



CCJE STRENGTHENS CAMILEÑOS READINESS WITH FIRST AID AND SELF-DEFENSE TRAINING

Ms. Sunshine B. Paras | CCJE

In a significant initiative to bolster community preparedness and safety, the College of Criminal Justice Education (CCJE) at Tarlac State University (TSU) successfully conducted a Seminar-Training on First Aid and Self-Defense on July 12 in Barangay Poblacion H, Camiling.

This initiative is part of the long-term program LIGTASS, which stands for Localized Innovation Geared Towards Addressing Security and Safety. It aims to equip barangay officials, the Barangay Peacekeeping Action Team (BPAT), Barangay Health Workers (BHW), and the youth of Barangay Poblacion H with essential life-saving skills.

The event featured seasoned professionals from the Bureau of Fire Protection (BFP) in Tarlac City, with SFO2 Abel B. Manaois Jr. and FO3 Jerry I. Dela Peña serving as resource speakers. The training was facilitated by Dr. Roel R. Alviar, the College Dean, along with his

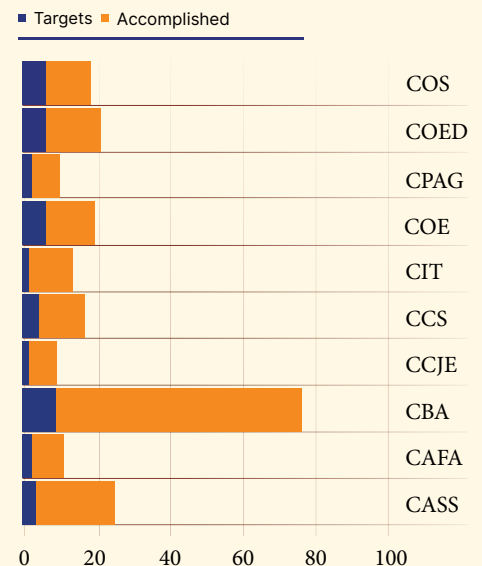
dedicated faculty members: Atty. Theodore M. Timpac, Dr. Jayson R. Felix, Dr. Lian Carla C. Luzong, Dr. Ramil M. Las-Igan, Ms. Marie Fe F. Buscayno, and Mr. Francis D. Bicoy.

FO3 Jerry I. Dela Peña opened the seminar with a comprehensive discussion on the application of first aid, guiding participants through various emergency scenarios and treatments. His engaging lecture was complemented by a practical CPR demonstration, allowing attendees to practice vital life-saving techniques on mannequins.

BHW Teresa Tejada reflected on the experience, stating, "As a BHW, the knowledge we gained here is invaluable. It is one thing to read about first aid, but being able to practice it under guidance has given me the confidence to act quickly and effectively in emergencies."

VANTAGE POINT

3RD QUARTER UNIVERSITY EXTENSION TARGETS VIS - A - VIS ACCOMPLISHMENTS



CASS LEADS DOST CEST PROJECT WITH AWARD-WINNING DIGITAL STORYTELLING

• Ms. Carmela Jane V. Paragas | CASS

The Communication Department of the College of Arts and Social Sciences (CASS) at Tarlac State University (TSU), in collaboration with the Department of Science and Technology (DOST), recently launched a powerful audio-visual presentation for the Community Empowerment through Science and Technology (CEST) project. The project, running from September 17 to October 3, 2024, highlighted the sustainable practices and rich cultural heritage of the Aeta people in Sitio Dueg, San Clemente, Tarlac.

Through intimate interviews and compelling visuals, the documentary captured the Aetas' deep connection to nature, eco-friendly agriculture, and resourcefulness. It aimed to raise awareness about their role in environmental preservation and their vibrant craftsmanship.

The documentary won first place in the DOST CEST competition, advancing to the national level. This success underscores the importance of community-driven storytelling in preserving cultural identities and promoting sustainable development, while giving a voice to marginalized communities.



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The seminar also included an engaging self-defense session led by SFO2 Manaois Jr., tailored specifically for barangay officials, BPAT members, and community protectors. This session emphasized situational awareness and practical defense techniques that can be employed in real-world scenarios, empowering participants to take responsibility for their personal safety and that of their community.

BPAT member Jaymar Baldez expressed his gratitude for the training, stating, "It is reassuring to know we now have tools to protect ourselves and help safeguard our community. The practical approach of this seminar has truly prepared us for real situations we might face."

