



# TSU engages in Philippine indigenous music through NCCA lecture, workshop



The National Commission for Culture and the Arts conducted its first lecture and workshop on Philippine indigenous music at Tarlac State University, which aims to promote and bring the country's native music and culture to a larger audience.

The "Tunugan: Lecture-

Workshop on Philippine Music" benefitted the Laboratory School's Grade 8 students, the TSU Chorale and Performing Arts Dance Troupe members, humanities faculty members, and some culture and arts university coaches who were divided into two groups for the morning and afternoon sessions on February

22, 2024 at the Alumni Center, Lucinda Campus.

Top-caliber resource persons and groups, namely Prof. Tusa Montes, the University of the Philippines Tugtugan Musika Asyatika (UP TUGMA), a group under the UP College of Music's Musicology Department, and the Padayon Rondalla, a performing

group from UP Diliman, led the lecture and workshop.

Prof. Montes, a percussionist and ethnomusicologist, talked about Philippine music perspectives, ranging from Philippine music experiences to the Kalinga, Maguindanaoan, and Rondalla

*Continue to page 3*

## INSIDE THIS ISSUE

TARLAC STATE UNIVERSITY  
**CONGRATULATIONS TO THE NEWLY LICENSED TSUIAN MASTER PLUMBERS!**  
 FEBRUARY 2024 MASTER PLUMBERS LICENSURE EXAMINATION

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TSUian mechanical engineer places 6th in master plumber boards



TSU welcomes 13 Japanese students for academic, cultural interchange



TSU introduces sports, wellness training for Tarlac school-based coaches

## TSUian mechanical engineer places 6th in master plumber boards

Mary Joy B. Manalo

A licensed mechanical engineer from TSU who graduated in 2020 claimed the sixth spot in the February 2024 Master Plumber Licensure Examination.

Engr. Vanessa M. Martinez, a College of Engineering graduate and a mechanical engineering board passer in February 2022, garnered an 86.30% rating, placing among the top ten passers of the recent MPLE.

In an interview, Martinez shared that she only experienced a virtual graduation and oath-taking due to the pandemic, which is why she took her chances to take the MPLE to bring her parents with her in an in-person oath-taking as a

Continue to page 7

## Central Luzon stakeholders take part in TSU's research agenda-setting

Maria Adelaida D. Calayag



Tarlac State University's Office of University Research Development held a consultation with its stakeholders on research agenda setting on February 14, 2024 at the Academic Building, Lucinda Campus.

With the help of the Central Luzon stakeholders and the research outputs to be generated, TSU will soon meet its target to become a research university for societal transformation, focusing on producing high-value research aligned with the university's four-fold functions.

Continue to page 9

From page 1

music, which were supported by UP TUGMA's and Padayon Rondalla's performances and rhythm jams with the participants.

"Lahat ng ito ay walang saysay kung hindi po natin ito isasarili, kung hindi natin ito ipamimigay at ipamamahagi sa ating kapwa Pilipino, at kung hindi natin ito matututunang i-appreciate. Ito 'yung isa naming gustong ibigay sa inyo. Sana inyong tandaan, ito po ay himig ng mga puso," Prof. Tusa Montes said during the workshop.

UP TUGMA brought Kalinga music to the university by playing the Tongatong, a set of bamboo percussion instruments of varying lengths that are hit on the ground and project different rhythms.

They also demonstrated how to play Patangguk, quill-shaped bamboo tubes, which are played as a group. It is often used

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to end the war and bring peace. Along with the LS students, UP TUGMA sang "Salidumay," an indigenous folk song of the Kalinga and Igorot natives in Cordillera.

Meanwhile, Padayon Rondalla serenaded the participants using the bandurria, octavina, guitar, and double bass.

Rondalla Philippine music is a stringed ensemble that Spaniards brought during Spanish colonization in the late nineteenth century.

Prof. Montes also introduced the Maguinadanao Kulintang music mostly composed of gongs.

"Ang pagtangkilik ng musikang Pilipino ay magisisimula sa sarili at sa tahanan. So, 'wag tayong



mahiyang magtangkilik ng musika at kultura ng Pilipino," Prof. Montes said.

The renowned professor obtained a master's degree in music at the UP College of Music in 2012. She served the University of Santo Tomas Conservatory of Music for ten years and is currently teaching as a senior lecturer at the UP College of Music.

She is a member of the World Percussion Committee of the Percussive Arts Society. She has performed in various events in the Philippines and abroad.

Mr. Manuel Agustin Singson, director and project manager of the Likha-an Resource Center of NCCA, also graced the activity.

The Likha-an Resource Center opened in 2019 to promote cultural knowledge and traditional arts in understanding Philippine culture.

"Mapalad ang Tarlac

State University dahil isa po tayong pinagkalooban ng serbisyo ng NCCA para ipamalas ang kanilang talento mula sa musika at kultura. And I would like to express my admiration po for the exceptional hard work and effort for this event to happen. This illuminates our rich culture and heritage as Filipinos. Truly, this lecture-workshop on Philippine music has a significant impact on our dear participants," TSU President Dr. Arnold E. Velasco said in his opening message.

