



# UP SYSTEM PUBLIC SERVICE REPORT



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As the country gradually opens following the pandemic, the University continues to affirm its commitment to serving the people with utmost honor and excellence. This report features the University's ongoing COVID-19 initiatives, as well as its public service projects that aim to address the challenges posed by the new normal. These include initiatives that target the emotional resilience not only of its constituents, but also of the general public. Following the green signal given to limited face-to-face classes, the August 2022 report also highlights the necessary steps UP has undertaken in order to ensure the safe conduct of limited face-to-face classes and the effective implementation of blended learning.

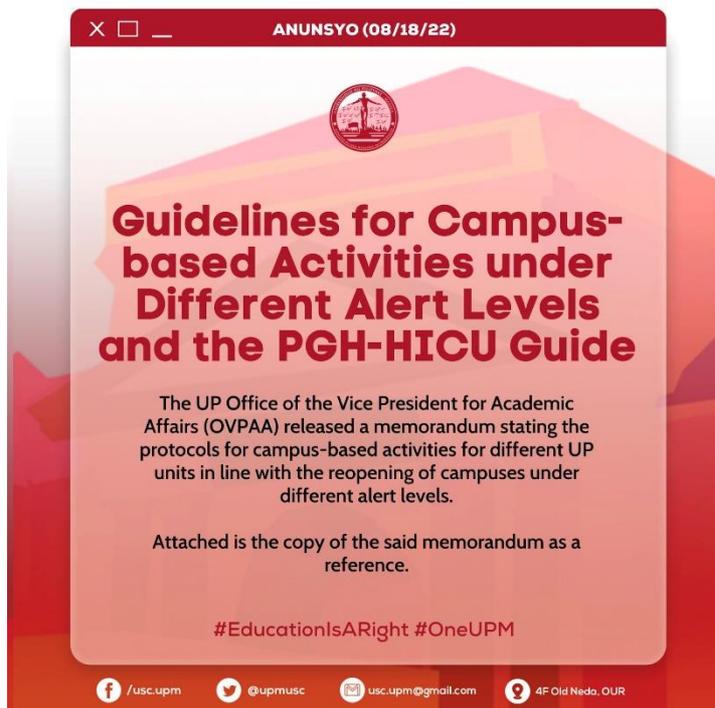
Aside from addressing the challenges posed by the new normal, the University continues to fulfill its public service mandate by spearheading initiatives that include knowledge sharing, direct service provision, technical assistance, and volunteerism. Lastly, this month's report also features projects that celebrate *Buwan ng Wikang Pambansa*.

## **Ligtas na Balik Isko-ela: Ensuring the Safe Conduct of Limited Face-to-Face Classes**

After over two years of holding classes remotely due to the pandemic, the education sector has geared up for the implementation of limited face-to-face classes. Just as the remote learning modality required much preparation from educational institutions, the blended learning modality did too. Preparations include modifying the classroom setup to accommodate minimum health protocols, as well as taking into consideration the demands of a hybrid setup.



*Workshop on Program Redesign, Blended Learning and Quality Assurance organized by Office of the Vice Chancellor for Academic Affairs*



OVPA) Memorandum 2022-127 University Policies for AY 2022-2023 that centers around the University Policies for AY 2022-2023. It lifts the academic rules and policies that had been suspended since the Second Semester of AY 2019- 2020, including academic delinquency rules, degree program retention rules, the Maximum Residency Rule (MRR), prerequisites, the grading system, deadline for dropping and leave of absence, and attendance.

Following the implementation of limited face-to-face classes, the hybrid setup still required faculty members to adopt a more flexible approach to teaching and learning. In the Workshop on Program Redesign, Blended Learning and Quality Assurance, UP Visayas' department chairpersons and program coordinators were given the opportunity to present their degree programs' modes of blended learning during the morning session while the afternoon session was dedicated to sharing proposals on quality assurance. On a similar note, the UPLB Office of Scholarships and Grants (OSG) organized the OSG Open Sessions. The online event gave the students the opportunity to have a one-on-one discussion regarding their financial assistance concerns. Both UP Diliman and Manila held their own consultations with constituents regarding the implementation of face-to-face classes. Diliman's ISKOnsultasyon: UPD Town Hall on Ligtas na Balik Eskwela for Academic Year 2022 to 2023 hoped to assist the community in preparing for the blended learning environment for the next semester while the UP Manila College of Arts and Sciences' (CAS) Blend of the Road: CAS Faculty Stepping UP to the New Normal sought to serve as a platform for the

