

IN THESE PANDEMIC TIMES...

SPU Manila continues to offer webinars for its academic community and other interested parties:

SPU Manila Paulinian Environmental Society

The SPU Manila Paulinian Environmental Society celebrated EARTH DAY 2021, with the theme, "Restore Our Earth" with a webinar on 5 March 2021 at 9:00 A.M.-12:00 NN.

One of the topics tackled in the webinar was Upcycling. Sr. Evangeline Anastacio, SPC, University President, shared the following experience:



It has always been a delightful creative exercise for me to think of ways on how to reuse or recycle waste materials. In the Webinar on Earth Day organized by the SPU Manila #PaulinianEnvironmentalSociety, I learned that the process is called #upcycling UPCYCLING.

Knowing that there are other individuals and groups who are consciously doing this has given me greater motivation to be a committed environmentalist.



Material: Old fabric about to be thrown away

Stuffing: Waste plastic bags cut into small pieces or shredded into strips

Upcycling process: the old fabric was cut into a heart shape, hand sewn, stuffed with shredded waste plastic bags and hand painted.

"There is no such thing as 'away'. When we throw anything away it must go somewhere."

- Annie Leonard, Proponent of Sustainability

Upcycling, also known as creative reuse, is the process of transforming by-products, waste materials, useless, or unwanted products into new materials or products perceived to be of greater quality, such as artistic value or environmental value. (*Wikipedia*)

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Social media has been proven to be the best way to reach out to people for important announcements and activities.

The University participated in the nationwide earthquake drill held on 11 March at 2:00 P.M., held by the Civil Defense Office in view of the recent earthquakes.

The announcement by the University was as follows:

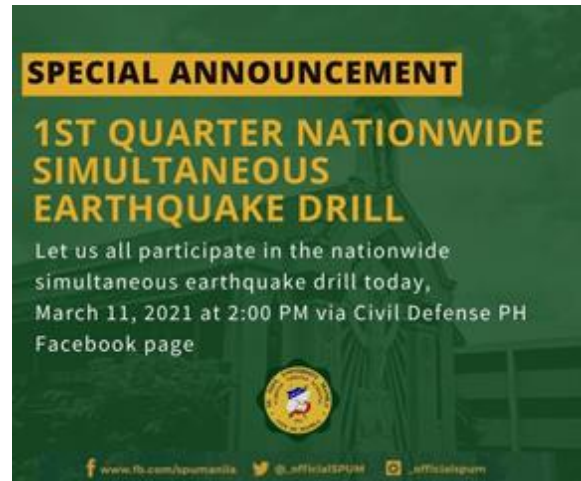
All are encouraged to join the 2021 First Quarter Online National Simultaneous Earthquake Drill at 2:00 P.M. today, March 11, 2021. Program starts at 1:00 P.M.

Livestream will be via the Facebook page of Civil Defense

<https://www.facebook.com/civildefensePH>

for the online ceremonial pressing of the button.

All are encouraged to Duck, Cover, and Hold in their respective houses or offices at the sound of the alarm.



No evacuation drill will be performed for security and safety purposes, in compliance with minimum public health standards against COVID-19.

Paulinians! An aware citizen is a safe citizen. Join us, and together, let's continue to educate ourselves and promote earthquake preparedness.

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MUSIC THERAPY IN NURSING

The College of Music and the Performing Arts (CMPA), in collaboration with the Paulinian EDGE 365, held a webinar on music therapy and nursing:

Since the earliest days of humans, music has always been a powerful part of our lives. After World War II, music therapy was introduced with far reaching benefits. The types and methods of music therapy have had a profound impact on people.

In this new normal, SPU Manila explores possibilities of music therapy in the realm of Nursing and Allied Health Practices.

The changing educational landscape makes innovations exciting. St. Paul University Manila together with the Paulinian Edge 365 held a webinar on music therapy entitled "The Sound of Healing" on Friday, March 12, 2021, from 3:00 to 5:00 P.M.