The NCCA, whose mission is to conserve the nation's culture and heritage and promote Philippine arts, also donated reference materials to TSU, like Pulo sa Sarangani, Paglagom, Pundok Pundok Theatre Group Directory, Agwat Hilom, Pamana ni Lola, and LAB Teatro sa Panahon ng Pandemya CDs, among others.



## TSU welcomes 13 Japanese students for academic, cultural interchange

Mary Joy B. Manalo



Tarlac State University formally opened its two-week academic and cultural interchange for the 13 Japanese students from Osaka University of Economics (OUE) under the English Language Proficiency Program (ELPP).

The welcome ceremonies took place on February 27, 2024 at the College of Arts and Social Sciences (CASS) Theater Room.

Through the Office of International Affairs and

Linkages' ELPP, TSU serves as OUE's first partner in the Philippines and the sole multi-lingual university chosen by the institution to provide English language education to their students.

In a message, Presidential Assistant Dr. Brigido B. Corpuz extended the university's full support to the program.

"We are very fortunate that OUE chose TSU. We hope that we will be able to see

you in many more activities sponsored by the OIAL," Dr. Corpuz said.

Meanwhile, Dr. Azusa Ono, an associate professor from OUE's Department of Economics, highlighted the significance of the partnership between the two institutions.

"I very much appreciate this new friendship that has started between TSU and OUE, as I believe this will offer a wider possibility of collaboration between our countries. TSU's ELPP is just the beginning of our long-term friendship and collaboration, and I hope that we can welcome TSU students and faculty at our campus in Osaka in the near future," Dr. Ono said.

The Japanese delegates arrived on February 25 at the TSU Hotel. They started attending their classes on February 27, which will conclude on March 8 with a culminating activity.

Before attending their classes, students were classified into three groups (beginner, intermediate, and advanced)

based on the results of their International English Language Testing System (IELTS) and Oral Level Testing conducted by OIAL.

Nine ELPP teachers from CASS will spearhead the three-hour one-on-one and four-hour group sessions comprising speaking, writing, reading, and listening activities designed for the Japanese students.

Moreover, to further enjoy their stay and be immersed in Filipino culture, Mr. Ryosei Oishi and Ms. Janet Oishi of O-Two International Corp. will tour the OUE students in different cities every weekend.

Joining the Japanese delegates during the welcome ceremony are Alumni Regent Hon. Reynaldo L. Catacutan, Faculty Regent Hon. Winifredo L. Luis, Maharlika Adviser and Office of Culture, Arts, and Languages Assistant Director Hon. Douglas C. Ferrer, and CASS Dean Dr. Aloysius T. Madriaga.



## TSU Nursing students place 2nd in Narsing Cabiasa 2024

Mary Joy B. Manalo

Four BS Nursing students from the College of Science won second place in the 13th Region III Interschool Nursing Quiz bee (Narsing Cabiasa 2024) held at Holy Angel University on February 15, 2024.

Garnering a total of 227 points, the group, consisting of Level 3 students Lean Gelomy L. Raiz and Andrea Gelle Gemicah Turaray and Level 4 students Ma. Angelica R. Valdez and Chynna Jade F. Laminoza, led TSU to victory against 14 educational institutions in the region.

The competition is a three-part quiz bee with preliminary, competition, and final rounds composed of easy, average, and difficult questions.

As second placers, the TSU delegates received a trophy, medals, certificates, and a thirty percent scholarship from the MERGE Review Center.

"As a group, our goal was to represent the university, bearing pride, honor, and excellence. But coming into the competition, we were not expecting to win against all the competing schools naman po, knowing that our competitors probably put their best foot forward into this endeavor din,"



Raiz said.

In an interview with the Office of Public Affairs, Raiz shared that the group was informed about the competition last January 12.

Since then, they started reading e-books, taking test questions, and watching tutorials within the stated coverage of the guidelines, composed of all major nursing courses from the first to the fourth year.

When asked about the challenges they faced, Raiz said they did not encounter any problems because they were having fun answering questions and canceling out choices based on their collective

understanding.

"It was a real surprise, actually, since it was the first time that we sat together as a team since the four of us do not know each other personally," she said.

The participants were selected based on recommendations and suggestions from BSN faculty members, with a final decision from COS Dean Prof. Mary Jane N. Rigor and BSN Chairperson Prof. Regie S. Jimenez.

They thanked the BSN faculty for their initiative in providing review references and support throughout the competition.

The group also acknowledged the support of their friends and families, who provided understanding and warm messages during their review period.

The annual intercollegiate competition promotes sportsmanship, teamwork, and camaraderie among universities, colleges, and state universities offering BSN programs in Central Luzon.

Last year, Raiz and Turaray won second place overall

in the first Regional Battle of the Nightingales, an inter-school nursing quiz bowl held at SM City San Fernando, Pampanga.

"Nursing quiz bees promote healthy competition, which can spur participants to strive for excellence and improve their critical thinking skills. Additionally, these events help build camaraderie among participants, creating networks that can facilitate future collaboration and knowledge sharing," Raiz said.

