RECENT ACTIVITIES...

Wellness Day “Healthy Choices”
18 August 2014
9:00 A.M.-12:00 NN
Levesville Hall
Advocacy: Pro-Life and Authentic Social Participation

On 19-20 March 2014, most of the academic community became aware of their yearly health status and underwent the annual medical and dental examination. It was found out that the top three diseases in the community are Hypertension, Diabetes Type 2, and Dyslipidemia.

In this regard, the Health Services Unit organized a Wellness Seminar to remind the Paulinian community on how to manage one’s health, both in the workplace and in their respective homes.

Objectives
At the end of seminar, each participant was expected to be able to:
1. display awareness of one’s health status.
2. plan actions towards achievement of personal wellness.
3. realize the importance of a manageable lifestyle in the workplace.

Sponsors

Program

Registration
Body Ageing Test

Hepa B Screening Test

Blood Pressure Check

Bone Density Test

Opening Prayer
led by Paulinian Liturgical Animators

Wellness Lecture by Dr. Bernard Regalado
Giving of Certificate of Appreciation to Dr. Regalado

Wellness lecture by Dr. Christian Marc Cruz of USANA

Certificate giving to Dr. Cruz of USANA

Giving of Certificate of Appreciation to Pfizer as one of the sponsors by Ms. Aguila and Dr. Presas

The participants with the speakers and sponsors
In the recent annual convention of the Private School Health Officers’ Association held in April 2014, Dr. Jonas D. Del Rosario, a Clinical Associate Professor of UPCM, talked on SPORTS SCREENING. He stressed the importance of medical clearance among athletes who pursue competitive sports.

Related to this, the Health Services Unit, in coordination with the Student Affairs Office, organized a lecture-discussion on the importance of preventive measures prior to involvement in competitive sports of students, faculty members, and staff.

Objectives:

At the end of the seminar, the participants were expected to be able to:

1. define how physically ready a student is to play in competitive sports.
2. participate in medical screening before joining any competitive sports.
3. reduce the number of injuries and other health risks associated with physical activity.

Program:

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Person –in-Charge</th>
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<tbody>
<tr>
<td>2:30-3:00</td>
<td>Registration</td>
<td>Ms. Irish Asperga</td>
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<td>3:00-3:15</td>
<td>Opening Prayer</td>
<td>Mr. Rafael Muñoz</td>
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<td>Opening Prayer</td>
<td>BSP 3 student</td>
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<td>Welcome Remarks</td>
<td>Ms Nancy A. Aguila, RN, MAN</td>
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<td>Objective Setting</td>
<td>Director–Health Services Unit</td>
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<td>Introduction of Guest Speaker</td>
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<td>3:15-4:00</td>
<td>Lecture on Safety in Sports</td>
<td>Dr. Connie Garcia</td>
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<td>School Physician-SPUQC</td>
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<td>4:00-4:30</td>
<td>Open Forum</td>
<td>Mrs. Myra Arañas, RGC</td>
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<td>Giving of Token to Guest Speaker</td>
<td>VP for Student Services</td>
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<td>4:30-5:00</td>
<td>Closing Remarks</td>
<td>Mrs. Nancy A. Aguila, RN, MAN</td>
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<td>Closing Prayer</td>
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Registration

Lecture Proper

Giving of Certificate of Appreciation to Dr. Garcia by Ms. Aguila

The participants, resource speaker, and organizers
Evaluation

General Evaluation

QUANTITATIVE INDICATORS: Average

Relevance of Theme/Objectives 4.000
Organization and Flow 3.875
Logistics (Communication, Food, Registration) 3.875
Venue, Facilities, Equipment & Technical Support 3.875
Time Allocation 3.875
Over-all Impact 3.875
Total 23.375
Average mean: 3.8 = Commendable

Paulinian Values:
Christ Centeredness-3.9
Community-3.8
Charism-3.8
Commitment to Mission-3.8
Charity-3.8

Recommendations
- To include ECG (Electrocardiogram) and CBC (Complete Blood Count) in the diagnostics prior to issuance of medical certificate. The invited coaches should submit medical certificates to the SAO and HES.

From the College of Music and the Performing Arts

Congratulations to Roynaldo Saragih (SPU Manila Master of Music major in Choral Conducting student) for being the Grand Champion of The 3rd Bali International Choir Festival, organized by Mr. Tommyanto Kandi Syaputra, Bandung Choral Society, with Prof. Andre De Quadros from the USA as the Artistic Director. The festival was participated in by about 87 choirs from all over Indonesia and one choir from Philippines. The CMPA family is so proud of you!
From the Alumni Relations Office


High School 1962 Lunch for Ramona Ledesma L-R: Tere Marfori, Fe Zapanta, Patsy Villereal, Susan Grau, Margot Ripoll, Ruby Sakkam, Ramona Ledesma and husband, Ken.

CONDOLENCES

The Paulinian Family concedes with

Josie Bautista-Antonio (Chair, CPMA) on the death of her mother;
Manolita Galvez-Custodio (HS 1965) on the passing of her mother;
Portia Mercado (HS 1954) on the demise of her husband.