The success of this seminar marks another milestone for CCJE's extension project, with plans for continued training and capacity-building programs for local communities in the future.



COS HOSTS INTERNATIONAL CLEAN AIR DAY WITH TREE PLANTING, CLEAN-UP EFFORTS

• Ms. Maria Rosario S. Cudilla | COS

The College of Science (COS) marked International Clean Air Day on September 7, in Barangay Tibagan, Tarlac City, through a program focused on environmental stewardship.

The event combined tree planting, street sweeping, and garbage clean-up to promote clean air and community involvement in preserving the environment.

Led by Dr. John Nikko T. Guiao and Ms. Jasmin T. Palad of the Tarlac Provincial Hospital (TPH), the initiative aimed to raise awareness of air quality and the role of collective action in

environmental preservation. The 100 volunteers who attended the event were also provided tree seedlings to plant, symbolizing a direct contribution to improving air quality.

Following the planting, volunteers joined in cleaning up the streets and public spaces, reinforcing the link between greenery and cleaner air. The event concluded with the presentation of certificates by the Medical Director and Assistant Chief Nurse of Tarlac Provincial Hospital, recognizing the collective effort and reminding participants of the positive impact of community-driven



CASS SUPPORTS SEMINAR ON YOUTH WORK READINESS FOR PYAP

• Ms. Carmela Jane V. Paragas | CASS

The Pag-Asa Youth Association of the Philippines (PYAP) held a seminar titled “Youth on the Rise: A Seminar on Youth Work Readiness” on August 22, at the Tarlac Capitol Center. The event, attended by over 36 participants, aimed to equip young individuals with the skills needed to navigate the professional world.

Assistant Professor Bryan Jan S. Dizon, an expert from the College of Arts and Social Sciences (CASS), led the seminar, covering essential topics such as resume writing, interview techniques, personal branding, financial literacy, and career planning. Through interactive activities and expert guidance, the seminar sought to build confidence and motivate participants to take proactive steps in their career development.

By the end of the event, participants expressed increased confidence and optimism, feeling better prepared to face the challenges of the job market.



CASS PSYCHOLOGY DEPARTMENT EMPOWERS SOLO PARENTS WITH SELF-CARE SEMINAR

• Ms. Carmela Jane V. Paragas | CASS



The Municipality of Pura hosted the seminar “Empowering Solo Parents through Self-Care” on September 29, drawing over 90 solo parents from various barangays. The event aimed to equip solo parents with tools and strategies for managing their responsibilities while prioritizing their well-being.

Dr. Grace Anne C. Hasegawa, a faculty member of Psychology Department of the

College of Arts and Social Sciences (CASS), led the seminar, addressing mental health challenges unique to solo parents, including stress, burnout, and anxiety. Supported by the COESSE - TSU Psychological Society, Dr. Hasegawa offered practical advice on emotional self-care, stress management, and mental health awareness.

Beyond education, the seminar also

provided a platform for solo parents to connect and share experiences, fostering a strong sense of community. Many participants expressed relief at knowing they were not alone in their struggles.

The Municipality of Pura has committed to further supporting solo parents through additional seminars, skills training, and community-building activities.



COE DESIGNS SOCIAL MEDIA STUDIO FOR DIVINE MERCY MISSION

• Ms. Stephanie S. Carmen | COE

Tarlac State University’s College of Engineering (TSU-COE) has partnered with Divine Mercy Missionaries (DMM) to design a state-of-the-art social media studio, from August to September 2024. The new studio will enhance DMM’s religious and community outreach efforts in Brgy. San Manuel, Tarlac City.

DMM, led by Rev. Fr. Emmanuel John Rodriguez, promotes devotion to Divine Mercy through retreats, education, and service activities. The project, situated on a five-hectare site, will support these initiatives with modern facilities.

The collaboration involves expertise from TSU’s Civil, Electrical, and Electronics Engineering departments. Civil Engineering, led by Engr. Orlando Sico Jr., is handling the architectural and structural designs, while Electrical Engineering, under Engr. Maan Florendo, is responsible for the lighting and electrical layout. Electronics Engineering, guided by Engr. Aldrin Joar Taduran, has developed the fire detection and alarm system.

The project aligns with Sustainable Development Goal 9: Industry, Innovation, and Infrastructure, highlighting TSU-COE’s commitment to community development and innovation.



