students of AB-English Language Studies of the College of Arts and Social Sciences have extended support to residents of Sitio Tala, San Jose, Tarlac through an outreach project, May 29, 2023.

Prior to the activity, the students' preparations included an in-depth ocular inspection and meetings with local educators to understand the unique needs of the Ayta Abellen tribe's elementary students.

The AB ELS 3-A students, alongside the CASS faculty members, have conceptualized a holistic educational program with learning activities, storytelling sessions, games and exercises referencing their needs on language and cultural preservation.

"Masaya po ako kasi madami po silang pinamigay sa amin at may kwento pa po," one of the students in Ayta Abellen tribe's elementary school said.

In summation, the outreach program in Sitio Tala stands as a testament of commitment of the AB ELS 3-A students to the realization of the United Nation's Sustainable Development Goals (SDG) particularly citing **SDG 4 - Quality Education** and **SDG 10 - Reduced Inequalities**.



CPAG EXTENDS EXPERTISE TO BJMP PERSONNEL, PDLs

• Ms. Dianne M. Llorca [CPAG]



The College of Public Administration and Governance (CPAG) organized a series of trainings and seminars for the Personnel and for the Persons Deprived of Liberty (PDL) of the Bureau of Jail Management and Penology-Tarlac City.

Under CPAG's Community Development Extension Programs and Projects (CDEPP)-Project Hiraya: A Path Forward, the trainings and seminars with the BJMP Personnel and PDLs have set focus on values restoration, skills training, family relationship development, good agricultural practices, and sustainable livelihood strategies which supports the BJMP's Welfare and Development Programs.

With the promotion of inclusivity and offering of opportunities for the beneficiaries in part of the College's efforts in support to the PDLs rehabilitation and development, faculty and external partners served as resource speakers in the conducted training-seminars, namely: Dr. Oliver G. Cura on family relations, Mr. Ariel A. Paguinto on agricultural practices, and Mr. Franklin M. Macasaquit on strategies for sustainable livelihood.

"Missing someone is a common emotion that an individual can feel regardless of the place and time," Dr. Oliver G. Cura, section head of the Tarlac State University-Guidance Counseling Unit, said as he presented about family

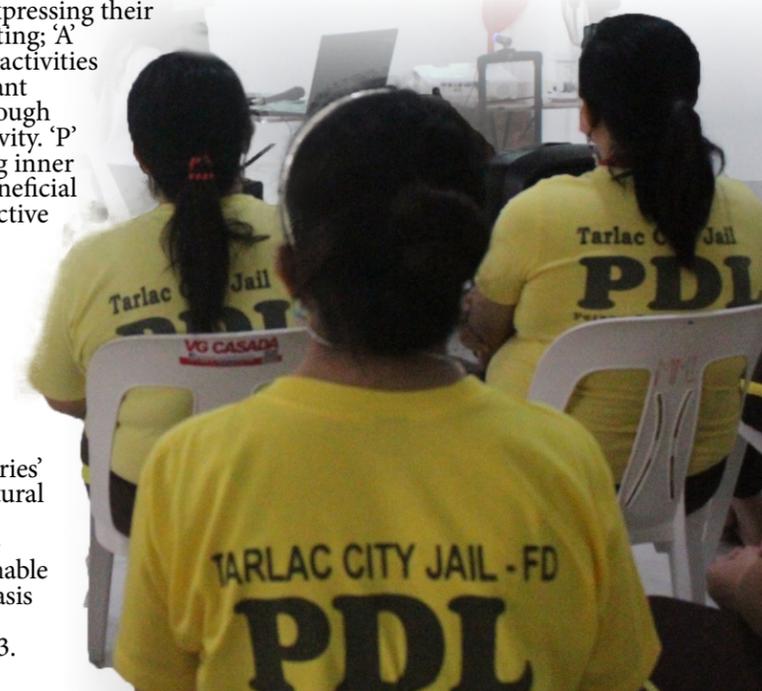
relationships and strategies for PDLs to cope with their yearning for their family and loved ones.

Furthermore, Dr. Cura introduced the "G.A.P." approach to help individuals manage the common emotion of longing. 'G' encourages reflection by "gauging your feelings," prompting individuals to explore why they miss someone and discover insights by expressing their emotions through writing; 'A' promotes engaging in activities to distract from constant yearning, whether through recreation or productivity. 'P' emphasizes "practicing inner peace," particularly beneficial for PDLs, as a constructive way to handle stress and longing, even in confinement.

In support to CPAG's undertakings, Accredited TESDA Trainer Mr. Ariel A. Paguinto, an agriculturist, has advanced the beneficiaries' knowledge on Agricultural Practices as he dealt his presentation on the technicalities of sustainable agriculture with emphasis to the RA 10611 or the Food Safety Act of 2013.

CPAG's extension activities also provide a platform for graduate and undergraduate students in part of the University's mandates on Student...

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CPAG EXTENDS EXPERTISE TO BJMP PERSONNEL, PDLS

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• Ms. Dianne M. Llorca [CPAG]

... Engagement in Extension. The activities conducted with the BJMP was also participated by Mr. Franklin M. Macasaquit, a doctoral student of the CPAG Graduate School who is also a certified TESDA Trainer and Assessor.

