



Shamag

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Harvesting the fruit of sacrifice

A topnotcher's journey

Dusty T. Kawi, who passed the Nurses Licensure Examination (NLE) at Top 3, shared the story of his journey in an interview with Shamag. "I had to sacrifice a lot of things, even time with my family and friends..." he recalled and later added that the prize was making another milestone for himself and his alma mater, and it was worth it!

Read the full story on page 5.



Nursing, education and agriculture graduates pass licensure examinations

Benguet State University has produced new sets of licensed nurses, teachers, and agriculturists after the three licensure examinations conducted in September and November 2023.

The University ranked 1st among the top performing schools nationwide in the Nurses Licensure Examination (NLE) after it listed a 100% passing rate. Dusty T. Kawi, who led the 100 new registered nurses of BSU, made it to the top 3 in the said exam with a score of 90.60%.

During the flag-raising ceremony on December 4, College of Nursing Dean Vicente G. Panagan Jr. acknowledged the collective efforts of the BSU administration, Office for Vice-President for Academic

Affairs, faculty members, and staff that resulted to this remarkable achievement and hoped that the University will sustain its high ratings for the succeeding licensure examinations.

In the Licensure Examination for Professional Teachers (LEPT), the University emerged as Top 5 among the top performing schools in the elementary level with a passing rate of 96.08%. It also produced a topnotcher in the person of Vivian B. Posayan, who placed 10th with a

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BSU School-on-the-Air holds graduation ceremony

The Benguet State University School-on-the-Air (SoA) held a graduation ceremony for the 307 participants of its course "Phase 3: Post Harvest Processing, Packaging and Marketing" at the BSU Gymnasium on December 11, 2023.

The ceremony was attended by Andres Arnold W. Lampacan in behalf of BSU President Felipe Salaing Comila; Institute of Highland Farming System and Agroforestry (IHFS) Director Valentino L. Macanes; Office of Extension Services Director, Anna Cris L. Langaoan; VP for Research and Extension Johny G. Dati; SoA Anchor Nora C. Sagayo; and SoA Lecturer Von Y. Amado.

In his opening remarks, Dati encouraged the participants to continue learning while Lampacan emphasized the importance of what the graduates have learned.

"Anya ti linteg nga haan mabalin ma-appeal, ma-repeal or maamyendahan? Amin met nga linteg ket masukatan ngem adda ladta ti maysa nga haan mabalin masukatan didjay ket Law of Supply and Demand. Isu ti mang apektar ti presyo ti mula tayo (Do you know what law cannot be appealed, repealed or amended? All laws can be appealed, repealed or amended except the Law of Supply and Demand that affects the prices of our products)," Lampacan said.

Lampacan shared the supply and demand problems affecting farmers. To help them, he said that he is encouraging his

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First published in 1996, *Shamag* is one of the official publications of Benguet State University. It was named after the Ibaloi word for news. It is a medium for employees, clients, students and partners to disseminate their programs, achievements and advocacies. *Shamag* aims to help the University goals in developing proactive programs for quality service by developing effective and efficient innovative platforms for cascading information and strengthening public-private partnerships.

Articles, pictures, comments, suggestions, reactions, and letters to the Editor may be submitted to the Editor or Associate Editor of *Shamag* at the Benguet State University Public Affairs Office through (074) 422-2127 loc. 69 or through email at publicaffairs@bsu.edu.ph.

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VISION

BSU as an International Smart University engendering graduates to walk the intergenerational highways.

MISSION

BSU CARES to: Challenge innovation, Advance technology and facility, Revitalize administration, Engender partnership, and Serve intergenerational role.

DEVELOPMENT GOALS

Goal I. Challenge Innovation in the four fold functions of the University

Objectives:

1. (Instruction) To provide quality education responsive to the needs of time;
2. (Research) To enhance research productivity contributing to sustainable development;
3. (Extension) To disseminate relevant research outputs and other scholarly activities consistent with BSU's mandated programs;
4. (Production) To promote sustainable and appropriate resource generation strategies for the implementation of development plans; and
5. (Administration) To advocate for resource management and effective energy efficiency in addressing the demands of climate change.