CCS LEADS ICT TRAINING FOR GERONA LGU TO BOOST DIGITAL LITERACY

• Ms. Carlyn T. Nono | CCS

Tarlac State University's College of Computer Studies (TSU-CCS) conducted a two-day ICT training workshop for local government officials in Gerona on July 30 and 31, at the CISCO Laboratory. The session, titled "ICT Training on MS Word, MS Excel, and PowerPoint," aimed to enhance digital literacy and equip participants with essential office software skills for improved productivity, communication, and data management.

Led by Dr. Marlon V. Gamido and Prof. Edjie M. Delos Reyes, the workshop focused on practical applications of Microsoft Office tools. Dr. Gamido highlighted the importance

of digital skills in modern governance, emphasizing their role in efficient, transparent public service.

The hands-on training

included sessions by Mr. Lito Alexis M. Tolentino on MS Word, Prof. Dennis Y. Virtudazo on PowerPoint, and Prof. Delos Reyes

on Excel, covering key functions like document formatting, presentation design, and data analysis. Facilitators Dr. Heidilyn V. Gamido, Prof. Valarie D. Simbol, and Prof. Jerome C. Legaspi provided real-time assistance, ensuring an interactive learning environment.

Participants praised the workshop for its practical insights and tools, noting its potential to streamline office tasks and improve data-driven decision-making. TSU-CCS plans to extend this initiative to other government units and community sectors, furthering its commitment to empowering local communities through digital education.



BAGONG TAHANAN PARA SA SITIO TANGAN-TANGAN

• Ms. Stephanie S. Carmen and PICE-TSU SC | COE



In July 2024, Tarlac State University's (TSU) College of Engineering (COE) launched a project to improve the quality of life for the Aeta community in Sitio Tangan-Tangan by providing collapsible, disaster-resilient homes. The initiative addresses the community's vulnerability to natural disasters, particularly

typhoons, due to the use of lightweight materials like bamboo and sawali in traditional homes.

The project, led by Civil Engineering faculty—including Engr. Charmaine Czeninia Reguindin, Engr. Orlando Sico Jr., Engr. Rizza P. Gamalinda, Engr. Ma Jan Nickole Estrada, Engr. Joshua Jay Jetomo, Engr. Randy Policarpio, Engr.

Leonides Tatu, Engr. Marie Wendy Frany, and Ms. Pinky Dela Cruz—focuses on designing adaptable shelters that can withstand harsh environmental conditions in the mountainous, typhoon-prone area of San Jose.

In collaboration with the Philippine Institute of Civil Engineers (PICE)-TSU Student Chapter, the project integrated smart building technology, featuring 3D visualization, structural analysis, and cost estimation.

This effort aligns with Sustainable Development Goal 11, aiming to provide the Aetas with safe, sustainable housing and enhance their preparedness for future emergencies.



CCS DEVELOPS ADVANCED PROJECT MONITORING SYSTEM FOR DOST TARLAC

• Ms. Carlyn T. Nono | CCS

In a remarkable effort to bridge academic expertise with real-world application, the College of Computer Studies (CCS) recently embarked on an extension program focused on creating a Project Monitoring System for the Department of Science and Technology (DOST) Tarlac Provincial Office. The initiative running from January 16 to September 27, aimed to simplify DOST's internal processes through advanced technology.

Led by CCS faculty including Mr. Joselito T. Tan, Dr. Rogel L. Quilala, Dr. Alvincent E. Danganan, Dr. Theda Flare G. Quilala, Prof. Jerome C.

Legaspi and Mr. Nomar R. Lapitan, the project began with a thorough data gathering and planning phase, involving collaboration with DOST to ensure the system met their specific needs.



The team then moved into the system analysis phase, thoroughly examining the collected data to identify key functionalities, potential challenges, and areas for improvement. This analysis enabled the team to create an effective strategy for the development of the Project Monitoring System.

The project then progressed to the system design and development phase, where the team utilized their expertise in software engineering and user interface design to create an intuitive and visually appealing interface. By integrating

advanced technologies and adhering to industry best practices, they ensured the system's scalability, reliability, and performance.

On the other hand, the focus shifted to developing the front end of the system, led by Mr. Tan and Dr. Quilala. They prioritized functionality and user experience, reflecting TSU-CCS's commitment to leveraging technology to support and enhance government operations and public service delivery.

The successful completion of this project highlights the dedication, expertise, and collaborative effort of the faculty. Their work has significantly improved the project management capabilities of the DOST Tarlac Provincial Office and demonstrated the university's ongoing commitment to community engagement and innovative solutions.



