

# NSTP News

# Letter



THE OFFICIAL NEWSLETTER OF THE NSTP DEPARTMENT

Issue 2 | June 2022 | Volume 2

## Year 2 of NSTP-2, 2022

*Prof. Melanio L. Leal, Ph.D.*



At the beginning of the Second Semester of Academic Year 2021-2022, we welcomed our NSTP2 students to a new exciting, and challenging term. For the second consecutive academic year, face to face Community Engagement component of NSTP2 is suspended. Instead of that standard requirement of

going to a place for their immersion and community engagement, we are exploring online options to replace the face-to-face requirement. Last semester, we have compromised online requirements in place of that. I want to suggest some helpful information and a few hints for completing this subject.

**Online courses provide a different way to study and place different skills for students. Our students will find that self-motivation and self-discipline are essential as online learners.** This claim means that they are entirely responsible for establishing and maintaining a study system. In addition, some students anticipate that online courses will be easier than face-to-face courses. But it reality a higher standard of excellence is required in face-to-face courses.

The esteemed NSTP professors will support our students during the course, but they should be aware that self-discipline is paramount to completing NSTP2 CWTS classes successfully. *Turn to Page 5*

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**NSTP Newsletter Editorial Board**



# FROM THE EDITOR'S DESK

*Dr. Nerissa M. Revilla*  
*Editor-in-Chief*

Early March of 2021 Dr. Nerissa M. Revilla with Prof. Kim Guia and the NSTP Coordinator, Dr. Melanio Leal convened to brainstorm about the possibility of an NSTP NEWSLETTER to further the dissemination of the department's endeavors and activities most especially during the Pandemic. That day of the said meeting, this newsletter was born spearheaded by its founding EIC Dr. Nerissa M. Revilla with the full support of Dr. Melanio Leal as consultant.

Henceforth, some NSTP Facilitators were appointed as members of the editorial board. We have with us supportive CAS Faculty members equipped with the technical know how and expertise in their specific fields, imbued with the values of Ora et Labora partnered with servant leadership. These are the likes of Prof. Albert Oasan, Dr. Susan Butac, Prof. Zernan De Ramos, Prof. Kim Guia, Prof. Melanie Morales and Prof. Mark Ian Abrias. Indeed, after the 1st edition of this newsletter uploaded in our NSTP Facebook page, we are giving everyone an upgraded version which is to be uploaded on the SAN BEDA UNIVERSITY WEBSITE.

And here we are, bringing to you our 2nd volume, this 2nd semester, cycle 1 (2021-2022)!

For this issue, we are bringing you the NSTP DEPARTMENT in full force commencing with the article of our consultant Dr. Melanio Leal, "Year 2 of NSTP 2, 2022." It tackled the different options provided by the department in lieu of the face to face community engagement. The Webinar Series according to Dr. Leal is an important venue to be participated in by the students in order to be aware of different national issues related to the objectives of CWTS. Further, it highlighted the schedule of activities of the department for the 1st cycle of the 2nd semester.

This is followed by the NSTP 2 Webinar Series in Perspective featuring the forums conducted by the department for 5 consecutive Saturdays:

# FROM THE EDITOR'S DESK *Continuation..*

1. Orientation on NSTP2 and the benedictine values in community engagement by Prof. Norielyn Cullar-Tabag, RSW
2. Engaging NSTP students to meaningful and sustainable community engagements by Dr. Nerissa M. Revilla
3. The voting process and volunteerism during election by Dr. Susan Butac
4. Initiatives on the promotion of voluntary blood donation in the new normal environment by Prof. Angela R' Jose Balance
5. Volunteerism in the new normal by Prof. Rey Caranguian

All these webinars focused on issues that were timely and relevant, after which students must submit their reflection papers as part of their assessment.

This edition also brings forth some columns and articles of interests authored by facilitator contributors. The column of "SPOTLIGHT: THE NSTP FACILITATORS" is a regular column which showcases the NSTP facilitators. In this edition, Dr. Revilla and Prof. Guia featured Prof. Zerna De Ramos, Dr. Diosdado Aler and Prof. Mark Ian Abrias. They have highlighted their personal and professional profiles, personal advocacy, and learnings as NSTP facilitators.

Several articles of interests were also submitted by Dr. Diosdado Aler and Dr. Josephine Prudente and Prof. Mark Ian Abrias and his NSTP student Edriane Timothy Tabor of 1DLM.

Dr. Aler gave an emotional rendition of his covid vaccine experience and related it to his coping skills in this pandemic. Indeed, he showed endurance most especially in conquering his fear of needles.

Dr. Prudente, on the other hand, shared her personal joy in going back to her passion which is volunteerism. She described the enthusiasm of her 1 DAC students in creating community engagement projects with the theme related to SDG 14 – Quality Education to which their advocacy project focused on helping the children in their study being engaged in their online classes by providing them school materials and SDG 2 – Zero Hunger and the last group focused on a livelihood and financial literacy program to achieve SDG 12 - Responsible Consumption and Production.

# FROM THE EDITOR'S DESK *Continuation..*

Prof. Mark Ian Abrias and his NSTP student Edriane Timothy Tabor of 1DLM wrote about their advocacy, Blood Donation. This article discussed about the health benefits of donating blood and as was emphasized in this article “this advocacy was created with the aim of raising awareness about the need for blood donations, as well as to serve as an accessible avenue for blood donors. It is our mission to provide a channel for the greater Bedan community for more accessible blood donations and blood related endeavors. It is our vision to be at the forefront of building a more inclusive and close-knit Bedan community in which people are assured and are passionate in the act of volunteerism.”

Lastly, for the Lifestyle section Dr. Susan Butac talked about “How to beat the Summer Heat.” She emphasized some of the best ways to conquer the heat of summertime as well as having a positive attitude which is one sure way to avoid a stressful summer.

In conclusion, this edition is the result of the hard work and dedication of everyone in the department. Kudos to one and all! Together we will strive harder to bring you the latest news and projects of the NSTP Department, this is a promise to be fulfilled.

Thank you.

## Year 2 of NSTP-2, 2022 *Continuation..*

The NSTP2 Webinar Lecture Series to be held on Saturdays during the first cycle of the semester is from March 12 to April 23, 2022. While the Second Cycle will commence on May 21-June 11, 2022.