Goal II. Advance Technology and Facility by shaping the University become responsive to modern needs.

Objectives:

1. (Instruction) To use information and communication technology learning resources to sustain and enhance quality of alternative teaching - learning continuity endeavors;
2. (Research and Extension) To upgrade facilities and enable researchers/extensionists to conduct activities using specialized facilities;
3. (Production) To acquire and upgrade state-of-the-art facilities in the projects innovation; and
4. (Administration) To upgrade facilities and establish modern physical infrastructures.

Goal III. Revitalize Administration by harmonizing performance monitoring, information, and reporting systems.

Objectives:

1. To elevate the BSU PRIME-HRM to a level of excellence for good governance and efficient public service;
2. To reinforce transparency, integrity, and objectivity in the delivery of service;
3. To regenerate instruction, research, extension, production, linkages, governance, management, and policies; and
4. To streamline operations to be efficient, effective, and responsive to challenges and changes.

Goal IV. Engender Partnership by proactively strengthening linkages

Objectives:

1. (Instruction) To establish academic partnerships with local, regional, national, and international institutions providing educational opportunities for faculty, staff, and students;
2. (Research) To increase and sustain university relations with academe, industries, GOs, NGOs, and LGUs for research funding;
3. (Extension) To increase and sustain partnership with academe, LGUs, NGOs, Industries, and others; and
4. (Production) To comply with existing laws, policies and other requirements.

Goal V. Serve Intergenerational Role by revitalizing the Spiritual, Physical, Economical, Cultural, Intellectual, Emotional, and Social (S.P.E.C.I.E.S.) state.

Objectives:

1. To offer programs that embody social, cultural, economic and developmental needs both for local and global markets;
2. To champion local culture and languages in the University context through research, extension, and academic programs;
3. To document best practices of the University.

AdCo Action No. 03, s.2021

Quality Policy

Benguet State University is continuously committed to improve its Quality Management System, satisfy requirements of relevant interested parties and provide excellent service for quality education and innovative research aligned with sustainable development and client satisfaction.

Board Resolution # 2847 S.2016

Sen. Imee Marcos graces Cash for Work initial payout

Senator Imee Marcos graced the initial payout for the KALAHI Program Cash for Work for fresh college graduates at the College of Human Kinetics Function Hall. The Senator was welcomed by Benguet Governor, Hon. Melchor C. Diclas; La Trinidad Mayor, Hon. Romeo K. Salda; DSWD-CAR Regional Director Leo L. Quintilla; and BSU officials led by BSU President Felipe Salaing Comila. The pay-out was facilitated by the DSWD-CAR.



Senator Imee Marcos during the KALAHI Program Cash for Work payout for fresh college graduates at the College of Human Kinetics Function Hall. The program marks a significant step in supporting young professionals.

The KALAHI C4W for fresh graduates program, under the initiative of Sen. Marcos, has employed 500 BSU graduates who are currently on work-internship in various government offices. She said that the program intends to help fresh graduates gain experience while earning so that they can help their families too.

Gil Tayaben, one of the beneficiaries, shared that while being on the program, he feels like he is gaining more confidence to apply for government offices in the future.

Sen. Marcos also congratulated the University for its performance in the recent licensure examinations and thanked both BSU and DSWD for implementing the program.// JSTabangcura

Stakeholders convened for 2nd IPP Forum; Experiences on Highland Agriculture Value Chain benchmarked

In the pursuit of creating a more conducive policy for the highland vegetable industry, public and private stakeholders convened for the 2nd Informing Policy and Practice (IPP) Forum on December 5, 2023 at the Everlasting Hall, BSU Research and Extension Building.

The forum underscored the issues regarding the highland vegetable value chain. It aimed to benchmark the experiences of Japanese and local stakeholders to come up with a more effective and inclusive policy.