In compliance with the guidelines mandated by the national government, the University has issued Memorandum 2022-123 Guidelines for Campus-based Activities under Different Alert Levels and the PGH-HICU Guide which state the protocols for campus-based activities for different UP units in line with the reopening of campuses under different alert levels. Another policy that UP released was the

CAS department chairs to share learning delivery modes their programs have prepared for the First Semester of 2022-2023. The latter also included a thorough discussion on the new normal protocols to guide faculty members, especially those who would be conducting limited face-to-face classes.

## **Bayanihan in the New Normal: Ongoing COVID-19 Related Initiatives**

As a public service university, the University has consistently spearheaded COVID-19 related initiatives focusing on knowledge generation and sharing, as well as offering direct services aimed at curbing the challenges brought by the pandemic. Since 2020, various units have been committed to disseminating information, education, and communication (IEC) materials with the goal of dispelling false information about the virus.

### Safe Breastfeeding and COVID-19



**Wash your hands thoroughly:**

- Before and after breastfeeding
- Before and after expressing breast milk



**Wear a mask;**

- While breastfeeding
- While with your baby
- While expressing breast milk



**Use your own breast pump.**

Make it for your exclusive use and do not share to avoid potential COVID-19 transmission with other users.



**Wash your breast pump thoroughly,** especially the parts that came in contact with breast milk.



If possible, **have a trusted caregiver with no COVID-19 infection feed the baby** with the expressed breast milk, especially if you are sick.

**REFERENCES:**  
 Minnesota Department of Health. 2022. *Breastfeeding during the COVID-19 Pandemic*. Retrieved: <https://www.health.state.mn.us/people/wic/covid19.html>  
 Centers for Disease Control and Prevention. 2022. *Breastfeeding and Caring for Newborns if You Have COVID-19*. Retrieved: <https://www.cdc.gov/nczod/oddsat/articles/2022/08/breastfeeding.html>  
 CDC\_AA\_reVAH<https://3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-nCoV%2Fneed-extra-precautions%2Fpregnancy-breastfeeding.html>

**Infographics made by: UP Diliman Health Service Nutrition Clinic**  
<https://www.facebook.com/UPHSNutritionClinic>

### WAYS TO STAY ACTIVE DURING QUARANTINE



**Walk around,** whether inside the house or outside. Maintain at least 1-meter distance from other people if walking outdoors.



**Relax** by taking deep breaths or meditation to help you stay calm.



**Do some muscle strengthening exercises** such as weightlifting, or do sets of press-ups, sit-ups and squats. You can use fully-filled water bottles as makeshift weights.



**Do some household chores** such as tending the garden, mopping, or sweeping the floors



**Engage in online exercise videos or programs.**



**Have short active breaks throughout the day.** Stand up and move around for 3 to 5 minutes for every 20 to 30 minutes of sitting or reclining.

**REFERENCES:**  
 World Health Organization. n.d. *Stay physically active during self-quarantine*. World Health Organization Regional Office for Europe. Retrieved <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/physical-activity-and-diet/nutritional-guidance-for-physical-diseases/stay-physically-active-during-self-quarantine>  
 World Health Organization. 2020. *Coronavirus disease (COVID-19): Staying active*. Retrieved: <https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-covid-19-staying-active--stay-try%2Dand%2Dreduce%2Dlong%2Dperiods%2Dof%2D30%2Dminutes>  
 Centers for Disease Control and Prevention. 2022. *How to Be Physically Active While Social Distancing*. Retrieved: <https://www.cdc.gov/physicalactivity/how-to-be-physically-active-while-social-distancing.html>

**Infographics made by: UP Diliman Health Service Nutrition Clinic**  
<https://www.facebook.com/UPHSNutritionClinic>

Knowledge sharing remains to be a top priority among the CUs with the constant developments in COVID-19 research. The UP Health Service Nutrition Clinic has shared materials that offer tips for mothers on how to safely breastfeed their infants amid the COVID-19 pandemic, as well as some activities that would help keep the body in tip-top shape while staying indoors. On a similar note, the UP Med Webinars Class of 1997 also organized a number of COVID-19 related webinars that discussed a range of topics from allergic rhinitis, low back pain, and schizophrenia management, all during the pandemic.