The NST2 webinar lecture series is conducted given the inability of the students to go out and render community exposure and service. They aim to inform our students regarding community engagement as an essential function of the academe or the university and inform them regarding social issues through which they can exercise community engagement. The lectures in the Webinar series will hopefully provide:

- The essential tools or skills in planning,
- Implementation, and
- Managing community development programs or projects.

The said competencies can be helpful to students not only during the course but especially when they become professionals or leaders in their communities in the future.

Finally, in this NSTP2 Webinar Lecture series, we regularly invite representatives of both government and non-governmental organizations to assist us in this concern.

The outline of topics and schedules of lectures are as follows:

Topics	Dates	Speakers
Orientation to NSTP II Benedictine Values and Community Engagement	March 19, 2022	Mr. Albert C. <u>Qasan</u> (NSTP) Mr. Jerry Anton Flores (SBU Mission and Identity Office)
Community Engagement and Social Awareness: The CEC, MVG, Programs, Services, and Partner Communities	March 26, 2022	Ms. <u>Norielyn C. Tabag</u> Director SBU- CEC
Updates on the Elections, Community Engagements in the Elections, Profiling, and Fact- Checking	April 2, 2022	Mr. Albert C. <u>Qasan</u> Regional Director NAMFREL  NSTP Faculty Facilitator
Community Engagement in Blood Letting Activities and Motivating Donors During the New Normal	April 16, 2022	Ms. Flora Belle D. <u>Lontok</u> Nurse II Donor Recruitment Officer DOH PBC
Program Planning, Management, and Resource Management	April 23, 2022	Prof Zernan De Ramos Faculty DBME and NSTP



## THE WEBINAR SERIES IN PERSPECTIVE

*Prof. Norielyn C. Tabag, RSW*



The NSTP 2 webinar series is the redesigned contents and approaches adapting to the unprecedented events brought about by the pandemic and continued shift to remote learning and teaching. From the usual immersion to the assigned SBU partner communities and institutions for community exposure and community engagement projects and activities, five webinar series are scheduled every Saturday to inform, impart, and enlighten the students with the different topics significant to the program.

**Cognizant to NSTP objectives, the webinar ensures the promotion and integration of values education; development of transformational**

**leadership, spirit of patriotism and nationalism; and translation of sustainable social mobilization for youth development, community building and national security among students.** Thus, Prof. Dr. Melanio S. Leal, NSTP Coordinator, emphasized the significance of community engagement as one fundamental functions of higher education institutions, and the awareness raising on the relevant contemporary social issues through which student as individuals, students, and Christians, and responsible Filipino citizens translate learning to service to the partner community, institution, and organization.

# NSTP 2 WEBINAR SERIES 2ND SEMESTER - CYCLE 1



## ORIENTATION ON NSTP2 AND THE BENEDICTINE VALUES IN COMMUNITY ENGAGEMENT

*Prof. Norielyn C. Tabag, RSW*



Dubbed as Orientation on NSTP, and the Benedictine Values in Community Engagement, the first forum of the webinar series was conducted last 19 March 2022 via online zoom platform. The forum was divided into two parts focusing on the general orientation of NSTP students for Cycle 2 and understanding NSTP in the context of San Beda, as a Benedictine institution.

Dr. Prudente introduced the first Speaker as an advocate of clean and honest election, and environmental protection, Mr. Albert C. Oasan, one of the NSTP Facilitators.

Mr. Oasan provided an in-depth orientation of NSTP2, how to proceed, the procedures, policies, and class requirements. For best appreciation, Mr. Oasan

## ORIENTATION ON NSTP2 AND THE BENEDICTINE VALUES IN COMMUNITY ENGAGEMENT

*Continuation..*

provided glimpses on how the traditional community immersion was done which starts with community exposure, needs analysis, research, planning the program, implementation, monitoring, and the evaluation after its conduct in respective assigned communities. In recognition of the challenges in dealing with the new normal, he emphasized the need to maximize the learning despite the community situation through social awareness and consciousness and finding personal opportunities for community engagements through webinars, and find a venue for community service, the Benedictine way. Hence, he reminded the students of the NSTP dimensions of development which are Safety and security, Education, Recreation, Values Formation/Moral Recovery, Industry and Entrepreneurship, Care for Health, and Environment as an opportunity for them to go through in coming up with their individual, group, or class projects which may also include but not limited to creative artworks such as posters, video or movie clips, literary output, poems, photo narration, blogs, vlogs showcased in social media platforms. Mr. Oasan reminded the students that individual project especially those in the provinces may start in their respective homes, while

for group or class projects may solicit guidance and assistance from the Community Engagement Center. He further expressed that it is good to explore advocacy related to their course or program.

The second part of the forum focused on the sharing of Dir. Jerry Anton C. Flores from the Benedictine Mission and Identity Office about the relation of San Beda University and the College of Arts and Sciences' National Service Training Program.

In recognition of NSTP as mandated by law, Dir. Flores reiterated that even if there is no NSTP, San Beda University will still do similar projects and activities because of San Beda's Christian and Benedictine identity.

Dir. Flores started with the university's vision, mission, and institutional objectives highlighting the Christian formation and the Benedictine core values. He shared the attributes of a Bedan, firstly on the embodiment of the core Benedictine values, in professional life, and as witnesses to the Kingdom of God, the fulfillment of all of God's plans for the world in Jesus Christ, followed by leadership, research, and community engagement.



## ORIENTATION ON NSTP2 AND THE BENEDICTINE VALUES IN COMMUNITY ENGAGEMENT

*Continuation..*

Dir. Flores excellently demonstrated the manifestation of service to the poor as part of Christian formation and the Benedictine core values based on the central teachings of Jesus in his public ministry and the Rules of St. Benedict which emphasized the Benedictine Hallmarks. Students have clearly witnessed the rules on how St. Benedict has considered the poor, along with the sick, children, elderly, etc. in his teachings and mission.

As the Rule of St Benedict emphasized on the care extended to the poor, sick, elderly, children, pilgrims, and guests, Dir. Flores clearly related this to the community service component of NSTP. It was also affirmed that even without the mandatory NSTP, Bedans shall still continue to serve the common good.

NSTP is another venue to bring service to people, and so Dir. Flores challenged the students to start in their respective homes, to be other-oriented at home before being other-oriented outside their so-called community. The poor does not limit to economically challenged people, but also those who need care. An example is the 'Kasambahay' if they are treated well, provided with necessary assistance then you have already provided care.