Further, the forum aspires to contribute to the Sustainable Development Goals (SDGs) 1-No Poverty, 2-Zero Hunger, 8-Decent Work and Economic Growth, and 11-Sustainable Cities and Communities.

Finance Division Chief Andres Arnold W. Lampacan on behalf of the University President Felipe Salaing Comila, welcomed the participants and commended the noble purpose of the forum.

As a guest in the forum, Benguet Governor Hon. Melchor D. Diclas through his representative David Cabuten, and DA-CAR OIC-Regional Executive Director Jennilyn M. Dawayan promised their unwavering assistance to the endeavor and encouraged further collaboration and partnerships.

Dawayan stressed the significance of policy in government duty performance and delivering timely and workable solutions to complex and evolving challenges and the role of research as the “stronghold of policy.”

Throughout the morning, speaker Yuki Sano of the University of Tokyo detailed the structure and conduct of vegetable

marketing in Japan based on her current research theme and findings.

She discussed that the Japanese food supply chain determines the price of fruits and vegetables through auctions by determining competitive bids and offers between the seller, wholesalers, intermediate wholesalers, and authorized buyers. This aims to find the price of goods based on the supply and demand situation.

Sano further stated that while the current operation still lacks sufficient research data, she still believes that the operation is transparent and fair as the whole

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Research and Extension Publication Office (REPO) Director Cheryll C. Launio, Furuichi Shingo of the Japan International Cooperation Agency (JICA) and company during the 2nd Informing Policy and Practice (IPP) Forum on December 5, 2023, at the Everlasting Hall, BSU Research and Extension Building.

BSU student leaders attend three-day leadership training

Officers of the Federation of Supreme Student Government, Supreme Student Government, and Recognized Student Organizations attended a leadership training at the Safari Hotels and Villas in Vigan City, Ilocos Sur on December 13-15, 2023 with the theme "Empowering the Student-Leaders and Upskilling their Research and Communication Skills in a Digital World."



Student leaders during the leadership training at the Safari Hotels and Villas in Vigan City, Ilocos Sur on December 13-15, 2023 with the theme "Empowering the Student-Leaders and Upskilling their Research and Communication in a Digital World."

Organized by the Office of the Vice President for Academic Affairs (OVPA), in collaboration with BSU-La Trinidad Supreme Student Government (BSU-LT SSG), student leaders tackled various topics during the three-day seminar and workshop.

Seven experts served as resource speakers during the three-day seminar and workshop. GAD Director Estrellita M. Daclan shared her expertise on GAD perspective in the lens of student leaders; BSU-Secondary Laboratory School Faculty Martes Dionisio talked about parliamentary procedure;

and University Accountant Imelda B. Galinato shared her knowledge on transformative, visionary, and anticipatory leadership addressing Volatile, Uncertain, Complex, and Ambiguous (VUCA).

Office of Student Services (OSS) Staff Vanessa Buenavista led the workshop entitled "Capacitating Student Leaders through Inter SUC Team Building and Sharing of Programs and Plans of Studentry." College of Nursing (CN) Faculty Member Dominador B. Abad, Jr., discussed personality and emotional intelligence assessment; CN Faculty Member Jude Tayaben shared his wisdom on HIV/AIDS risk communication and its implication on student leaders; and University of Northern Philippines Information Officer III Johny Allagadan, Jr., shared insights on the art of winning communication and soft skills for future leaders.

In his message, BSU President Felipe Salaing Comila encouraged the student-leaders to equip themselves with good communication skills to be better future leaders. He also commended the accomplishments of the students in the recent licensure examinations.

The goal of the activity is to upskill student leaders in research and communication, teach them Parliamentary Rules and Procedures, and familiarize them with the fundamentals of writing letters and drafting resolutions.//OGDacocotJr.

New BSU-FSSG officers take oath

Newly elected BSU-FSSG officers took their turnover and oath-taking ceremony at the Office of the University President on November 17, 2023. The Incumbent BSU-FSSG Chairperson, Ms. Ana Marie J. Tangonan, gave her inspirational remarks for the new and coming officers before the turnover of the said position.