She shared that upon entering the competition venue, one of the participants from Centro Escolar University in Malolos, Bulacan recognized her and Turaray as previous competitors in the last nursing quiz bee.

"Indeed, it brings together people within the field, fostering healthy relationships with future colleagues," she said.

The Narsing Cabiasa competition, initiated by the University of the Assumption in 2009, returned this year after a four-year hiatus due to the COVID-19 pandemic.



## AICS recipients 2nd batch line up for payout

Mary Joy B. Manalo

The second batch of undergraduate students received their stipend from the Department of Social Welfare and Development under its Assistance to Individuals in Crisis Situations (AICS) program on February 5, 2024 at the TSU Gymnasium.

Through the efforts of Sen. Imee R. Marcos, 1,000 "students-in-crisis" each received 5,000 pesos of cash assistance from DSWD.

"This onsite payout means a lot, as it will somehow ease your financial burden and boost your academic excellence at TSU. Grab this opportunity dahil marami ang gustong makasama sa programang ito," Vice President for Academic Affairs Dr. Agnes M. Macaraeg said in her opening remarks.

Kim Georgia S. Mendoza, one of the AICS recipients, shared in an interview that she is thankful for this opportunity.

"Super blessed po ako at laking pasasalamat ko po sa TSU

at sa AICS program dahil isa po ako sa mga napiling mabigyan ng financial assistance," she said.

Mendoza, daughter of a jeepney driver and a small business owner, mentioned that she would save the money to buy a laptop to help her as a second-year College of Computer Studies student.

"Mula first year po ako wala akong ginagamit na laptop—puro hiram lang po kaya medyo mahirap," said Mendoza.

She shared that she survived her first year through free use of the university's computer laboratories.

At present, Mendoza is helping her mother sell goods as the latter was diagnosed with cancer last year and had undergone an operation.

The one-time disbursement of cash assistance is part of the 10 million pesos allotted to AICS recipients of the university.

Last December 11, 2023, Sen. Marcos visited TSU for the first batch of AICS payout.



## TSUian mechanical engineer places 6th in master plumber boards

From page 2

licensed master plumber.

Apart from this, she also wanted to expand her knowledge of various engineering trades, specifically plumbing, as she is currently working as a full-time facilities engineer in Clark, Pampanga.

"Working in the field of facilities management, I was exposed [to] different trades from mechanical, electrical, plumbing, and even fire safety, which I needed to learn, given the nature of my work, to know how to maintain the facilities of the building and how will I deal with problems arising," Martinez said.

While working six days a week, the topnotcher shared that she struggled with time management during the review period.

"This is my second time na taking a board exam, pero I can say mas mahirap talaga siya compared with the first time. May ibang bagay ka rin na priorities, hindi ideal 'yung study place mo since nasa apartment ka with other people, kulang ka sa pahinga and all," she said.

"During weekdays, after work, I spend at least 3-4 hours reading plumbing-related books and materials consistently. Also, I'm maximizing my time during breaks while on duty. Reading lang as much as I can," she added.

Martinez opted to enroll in a review center where she spent Saturdays with online live sessions provided with review materials for four months.

During the first month of her review, Martinez aimed to top the boards. Eventually, as workload, corporate activities, and family gatherings piled up, her studying was cut short.

She also shared that she was not confident during the first day of the exam.

With MPLE covering four subjects in plumbing arithmetic, sanitation plumbing design and installation, plumbing code, and practical problems, Martinez had difficulty answering the first two.

"Sa plumbing arithmetic may 100 questions na good for two hours lang. So, mahirap talaga kasi iba-ibang math subjects 'yun and in-integrate sa iisang subject. Mga 15 items ang hindi ko natapos since kulang na sa time. For SPDI, based on testimonies of previous takers, this was really the toughest subject among the four, so 'di na ako nagtaka bakit nahirapan ako dito," the topnotcher said.

"Ang prayer ko na lang ay matapos ko 'to at pumasa pa rin kahit papano," she added.

As her constant support system throughout her journey, Martinez dedicated her success to her family, who supported and motivated her without putting her under pressure.

Apart from her family, the ME master plumber also attributed her success to TSU, serving as her training ground to "always go beyond the extra mile to have a fallback."

## CBA, LGU Ramos embark on livelihood opportunities for the differently-abled

Maria Adelaida D. Calayag



Tarlac State University and the local government of Ramos sealed a memorandum of agreement on February 21, 2024 at the Main AVR for a skills training and seminar of the Samahan ng mga May Kapansanan sa Ramos.

Through the College of Business and Accountancy's (CBA) leadership in this extension project, the university and LGU Ramos will work together to provide technical assistance to the

Continue to page 11



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## TSU makes way for another SAS Week to reintroduce student services

Maria Adelaida D. Calayag



Aimed at reinforcing among Tarlac State University's students the various services they could avail, the Office of Student Affairs and Services continued the tradition of holding its SAS Week from February 12-16, 2024.

Dubbed "Isang Linggong Pag-Ibig," the weeklong festivity is filled with informative and entertaining activities organized by units of SAS, the Supreme Student Council, college student councils, and some student organizations.