Indeed, Charity begins at home. Charity begins within the Bedan community, which includes students, staff, faculty, administrators, alumni, and our partner communities, institutions, and organizations. And it is hoped that NSTP students will see this as a ministry to help. With the favorite quote in NSTP developed by Mr. Oasan, When requirement ends, volunteerism begins.



Communications and Community Engagement / Community Engagement (npsk12.com)

## 2ND FORUM: ENGAGING NSTP STUDENTS TO MEANINGFUL AND SUSTAINABLE COMMUNITY ENGAGEMENTS



*Dr. Nerissa M. Revilla*

The 2nd webinar for this cycle was held last March 26, 2022 from 9:00 am to 12 noon attended by the NSTP 2 students from different sections and departments. The guest speaker for this webinar was none other than, Ms. Norielyn C. Tabag, RSW. She is the Director of the San Beda University Community Engagement Center. Her topic was “Engaging NSTP students to meaningful and sustainable community engagement.”

Ms. Noriel made a strong point at the beginning of the webinar: **ONE SAN BEDA. BE ENGAGED! BE DA ONE!**

That despite the challenges of the present time specifically this pandemic, San Beda is prepared and ready to reach out to be able to transform lives.

First, our speaker outlined the objectives of the webinar:

1. To familiarize students with community engagement and its relation to NSTP
2. To identify the role of NSTP in HEI's community engagement
3. To appreciate the role of the youth in nation building.

# ENGAGING NSTP STUDENTS TO MEANINGFUL AND SUSTAINABLE COMMUNITY ENGAGEMENTS

*Continuation..*

4. To develop the students' consciousness and commitment to social change and nation building

After deeply involving the participants as to their roles in community engagement and nation building, she highlighted the following salient points of her discussion:

1. The Community Engagement Center's aim to provide meaningful opportunities for engagements toward human development of partners

2. She emphasized the meaning of community extension as volunteerism with partner communities such as NGOs, GOs, public and private schools, international linkages, religious organizations and other partner communities

3. She also centered on the partnership the university has with GAWAD KALINGA FOUNDATION, SBCBEFI ST. PADRE PIO, UNHCR, DSWD. DOH. CM RECTO HS MANILA, HAPAY NA MANGGA ES, CASIMIRO HS, MINOR BASILICA OF THE BLACK NAZARENE, BRGY DOLORES, SAN JUAN, ANAHAW

4. The programs and services we can offer to our partner communities are as follows: EDUCATIONAL ASSISTANCE, LIVELIHOOD, LEGAL SERVICES,

DISASTER RISK REDUCTION MANAGEMENT, HELATH AND ENVIRONMENT, AND ETHICS.

5. The issues of the present-day society were also discussed meaningfully, such as climate change, biodiversity, disaster risk management, sustainable consumption, and production

6. It was also presented that SBU ranked in the SDG WORLD UNIVERSITY RANKING with the ff: goals as focal points. GOOD HEALTH AND WELL-BEING, QUALITY EDUCATION, PEACE, JUSTICE AND STRONG INSTITUTIONS, PARTNERSHIPS FOR THE GOALS, DECENT WORK AND ECONOMIC GROWTH, CLIMATE ACTION.

7. Some community projects of the SBU through CEC were given emphasis such as the Bedanihan, Bedamayan and the others.

8. Several online activities were also conducted for partner schools like a webinar on Canva and Basic Troubleshooting, Visual Graphic Designs and Campus Journalism

9. Many other projects and community engagement activities were conducted inside and outside the university

## ENGAGING NSTP STUDENTS TO MEANINGFUL AND SUSTAINABLE COMMUNITY ENGAGEMENTS

*Continuation..*

The discussion of Ms. Noriel was further strengthened by a quote from our very own Fr. Rector-President, Rev. Fr. Aloysius Ma. A. Maranan, “We devote ourselves to combat inequalities, build peaceful, just and inclusive societies, protect human rights, and to ensure the lasting protection of our common home and natural resources, in solidarity with the United Nations’ 2030 agenda for Sustainable Development and the Encyclical Letter *Laudatu Si*’ of our Holy Father Pope Francis.”

Indeed, San Beda University is an active agent of change, it is not only prepared, equipped, committed and more importantly follows through. This is our strength; this is who are now and what our children will be in the coming years.

Several questions were raised after which the webinar was ended with the singing of the Bedan Hymn and a prayer.



## 3RD FORUM: THE VOTING PROCESS AND VOLUNTEERISM DURING ELECTION

*Dr. Susan Butac*

The Third NSTP Webinar, held on April 2, 2022, via Zoom, highlighted the themes of getting updated on the Voting process and details together with the practice of Volunteerism during elections. Also, it emphasized the need for Profiling and Fact-Checking as integral parts of an efficacious election. Prof. Albert C. Oasan, the Regional Director of the National Citizens' Movement for Free Elections, and Dr. Diosdado M. Aler III, the Prefect of Student-Athletes, concretized and exemplified the mentioned points.

In the first part of the webinar, Prof. Oasan initially compared the details of election talks given during the 1st semester and the lecture given in the 2nd phase. He mentioned that the NSTP Election lecture focused on the clean, honest, and peaceful election through election monitoring and critical voting. At the same time, the 2nd discussion leads to voters' engagement and fact-checking. He encouraged the NSTP students to get registered for the Election 2022. His talk walked the students through



EXPLAINER: What PPCRV volunteers do after May 9 polls (cnnphilippines.com)

## THE VOTING PROCESS AND VOLUNTEERISM DURING ELECTION

*Continuation..*

how to vote, engage as community volunteers during an election, and practice fact-checking.

Furthermore, Prof Oasan illustrated the importance of being updated by giving updates on the official lists of political candidates. He updated the audience with the 10 Presidential candidates, Nine Vice-Presidential candidates, 64 Senatorial candidates, and 178 Part List candidates. He made it clear that voters must bring their needed list of candidates, particularly among Senatorial ones, due to the long list and other related legal documents such as government I.Ds, Birth Certificate, and even school I. Ds during the day of voting. He also oriented the students with the Ballot layout by showing an online sample ballot. After which, Prof. Oasan presented the Comelec website, where voters can check the steps on how to trace candidates and check the voting places and centers together with the Certified Voters List (CVL.)

He wrapped up his talk by advising the NSTP students on how to vote in the New Normal amidst the restrictions of the Pandemic. He reiterated that the Comelec came up with the new ruling sets regarding the casting of votes. Such expected changes are the more spacious voting precinct, long queues, and delayed time due to preliminary Pandemic procedures of checking temperatures, disinfecting, and the like. He stressed to the students or Millennials to vote wisely and ended that we will reap the fruits of our choices.