Mr. Macasaquit's discussion has put premium to sustainable livelihood programs where he stressed the importance of addressing poverty comprehensively, considering individual capabilities,

resources, and support services. Mr. Macasaquit also discussed the vulnerability context of these programs, touching on several factors like shocks, seasonality, technology, and market trends. He highlighted the role of policies, institutions, and processes in ensuring successful and sustainable implementation and has emphasized the need for careful resource

management, considering vulnerability factors, and strong policy and institutional support for lasting outcomes.

With resonance to the United Nation's Sustainable Development Goals, this extension activity aimed to empower individuals to lead healthy lives while actively contributing to sustainability through education reflected within **SDG 3 - Good Health and Well-Being and SDG 4 - Quality Education.**



CPIPRD EXTENDS HELP TO DUEG HS, DISTRIBUTES EDUCATIONAL PACKS

• Mr. Howard Aries V. Ronquillo [CPIPRD]



With the vision to become an advocate for the promotion of peace, inclusivity, and the preservation of indigenous knowledge and culture, the Center for Peace, Indigenous Peoples Resources and Development (CPIPRD) has undertaken a donation drive, an extension activity with Dueg High School, August 29, 2023.

Through the leadership of the Center's Director Dr. Maria Elena D. David together with Mr. Howard Aries V. Ronquillo, the department head of Learning and Resource Management,

131 IP students of the aforesaid partner beneficiary were given school supplies, bags, and shoes during the first day of class through the extension project in partnership with the College of Arts and Social Sciences (CASS), Masonic District R-III Tarlac, Tarlac Kaunlaran Lodge No. 360, Alpha Kappa Rho - Tarlac State University, and Triskelion De Tarlac Alumni Association.

"The extension activity was a step toward long-term sustainability, not just a short-term intervention. The initiative created the framework

for future support and growth by collaborating closely with the IP community and developing strong connections." Dr. David mentioned as they have completed the extension project.

Contributory to the United Nation's Sustainable Development Goals, this project affirms the objectives of **SDG 4 - Quality Education and SDG 10 - Reduced Inequalities** as in the CPIPRD's ongoing efforts to assist the IP Communities of the province.

CPAG HELPS CREATE GERONA'S 'SAFE SPACES'

• Ms. Dianne M. Llorca [CPAG]



Highlighting the necessity to inculcate awareness on Gender-Based Sexual Harassment (GBSH), College of Public Administration and Governance Faculty Experts extended

their expertise to the Municipality of Gerona through a seminar-workshop focusing on RA

11313 or the Bawal Bastos Law, April 28, 2023.

Ms. Vien Jamaica D. Samson, CPAG faculty member, reiterated on the perspectives and real-life scenarios of GBSH in various settings and what constitutes as harassment such as the seemingly harmless remarks in violation of personal spaces and feelings. Consequently, Ms. Samson highlighted the role of the Local Government Unit on the imposition of the law and how these legal consequences are enforced against GBSH.

"In making our municipality safe, not just for Gerona residents but for all. We can do it! Because I believe that the people of Gerona are

respectful, disciplined, and, above all, compassionate towards one another," Engr. Eloy Eclar, Gerona municipal mayor, expressed during his opening statement prior to the conduct of the program.

According to Mayor Eclar, he has high hopes to transform the Municipality of Gerona into a secure and inclusive environment for all in view of the undertakings being implemented to raise awareness against GBSH.

In consonance with his ambition, an open forum followed through after... the plenary talk on RA 11313 which gave platform to the participants to air

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their concerns and suggestions. This paved the way towards the collection of insights contributory to the policymaking process of the aforesaid LGU.

Moreover, an establishment of a committee tasked to devise strategies for information dissemination on the Safe Spaces Act and its implementation within the LGU's jurisdiction.

The seminar concluded by encouraging participants to reflect on their newly acquired awareness and to be mindful of their actions, emphasizing the importance of respecting society's diversity, including perceptions, values, and beliefs, as well as the importance of respecting everyone, regardless of their background, sexual orientation, or preferences.

The extension activity is in accordance with the Sustainable

CPAG HELPS CREATE GERONA'S 'SAFE SPACES'

• Ms. Dianne M. Llorca [CPAG]



Development Goals, particularly **SDG 4: Quality Education and SDG 5 - Gender Equality** as it enhances awareness of RA 11313, the Safe Spaces Act, and actively

supports the objective of transforming the Municipality of Gerona into a secure and welcoming environment for everyone.

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COE DESIGNS ENGINEERING PLANS FOR BENEFICIARY'S PROCESSING FACILITY

• Engr. Renz Paul P. Quiambao and Ms. Stephanie S. Carmen [COE]

In line with Tarlac State University's continuous technical support for Micro, Small, and Medium Enterprises (MSMEs), the College of Engineering (COE) has extended its technical expertise and consultancy to Cabayaoasan Farmers Agriculture Cooperative (CFAC) for its Mushroom-Chicharon Production and Processing Facilities.