In its second year, SAS Director Prof. Gherold C. Benitez opened the activities with songs attributed to describe the SAS units, like what he launched in 2023, still with prizes for students.

"Kami po may mantra sa SAS – we are service. Tamang-tama po, Valentine's ngayon, ano? Love... mahal-mahalaga... Ang pinakamahalaga po sa TSU [ay] kayong mga estudyante namin. Ito po'y walang halong biro... Nandito po ang TSU para sa mga estudyante na gustong magtagumpay sa buhay," Prof. Benitez said.

With the songs, Prof. Benitez hopes the students will remember the services offered by

the SAS.

"Ating ipamalita sa lahat ng mga mag-aaral na meron tayong mga tunay na serbisyo that the Student Affairs and Services provides," Vice President for Academic Affairs Dr. Agnes Macaraeg said.

Other activities that were organized included a helpdesk booth from the Scholarship and Financial Assistance Unit on all three campuses, which was targeted to bring its services closer to the students.

The SFAU also signed a memorandum of agreement with Aslag Ning Pag-Asa Tarlak Inc., a non-government organization, that will provide scholarships to two marginalized students.

Moreover, the Guidance and Counseling Unit conducted a seminar on love, courtship, and relationship since the SAS week coincided with Valentine's week.

The week's highlight is the SSC's battle of the bands themed "The Anthem of the Heart," featuring 15 student bands.

Contests for students on audio-visual presentation and charcoal painting and a seminar on anti-terrorism were also held.



## Financial literacy, investor protection projects to continue through TSU, SEC

Mary Joy B. Manalo



Tarlac State University and the Securities and Exchange Commission-Tarlac Extension Office (SEC-TAREO) formally signed the memorandum of agreement for the SEC Communication, Advocacy, and Network (SEC-CAN) Project implementation.

With the MOA signing held on February 21, 2024 at the Main AVR, TSU, through the College of Business and Accountancy (CBA), and SEC-TAREO are set to strengthen further their 12-year collaboration to pursue common interest in financial literacy and investor protection through information dissemination,

promotion, and knowledge and resource sharing under the SEC-CAN Project.

Since the inauguration of SEC-TAREO in 2012, the university's CBA and SEC-TAREO have collaborated in various activities involving seminars, trainings, and internship programs.

With the active partnership between the two institutions, Vice President for Academic Affairs Dr. Agnes M. Macaraeg anchored her message on gratitude, thanking SEC for their loyalty to TSU as the first state university in Regions II and III to be a part of the SEC-CAN campaign project.

"We are grateful for your loyalty. Rest assured that because you believe in us, here at TSU, you will be in good hands as we will serve as your partner towards the goodness of your advocacy," VP Macaraeg said.

She also thanked SEC-TAREO Information Officer Mr. Mark Catacutan and SEC-TAREO Director Atty. Richard R. Laus, both TSU graduates, for returning to serve the university.

"We are grateful, in the sense, that they are back to serve the university. We could see that their success is also our success because they are our products," she said.

"As stated in the MOA, SEC-CAN, therefore TSU 'can' as well," she added.

Moreover, Atty. Laus highlighted the importance of the MOA between the two institutions.

"Malaking tagumpay po ito sa atin dahil hindi lamang po ito sa papel kundi mai-oorganisa na po natin 'yung talagang ginagawa ng bawat isa sa atin – our shared commitment to give education and information

to the students, as well to the community," Atty. Laus said.

The topics of the SEC-CAN will focus on the fundamentals of investing, financial literacy, investor protection, and investment scams protection.

Also present during the ceremony were Presidential Assistant Dr. Brigido B. Corpuz, CBA Dean Dr. Jhonel C. Panlilio, and CBA Associate Dean Dr. Henry D. Rufino.



## Central Luzon stakeholders take part in TSU's research agenda-setting

From page 2

The high-value research outputs will be rolled out following the six Ps (product publication, patent, policy, people services, places, and partnership) and two Is on socio-economic impact.

"Natuto po tayo sa mga pinag-aaralan natin at natututo po tayo sa mga tinuturuan natin, so we need to be dynamic, we need to be responsive, and what

we are doing right now is being responsive to the community," Vice President for Research Development and Extension Dr. Murphy P. Mohammed said.

Hon. Dennis Norman T. Go, a TSU Board of Regents member, previously challenged the university to partner with local government units to produce research that would impact society.



Continue to page 10

## TSU, TESDA sign 2 agreements for training, experiential learning

College of Education

Tarlac State University and the Technical Education and Skills Development Authority (TESDA) formally sealed their partnership for training programs, field study, and internships.

Both parties signed the memoranda of agreement on February 21, 2024 at the College of Education AVR.

The agreement stipulates the collaboration between TESDA and TSU in implementing Community-Based Training (CBT) programs that will equip individuals with relevant skills in various fields, including cookery, bread and pastry production, and commercial cooking, among others.

Moreover, the partner institutions sought to solidify their commitment to experiential learning and teacher education. TSU aims to provide students with experience through field

study courses and teaching internships.