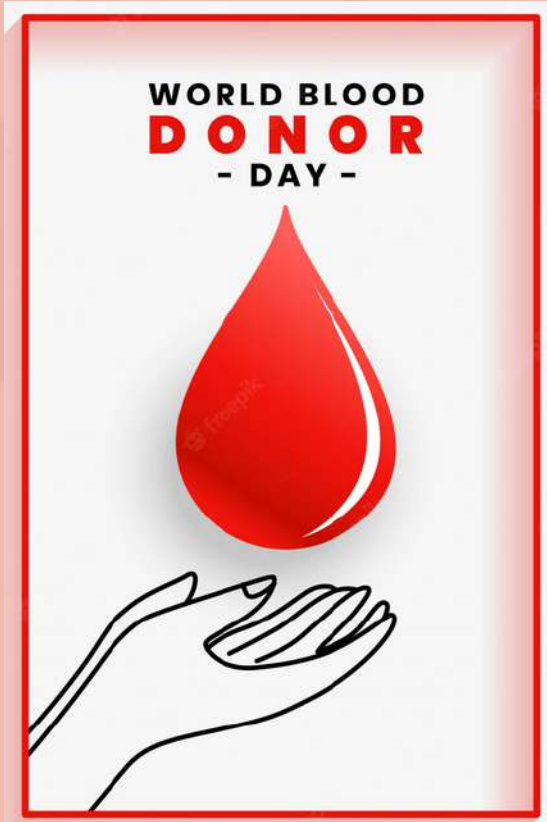
Likewise, Dr. Aler III substantiated the formerly singled out Profiling and Fact-Checking by Prof. Oasan. He made a clear stand on the scrutiny of facts and fake news about the candidates. According to him, it helps to arrive at a decisive choice if one practices profiling and fact-checking. Google search would allow the voters to search party lists and check profiles of other political candidates. He elaborated on nature and how to eliminate Fake News that inundates the Social Networking Sites by using the code BEDAN. B for bias, E for Examine URLs, D for dates, A for about us, and N for not sensationalized. Prof. Aler III emphasized that if these checkings were done preliminarily by the voters, they would have more precise and critical choices. Thus, voters will judge for themselves.

## THE VOTING PROCESS AND VOLUNTEERISM DURING ELECTION

*Continuation..*

In the same way, Prof. Aler III presented the different websites that we can utilize for fact-checking among the candidates. He mentioned FactRakers, Fact Check Philippines, and Fact-Checking Initiating Gaining Ground in the Philippines. He counseled the NSTP students to try googling the mentioned sites to arrive at the positive meaning of FAKE as he coded F- fruitful, A- attempt in, K- knowledge, E- elucidation. This time, the positively connotated FAKE word will guide the voters towards a clearer picture of the upcoming Election of 2022. Finally, he ended his talk by accommodating and answering a few questions asked by the students.

Dr. Josephine E. Prudente hosted the said webinar with the contribution and assistance of the NSTP coordinator Dr. Milo Leal and all the NSTP facilitators.



Blood Donation Background Images | Free Vectors, Stock Photos & PSD (freepik.com)

## 4TH FORUM: INITIATIVES ON THE PROMOTION OF VOLUNTARY BLOOD DONATION IN THE NEW NORMAL ENVIRONMENT

*Prof. Angela R'Jose Balance*



One of the SBU-NSTP's objective is to impart knowledge among students on how to be of service to others. To clearly emphasize this objective, last April 23, 2022, the NSTP department, headed by Dr. Melanio Leal, held an "Initiative on the Promotion of Voluntary Blood Donation in the New Normal Environment" forum. The forum was the 4th in the series of webinars for the 1st cycle of the 2nd semester of AY 2021-2022.

The webinar started with the opening prayer led by one of the NSTP mentors, Prof. Mark Ian C. Abrias, followed by the singing of the Philippine National Anthem, then the recitation of the SBU Mission Vision statement.

In his opening remarks, Professor Albert Oasan emphasized the three primary objectives of the forum:

1. The need for blood to address patients' health needs and concerns, and the blood cannot be manufactured in the laboratories; thus, the need for blood donation from willing and healthy donors.
2. Due to the current pandemic's effects, there is a supply shortage in the blood banks because of fear among donors of contracting the virus.
3. NSTP students can voluntarily donate blood to their community engagement.



# INITIATIVES ON THE PROMOTION OF VOLUNTARY BLOOD DONATION IN THE NEW NORMAL ENVIRONMENT

*Continuation..*

To further explain the importance of voluntary blood donation, a resource person from the Department of Health- Philippine Blood Center (DOH-PBC) was invited and introduced by Prof. Albert Oasan. Ms. Lontok is Nurse II Donor Recruitment Officer of the Philippine Blood Center and has been with the agency for six years.

According to Ms. Lontok, the Philippine Blood Center was established through Republic Act 7719 – Blood Services Act of 1994. The law aimed to promote VOLUNTARY BLOOD DONATION and TO PROVIDE AN ADEQUATE SUPPLY OF SAFE BLOOD. She stressed that it is free; however, blood from donors undergo several testing and screening to ensure that the blood given to patients is safe and clean, and this processing is not free. This is why some blood banks like the Philippine Red Cross, a Non- Government Organization, charge a minimal amount because the government is not subsidizing them compared to DOH-PBC, which is being run and subsidized by the government.

So why do we need to donate blood? Ms. Lontok, shared three essential reasons why we need to donate blood. First, "Safe blood saves lives and improves health" According to some donors, they feel good inside and relax after donating blood. Second "There is a constant need for regular blood supply," and during the pandemic, there was a huge need for blood supply because of the health protocols, all scheduled and regular blood drives were canceled. And the third reason is "Blood is the most precious gift that anyone can give to another person – The Gift of Life," a priceless act you can give to others in need.

The resource speaker encouraged the students or the younger generation to participate in the regular blood drive during the webinar continuously. I quote, "we need a new batch of volunteer donors because the young generation has a healthier lifestyle." And the students and other donors can still donate blood in the "new normal." The DOH-PBC implements stricter health protocols to prevent the donors from contracting the virus during the blood drive. The qualified donors can either go directly to PBC or other mobile blood drives organized by the partner schools and intuitions of PBC.