The team of COE faculty members, led by Engr. Renz Paul P. Quiambao, Engr. Ryan M. Layug, Engr. Karl Angelo G. Clarete, Engr. Maan B. Florendo, and Engr. Cid L Lapuz, conducted an initial site visit and met with the beneficiary and partner agency, the Department of Agrarian Reform - Tarlac (DAR). This extension project was divided into five parts, each led by the departments of COE, Industrial Engineering (IE), Civil Engineering (CE), Electrical Engineering (EE), Electronics Engineering (ECE), and Mechanical Engineering (ME), relatively encompassing all necessary systems and plans to ensure the improvement of CFAC's aforementioned facilities.

Moreover, the technical consultancy provided engineering plans, including Facility Layout, Structural, Architectural, Plumbing, Ventilation, Electrical, and



Fire Detection Plans, to enhance CFAC's Mushroom Chicharon Processing Facility.

Consequently, the CE department, led by Engr. Clarete and assisted by Engr. Layug, Engr. Charmaine Czenina Reguindin, Engr. Edwin Dela Vega, Engr. Leonides Tatu, and Engr. Randy Policarpio, designed and drafted architectural, structural, and plumbing plans, as well as the Bill of Materials (BOM) in reference to the layout drafted by the IE department.

Moreover, after drafting the roof framing plan, the EE department, led by Engr. Florendo, in collaboration with Engr. Crispin Flora, Engr. Cid Lapuz, Engr. Leo Piao, Engr. Enalyn Domingo, Engr. Rafael Yumul, Engr. Miriam Galvez, and Engr. Louise Faye Galang-Ramos, worked on the electrical design analysis, drafted the lighting layout

using AutoCAD, and prepared the BOM.

Meanwhile, the ECE department drafted the fire detection and alarm system with materials specifications and cost estimates through the expertise of Engr. Taturan and supported by Engr. Idris Jeffrey Manguera, Engr. Raul Canlas, Engr. Alejandro Caranto, and Engr. Mark Benz Pineda.

Also, utilizing input from the different departments, the MEs prepared the exhaust and ventilation system with BOM. This project was led by Engr. Angelica Pangilinan, with support from Engr. Shaye Manlupig, Engr. Marc Arnaldo, Engr. Adam Rombaoa, Engr. Romel Martinez, and Engr. Elmer Tolenada.

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COE DESIGNS ENGINEERING PLANS FOR BENEFICIARY'S PROCESSING FACILITY

• Engr. Renz Paul P. Quiambao and Ms. Stephanie S. Carmen [COE]

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Finally, on June 1, 2023, the drafted plans and BOMs were presented and submitted to the beneficiaries in Barangay Cabayaoasan. The presentation was attended by the Chairman and selected members of CFAC, officials from DAR-Tarlac, and faculty members of TSU-COE.

Apart from the College's efforts to provide technical assistance in terms of infrastructure, othe Expert Service Providers (ESPs) from the IE Department, led by Engr. Quiambao, along with Engr. Dick S. Tuazon, Engr. Anna May Angeles, Engr. Jayriz Dungca, and Mr. Aljon Lusong, offered technical consultancy on preparing

a facility layout using IE principles to ensure efficiency, productivity, and food-safety compliance.

CFAC is currently based in Paniqui, specifically in Barangay Cabayaoasan. It commenced operations on February 9, 2019, with 85 members, led by Chairman Rodrigo S. Gamino and Vice Chairman Juan D. Lacambacal Jr. Presently, they have four members responsible for processing mushroom chicharon. While CFAC is expanding and gaining

local and international popularity, it strives to improve its production and processing facilities to ensure the quality of its mushroom chicharon product.

These COE extension activities contribute to the following Sustainable Development Goals (SDGs): **SDG 9 - Industry, Innovation, and Infrastructure**, as they enable the beneficiary to improve their production and processing facilities, and SDG 17 - Partnership for the Goals, by establishing connections between TSU, DAR - Tarlac, and CFAC.



SHARED SERVICE FACILITY (SSF) for Mushroom and other Mushroom-based Food Processing Project in cooperation with bayaoasan Farmers Agriculture Cooperative Brgy. Cabayaoasan, Paniqui, Tarlac, Region III Contact Details: CFAC: Mr. Rodrigo Gamino Mobile: 0907-873-0857 DTI-Tarlac: PD Agnes B. Ramirez Landline: (045) 982-4724

CABAYOASAN FARMERS AGRICULTURE COOPERATIVE Brgy. Cabayaoasan, Paniqui, Tarlac Reg.-No. 9520103000000045308 Cin.-No. 30201945308 Tin.-No. 741845162000 MAIN OFFICE Registered with the Cooperative Development Authority Pampanga Extension Office



CCS PARTNERS WITH TPPO FOR ICT LEARNING

• Ms. Carlyn T. Nono [CCS]

Highlighting the crucial role of Information and Communication Technology (ICT) in the lives of many and recognizing the importance of staying up to date with ICT advancements, the College of Computer Studies (CCS) conducted a capacity-building session on Networking, ICT Maintenance, Troubleshooting, and IoT for the Tarlac Police Provincial Office (TPPO) on May 8, 2023, at Tarlac State University – CCS Audio Visual Room (AVR).