Through the partnerships, students can undergo training related to food and service management and industrial arts at partner training institutions, preparing them for real-world challenges in their respective fields.

"This partnership is a testament to our commitment to prepare and equip you (students) in the field of work, nationally and beyond," College of Education Dean Dr. Jasper Jay Mendoza said.

TSU President Dr. Arnold E. Velasco emphasized the importance of collaboration in providing quality education and skills training that align with industry standards and meet the needs of various stakeholders.

At the onset of the signing ceremony, Dr. Mendoza set the tone by highlighting



the institution's work on credit transfer.

TESDA Regional Director Toni June Tamayo vowed to support the joint endeavor to facilitate a seamless transition for students, ensuring that their academic achievements

align with practical skills.

Meanwhile, TESDA Specialist Dr. Grace Ocasion highlighted the agency's dedication to making the partnership successful for all stakeholders involved.

Originally published at the TSU College of Education Facebook page

also noted that it is high time to move out of the bubble and do basic and applied research for the general public.

Mr. Crisanto M. Perez, the executive assistant to the Capas town mayor, said the university's research on the Aetas in their municipality helped them in their projects.

"Kulang po ang kaalaman namin sa methodology kung paano gagawin yung research. Unlike pagdating sa TSU, alam niyo na po 'yan. Kaya nga po nung nagbigay sila ng MOA sa amin, sabi ko, it is good," Mr. Perez said.

"Nagapapasalamat po kami sa TSU dahil sa inyo pong

research sa aming mga sitio. Sana po ay magkaroon tayo ng close cooperation and coordination. Whatever result na meron kayo ay mabigyan din po kami para magamit namin sa aming plano sa LGU," he added.

Dr. Maria Elena D. David, Center for Peace, Indigenous Peoples' Resources and Development Director, affirmed the Capas representative's request since the center plans to execute a memorandum of agreement with all municipalities with Aeta communities wherein the university will share the collected research data.

Continue to page 12

## CBA, LGU Ramos embark on livelihood opportunities for the differently-abled

From page 6

differently-abled who are members of the organization on making nutritious bread as their livelihood.

Collectively known as "Project MASA: Moving Ahead through Strengthening Alliance," the long-term research and extension project will extend training on marketing skills and entrepreneurial mindset for their "veggie bread."

"The expertise and strength of the College of Business and Accountancy will surely be conducive to creating an impact on the chosen beneficiary, which is Ramos,

Tarlac. At TSU, we give value to delivering relevant community service by strengthening partnerships and linkages," TSU President Dr. Arnold E. Velasco said in his speech.

CBA Dean Dr. Jhonel C. Panlilio gave her total commitment to the project, saying that they will ensure the delivery of an exemplary job along with their pool of experts.

In support of the university's initiative, the Department of Science and Technology-Tarlac prompted the donation of baking equipment for the Samahan ng mga May Kapansanan sa Ramos.

"Every time we expect

assistance from TSU, they extend (assistance) beyond what is expected. Kasi we are just requesting for training pero pinakita nga kanina ni Dean Jhonel na kaya nilang buuin yung package of assistance para sa ikauunlad ng ating grupo," DOST Provincial Science and Technology Director Ms. Karen Danez said.

She also added that the DOST-Tarlac would give additional equipment like a dehydrator, slicer, and some packaging equipment to complete the set when making nutritious food for everyone.

Since 2018, the LGU Ramos has been involved in DOST's various Community Empowerment through Science and Technology (CEST) programs and was awarded second runner-up for best CEST

community in Central Luzon in 2022, having shown increased community improvement and economic and social development.

"Isang malaking karangalan po na kami na kami ay nakipag-MOA at kami ay sinusupportahan. Umasa po kayo sa aming pinirmahan sa nakasaad sa (MOA). Umasa po kayo na kami ay naririto para tumulong din sa inyong pamamalakad sa iba't-ibang bayan, hindi lamang po sa bayan ng Ramos," Ramos town mayor Celso Banag said.

LGU Ramos' Samahan ng mga May Kapansanan consists of 50 members led by Mr. Marvin Daileg. They will start their training next month in a building allocated by Mayor Banag.

## TSU inks MOA with OLPCS anew

Maria Mei Fatima Simbol-Terania | CASS

Tarlac State University, through the College of Arts and Social Sciences, renewed its partnership with the Our Lady of Peace College Seminary (OLPCS) for the college's extension services on February 6, 2024 at the TSU Main AVR.

The memorandum of agreement presents the educational services in the seminary's arts and social sciences courses and the guidance program and services for the seminarians to be provided by selected CASS faculty.

The educational services will be open for the second semester of the academic year 2023-2024, while the guidance program and services will continue for the next five years.

Leading the activity are TSU President Dr. Arnold E. Velasco, Vice President for

Academic Affairs Dr. Agnes M. Macaraeg, and Office of University Extension Services Director Engr. Emir Lenard S.F. Sicangco.

Meanwhile, the OLPCS counterparts are Rev. Fr. Jason Aguilar, Rector, and Rev. Fr. Paul Carreon, Dean of Studies.