## INITIATIVES ON THE PROMOTION OF VOLUNTARY BLOOD DONATION IN THE NEW NORMAL ENVIRONMENT

*Continuation..*

In the same forum, the Director of SBU Community Engagement Center, Ms. Norielyn Tabag, announced that there will be an in-house blood donation drive for the employees and also the students that can participate.

Overall, the webinar was a success because of the detailed information shared by the resource person and an expert on the topic, Ms. Flora Beller Lontok, and the active participation of the students and faculty members of the NSTP Department.

The said webinar was made possible through the joint effort of the following NSTP facilitators: Prof. Lizel Q. Natividad, Prof. Norielyn C. Tabag and Prof. Albert Oasan for hosting the event, Prof. Mark Ian C. Abrias for his opening prayer, Prof. Kim Guia for presenting the Certificate of Appreciation to the resource person, Prof. Jo Prudente for the closing remarks, Dr. Nerissa M. Revilla and Prof. Melani Morales for participating in the planning of this webinar and to the coordinator of the NSTP department, Dr. Melanio Leal, for supporting the endeavor of the department. Lastly, the webinar ended with a closing prayer and singing of the Bedan Hymn.



Volunteering in New Normal (caritasindia.org)



## 5TH FORUM: VOLUNTEERISM IN THE NEW NORMAL

*Prof. Rey M. Caranguian*

The Covid-19 pandemic left a scar on all organizations, including the business and education sectors. There is a need to re-plan entrepreneurship and learning, re-organize old ways, concepts, and thoughts regarding business and education, and recover whatever is lost in the trading world and the teaching-learning system. Aside from the mental health awareness and maintenance of resilience of merchants, teachers, and students, there is also a need to strategize new programs appropriate for the new normal and mobilize at its maximum whatever resources are on hand and engage the stakeholders and the whole community itself.

It's not anymore just a one-person band, but they need to seek the community's engagement which is vital at this point. It is essential to reach out to the internal and external stakeholders and establish linkages for the common interest in business and education. Community involvement thus creates a harmonious relationship (one helping another) among people involved in the process and increases the support system needed, especially during this crisis. Sometimes, it is not always about the material things or the finances, but care and concern count a lot in this pandemic.

## VOLUNTERISM IN THE NEW NORMAL

*Continuation..*

As educators and even in the business sector, it is also important to immerse oneself in the community, utilizing all available resources, adhering to localization and contextualization of the trading and learning processes. It is always a T.E.A.M. mindset- Together, Everyone Achieves More. Everyone is now of concern, whatever the status or “doing” is in life.

In our institution, San Beda University, it is evident that the administration always think of innovations for such future endeavors. Planning is one sure way not to fail. There are always ways to find support and prove that there is still equity and equality.

# SPOTLIGHT:

## THE NSTP FACILITATORS

*Dr. Nerissa M. Revilla/Prof. Kim Guia*



The NSTP Department boasts of a solid and accomplished faculty line-up from the College of Arts and Sciences and the NTP of the university. All these facilitators are well equipped to teach civic consciousness and defense preparedness not only because of their academic degrees but because in their hearts they are servant leaders.

For this issue we shall highlight two gentlemen from different academic departments and one from the office of the Student Affairs.

# SPOTLIGHT:

## THE NSTP FACILITATORS

### PROF. ZERNAN DE RAMOS

First, there is the very strong presence of Prof. (Engr.) Zernan De Ramos from the Dept. of Management and Entrepreneurship.

He is well known as Prof. Z to his students, a graduate of Chemical Engineering from UST and has an MBA from ADMU. Prof. Zernan hails from Lumban, Laguna, is married with two beautiful kids. He has been in SBU for twelve years to be exact.

Before his career in teaching, he worked in the government and the private sector and has conducted studies in product development. His works included research studies on local foods and technology transfer projects for livelihood and business. At present, Prof. Z has authored several studies about the SDGs or Sustainable Development Goals and according to him will continue to explore this field. He is active in technical advising and business livelihood mentoring for community partners and students of Lumban, his hometown.



### PERSONAL ADVOCACY

Prof. Zernan is a strong advocate of “Entrepreneurship and livelihood for all”, the reason why he has been generously sharing his expertise and projects through local and international organizations.

In addition, Prof. Z is a life advocate, always inspiring his students to live a full life and never give up.

### LEARNINGS AS AN NSTP FACI IN SBU

Being the mentor that he is, Prof. Z has these to say:

#### Learning #1.

“NSTP is more than just “holding your walis tingting and pretend your active participation in your morning immersion in the community.” it is not just “knowing that your NSTP grade will not be part of the GPA”; NSTP should not be giving your excess and minimally damaged clothes and definitely it is not donating canned goods near expiration. What is NSTP? NSTP is a global way of thinking, it is concern for the country, it is civic consciousness and serving the country; NSTP is the study of living things.”

#### Learning #2.

“Don’t just do simple planning and implementing community project. We should apply critical thinking and meaningful service in the process of giving the community our projects. We challenge the barriers and structures that bring poverty to the people.”

#### Learning #3.

“Don’t call them squatters. They are depressed, deprived and underprivilege people.”

#### Learning #4.

“Understand the essence of our constitution, when we say constitution, it is not just for lawyers or law students and politicians”. Constitution is for all.”



# SPOTLIGHT:

## THE NSTP FACILITATORS

### DR. DIOSDADO M. ALER III



Dr. Diosdado M. Aler III or Tottie as he is fondly called, is a faculty member in the College of Arts and Sciences since Academic Year 1995.

He was appointed as Prefect of Student Athletes last March 1, 2020 before the pandemic struck until the present time and will soon launch the web application Bedan Athletes' Monitoring System (BAMS) to realize and model his advocacy on Green Computing or Green I.T. by cutting down on printing copies of athletes' profiles and grades and consequently reduce the manual storage of folders in filing cabinets.

Tottie will be graduating with a Master in Information Technology degree from Southville International Schools and Colleges on August 10, 2022. He already earned his Doctor of Education (Ed.D.) degree from the National Teachers College last March 2013. His Master of Arts (M.A.) was completed on March 1996 at Centro Escolar University.



The baccalaureate degree he obtained was Bachelor of Science in Computer Engineering (B.S.Co.E.) from Adamson University on March 1992.

Currently residing in Villa Lessandra Phase 1 in Bacoor Cavite where he has served for 2 terms as President of the Homeowners' Association from 2014-2018.

