



Prioritizing Mental Health in the new normal



Don Honorio Ventura State University (DHVSU) organized a webinar on **November 3, 2023**, focusing on mental health in the new normal. With the theme **“Empowering futures with Diversity, Learning, and Collaboration,”** the event aimed to address the issues encountered by students as they go through the difficulties of academics amidst the crisis, adapting to the changing educational environment. The Webinar was held in collaboration with **ST. Nicolas College of Business and Technology** and streamed live on Facebook, spreading it to a broader audience.



The program was divided into two structured sections, each designed to address the mental health challenges faced by students in the post-pandemic educational setting. The primary object was to equip future leaders with knowledge, resilience, and coping mechanisms for maintaining mental well-being amidst academic pressures.

The event started with a warm opening message from **Rowel D. Waje, RCE, MAEd**, Director of DHVUS Lubao Campus. His words set the tone for the day with meaningful discussions centered on understanding and addressing mental health concerns in the field of academics.

With the flow of the webinar were lead facilitators **Isaac S. Ronquillo, MBA**, and **Arvin P. Tuazon, MBA**, helped the program toward its main objective of empowering participants through shared knowledge. The event was moderated by **Marinellee Montoya, MA, RGC**, who facilitated the exchange of insights and active engagement of the participants.

The first session, entitled “Unraveling the Threads,” was led by **Quincy G. Tanchueco, MP**. His talk is about the psychological effects of the evolving educational environment, the rise of anxiety and academic stress among students. Through his discussion, participants gained an understanding of how online learning and isolation impact mental health and performance.

The Second Session, entitled **“Navigating Academic Stress Amidst the Current Circumstances,”** featured **Antonio M. Morales**, who offered practical approaches to managing academic pressure. His sessions emphasized resilience and adaptability, two traits for thriving in times of uncertainty. Shared strategies for maintaining balance, motivation, and mental clarity despite the demands of modern education. It reminded students and educators that mental health is not just a personal concern but a shared responsibility that helps the future of learning.



Training Women in Food Business and Communication



A training is a gathering led by experts that focuses on a topic or discipline, such as food, business, communication, or counselling. These programs usually take place over several days and involve cooperative discussions, speakers, and opportunities to share experiences and insights. Attending it offers numerous benefits, such as improvement of communication skills, acquiring knowledge, and the renewal of motivation and confidence.

Last November 17, 2023, Don Honorio Ventura State University (DHVSU) Lubao Campus successfully facilitated a training and outreach program By DHVSU Lubao Campus, with the theme “Leading the Way: Empowering Women, Educating Future Generations, and an Outreach Program” at the Basa Air Base National High School in Floridablanca, Pampanga.



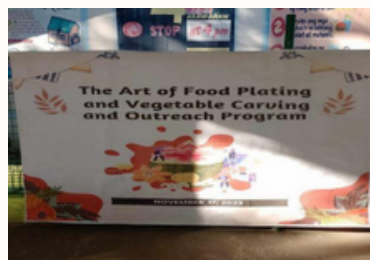
In this post-pandemic era, adjusting to the situation has been a challenge for many. However educational training such as this makes individuals continue to adapt and cope with the evolving demands of society. The activity provided the participants with opportunities to refresh their prior knowledge, gain new insights, and apply what they learned to today's ever changing environment.



The event achieved its goals of empowering women, promoting education, and contributing to the community through its outreach goals. The collaboration of dedicated individuals and partner institutions made the program a meaningful experience for everyone who participated.

The Art of Food Plating and Vegetable Carving

Faculty members from the College of Hospitality and Management participated in the training titled “**The art of Food Plating and Vegetable Carving.**” The event was led by the Dean of the College, Ms. Kathleen Joyce M. Coronel, along with the training coordinator, Ms Ilyn M. Mendoza, and Project lead, Ms. Diana D Ocampo.



This activity aims to enhance the participants creativity, presentation skills, and appreciation to the aesthetic aspect of culinary arts. The culinary artist **Mr. Mike Hainzon M. David** serves as the resource speaker, sharing his expertise and techniques in crafting visually appealing dishes and intricate vegetable carvings.



Project LIGHT: Empowerment and Recovery



Project LIGHT (Life's Intervention for Growing and Healing Transformations) is an initiative dedicated to helping **Victims of Human Trafficking and Children in Conflict with the Law (CICL)** rebuild their lives with hope and purpose. The project aims to guide them to heal from their past by giving them valuable skills and a renewed sense of self-worth.

One of the activities under Project Light was a training on dressmaking, which served as both a livelihood and empowerment program. The participants enthusiastically learned how to create garments and other sewing outputs using the materials provided during the session. The training was spearheaded by **Ms. Jennifer Baluyut**, whose expertise and guidance inspired the participants to explore their potentials.



Generous stakeholders support by sending donations of cash and items such as sanitary, napkins, sack of rice, and materials for the shelter training. Their contributions played a role in the success of the project and uplifting everyone.

To ensure everyone's safety, health protocols set by the IATF were observed throughout the event. The organizers reminded participants to follow the guidelines, and all agencies complied with the required measures.



