



SPU Manila INTER-OFFICE BULLETIN

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“Paulinian Body, Mind, and Soul...we care...be aware.” (A Panel Discussion on Lifestyle Management)

Contributed by Nancy Aguila
Director, Health Services

Every year, the Student Services Division prepares an assembly for the students to welcome them and help them be attuned to university life.

Lifestyle is a way of living of individuals, families, and societies, which they manifest in coping with their physical, psychological, social, and economic environment on a day-to-day basis. According to Safe Schools Strategies for Growing Boards to Ensure Student Success, alcohol and drugs often contribute to violence and other negative behaviors. Therefore, elimination of the illegal use and sale of drugs on campus or at school activities is essential to maintain a safe and constructive school environment. Student education is a key component of an effective prevention program and skill development is an important preventive strategy as many youths start using drugs or alcohol as a maladaptive response to stress, anger, or depressions.

In this light, The Health and Guidance Services organized a Panel Discussion on Lifestyle Management with the theme “Paulinian Body, Mind, and Soul...we care...be aware.”

The panel discussion was held on 26 June 2015 in the Fleur-de-lis Theatre, from 3:00 to 5:00 P.M. The panelists were Dr. Bernard Regalado, Dangerous Drug Physician, Head of Drug Testing Laboratory of Asia Pacific Medical and Diagnostics, Inc., and Mr. Rechie Cristobal, Executive Director of Family Wellness Center Foundation Inc. and Addiction Specialist and Relationship Therapist. They were joined by a student panelist, Ms. Eilish Frances Tan, a third year HRM student.

The Health and Guidance Services would like to thank Ms. Ma. Isabel Abear for facilitating the event, council officers, Mr. Francis Calilan and Ms. Nica Ondoy, for helping in the smooth flow of the assembly. Also, special thanks to Perdem Hay Advertising Agency and Innovitelle Inc., for giving free Swish Breath Sprays after the assembly.

Photo at right shows the ongoing panel discussion, from left, Dr. Regalado, Mr. Cristobal, Ms. Tan, and Ms. Abear; and the open forum (photo below).





Photo at the right shows the awarding ceremony: from left, Ms. Abear, Ms. Eilish Tan, Ms. Aguila, Ms. Arañas, Mr. Rechie Cristobal, and Dr. Bernard Regalado.

“PAULakalusugan” for SPU Manila Community

Contributed by Nancy Aguila
Director, Health Services

In the Annual Medical Examination of the employees conducted on 12-13 February 2015, the result revealed that the top three cases are dyslipidemia, hypertension, and pre-diabetic state. These cases came from 163 employees or around 64% of the employees who submitted themselves for medical examination.

From these data, the Health Services Unit, through the kindness of LRI Pharmaceutical and in coordination with Human Resource Office, gave a mini medical check-up for the St. Paul Community as a follow-up medical assessment. The event was held on 11 June 2015 in Room 230, from 6:00 A.M. to 12:00 NN. The medical assessment activity was composed of blood pressure, body mass index check, fasting and random blood sugar, and cholesterol and blood uric acid tests. The activity was participated in by 113 regular and contractual employees.

Photos show the actual medical test and giving of free medicines to the SPU Manila employees by LRI Therapharma, headed by Mr. Antonio E. Vivar Jr., and consultation with Dr. Aireen May Presas, School Physician.





SPMAFI MEETING

The Board of Trustees of the St. Paul Manila Alumni Foundation, Inc. (SPMAFI) had a luncheon meeting on 7 July 2015 in Meeting Room 1 of the HRM Training Center.

Present at the meeting were representatives of the jubilarian classes for 2016. Also in attendance was Sr. Flor Deza, SPC, Director of the International Relations Office and the Language Development Center. Sister presented to the alumnae the University's plans for restoration of some parts of the chapel, such as the altar. She showed the group pictures of the chapel as it was in 1927, when it was built; as it was damaged in the Liberation of Manila in 1946; and as it was rebuilt in 1948. She pointed out the differences in the altar area and asked for opinions of the alumnae regarding the proposed restoration work.