New BSU-FSSG officers taking their oath of office at the Office of the President on November 17, 2023.

The new BSU-FSSG Chairperson, Lorenzo S. Acosta III, together with the BSU-FSSG Co-Chairperson, Alien K. Canaya, and BSU-FSSG Secretary, Princess P. Arana, also gave their speeches after accepting their positions.

BSU President, Felipe Salaing Comila, administered the oath of the three officers. President Comila, in his inspirational message, advised the student leaders that they can make their arguments without raising their voices and that to prevent misunderstandings, they could state their point in a calm and collected manner. He added that regardless if one is a student leader or a University President, one must always seek to improve the services to the people one has pledged to protect.//FC. Budas

Harvesting the fruit of sacrifice-a topnotcher's journey

On the eve of December 2 at around 10:30 pm and alone in his room, Dusty who is among the more than 32,000 examinees of the November Nurses Licensure Examination (NLE), is frantically scrolling the crashing site to look for his name. Until one of his friends sent him a message to stop navigating on the list of passers.

"I went straight to the list of topnotchers and there was my name," he said.

With a rating of 90.60%, Dusty T. Kawi, a fresh graduate from the BSU-College of Nursing landed at Top 3 in the licensure examination. He was also the class valedictorian of his batch, graduating as a *magna cum laude*.

But as with every victory, the winding and rough roads of difficulty and sacrifice must first be trodden with valor and grace.

Upon enrolling at a review center in Baguio City, he had to rent an apartment within the city as the distance from his home to the review center posed a transportation difficulty.

Fueled by the support of his parents, siblings, and friends, he persevered to focus on his review. "So, from 5 am to 10 pm, *dire-diretsong review ko yan. Magle-leave out lang ako ng konting time for myself to eat or to rest kung pagod na pagod na ako* (I review from 5 am to 10 pm. I just allot a little time to eat and rest when I get tired)," he recounted.

Personal meditation and prayers led him through his 'silent battles.' These are the things of the heart too deep for words to explain; the pressure imposed by his self and his environment; and the private disappointments he had to process.

"*May mga times po kasi na hindi ko masabi na pagod na ako sa family ko, na parang hindi ko na to kaya. Iniiyak ko nalang po, nagpa-pray, nagme-meditate...* (There are times when I can't tell my family that I'm tired and can't go on. I just cry, pray, meditate)" he expressed.

But despite it all, Kawi is a man with dreams and goals, and he is tenacious in seeing the fruit of his labor come to reality.

Aside from his time discipline, part of his routine is to answer 300 to 500 board questions every single day. A feat that not many can carry through. These, along with mental endurance and self-care, were part of what propelled him to finish the exam and obtain the spot.

"We really have to give up something in order for us to achieve something," he said with a determined voice when asked about his hardest lesson.

"I have to sacrifice a lot of things along the way, but most especially time with my family, friends, and even myself as I spent my days preparing and reviewing alone at my apartment," he added.

And his sweetest realization? It was the prize of the most breathtaking view after a long and exhausting climb. In his case, it was making another milestone for himself and his alma mater.

With this, he expressed his utmost gratitude to his teachers, and his college for being a huge part of molding one Dusty Kawi ever since junior high until college.

Also, he was generous enough to share his list of tips and advice with his juniors and those who are planning or preparing to take the licensure exam. These include getting the right amount of sleep, being abstemious through a balanced diet, and not relying entirely on lectures. According to him, a supplemental review is necessary to increase their chance of passing or even acing the board exam.

"Finally, review practice questions. This is necessary for them to identify their weaknesses and from there, they can focus on it more...that is how I improved my test-taking skill too," he said.

But what was the mantra of someone who hurdled one of the toughest licensure examinations in the Philippines?

"Embrace curiosity, stay persistent, and cultivate a love for learning, this was my mantra back then when I was studying for the board exams. I used this mantra to challenge myself to explore new ideas, seek understanding rather than memorization, and view mistakes as opportunities to grow," Dusty shared.