Empowering Families – Pantawid Pamilyang Filipino Program Staff

The Training on Counseling and Solution-Focused Family for Pantawid Pamilyang Pilipino Program aims to enhance capabilities of social workers and program implementers in providing effective and goal oriented counseling to families under the program. The training focuses on Solution-Focused Brief Therapy (SFBT) is a short term, goal-focused evidence-based therapeutic approach that focuses on building solutions rather than analyzing problems.

SFBT integrates principles of positive psychology principles and practices, that encourage individuals to recognize their strengths and use them to achieve personal and family goals. Unlike the traditional therapy which revisits the past issues, SFBT centers on the present and future, helping clients envision their life without problems and take practical steps toward the vision.



Resource Person: Dr. Tessibeth Cordova

Through this approach, participants learn what are positive behaviors, create coping strategies, and guide families in conflicts and improve relationships. It is especially beneficial for addressing challenges such as stress, anxiety, depression, and family conflicts, as well as supporting children with behavioral concerns.

By the end of training. The Pantawid Pamilyang Pilipino Program staff are expected to apply SFBT principles in their work that will develop relationships with clients, setting goals, and facilitating positive, future-oriented conversations. This empowers families to recognize their potential, make meaningful changes, and move toward well-being.



Project Lakbay: Crafting Business Vision and Goals



The Project Lakbay seminar titled “Crafting the Business Vision and Mission Statement and Developing the Objectives and Goals of the Business” created a milestone in strengthening the collaboration between Don Honorio Ventura State University (DHVSU) and the Villa De Bacolor Tourism Farm Association. The event aims to help farm owners and tourism entrepreneurs with the knowledge and tools to create a strong business identity, guided by objectives.

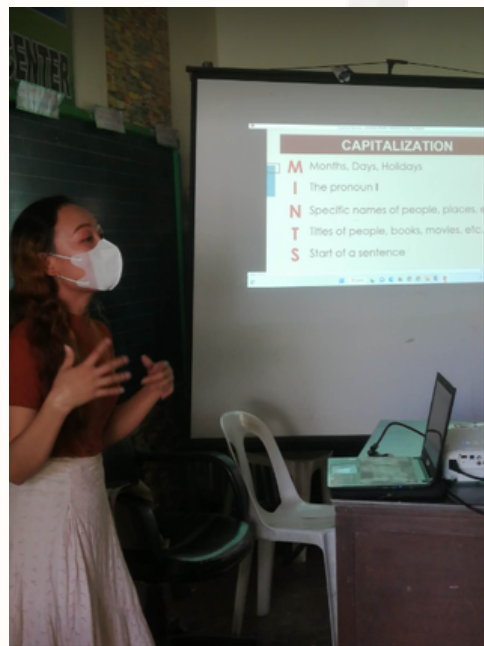
The event started with registration of the participants, to be followed by an audio visual presentation for prayer and national anthem. VP Ranie Canlas started the program, while Ms. Jannet Wong, Municipal Agriculturist, and Mr. Voltaire San Pedro, Municipal Tourism Officer of Bacolor, Delivered messages highlighting the importance of collaboration and sustainable tourism.

The MOA signing between DHVSU and the Villa De Bacolor Tourism Farm Association, symbolized their partnership in agri tourism. Participants who joined focused on crafting vision and mission statements and setting business goals.

Certificates were awarded to participants and resource speakers, recognizing their contributions. Mr. Dean Lapuz delivered the closing remarks, expressing gratitude to all attendees.



Project CASAUP: AnaLs Uplifting Project



Education is a fundamental right of every Filipino. However, a lot of individuals are unable to attend or complete schooling in elementary and secondary levels due to various life circumstances. To address this, the government establish the Alternative Learning System, a program to give school youth the chance to

access and complete basic education in a mode that fits their situations and needs.

One of the program components of Alternative Learning System is to eradicate illiteracy and promote care awareness among learners. In Functional Literacy Test conducted by the teachers of Guagua East District, results showed that 70% of the students scored low in Communication Skills (both in Filipino and English) and in Problem Solving. This revealed the need for interventions that would enhance the literacy and numeracy skills of the learners.

The mobile teachers **Mr. Erwin David** and **Mr. Arthur Lejarde**, took the initiative to extend the reach of the Care Awareness Service and ALS Uplifting Project (CASAUP), originally implemented for the Alternative Learning System students of **Sta. Rita District**. This extension was made possible through the collaboration with the College of Arts and Sciences, which conceptualized a new learning modality for the project. The enhanced version of CASAUP included a series of face to face seminars with the goal to improve literacy, numeracy, and life skills among the participants.

The project was spearheaded by Project Leaders: **Dean Adonis A. David** and **Ms. Leila C. Cortez**; Assistant Project Leader: **Mrs. Ruby T. Galang** and **Mr. Angelo Regala**; and Coordinators: **Ms. Elaiza Jean Reyes**, **Mr. Marlon Miguel**, **Ms. Edna Martinez**, **Ms. Maricel Supan**, **Ms. Jocelyn Arrozal**, **Ms Veata Monina Santos**, **Ms Anne Canlin Manlutac**, and **Mr. Alberto Gamboa**.

Through **PROJECT CASAUP**, the team continues to uphold the missions of empowering the Alternative Learning System by providing them with meaningful learning experiences that will help them develop both their academic and personal growth. This initiative not only strengthens literacy and numeracy among out of school youth but also helps their sense of care, responsibility, and self worth, truly embodying the spirit of education.