Faculty Service Expert Providers from the College of Computer Studies, Dr. Alvincent E. Danganan, Dr. Marlon V. Gamido, Dr. Heidilyn V. Gamido, Mr. Gilbert G. Gonzales, and Mr. Lito Alexis M. Tolentino, facilitated the extension activity, while Mr. Nomar R. Lapitan, Mr. Joselito T. Tan, and Dr. Rogel L. Quilala were the resource speakers for the training, covering various topics related to ICT.

“It is a pleasure and an honor to serve the men in uniform,” CCS Dean Dr. Alvincent E. Danganan mentioned during his opening remarks. He also added that this kind of activity helps PNP personnel promote lifelong learning opportunities in delivering their duties.

For the first speaker, Mr. Nomar R. Lapitan shared his wisdom in basic ICT maintenance and troubleshooting proficiency. “Maintaining ICT infrastructure is imperative to prevent downtime and disruptions,” he said while equipping the participants with invaluable skills related to his topic. His talk aims to teach PNP Personnel how to repair, diagnose, and optimize hardware and software systems.

Mr. Ronnie B. Mercado, faculty expert provider from CCS - Bachelor of Science in Computer Science (BSCS) department, imparted his knowledge of Networking Essential Lectures. His lecture aims to arm the beneficiaries with information on how to connect nodes, such as computers, desktops, routers, hubs, and switches, using wired cables (Ethernet, data cables, fiber optics) as well as wireless networks (Bluetooth, Wi-Fi) in general. The participants gained insights into configuring and maintaining networks to foster efficient data exchange among law enforcement agencies. This knowledge empowers Police Officers, especially in TPPO, to stay connected, share crucial information, and streamline their operations.

Moreover, Mr. Joselito T Tan, the BSCS Chairperson, shared his expertise in the Internet of Things (IoT) lectures. The PNP Personnel explored how IoT can be harnessed for surveillance, data collection, and predictive analysis. His discussion empowers law enforcement agencies to leverage IoT solutions for smarter, data-driven decision-making.

“Since you are handling sensitive data in your daily life, robust file management practices are necessary for you to know,” Dr. Rogel L. Quilala, the associate dean of CCS, mentioned while sharing his expertise in File Management lectures. “This lecture/discussion will equip you with the skills in managing, storing, and working with files on a computer system easily. This can include classifying files into folders for storage, backing up files, and compressing files to reduce file size,” he added.

A workshop was organized after the discussions, allowing the TPPO beneficiaries to apply what they had learned. This activity enabled the participants to further their knowledge and strengthen their skills in networking, ICT maintenance, troubleshooting, IoT, and File Management.

“I am very thankful to the College of Computer Studies, especially to Dr. Alvincent E. Danganan, and all faculty expert service providers and staff for giving us this opportunity to learn and gain knowledge regarding ICT,” PMAJ Ruperto F. Colosa highlighted during his closing remarks.

This completed extension activity of CCS contributes to the Sustainable Development Goals, specifically **SDG 4 – Quality Education; SDG 8 – Decent Work and Economic Growth; and Goal 9 – Industry, Innovation, and Infrastructure** of the Sustainable Development Goals Agenda.



OUES CAPACITATES TECHNICAL, PROJECT-BASED STAFF ON JOURNALISM

• Ms. Jhian Chrissie A-lea-son G. Padilla and Mr. Jhayvi C. Dizon



Highlighting the important role of College Extension Technical and Project-Based Staff on the reportage of extension undertakings of the University, the Office of University Extension Services through the Technology and Knowledge Management Department (TKMD) held its first Capacity Building on Journalism, September 19, 2023.

Covering three journalism areas, namely: News Writing, Development Communication Writing, and Photojournalism, the participants underwent a series of talks, discussions, and workshop enhancing not just their writing skills but moreso on their capabilities to capture the human-aspect of their narratives.

“Wag kayong magsasawang suportahan ang inyong mga Faculty Expert Service Providers. This was a timely and relevant initiative of the TKMD that for the first time, may na-organize na capacity-building activity aimed to enhance your writing skills. And we are looking forward that you get to capture the stories of service and hope during various extension activities,” Engr. Emir Lenard SF. Sicangco, OUES OIC-director, highlighted during his opening remarks.