According to him, this mantra aims to cultivate in him an attitude that encourages continuous improvement, cultivating a lifetime love of learning, and a resilient mentality that will serve him well in all aspects of life, and not just about attaining particular goals of high grades. //CANapiloy



Benguet State University non-teaching employees gathered at the university gymnasium on December 20, 2023 to participate in this year's BSU Non-Teaching Association (BSUNTA) General Assembly and Family Team Building Activities. The event was highlighted by the oath-taking of the newly-elected BSUNTA officers led by its new president, Bryan C. Bangnan. The oath-taking was administered by University President Felipe Salaing Comila. The afternoon program ended with family team-building activities, raffle draws, community dance, and a three-round Zumba actively participated by the attendees. //CANapiloy



The BSU Government Employees Association held its General Assembly and Year-End Fellowship and Team Building on December 15, 2023 at the BSU Gymnasium. The event was attended by its members composed of teaching and non-teaching personnel. Various activities were held, including the presentation the BSUGEA accomplishment report for 2022-2023, choir competition, team building activities, and raffle draws.//EMBawayan

Stakeholders Convened for 2nd IPP Forum... from page 3

process is being recorded by the concerned Japanese government body and is being governed by the Japanese Wholesale Market Law.

After the discussion of Sano, VP for Business Affairs and Chief Operations Officer for the Benguet Agri-Pinoy Trading Center (BAPTC) Norma P. Banania laid out the differences in operations, management, and farming practices of the Philippines and Japan.

Banania elaborated on the necessary and critical development needed in food sorting, grading, and handling, among others if the farmers of Benguet are to keep up with the advancement seen in their Japanese counterparts.

She explained that the BAPTC is not meant to be monopolized by a few farmers or traders but for all Benguet farmers. The BAPTC CEO asked for the farmers' cooperation toward a unified endeavor and aim. "Let us always remember that in progress, we have to include everyone," she said.

Next, Furuichi Shingo of the Japan International Cooperation Agency (JICA) talked about the vegetable price stabilization system in Japan and the potential local and technical solutions for the Philippines on its vegetable price stabilization.

During the discussion, two major technical solutions were proposed which are long-term harvest, especially for tomatoes, and the use of humidifying refrigeration to preserve vegetables without deteriorating their quality through a maintained environment.

Part of his presentation also concerns the strategic location of the Metro Manila Wholesale Markets as compared to the Ota

Market. The Ota Market, occupying an area of 400,000 square meters, is considered as Japan's largest. It is situated near Tokyo Harbor, Haneda Airport, and in a logistic advantage towards Narita Airport. Vegetables, fruits, and flowers are sold in wholesale in the said market where transaction, price formation, and adjustment of supply and demand are specified.

Hon. Ruben E. Poad of the Benguet Sangguniang Panlalawigan's Committee on Agriculture seconded the mentioned points for amelioration. He emphasized the value of research expressing his intent to foster and continue research partnership with BSU to ascertain that the deliberated solutions and strategies like adapting and adopting a new technology or system will materialize.

Poad also requested for a detailed study of the operational and existing legal policies in the Philippines, saying that not every approach is applicable in our country.

Mary An J. Altaki of the BSU College of Agriculture ended the morning session with her talk on the analysis of the shorter food value chain. This was followed by a brief response and sharing from the President of Peakless Mountain Farmer's Association Jasper Cabitna and Agro-Digital PH CEO Henry James Sison.

During the afternoon program, five speakers and discussants also took turns sharing their research results, community of practices, and other information on their designated topic.

They are: Pansigedan Advocacy Cooperative (PAC) member-

Continued on page 7



Different stakeholders discussing the research areas, extensions, and policies and ordinances that should be taken into consideration and prioritized during an action commitment workshop in the 2nd Informing Policy and Practice (IPP) Forum on December 5, 2023, at the Everlasting Hall, BSU Research and Extension Building.