COS Outreach Program: VITAL SIGNS AND ENVIRONMENTAL MONITORING, SCHOOL SUPPLIES AND HEALTH KIT DISTRIBUTION

• Ms. Maria Rosario S. Cudilla | COS

As the new school year approaches, educational institutions are focused on ensuring that students are well-prepared and supported. In a commendable initiative, the principal of Balukas Elementary School in La Trinidad, Benguet, reached out for assistance in providing school supplies and implementing environmental monitoring as part of the Oplan Balik Eskwela Program for the academic year 2024-2025. This request sparked a vital outreach program aimed at promoting health and education in underserved communities.

On August 5, the faculty, staff, and students from the College of Science (COS) of the university embarked on a mission to support school through the program titled "Outreach Program: Vital Signs and Environmental Monitoring, School Supplies and Health Kit Distribution."

The program began with opening remarks from Dr. Alma M. Corpuz and Prof. Regie S. Jimenez, who expressed their gratitude to Mr. Benson C. Lhad-Dan, the school head, for facilitating this important outreach opportunity.

Following the introductions, the day's activities were outlined, and participants were assigned specific roles. The program featured various health assessments,



including vital signs checks, height and weight measurements, and blood glucose testing. Designated areas were established to ensure a smooth and efficient process for community members receiving care.

In addition to health assessments, the outreach program included environmental monitoring to evaluate critical factors affecting community health. Consultants were deployed to assess air quality, water safety, and noise levels—elements that significantly impact both physical and mental well-being in the

community.

This outreach initiative exemplifies the university's dedication to fostering healthier and more supportive educational environments for underserved populations.



COS REVIEW SESSIONS FOR AUGUST 2024 CSE

• Ms. Maria Rosario S. Cudilla | COS

As the August 2024 Civil Service Examinations (CSE) draws near, 55 casual and contractual employees of Concepcion Municipal Service Association (CMSA) are taking full advantage of specialized review sessions designed to maximize their chances of success.

These sessions were crafted with precision and care, aim to provide comprehensive, targeted participation, empowering participants to excel in the examination and take the next step in their public services careers.

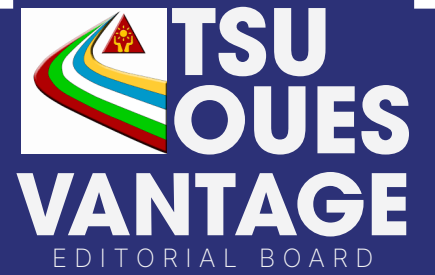
The success of these review sessions can be attributed to the dedication of highly skilled instructional team. Dr. Nine B. Tulo, an expert in English language instruction led the sessions focused on honing participants' communication skills, equipping them with the linguistic tools necessary

for the exam. Her engaging and through approach helped attendees strengthen both their written and verbal proficiency.

Meanwhile, Dr. Nancy L. Mati and Ms. Maryliz S. Serrano spearheaded the mathematics portion of the review, addressing common problem areas and guiding participants through complex quantitative concepts.

The success of the review sessions has been further bolstered by the invaluable contributions of On-the-Job Training (OJT) students. These future public servants played a pivotal role in coordinating activities, facilitating group discussions, and providing peer support.

In the end, these review sessions are not just about passing an exam—they are about empowering individuals to take meaningful strides toward a brighter future in public service, ready to make a positive impact in their communities and contribute to the nation's development.



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CCJE JOINS BRIGADA ESKWELA 2024 AT PALUDPUD ELEMENTARY AMIDST TYPHOON CARINA

• Ms. Sunshine B. Paras | CCJE

“Kayo ang tunay na matatag.” These words from Dr. Ronnie Bacani, Head Teacher of Paludpud Elementary School in La Paz, Tarlac, perfectly captured the resilience and dedication exhibited by the College of Criminal Justice Education (CCJE) during Brigada Eskwela 2024, held from July 23 to 26.