The morning session of the training featured two pivotal talks about

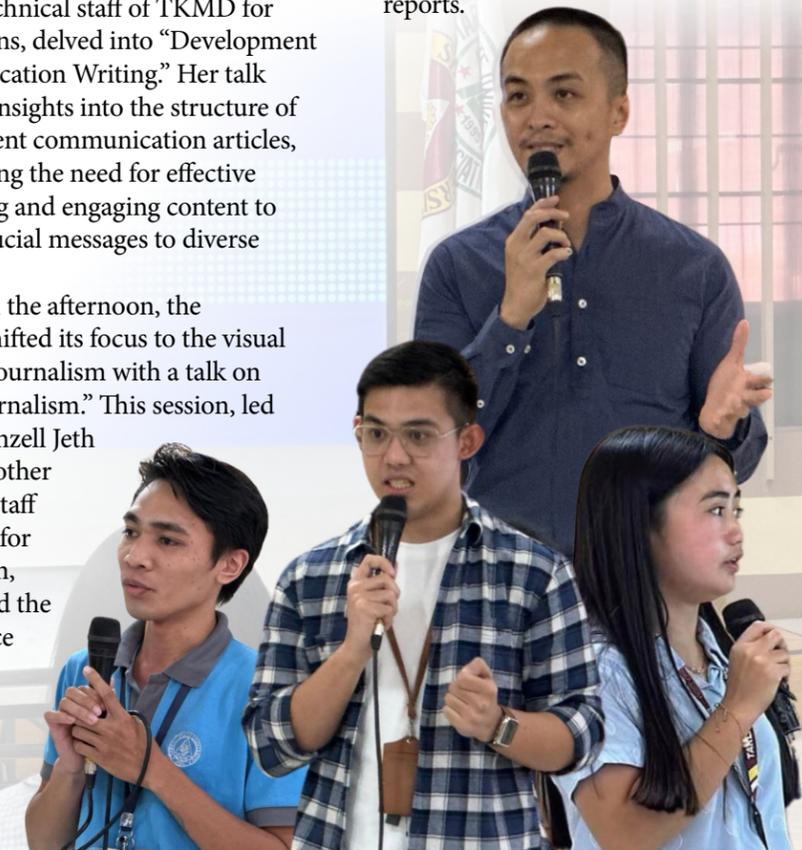
writing. The first talk, “News and Headline Writing,” was conducted by Sir Jhayvi C. Dizon, the Head of TKMD. This session focused on emphasizing the importance of writing news headlines and the structure of news articles.

Succeeding this, Ms. Jhian Padilla, technical staff of TKMD for Publications, delved into “Development Communication Writing.” Her talk provided insights into the structure of development communication articles, emphasizing the need for effective storytelling and engaging content to convey crucial messages to diverse audiences.

In the afternoon, the training shifted its focus to the visual aspect of journalism with a talk on “Photojournalism.” This session, led by Mr. Denzell Jeth Buena, another technical staff of TKMD for Production, highlighted the significance of camera

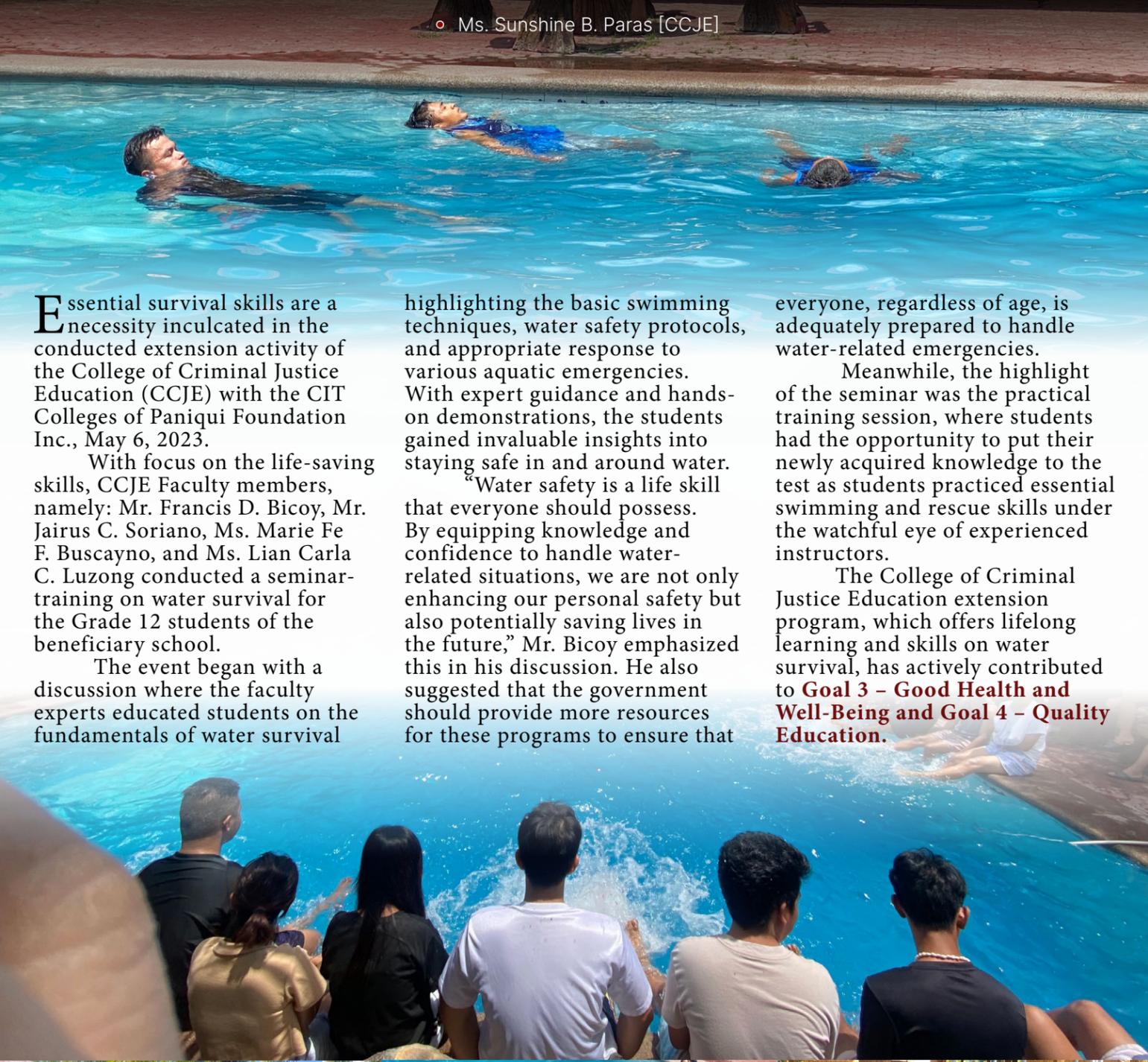
composition, angles, and lighting in capturing impactful images that tell a story.