VP Macaraeg took a trip down memory lane as she relived the beginning of the TSU-OLPCS partnership that prospered through faculty members offering voluntary services since 1989, giving a glimpse of the college's educational services as extension services.

In a welcome message, CASS Dean Dr. Aloysius T. Madriaga recognized the two institutions he regards as his families.

Moreover, Pres. Velasco highlighted the "Law of Harvest," wherein not only does the



beneficiary seem to gain, but the university can reap boundless graces due to its extension projects.

Dr. Editha Q. Villavicencio, project lead for the guidance program and services, highlighted the holistic offerings for the seminary.

As a sign of gratitude, Rev. Fr. Aguilar delivered a

heartwarming message of thanks and appreciation, depicting the service providers as "angels disguised as friends."

Meanwhile, Engr. Sicangco reminisced about his first interactions with the OLPCS and expressed his aspirations for more university extension offerings for the seminary.

## Central Luzon stakeholders take part in TSU's research agenda-setting

From page 9

"Through collaboration, we can do more. So, in this stakeholders consultation, with your inputs, with your recommendations, we could further align our researches," Vice President for Academic Affairs Dr. Agnes M. Macaraeg said.

OURD Director Dr. Robert V. Marcos presented the proposed university research agenda for 2024-2026 to the stakeholders, emphasizing that such activity is vital in updating the agenda and aligning it with

the communities' needs.

The research agenda, reviewed every three years, is congruent with the United Nations' 17 Sustainable Development Goals, specifically eradicating poverty, improving education, and elevating economic development and health while conserving natural resources.

Dr. Marcos said they are doing more than just research for the intellectuals. They produce research with a societal impact that will benefit the people. He

## TSU inks partnership with Aslag Ning Pag-asa Tarlak for student scholarship

Mary Joy B. Manalo



Tarlac State University's Scholarship and Financial Assistance Unit (SFAU) forged a partnership with Aslag Ning Pag-asa Tarlak Inc. on February 15, 2024 at the Main AVR.

Aslag Ning Pag-asa Tarlak Inc. is a non-governmental organization focused on development work inspired by Atty. Leni Robredo's Angat Buhay Foundation.

This NGO is composed of volunteers from different professions united by a common goal to help people from the marginalized sector and improve the lives of Tarlaqueños.

Through the partnership, each student will receive 16,000 pesos of financial assistance per semester under the Aslag Ning Pag-asa Tarlak scholarship program.

The beneficiaries of the scholarship grant are fourth-year student Shiela Ayyen S. Lacuata from the College of Science and first-year student Lanie L. Anabo from the College of Education.

"After class po, three times pa po ako sa ospital. Nakakapagod po talaga. Talagang ang aim ko po ay maka-graduate

po ako kahit may sakit po ako... Thank you so much po sa TSU at sa Aslag Ning Pag-asa Tarlak dahil kahit last year ko na po ay may swerte pang dumating," Lacuata said in an interview.

23-year-old Lacuata is currently undergoing dialysis three times a week because of stage five kidney failure.

Meanwhile, Anabo, a member of the Aeta tribe from Sitio Calangitan in Capas town, also shared her determination to excel academically and make her parents proud despite financial difficulties and the challenges of commuting to the university from a remote sitio.

"Hindi kami naghahanap ng kapalit sa inyo. Ang hinihiling lang namin ay paghustayan ninyo at tapusin ninyo ang sinimulan ninyo. 'Yung giginhawa pa lang ang pamilya ninyo, bayad na kayo sa amin," Aslag Ning Pag-asa Tarlak Inc. Chairman Dominic Savio C. Maglalang said in his message to the beneficiaries.

Vice President for Academic Affairs Dr. Agnes M. Macaraeg thanked the NGO for giving hope and serving

as "angels in disguise" to the students.

"Makulimlim man po ang panahon pero inside this venue, mayroon po tayong nakikitang ray of hope na napakaaliwalas because of the Aslag Ning Pag-asa Tarlak Inc... This scholarship would mean a lot to the students and to their parents because after their education, they could do more to help other people," VP Macaraeg said.

Likewise, TSU President Dr. Arnold E. Velasco thanked the NGO for their initiative to assist the students in need.

"You can expect that more blessings will be coming to you from God dahil bukal po sa puso ninyo ang pagtulong sa mga estudyante," Pres. Velasco said in his speech.

Also present during the ceremony were Dr. Niña G. Valentin, SFAU Head; Dr. Dexter L. Manzano, Institutional Student Programs and Services (ISPS) Head; and Mr. Allan S. Santos, International Differently-Abled, Indigenous, Marginalized Student Services (IDIMSS) Head.

From page 10

Moreover, Ar. Eduardo T. Quintero, Tarlac City Planning and Development Coordinator, suggested a possible research initiative regarding transportation concerns and traffic assessment in the city.

He also added matters on water treatment facilities (monitor water quality), salt water, and drainage systems, which the university can help improve.

Ar. Quintero also shared that they are working on Tarlac City's tourism development plan and mentioned the agri-tourism potential of barangays Balanti and Central Azucarera de Tarlac.