Guided by the theme “Bayanihan Para sa Matatag na Paaralan,” the faculty, staff, and students of CCJE engaged wholeheartedly in various activities aimed at preparing the school for the upcoming academic year. Their efforts included cleaning the vicinity, beautifying the garden, arranging classrooms, donating essential materials,



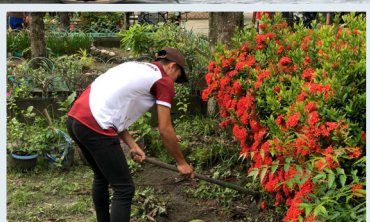
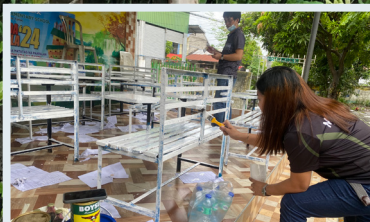
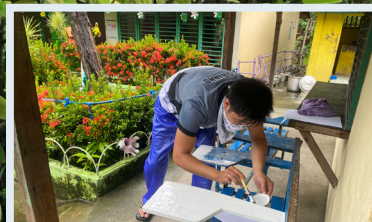
and painting chairs. Remarkably, despite classes being suspended on July 25 and 26 due to Typhoon Carina, the volunteers persevered to ensure the timely completion

of the project. Dr. Bacani expressed his heartfelt gratitude for the unwavering support from the said college, stating, “Their dedication, even in the face of

a typhoon, truly embodies the spirit of bayanihan. They did not just bring resources; they brought hope and inspiration to our community.”

A student participant also reflected on the meaningful experience, saying, “Being part of this Brigada Eskwela made us realize that service goes beyond the classroom. Knowing that we made a difference, even amidst the challenges we faced, is something I will carry forever.”

The participation of CCJE highlights the resilience and unity fostered by meaningful partnerships, demonstrating that even in the face of adversity, the spirit of bayanihan prevails.



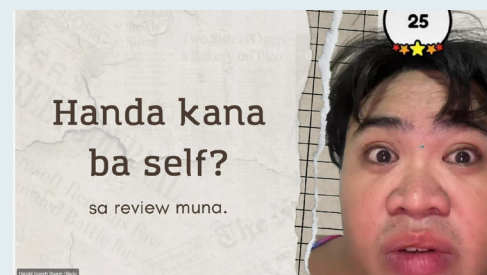
CAFA COACHES AND MENTORS ASPIRANTS IN THE ARCHITECTURE PROFESSION

• Ms. Lalaine Rose F. Santos | CAFA

The College of Architecture and Fine Arts (CAFA) continues to demonstrate its commitment to community engagements by successfully conducting an extension activity aimed at supporting architecture students and graduates.

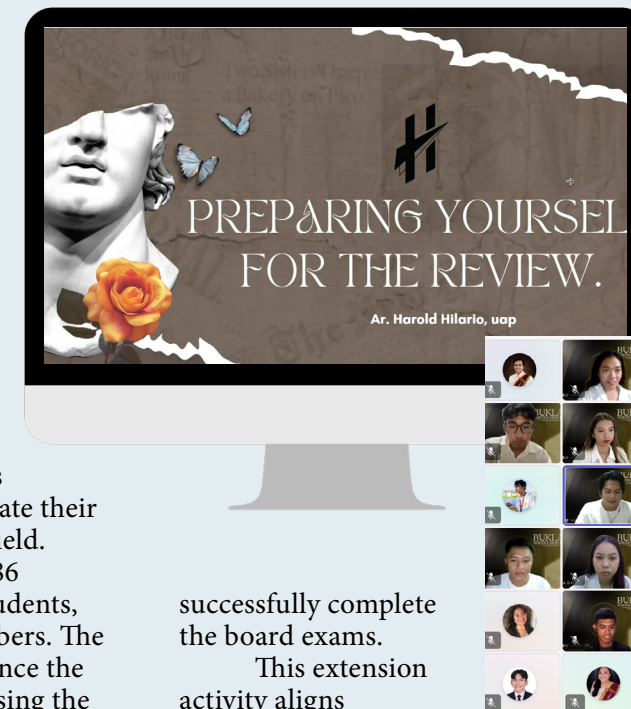
On September 29, CAFA faculty, in collaboration with the United Architects of the Philippines Graduate Auxiliary (UAPGA) —Tarlac Chapter and guest lecturers, hosted a comprehensive webinar via Facebook and Microsoft Teams.

The event, titled “BUKLAT: ALE 2025 Kick-off,” featured insightful presentations from distinguished



architects. Ar. Harold Hilario, former CAFA Student Governor, shared effective strategies for preparing for the Architectural Licensure Examination. Ar. Nikko B. Aranda offered guidance on how to select the right review centers, while Ar. John Bryan Peralta outlined essential Do's and Don'ts for the review process. This initiative aims to help architecture graduates and students effectively navigate their professional journeys in the field.