With the successful conduct of the aforesaid event, the OUES looks forward to seeing the positive impact of these newly acquired skills in future publications and reports.



CCJE HARNESSSES CIT STUDENTS INTO SAFETY

• Ms. Sunshine B. Paras [CCJE]



Essential survival skills are a necessity inculcated in the conducted extension activity of the College of Criminal Justice Education (CCJE) with the CIT Colleges of Paniqui Foundation Inc., May 6, 2023.

With focus on the life-saving skills, CCJE Faculty members, namely: Mr. Francis D. Bicoy, Mr. Jairus C. Soriano, Ms. Marie Fe F. Buscayno, and Ms. Lian Carla C. Luzong conducted a seminar-training on water survival for the Grade 12 students of the beneficiary school.

The event began with a discussion where the faculty experts educated students on the fundamentals of water survival

highlighting the basic swimming techniques, water safety protocols, and appropriate response to various aquatic emergencies. With expert guidance and hands-on demonstrations, the students gained invaluable insights into staying safe in and around water.

“Water safety is a life skill that everyone should possess. By equipping knowledge and confidence to handle water-related situations, we are not only enhancing our personal safety but also potentially saving lives in the future,” Mr. Bicoy emphasized this in his discussion. He also suggested that the government should provide more resources for these programs to ensure that

everyone, regardless of age, is adequately prepared to handle water-related emergencies.

Meanwhile, the highlight of the seminar was the practical training session, where students had the opportunity to put their newly acquired knowledge to the test as students practiced essential swimming and rescue skills under the watchful eye of experienced instructors.

The College of Criminal Justice Education extension program, which offers lifelong learning and skills on water survival, has actively contributed to **Goal 3 – Good Health and Well-Being** and **Goal 4 – Quality Education**.

CCJE EQUIPS ANHS STUDENTS ON FIRST AID, SELF-DEFENSE

• Ms. Sunshine B. Paras [CCJE]

At par with its ongoing efforts for raising awareness and inculcating practical life-saving skills with its partner beneficiaries, the College of Criminal Justice Education implemented a seminar and training on First Aid and Self-Defense for the Amucao National High School, May 18, 2023.

With focus on Personal Security and Defense against unexpected incidents, the CCJE Dean Dr. Roel R. Alviar; College Extension Chairperson, Ms. Marie Fe F. Buscayno, and CCJE Faculty members Atty. Theodore M. Timpac, Ms. Lian Carla C. Luzong, Dr. Jayson R. Felix, Dr. Ramil M. Las-Igan, Ms. Girlie L. Bautista, Ms. Jelly Ann V. Mercado, Mr. Francis D. Bicoy, and Mr. Jairus C. Soriano led the aforesaid extension activity.

“In this way, you will become familiar with first aid and self-defense, after this seminar, kaya na natin ipaglaban at tulungan ang ating mga sarili, pamilya, kaibigan at ang mga nangangailangan,



maari tayong makaligtas ng buhay at maiwas sa anumang kapahamakan,” Ms. Buscayno said during her opening remarks.

Meanwhile, Mr. Soriano provided instructions on the importance of first aid and the basic principles of first aid, along with how to identify different types of injuries and illnesses. During his lecture, he discussed how to provide immediate medical assistance to a person who has been injured or ill before a medical professional arrives.