Meanwhile, Ms. Marian S. Flores, the officer in charge and executive assistant to the La Paz town mayor, raised the idea of having TESDA vocational courses to augment the unemployment rates in the new normal.

Also present in the stakeholders' consultation are Ms. Dhannize Mae M. Pili-Caranto, Department of Science and Technology-Tarlac's Senior Science Research Specialist; Dr. Jonathan E. Lacayanga, Bataan Peninsula State University Research Director; Ms. Bernadette Joy D. Ular, Philippine Statistics Authority's Supervising Statistical Specialist; Bataan town councilor Johnny "Jaji" Sales; Ms. Victoria G. Paraggua, Philippine Merchant Marine Academy Research and Extension Director; and Ms. Maria Teresa R. Bondoc, Department of Trade and Industry's Trade-Industry Development Specialist.

## FEATURE

## IAS Director stands as TSU's pride in national internal audit and control systems

Mary Joy B. Manalo

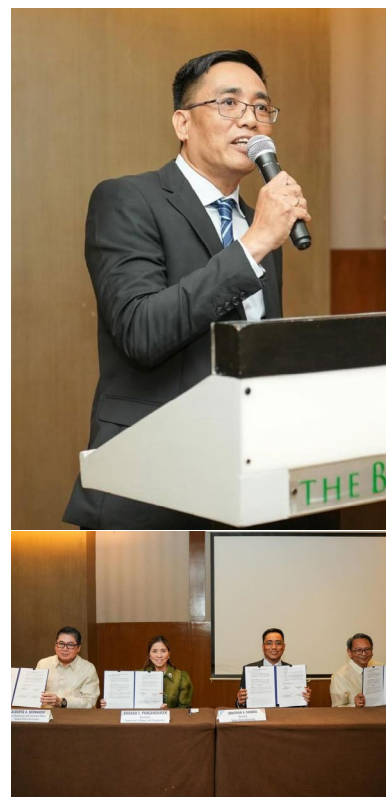


Photo Credits: Department of Budget and Management

Tarlac State University's commitment to excellence shines through as its Internal Audit Services Director received recognition from the Department of Budget and Management last February 28, 2024 at The Bayleaf in Intramuros, Manila.

Dr. Jonathan A. Gabriel is the first recognized resource person on the National Guidelines on Internal Control Systems (NGICS) and Revised Philippine Government Internal Audit Manual (RPGIAM) among state universities and colleges in the Philippines.

He now serves as the new member of the roster of recognized RPs in charge of engaging in various learning and development interventions on government agencies' internal control and internal audit, including the capacity-building training on the NGICS and RPGIAM.

In an interview, Dr.

Gabriel shared that he received an invitation in 2023 from the DBM-SPIB (Systems and Productivity Improvement Bureau) to take part in the recognition program.

"Yung invitation from DBM-SPIB ay based doon sa performance sa RPGIAM roll-out kung saan nag-participate ako as a TSU participant. Tiningnan nila 'yung performance doon, and then luckily, napasama ako sa top performers nila," he said.

The director shared that he did not hesitate to accept the invitation.

"Ang nasa isip ko noon ay mas lalawak 'yung reach ko sa mga dapat tulungan na SUCs, since isa ang TSU sa mga may pinakamagandang established IAS," he said.

The recognition program consisted of six phases – recruitment, selection, learning and development, evaluation, conferment, and retention.

Dr. Gabriel and other potential RPs submitted their credentials for assessment for the selection phase. They underwent training for the learning and development phase in October 2023.

In the evaluation phase, they became actual facilitators of the Batch 9 roll-out, the latest batch of RPGIAM, where Dr. Gabriel received a special award as the Highest Rated Potential Resource Person during the roll-out of the RPGIAM in 2023, an award also given last February 28.

Eventually, he became a recognized RP and signed the memorandum of understanding on behalf of the Batch 3 of Training of Trainers.

In his acceptance speech, Dr. Gabriel shared a quote of Woodrow Wilson, "Responsibility is proportionate to opportunity... Habang lumalaki yung opportunity,

lumalaki din yung responsibility"

As newly recognized RPs, they are required to train at least eight hours a year and be tapped as RPs twice a year in the NGICS and RPGIAM training conducted by DBM-SPIB for public sector agencies in the Philippines.

When asked about his vision for TSU as an RP, Dr. Gabriel shared that he is looking forward to more collaboration with other government agencies to exchange best practices.

"Yung mga best practices nila pwede natin ma-apply, magamit, at ma-adapt. At the same time, ako rin ay makakapag-share sa kanila. In the end, gaganda ang governance, risk assessment, at control processes ng university," he said.

The director thanks the TSU administration for its utmost support in his endeavors. Dr. Gabriel first held

## TSU introduces sports, wellness training for Tarlac school-based sports coaches

Maria Adelaida D. Calayag, Jodie Andrea G. Pangilinan

Tarlac State University launched a seminar and workshop on community sports and wellness, along with the Commission on Higher Education and the Provincial Government of Tarlac, from February 27 to 29, 2024 at the TSU Hotel in Lucinda Campus.