The webinar attracted 86 participants, including the students, graduates, and UAPGA members. The activity was designed to enhance the percentage of individuals passing the board examination, which may result in an increase in top scorers. The objective was to encourage the members of the organization to engage in and



successfully complete the board exams.

This extension activity aligns with Sustainable Development Goals (SDGs) 4 and 8, promoting Quality Education, and Decent Work and Economic Growth.

CPAG LAUNCHES EDUCATIONAL PROGRAM FOR PDLs

• Mr. Niel Kharl D. Acosta | CPAG



The College of Public Administration and Governance (CPAG), under the leadership of Dr. Edwin T. Caoleng, the College Dean, has launched the “Karunungan sa Kulungan para sa Kinabukasan” program, designed to provide educational opportunities for Persons Deprived of Liberty (PDLs) at the BJMP Tarlac City Jail - Female Dormitory.

In collaboration with the university's Testing Evaluation and Measurement Services (TEMS), under the direction of Prof. Andie Rafael E. Quiballo, and with the support of

Jail Senior Inspector Jessica M. Corpuz from the BJMP Tarlac City Jail - Female Dormitory, this initiative offers college admission evaluations for PDLs. This empowers them to pursue higher education and prepares them for successful reintegration into society.

This program underscores TSU's commitment to inclusive education by breaking down barriers and providing hope to incarcerated individuals. By equipping PDLs with essential skills and knowledge, the university fosters positive change and

supports their rehabilitation. This initiative exemplifies the transformative power of education in shaping brighter futures.

Together, TSU, particularly CPAG, and its partners are making a significant difference, demonstrating that the pursuit of knowledge knows no boundaries.



COS Comprehensive First Aid for Children with Special Needs: A FOCUS ON UNIQUE MEDICAL CHALLENGES

• Ms. Maria Rosario S. Cudilla | COS



On September 15, the College of Science specifically the Nursing Department of conducted a vital program titled “Comprehensive First Aid for Children with Special Needs” at St.

severe intellectual disabilities, speech difficulties, and visual impairments.

The event commenced with Mr. Joey Albert Dela Cruz expressing gratitude to Sr. Leonicia V. Mateo, O.P., head of St. Joseph Home, for facilitating the collaboration. He emphasized the importance of sharing the



Joseph Home for Special Children, Inc. in San Jose, Tarlac City.

The seminar aimed to equip caregivers and educators with essential first aid skills tailored to the unique medical challenges faced by children with conditions such as seizure disorders, autism, attention deficit hyperactivity disorder (ADHD),

expertise of the TSU community with the dedicated teachers, social workers, parents and drivers who care for the children.

Faculty experts who served as resources speakers are Prof.

Mary Jane N. Rigor, the College Dean, along with Prof. Merlie Q. Espiritu, Mr. Joey Albert David and Ms. Winfred Leah Bondoc.

Participants received in-depth training on identifying and responding to seizures, managing behaviors linked to autism and ADHD, and overcoming communication barriers faced by children with speech and visual impairments. The program employed a blend of lectures, hands-on demonstrations, and role-playing exercises to foster active engagement.



COS WORKSHOP EQUIPS CITIZEN WITH LIFE-SAVING EMERGENCY SKILLS

• Ms. Maria Rosario S. Cudilla | COS

The College of Science recently hosted a workshop titled “Empowering Citizens with Life-Saving Skills”, aimed at equipping community members with essential knowledge and hands-on experience for emergency situations. The training focused on vital signs assessment and basic life-saving measures, empowering participants to respond effectively in critical health scenarios.

Led by expert instructors, the workshop provided in-depth sessions on measuring vital signs, including temperature, respiratory rate, and oxygen saturation. Prof. Mary Jane N. Rigor kicked off the program with a practical demonstration on how to take these key indicators, while Prof. Jomer V. Manalang explained normal values and what to look for in emergency situations. Prof. Emmanuel Dominic



Raymond M. Bugayong introduced the significance of vital signs in health assessments, making complex concepts accessible to all.

The workshop also featured hands-on practice, where participants learned to measure pulse rate and blood pressure under the guidance of Mr. Jojo C. Patricio and a team of facilitators. This interactive component allowed participants to practice their newly acquired skills in real-time.

By the end of the session, attendees left with both the confidence and practical ability to assess vital signs and provide immediate assistance in emergency situations, emphasizing that preparedness can make a critical difference in saving lives.





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