As part of the learning process, facilitators demonstrated how to perform

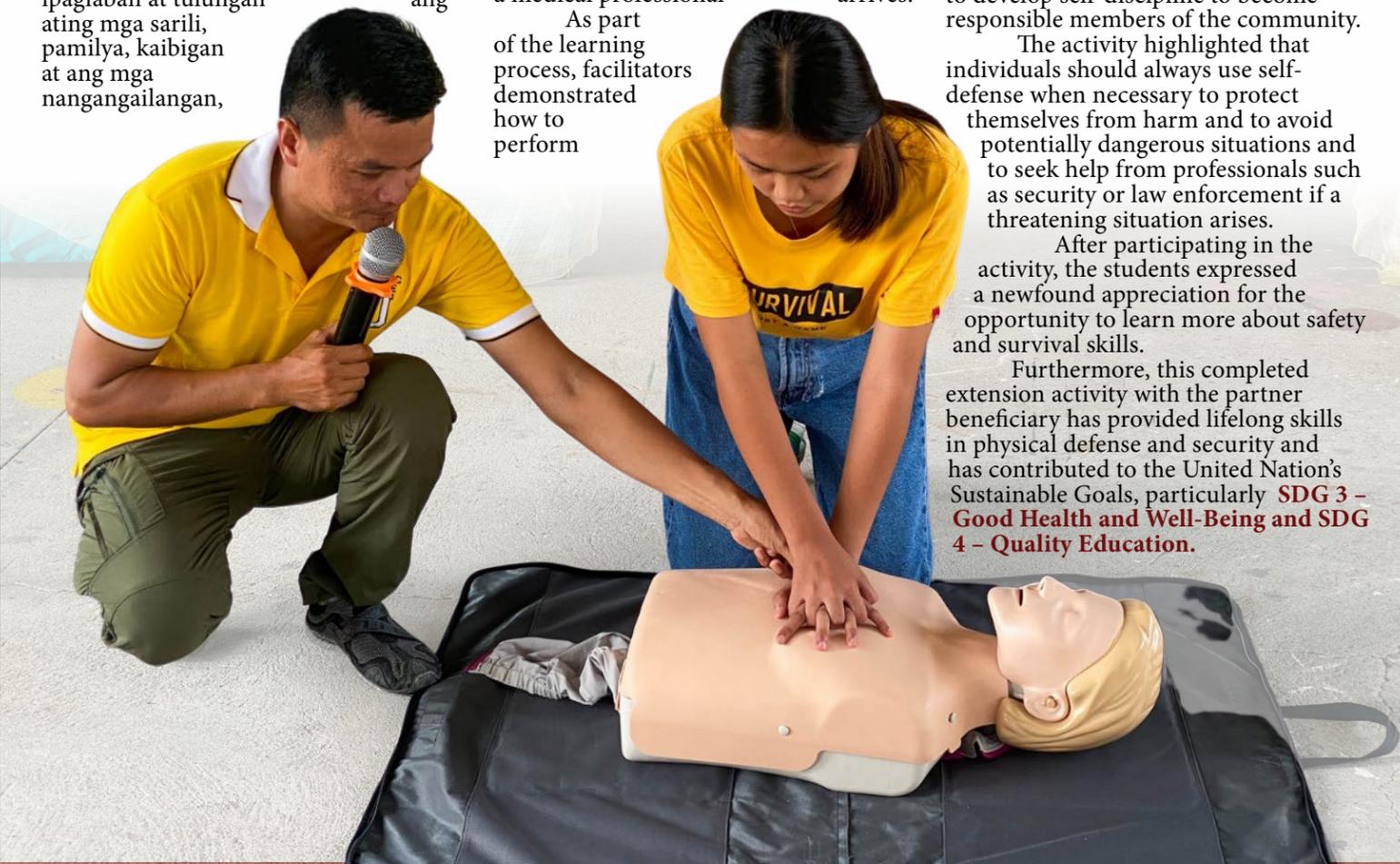
CPR, how defibrillators work, and how to bandage wounds. They also provided an overview of the different types of medical emergencies, how to recognize and handle them, as well as how to keep calm during an emergency.

The second speaker was Mr. Bicoy, whose topic was “Self-Defense,” sought to educate the students regarding their rights against unlawful aggressions, as well as the basic steps and procedures involved in self-defense and their ability to develop self-discipline to become responsible members of the community.

The activity highlighted that individuals should always use self-defense when necessary to protect themselves from harm and to avoid potentially dangerous situations and to seek help from professionals such as security or law enforcement if a threatening situation arises.

After participating in the activity, the students expressed a newfound appreciation for the opportunity to learn more about safety and survival skills.

Furthermore, this completed extension activity with the partner beneficiary has provided lifelong skills in physical defense and security and has contributed to the United Nation’s Sustainable Goals, particularly **SDG 3 – Good Health and Well-Being** and **SDG 4 – Quality Education**.



COED TEAM E-KWENTO TREKS OVER YANGKA'S 'ACCESSIBILITY CHALLENGES'

• Mr. Deyo Carlos L. Dela Cruz and Mr. Joseph M. Mallari [COED]

To gather insights and perspectives on the social and economic challenges faced by the Aeta Community, Ten Faculty Members of the College of Education embarked on a 3-day immersion activity in Sitio Yangka, the farthest community in Barangay Maruglu in Capas, Tarlac.

The Team e-Kwento comprised of Prof. Douglas C. Ferrer, Dr. Mellany G. Masangkay, Dr. Chona A. Conte, Mr. Deyo Carlos L. Dela Cruz, Mr. Mark P. Castillo, Ms. Melody P. Sapad, Mr. Lander Victor G. Tejada, Ms. Alecs Kaye C. Talavera, and Mr. Lyndon Q. Macanas devised four interrelated activities with the aim to collect baseline data from the Indigenous Peoples of the sitio in order to serve as basis for the forthcoming extension activities under the said project.

Participant Observation, Focus Group Discussions, Storytelling with the children in the community, and Interviews were preliminarily implemented to shed light on the living conditions faced by the residents of Yangka.