BSU School-on-the-Air holds graduation... from page 1

friend to create a mobile app that disseminate supply and demand information. He thanked the graduates saying that they are the reason of the program's success and their learned skills, if applied, will add value to their products.

Afterwards, Langaoan presented the graduates coming from the Cordillera Administrative Region (CAR) and neighboring regions. Macanes congratulated the graduates and reminded them that after finishing the course and receiving their certificates, they have a responsibility to make an impact by applying what they have learned.

Amado shared that coffee is like life, for it has the same process, from the farm to the cups and from birth to the different stages of life. The SoA lecturer highlighted that there is no bad coffee, for it depends on the processing.

"We are at our best when we are in the right environment. If we are in the right place, in the right time and with the right people, we are productive. Compared to coffee, it is best when it is served at the right place, at the right time, to the right person," Amado quipped.

Sagayo thanked the graduates for their perseverance in completing the course and for attending the graduation ceremony despite having to travel.

The graduates also shared their learnings and expressed gratitude to the university and researchers for the program.

"*Kayat ko lang nga agpasalamat ti daytoy nga entayo inadal nga coffee production ngem haan lang gayam nga coffee, mai-apply metlaeng ngay diyay rejuvenation ken daduma pay ... Pasalamat ak daytoy BSU School-on-the-Air ta naadal ko* (I want to extend my gratitude for the learning I had in this course. It is not only about coffee but also about rejuvenation and many more. I am grateful to BSU School-on-the-Air for I learned a lot)," said one of the graduates.

The course is under the Brewing Gender Equality in Highland Coffee Production program of the BSU School-on-the-Air.//BTayaban (UPAO Staff-Intern)



The 307 students who took the course "Phase 3: Post Harvest Processing, Packaging and Marketing" from the BSU School-on-the-Air (SoA) graduated in a ceremony held at the BSU Gymnasium on December 11, 2023. The ceremony was attended by Andres Arnold W. Lampacan in behalf of BSU President Felipe Salaing Comila; Institute of Highland Farming System and Agroforestry (IHFA) Director Valentino L. Macanes; Office of Extension Services Director, Anna Cris L. Langaoan; VP for Research and Extension Johny G. Dati; SoA Anchor Nora C. Sagayo; and SoA Lecturer Von Y. Amado.

Stakeholders convened for 2nd IPP Forum... from page 6

advocates Rhea Loncio and May Crislina Gumihid who shared their lessons learned in facilitating the marketing activities of Good Agricultural Practices (GAP) and Organic Farmers Cooperatives and Associations (FCAs); BSU Horticultural Research and Training Institute (HORTI) Director Leila Mary A. Ayban who spoke about the usage and advantage of using cool innovation as post-harvest storage; Benguet Cold Chain Project Manager Shellanie B. Molitas whose discussion revolved around the case of LGU-managed Cold Chain Project Operation; Cristine B. Esnara of Agricultural Training Institute (ATI) CAR who imparted the learning sites for agriculture with the aim towards innovative agriculture extension modality in the region; and Doweno C. Santiago Jr. also from DA-CAR who shared the current struggles, issues, and situation of the Filipino farmers.

In line with this, four discussants also took turns imparting their opinions,

reflections, and additional sharing. They are CordNet President Cristina Segnaken-Aban, Timpuyog dagiti Umanamong iti BSU Internal Guarantee System (TUBIGS) Inc. President Rina Mat-an, Casmir Ligat of the BSU Office of Extension Services (OES), and representatives from Farmers Cooperative and Associations (FCAs) and MGAPA.

To wrap up the whole-day activity, an action commitment workshop where the various stakeholders concerned presented their deliberations on research areas, extensions, and policies and ordinances that should be considered and prioritized. Their presentations concluded with their policy commitment responses.

The first IPP Forum transpired in September 2022.//CANapiloy

BSU produces new professional... from page1

average of 92.60%. Posayen is among the 147 BSU successful examinees with 137 first-time takers and 10 re-takers.