### **Ensuring Emotional Resilience amidst the New Normal**

As the country slowly recovers from the pandemic, the University has remained committed to addressing various mental health concerns that were exacerbated by COVID-19. Aside from disseminating IEC materials, programs that aimed to inspire emotional resilience had been commonplace.

UP Visayas' Self-care for Mental Wellness aimed to discuss the importance of maintaining mental wellness, with an emphasis on practicing intentional mindfulness. The webinar also defined stress, its various stages, its emotional and physical manifestations, and how to detect these among loved ones. Lastly, the speaker encouraged participants to consult a mental health professional as a last resort should the tips and recommendations she had given were deemed insufficient. Another webinar organized by UP Visayas was the Yes I Can! A Mental Health Webinar for SHS Learners on Coping and Stress-Busting. It focused on understanding common mental health challenges among senior high school learners and how to manage them.

The poster is for a webinar titled "Yes I Can! A Mental Health Webinar for SHS Learners on Coping and Stress-Busting". It is organized by the Division of Professional Education (EDCO 210: MENTAL HYGIENE WEBINAR) in collaboration with the UPV Office of Student Affairs and UGNAYAN NG PAGHINUNGOD/OBLATION CORPS. The webinar is scheduled for 12th August 2022, from 8:30 am to 11:30 am via Zoom. Two speakers are featured: Ms. Helen Grace Concepcion Q. Fernandez, Rpm, RGC, Guidance Services Specialist 1 at UPHS in Iloilo; and Prof. Rosalea Cornelia 'Uzi' Araneta - de Leon, Licensed Clinical Psychologist at the Faculty, College of Education, West Visayas State University. The poster includes logos for the Department of Education, Division Office - Iloilo, and the University of the Philippines - Visayas.

With a focus on the intersection of gender and mental health, the following webinars took into consideration struggles relating to gender in its discussion of mental health. UP Visayas organized Listen to HERstory: Women and Mental Health which hoped to discuss how women cope with stress and anxiety, and shed light on women's overburdening and multiple roles. The UP Diliman Gender Office, on the other hand, shared infographics about the male gaze and the impacts of female objectification on women's mental health.

### **Buwan ng Wikang Pambansa**



In celebration of *Buwan ng Wikang Pambansa*, CUs spearheaded events that aimed to discuss various issues about the Filipino language. The UP Diliman Gender Office released IEC materials on the issue of sexism in the language by dispelling the common notion that the Filipino language is inherently

nonsexist. It highlighted terms that contained misogynistic undertones commonly dismissed and/or even normalized. In the said IEC material, the use of gender fair language is encouraged such that all genders are recognized and gender equality espoused. On a similar note, UPOU's Wika at Kasaysayan sa Hamon ng Disimpormasyon discussed the different salient issues about the Filipino language as well as the importance of language and history in promoting equality, social justice, and truth. The UPLB Learning Resource Center, in collaboration with the UPLB Dibisyon ng Wika, launched WiKaalaman—a series of infographics featuring various facts about the Filipino language, as well as exercises in writing in Filipino.

## **UP in the Know: Knowledge Management and Sharing**



*Training on Entrepreneurship: Sustainable Management of a Community-Based Enterprise for Seafood Products*

As the leading institution in research and public service, the University has ceaselessly spearheaded various knowledge management and sharing initiatives that aim to capacitate its constituents, and in turn, improve their lives. Through UP Visayas' Training on Entrepreneurship: Sustainable Management of a Community-Based Enterprise for

Seafood Products, participants from six fisherfolk associations had the opportunity to learn more about the processing of value-added products from scallops. The participants were also equipped with the fundamental skills and proper mindset on sustainably managing an enterprise.

The College of Fisheries and Ocean Sciences and the government unit of Leganes explored plans to support fisherfolk's livelihood within the community. As the leader in fisheries education, the College of Fisheries and Ocean Sciences - Institute of Aquaculture (CFOS-IA) shared its expertise with faculty members of different colleges and universities offering fisheries courses in the country, during the Training of Educators in Aquatic Mainstream Science (TEAMS). The UPLB BIDANI Network Program also held refresher training with the Barangay Secretaries and Barangay Nutrition Scholars of Nagcarlan, Laguna. The training program focused on the use of BMIS software and eOPT tool for merging data.