He was the Department Chairperson of the Bachelor of Science in Information and Communications Technology degree program from 2001-2004 and 2007-2013.

He was featured in the maiden issue of PC World Philippines Campus Edition in the People Power section with the article entitled "Linking the Digital Divide".

### Personal Advocacy

Digital Divide is the growing gap between those who have access to computers and technology and those who have no access. As an advocate to help minimize this social problem, Sir Tottie, when he was still the I.T. Department Chairperson, initiated activities like writing to companies requesting for computer donations and once received – the units will be refurbished and re-installed with software, then donate to public schools who have no computers and finally teach both faculty members and students the rudiments of Microsoft Office Suite.

### LEARNINGS AS AN NSTP FACI IN SBU

As an NSTP facilitator, Sir Tottie believes in the saying- "give a man a fish and he is saved for the day, teach a man to fish and he is saved for life." Now, let me share this to you:

**N**ever a  
**S**mall  
**T**hing  
**P**rovide help



# SPOTLIGHT:

## THE NSTP FACILITATORS

### PROF. MARK IAN C. ABRIAS



Mr. Mark Ian C. Abrias is the secretary of the San Beda University's Dean of Student Affairs and a part-time faculty of the Department of the National Service Training Program.

He finished his degree in BS in Bachelor of Science in Commerce, Major in Business Management year 2011 at Data Center College of the Philippines – Laoag, Ilocos Norte. In addition, he just recently graduated his Master's in Business Administration (MBA) year 2021 at San Beda Graduate School of Business, San Beda University – Manila. He also completed an International online course, the JobRise: 21st Century Core Employability Skills Program year 2022 at the Wadhvani Foundation, USA.

Ian as he is fondly called started his career in San Beda, College of Arts and Sciences year 2011 as secretary at the Office of Student Affairs, known to be hardworking by his colleagues, he was transferred to the Office of the SBU Dean of Student Affairs.

As an NSTP newbie, this is his second cycle in teaching at the Department of NSTP, College of Arts and Sciences, San Beda University.

He passed the course Data Protection Officer (DPO) during the Data Privacy and Information Security Champions and Internal Audit Training program last 2020. He also finished a short course in Adobe Photoshop CC Course last 2019

Mr. Abrias is from Laoag, Ilocos Norte but at present residing in the City of Manila.

## PERSONAL ADVOCACY

**Blood Donation Advocacy-** to help raise awareness about the personal health benefits of blood donation as well as create an avenue for the SBU family to donate blood and to make these blood accessible to all members of the community

### Learnings as a facilitator of NSTP

#### LEARNING #1.

I have learned to put my students first. That in a subject like NSTP, they are at the center of the learning process and their needs come first. The facilitator provides the experience so that the students when they participate know which direction to take.



#### LEARNING #2.

I have learned to help my students utilize their own knowledge and abilities to achieve their learning objectives. This is done through the projects and activities they submit with my guidance.



#### LEARNING #3.

As a newbie in NSTP, I have learned to deliver learning content, I am always there to support group discussions and all the time ready to respond to queries.

## Featured Articles:

# OVERCOMING MY WORST FEAR IN THIS PANDEMIC!



*Dr. Diosdado M. Aler III*

*C* orona Virus

*O* h, my God!

*V* anished, friends have died and in peace now lying

*I* nspite of that, we are praying

*D* iligently we are coping

and

*S* urely, we are struggling

*B* ack to normal, all of us are wishing

*U* nperturbed, still we are coping

*C* ommunity that is loving

*A* lways there to support with hearts that are caring

*S* urely, still we are coping

*N* ow, as of this writing

*S* ome are celebrating

*T* he fruits of their labor for their re-ranking

*P* lacidly, still we are coping

Coping? You might be asking the following questions too: **How to Keep Healthy in this Pandemic? And how did I survive my fear of the syringe to be vaccinated?**

Now, let me share with you my personal experiences during this pandemic. It has been 2 years and 2 months now that we are still under the pandemic. At present, most of the provinces in the country are under Alert Level 1 with 70 million Filipinos fully vaccinated but still they should strictly follow minimum safety health protocols set by the Department of Health (DOH) and Inter-Agency Task Force (IATF).

The million-dollar questions are: how did I keep myself healthy during this pandemic and how did I overcome my worst fear?

## OVERCOMING MY WORST FEAR IN THIS PANDEMIC! *Continuation..*

During the first month of the lockdown, as the only APOR or Authorized Person Outside of Residence, I did all the errands for my family like buying necessities. I always made sure that i buy fruits rich in Vitamin C like oranges, lemons and also bananas, melons and grapes. All these fruits were a big help in fortifying our family's individual immune systems.

The next thing I did to keep myself healthy was to ride the stationary bike given to me by a good friend, Prof. Macapagal. I made sure that I will sweat it out for at least 15 minutes daily to cope with the sedentary lifestyle that I am beginning to experience.

Now, I will let you in on a secret.

I have this condition known as ***trypanophobia*** or the irrational fear of hypodermic needles and syringes. At the height of Covid-19 I was the only one in the family who was not vaccinated, and I would often tell them, "sorry, this is my waterloo or weakness, I cannot overcome this phobia" and would always say try pa ninyo" which rhymed with try-pa-no-phobia. I was confident enough knowing that I am healthy not to mention the fact that there was already herd immunity achieved in the family.

Irresponsible, inconsiderate, and even "duwag" were some of the words I heard people say about me being unvaccinated. I consoled myself by praying that I am submitting everything to His will.

It was not until the 2nd week of February 2022 when I talked with a school administrator where I teach part-time and that my classes are still held on-line, and I told him that I have trypanophobia that I can still opt not to have vaccination. He would not hear anything about my reasons and went on to say that I will lose my teaching load if I will not be vaccinated.

This made me realize that I had no choice, and so finally on February 25, 2022, I had my first dose of vaccination. I had the support of my mother-in-law, wife, sister-in-law, and most of all my brother-in-law – whom I should thank the most because he agreed to sit on my lap as I embraced him so I would not see the syringe as I was

## OVERCOMING MY WORST FEAR IN THIS PANDEMIC! *Continuation..*

being injected. It was a success! a big success! Mommy Olive, my mom-in-law, because of her great joy, treated the whole family to dinner.

The 2nd dose was administered last March 18, 2022, Feast of St. Joseph, again with my brother-in-law, Joey, sitting at my lap and me embracing him. Again, it was a success. I am fully vaccinated now!