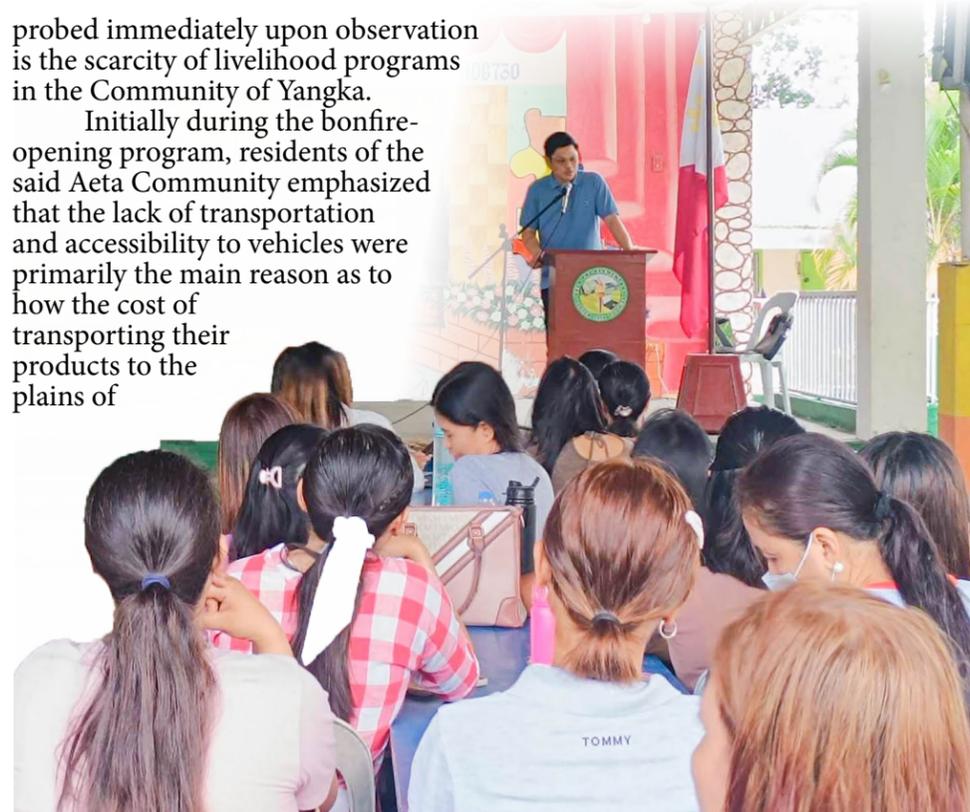
Prior to these activities, a Social Preparation Activity was conducted ensuring that the team and the Aeta Community interact mutually in respect with each other's cultural norm and practices.

Accessibility to Yangka

Apart from the team's experience on the difficult climb and the maze-like mountain trail, the first thing that the Faculty Members

probed immediately upon observation is the scarcity of livelihood programs in the Community of Yangka.

Initially during the bonfire-opening program, residents of the said Aeta Community emphasized that the lack of transportation and accessibility to vehicles were primarily the main reason as to how the cost of transporting their products to the plains of



Tarlac would outweigh their revenue.

Accessibility proves to be a common ground for the community's challenges. This is reflected as well on accessibility to clean water as Yangka's water source would be an hour away and the vessels used to store water would only hold a gallon. The water source is a small spring from higher parts of the mountain to which a simple bamboo waterway was constructed by the community to make water potentially accessible.

On one hand, Yangka had a reliable water source before

which was provided by charitable groups. However, it crossed privately owned land, and during one clearing operation, the water connection was damaged and there were no repairs initiated ever since.

The aforementioned concerns and challenges were not yet of the seal of the bottle. The Aeta Community of Yangka also encounter accessibility issues on Formal Education.

Despite their lack of formal...

●●● Continue to page 19

COED TEAM E-KWENTO TREKS OVER YANGKA'S 'ACCESSIBILITY CHALLENGES'

From page 18 ●●●

• Mr. Deyo Carlos L. Dela Cruz
Mr. Joseph M. Mallari [COED]



... education, Aetas in Yangka value education and send their children to climb down the mountain and stay at Maruglu Elementary School for the entire school week before climbing back up.

Seemingly, the accessibility to school is a factor as to why Aeta Students of Maruglu Elementary School encounter absenteeism primarily on rainy days. Conscious efforts were being implemented on the other hand by their Community Leader "Tatay Carling" who, despite being over a century old, has constructed the walls of the makeshift classrooms in Yangka.

Lastly, the four conducted activities have highlighted how Yangka residents have been reliant to nature and have been successful in utilizing their resources. They have hectares of land which they can cultivate. However, they do not possess land titles, only markers indicating borders. If an alternate route can be paved to reach these lands, the transport of harvests can be considerably cheaper and more profitable for them.

Accessibility to the Future

The team, after staying in Yangka for three days, realized that some of the goals of other projects targeting Yangka may not be achievable without addressing the Aetas' primary problems—access to water and the cost-increasing topography.

Regarding the digitization of their stories for cultural preservation, the team was able to identify several themes, including the expansion of their community through intergroup marriage, strain on family ties due to Yangka's topography, and their determination in the face of continuous typhoon-related challenges.

The Aeta Community of Sitio Yangka regards preservation of their culture and traditions as one of their primary concerns to which the Team e-Kwento nods to. However, upon this survey and immersion, new ideas and concepts were formed which would be then reflected to future extension endeavors.

The Sito-Yangka E-kwento Project is part of the three-year Community Development Extension Program and Project (CDEPP) of the College of Education and from being able to access the stories of the Aeta Community, new doors and opportunities to assist Yangka are to be opened.



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