In addition, BSU listed a passing rate of 91.37% in the secondary level. Among the 360 BSU

examinees, 326 were first-time takers and 34 were re-takers.

College of Teacher Education (CTE) Dean Divina M. Yango expressed her delight at another milestone achieved for the college and the University as well as the students who made it on the passers' list.

She further commended the continuous effort of the CTE faculty members and staff in providing quality instruction and curriculum content, which remains to be among the college's best practices in achieving high ratings in the licensure exam.

"We target to sustain this high passing rate of our students and also consider the sustenance of support to faculty and student development [which are] factors contributory to the performance of the students," she said.

On the other hand, 118 BSU examinees passed the Agriculturists Licensure Examination (ALE), listing a passing rate of 50.21%. It surpassed the overall passing rate of 34.18%// EMBawayan&CANapiloy

University employees attend training on water safety and drowning prevention

More than 70 BSU employees attended the Training on Water Safety and Drowning Prevention, spearheaded by the BSU Gender and Development (GAD) Office in coordination with the Bureau of Fire Protection-Cordillera Administrative Region (BFP-CAR), on December 4-7, 2023 at the Palm Grove Hot Springs and Mountain Resort in Tuba, Benguet

The said training aimed to prevent drowning incidents, damages, casualty or injury, and other related emergencies through the application of proper rescue knowledge, techniques, and skills.

BFP-CAR personnel who served as resource persons were Bernard P. Safoket Jr., Michael Davis R. Rapayrapay, Preston M. Degway and Brix A. Copsiyan.

Prior to the training, Chief Finance Officer Andres Arnold W. Lampacan, one of the participants, commended the GAD Office for spearheading the activity. He said the skills to be learned from the activity are needed because these can be applied to save or help people during disasters.

"Daytoy nga basic skills (Water safety and drowning prevention skills) ket

kasapulan nga maammuan tayo amin (These are basic skills that we need to know)," he said.

The trainers demonstrated different swimming skills such as bubbling, proper breathing, getting in and out of the water, and basic swimming strokes, among others. They also demonstrated water rescue and drowning prevention techniques using water rescue equipment including rope, flotation devices, and others. After the lecture and demonstration, the participants executed these skills with the guidance of the resource persons.

Degway emphasized the importance of wearing personal flotation devices to keep from drowning. He advised

that anything that floats such as empty plastic bottles can become improvised floating devices.

The attendees from each batch expressed gratitude to the organizers, resource persons, and co-participants for making the event possible. They also shared insights, experiences, and feedback on what they have learned in the training.

"I was able to overcome my fear of water. Repetition helps in learning, as the BFP trainer said. If we keep practicing the simulations, it will register in our minds and when an actual situation comes, we'll be able to know how to react. We cannot help others if we, ourselves, don't know what to do," said Jennelyn Licang-Fermin, one of the participants.//EMBawayan



BSU GAD concludes 18-day campaign to end violence against women and children

The BSU Gender and Development (GAD) Office held the culminating program of the 18-day campaign to end Violence Against Women and their Children (VAWC) with the theme "United for a VAW-free Philippines" by the Philippine Commission on Women (PCW). The campaign is held every year to raise awareness and gather support for the continuous advocacy.



The BSU GAD conducted several activities during the 18-day campaign including: VAWalk parade; distribution and posting of information materials; poster making competition; international men's day ride; and the forum on Safe Spaces Act (RA 11313), Gender-Based Violence in the workplace, and Anti-Violence against women.

The culminating program began with the awarding of poster-making competition winners in both the student and employee

categories. This was followed by a Zumba session led by CN-Department of Clinical Instruction Chair, Lawrence C. Caranto and College of Human Kinetics (CHK) faculty members- Maria Lourdes M. Obidos, Charvet P. Caytap, Apple L. Calaoa, and Corina L. Masing.

GAD-Technical Working Group member Marlon S. Tabdi thanked the organizers and everyone who supported the success of the 18-day campaign.//PJGadang