*CFOS-IA shared its expertise with educators from various schools in the country through the Training of Educators in Aquatic Mainstream Science (TEAMS)*

## **Serving the People through Volunteerism and Direct Service Provision**



*The University of the Philippines Ichthyophilic Society (UPIS) held an Outreach Program at Durog Elementary School for its 57th anniversary celebration*

Aside from research and capacity-building initiatives, the University has also been spearheading programs that involve direct engagements with its beneficiaries through volunteerism and outreach programs. In celebration of its 57th anniversary, the University of the Philippines

Ichthyophilic Society (UPIS) organized an outreach program at Durog Elementary School, Brgy. Durog, San Jose de Buenavista, Antique. A total of 26 beneficiaries were given school supplies, hygiene kits, and snacks. Also done in celebration of the 100th anniversary of the PGH Department of Dermatology, the unit distributed over 300 free kuto kits in Barangay Anahao and Libertad in Odiongan, Romblon and Bahay Tuluyan, Manila. This was done in partnership with doctors, dentists, barangay health workers, the Girl Scout Council, and the Sorok Uni Foundation. The UPCM-PGH Department of Otolaryngology Head and Neck Surgery organized a *Libreng Operation* program that offered free operation procedures for those who have chronic rhinosinusitis and nasal polyps. In the said program, the organizers used its most modern technology for endoscopic operation and showcased the skills of its topnotch healthcare team.

No stranger to volunteerism, the UP Manila Ugnayan ng Pahinungod organized and packed relief donations consisting of food packs and hygiene kits for the victims of the earthquake in Tayum, Abra. The initiative was a joint effort among Ugnayan Ng Pahinungod Manila, Baguio, and Diliman. The initiative also offered medical assistance and psychological first aid for the children in the community.



*The UP Manila Ugnayan ng Pahinungod organized and packed the relief donations comprised of food packs and hygiene kits for the victims of the earthquake in Tayum, Abra*

## **Empowering UP Faculty, Staff, and Students through Public Service**

Realizing that the key to upholding the University's role as the leader in public service is to empower its constituents, UP CUs have been robust in their efforts to capacitate and improve the skills of its faculty, staff, and students. With the aim of encouraging health and wellness among UP Mindanao employees, the Department of Human Kinetics (DHK) and the Office of the Vice-Chancellor for Administration (OVCA) organized a three-day Table Tennis Competition. On a similar note, the UP Health Service Public Health Unit (PHU) invited UP Diliman personnel to participate in an online dance fitness session. Likewise, the UP Diliman HRDO organized the Group Exercise and Training aimed to encourage the community to practice work-life balance and an active lifestyle.

Aside from health and fitness initiatives, various capacity-building and training-workshop programs were also led by UP CUs. An onboarding program was organized for newly-hired REPS and administrative personnel. The SIBOL: Service Introduction, Basic Culture and Organization, and Learning Application Onboarding Program sought to introduce the basic systems, policies, and organizational culture of UP Diliman. Given the implementation of limited face-to-face activities, being in-the-know when it comes to organizing online conferences remains to be a useful skill. The UP Diliman Office of the Vice Chancellor for Academic Affairs (OVCAA) and Office of the Vice Chancellor for Research and Development (OVCRD) organized the UP Primer for Online Conference which compiled the essential elements and best practices for organizing an online conference.



*The UPLB Learning Resource Center and the Institute of Chemistry (IC-UPLB) trained 26 students in hands-on laboratory skills during the two-week Chemistry Laboratory Skills Bridge Program (CLSBP) 2022*

The UPLB Institute of Biological Sciences (IBS) offered a two-week training introducing basic laboratory and field skills in the core courses of the program. The Skills Enhancement Training (Midyear Bridging Program or MBP) for BS Biology Students was a Midyear Bridging Program for BS Biology students. On a similar note, the UPLB Learning Resource Center and the Institute of Chemistry (IC-UPLB) conducted hands-on laboratory training for students during the two-week Chemistry Laboratory Skills Bridge Program (CLSBP).