My relatives and friends told me that I will feel unwell, have fever and other symptoms for post-vaccination. Luckily, and thanks be to God I never had fever or any feeling of unwellness. They would often tell me that I have a strong immune system that I did not experience any of them.

As they say, health is wealth. We should be thankful that we are all still alive and kicking – showing resiliency in overcoming this pandemic. Together, as one Bedan community, we will persevere – and as our hymn would go – bring out the challenges, we'll win them all (and I did overcome a great challenge).

Go San Beda fight! That in all things, God may be glorified!



## Featured Articles:

### MY CLASS COMMUNITY INVOLVEMENT PROJECT

*Dr. Josephine Prudente*

After 2 decades, I am back teaching the course that has inspired me to advocate volunteerism through the years.

I remember when NTSP was introduced in the CAS, I had some apprehensions on how engagement with a partner community will turn out. With the help of then NSTP Coordinator, Mr. Albert Oasan, I realized that there are a lot a volunteer can do to help and influence the people in the community and improve their lives. That motivated me to serve in the CAS Faculty Association as a servant leader and the rest was history.

The 2nd semester of AY 2021-2022 (Cycle 1) has given me the opportunity to handle a class in their NSTP2 course. A big thanks to Dr. Melanio Leal for entrusting 1 DAC section to me. The class was formed into 5 groups with a leader to oversee the project. Students were asked to submit their group's advocacy concept paper anchoring on one of the 17 UN Sustainable Development Goals SDG and applying all the learnings from their NSTP1 subject. The concept paper was presented in the class. I can see the excitement of the groups as they present their proposals.

They had so many ideas and things they wanted to do. I reminded them to focus on their objectives and target outcomes. Also, I instructed a group to re-consider their budget proposal having in mind the concept of economic spending, this is, to make use of the other resources (labor, time and creativity).

Three groups selected SDG 14 – Quality Education to which their advocacy project focused on helping the children in their study being engaged in their online classes by providing them school materials. One group selected a Barangay in Manila to feed the children in consonance to SDG 2 – Zero Hunger and the last group focused on a livelihood and financial literacy program to achieve SDG 12 - Responsible Consumption and Production.

The concept of Project Management was applied from the planning to the implementation stage. In the beginning, after careful deliberation on which SDG and partner community they should focus on, each group was asked to prepare a draft letter of coordination to the barangay officials.

# MY CLASS COMMUNITY INVOLVEMENT PROJECT

*Continuation..*

Once approval of the community partner was received, the group plan for the acquisition of materials as well as the other logistics necessary in the implementation of the project such as the program and responsible assignment matrix RAM. The RAM will indicate the role and responsibility of each member in the team. Before the actual day of project implementation, the leader ensures that the consent form of the respective guardian/parent of the member student who will join the activity and proof of vaccination were submitted in the canvas assignment module.

Also to be included are the safety protocols/materials as mandated by the LGU of the community partner such as alcohol and facemask.

I was able to secure the approval of the NSTP Coordinator, Dr. Leal prior to the onsite implementation having in mind the safety protocols. I met one group at Grace Park Caloocan where they shared school supplies to 50 children residing at Barangay 95.

I admire how the group was able to pool their resources in raising the needed funds to support the project. The contribution was based on the capacity (labor and money) of each member which is to me, a true sense of volunteerism. A group member told me that he contributed much on labor (preparation) since that is the only thing he can offer to the project, and he appreciated his team for understanding his situation. I reminded him that volunteerism takes many forms of sharing, and his efforts are more than enough as a contribution to successful implementation. Since the location is situated in the same barangay where one of the members resided, I was fortunate to have met her mom and aunt who were equally supportive of the group's project.

The chairman and SK chairman who assisted us in the program were very appreciative of the group's efforts. After the program, group and I had a short program evaluation and assessment. According to the group leader, he was happy to be part of a very dynamic group that made the children very happy.



# MY CLASS COMMUNITY INVOLVEMENT PROJECT *Continuation..*

The other commendable group project was a webinar type about livelihood and financial literacy program. The group started the program by teaching the community members how to make a product (rug) out of a recycled material. A video showing the actual product making was shown to the participants. This was followed by the talk of Prof. Neil Halcon from the Economics department about financial literacy and starting a small business. The participants were assembled at the barangay hall of Dela Paz in Antipolo and were assisted by the community officials and one of the group members who resides in the same barangay.

The webinar lasted for more than 2 hours and ended with an appreciation certificate awarded to the resource speaker and participants.

Overall, I am happy to be a part of all the groups journey to volunteerism. As I watched their class (video) presentation, the group sharing of their milestones and challenges made my heart so full and I came to realized that few hands when put together can change the life of so many people.



## Featured Articles:

# DUGONG BEDISTA! PARA SA MGA BEDISTA.

*Prof. Mark Ian C. Abrias | Mr. Edriane Timothy C. Tabor*



During the ancient times, people were unaware of our biology. Blood was hidden from sight, only becoming visible from wounds, childbirth, and menstruation. This led to blood becoming the symbol for both life and death—a noticeable trend for customs and cultures all around the globe. Blood was further thrust into becoming a symbol when Jesus Christ told His disciples to eat the bread and wine at the Last Supper, symbolizing His body and blood. Christ's blood became the symbol for purity and redemption from sin.

A couple of thousand years later, we are now made aware of the importance of blood thanks to our advancements in numerous scientific fields. Red blood cells carry oxygen and nutrients to our hearts and throughout the body; white blood cells to defend us against lethal pathogens; and platelets to form blood clots to save us from bleeding out from wounds—each and every part crucial to our survival.

Millions of people all over the world are in need of blood transfusions every year. Some may need it for life-threatening surgeries, others may need it after a fatal accident, while others may have a disease requiring the components of blood. Donating our blood saves their lives.

Last April 29, 2022 the San Beda Community Engagement Center gave the Bedan community the opportunity to participate in “Life to Live, Blood to Give” Blood Donation Drive at the Philippine Blood Center. Unlike most of the donors who went, it was our first time to donate blood. We felt excited but anxious at the same time. After everything was said and done, we felt great. Disregard the fact that we just donated 1 pint of blood, 1/10TH of what the average human body has—we just really felt great. The facilitator educated us about how just one blood donation will be able to help three people. In a regular face to face community engagement, blood donation will be an effective and efficient way to be of help to the community.

# DUGONG BEDISTA! PARA SA MGA BEDISTA.

*Continuation..*

On June 5, 2022, the term and advocacy “Dugong Bedista” was born. This is as awareness drive initiated by 1 DLM (Legal Management) facilitated by Prof. Mark Ian C. Abrias, NSTP Faculty.

As reflected in our Facebook page @dugongbedista, this advocacy was created with the aim of raising awareness about the need for blood donations, as well as to serve as an accessible avenue for blood donors. It is our mission to provide a channel for the greater Bedan community for more accessible blood donations and blood related endeavors. It is our vision to be at the forefront of building a more inclusive and close knit Bedan community in which people are assured and are passionate in the act of volunteerism.

**Dugong Bedista, a name reflecting our Bedan pride, comes with a logo carefully thought out.**

**\*The lion symbolizes our heritage as the San Beda Red Lion.**

The blood and the color red stands for our effort in community engagement, while the three drops of blood signifies our mission to guide the Bedans in:

1. Faith (Fides),
2. Knowledge (Scientia), and
3. Virtue (Virtus);

The Benedictine core values of prayer and work that include:

1. Study,
2. Community, and
3. Pursuit of Peace;

As well as our battle cry for

1. San Beda,
2. Our Country, and
3. God.



# DUGONG BEDISTA! PARA SA MGA BEDISTA.

*Continuation..*

The eight mane strands on the lion symbolizes our vision for a Bedan community that is:

1. Fully Human,
2. Wholly Christian,
3. Truly Filipino,
4. Globally Competitive;

As well as our institutional outcomes to:

5. Embody core Benedictine values in our professional life,
6. Lead in industry,
7. Contribute to the advancement of knowledge, and
8. Integrated welfare of the community as servant-leaders.

Dugong Bedista is a collaborative effort between Prof. Mark Ian C. Abrias and the students of 1-DLM in the person of Iane Tabor, Jotham Co, Israel Benisano, Enrick delos Reyes, Samuel Laus, Jullienne Garcia, Therese Reyes, Sam Catimon, Miles Paligutan, Liezel Sison, Zharyne Magdula, Tan Laminero, Tanya Bonayon, Jhuster Dayandante, Race Zamora, Lorraine Ignas, Mariel Taller, Dominique Torres, and Samantha Salcedo.

Dean Dominador B. Manlincon of the Office of the Dean of Student Affairs has already proposed for Dugong Bedista to be institutionalized in San Beda University, partnering with the likes of San Beda Community Engagement Center, as well as the Student Councils of the College of Arts and Sciences, College of Medicine, College of Nursing, College of Law, and the Senior High School Department.

With this, we are all excited for what Dugong Bedista has to offer to the Bedan Community!



## Lifestyle:

# HOW TO BEAT THE SUMMER HEAT

*Dr. Susan Butac*

Hello sunshine!!!

Summertime is here, and it's just around the corner! The sun shines in the morning and maintains its glory 'til dusk. Its rays of light get us all crazy and excited throughout the day as it is indeed glorious!

Believe me, everybody loves summer because there's fun in the sun. Besides, summertime offers us warmth and boosts our vitamin D and mood. We feel the delight that it brings though it harbors a scorching heat. We couldn't ask for more with the abundance of the sun. However, the heat hampers our hydration and productivity in a way. The unbearably hot weather generates in us our smelly and adhesive sweat. These downsides of summer happen, particularly when our bodies tire from the high temperature.

Summertime is best spent as the best time to enjoy life if we can make friends with it. But how? How do we dive with this sizzling summer and have fabulously fantastic fun? Quickly browse my tricks.

1. eat the heat by freezing your smoothies. Homemade popsicles kiss our tastebuds. We can make these healthy snacks at home. Aside from screaming for ice cream, we can keep ice candies and other cold delectable food items in the fridge to make them extraordinary. We can have them readily on hand.

2. Beat the heat by enjoying your Splash and Soak zones. We can't underestimate the fun of pools, whether inflatable or onsite, and counter-current pools. Or your DIY collections just like an oversized pail and large laundry tub. These pools can be fun, exercise, therapy, or name your own; enjoy! They give us delight and treatment too.

3. Beat the heat by dressing less to impress. Come on, ladies! It's your turn. Bring out those loose dresses and let your skin breathe. Your two-piece garments make their talk. Your cotton and silk apparels do the tricks. Of course, nothing beats the wide-brimmed hats that offer you shade. It prevents you from getting baked in the sun while walking in the sunshine. After all, "Mr. Shade" is our friend during the summer.

# HOW TO BEAT THE SUMMER HEAT

*Continuation..*

4. Beat the heat by limiting your sunlight exposure. Stay indoors, rest indoors, baby! It keeps you safe from the scorching heat of the sun. Try modifying your activities to morning and evening. Enjoy hanging out at home while pampering your face with excellent cosmetics such as face masks, creams, toners, and moisturizers, and create a cooling sensation while waiting for the hot temperature to drop at night.

5. Beat the heat by staying hydrated. Water, water, water! Keep a bottle of water closer to you. Drink plenty of water. It chills us down and helps stabilize the heartbeat that may cause a heatstroke. You can also spritz your face with water when you feel dehydrated, parched, or thirsty.

6. Beat the heat by availing of a seaside escape. I miss the sea and ocean bliss. Don't you? Breath-taking beaches are within our sights. Why not say hello to them?... It's somewhat therapeutic to catch a wave and dance on the sand. Seawater can conceivably reduce and eliminate anxiety. Beachy views somehow nourish our weary souls, though temporarily. Nonetheless, this matters in an exhausted body like mine. Would you like to partake in it?

7. Beat the heat by escaping it mentally. While staying indoors amidst the peak of hot temperature, meditation works. Try listening to your favorite sound meditation and crank up those ocean waves through your screens and earphones. Find delight in a movie marathon of winter-themed works that can evoke the sensation of cold feeling. Reminisce good memories that bring chill vibes to you. Pamper your aesthetic domain while the heat index hits exponentially.

Diving into this summertime seems easy-breezy to many. We lay down our DIY sorts to combat the heat. Regardless of the presence or absence of all my imperfect viewpoints and mentioned manufactured and orchestrated modes or the stuff of enjoying summer, nothing else could ever beat the worth of a POSITIVE ATTITUDE. It is one of the secret ingredients to loving summer. It's not a magic potion for making us the best for this season- but if coupled with other good attributes, it will help us flourish and bloom like a rose, a reasonable person in and out, in whatever season we may have.

# The **NSTP** Newsletter

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