TSU is the first state university in the country to hold a capacity-building program as training for the coaches and trainers of the university and the Department of Education's Tarlac City and Tarlac Province divisions under the CHED-funded project called "Tarlac State University PATH (Promotion of Awareness, Teamwork, And Health) Towards Community Sports and Wellness."

This first leg among the series of activities under the TSU PATH aims to develop sports education in the province, unify sports policies and programs, and focus on grassroots development towards becoming a center for sports excellence in the country.

The three-day activity, titled "Training of Trainers for Community Sports and Wellness Impact," was rolled out following a memorandum of agreement signed by TSU, CHED, and PGT in November 2022.

Moreover, this also served as an avenue where the participants raised their concerns to the university and local authorities regarding the support they needed to enact their plans and objectives for a stronger sports program in the province.

The coaches and trainers shared the common problems they often encounter,



like the procurement of training equipment, funding and support from government heads, and matters concerning the athletes' health.

On behalf of Tarlac Province Governor Susan Yap, a sports advocate, Provincial Sports Coordinator Mr. John Allan Brylle Manalang said that this is the first step of a long program for the betterment of the sports community in the province.

"It is very important na kayo po [yung manguna sa training], kasi kayo yung nasa grounds. Kayo po 'yung nakaka-experience from different sports. Kayo po ang nakakaalam kung ano po ang kailangan nating i-address," Mr. Manalang told the participants as feedback to the presentations.

"So, dahil po sa mga feedback ninyo, na-identify na po natin kung sino po 'yung mga stakeholders, o 'yung mga kailangan po nating i-tap o inform o kailangang maging aware sa larangan ng sports," he added.

TSU President Dr.

Arnold E. Velasco further emphasized the importance of the training and acknowledged the effort of the individuals behind this training, particularly the university's community sports and wellness committee led by College of Education Dean Dr. Jasper Jay N. Mendoza.

"This will indeed have an impact on our community. Your commitment will not only improve the knowledge of those attending but will also enhance the reputation of our university in fostering professional development in sports and wellness," he said.

Moreover, Vice President for Academic Affairs Dr. Agnes M. Macaraeg, through Prof. Augusto N. Lulu Jr., OVPAA Executive Assistant, stressed the empowering nature of the activity for the trainers, coaches, and athletes.

"As we gather here, let us recognize the profound impact that such initiatives can have on our society. By equipping individuals with the tools to become professional trainers, we are not only empowering them

but also enriching the lives of those they will reach through their work," VP Macaraeg's message read.

### Day 1

The training's first day commenced with lectures and activities from Coach Ana Dulce Yango, the sports project lead from the Office of the Executive Director IV under the CHED Central Office, and Prof. Jet Martine S. Geronimo, Ethics Review Board Head of Kolehiyo ng Lungsod ng Dasmariñas.

Coach Yango discussed the importance of community sports and wellness programs, focusing on their benefits and impact on the community.

"In the ecosystem of sports, the education institutions [are] the ones that should be in charge of research development and education... The LGU cannot implement without you – the educators... We come [into] the ecosystem to educate [and] to develop. Napakaganda pong pagtatapos na makita natin 'yung role natin... Making it clear to everyone that is our role – to

make this happen," she said.

Meanwhile, Prof. Geronimo discussed mental toughness in sports psychology, long-term athlete development, behavior control, and program sustainability, among others.

"We try to build this kind of activity para sa ating community, para maging sustainable siya... Kahit umalis po tayo, tayo ang nagsimula niyan. Tayo ang nagkaron ng active participation dito," he said.

### Day 2

The topics covered for the second day include sports leadership, discussed by Coach Yango, and the "coach-as-a-model" concept under sports psychology, tackled by Prof. Geronimo.

Coach Yango elaborated on the use of sports leadership to help aspiring athletes reach their goals and realize their potential in teamwork, excellence, and camaraderie.

The DanceSport national champion coach emphasized the importance of sports communication by building a relationship with the budget officer, principal, and other government heads.

She also shared the

qualities of a sports leader, leadership experience, and strategic thinking in sports.

Meanwhile, Prof. Geronimo delivered the second part of sports psychology, explaining that the coach is a model for the athletes through motivation.

He said that motivation could be seen in three subparts (choices, effort, and persistence), like making choices to play sports, setting goals, and the decisions they make to train even during the off-season.

### Day 3

For the third day, the trainers and coaches presented their frameworks covering needs assessment and goal setting.

This output from their activity will determine their targets and needs as well as the government offices, schools, agencies, key stakeholders, community organizations, and healthcare providers they need to tap.

The participants also conducted a comprehensive report to develop a program structure where they can create training schedules, workshops, and fitness activities accessible to all ages, professions, and



backgrounds or statuses in life in the diverse community.

Coach Yango lauded the coaches' insights in involving the parents in their framework, emphasizing that the parents' support of every athlete is vital to their performance and well-being.

Prof. Alberto Dimarucut from the University of the Philippines' College of Human Kinetics enlightened the participants with his topic on integrated sports science and technical skills training.

He tackled the importance of the scientific principles of sports science with skills development, conditioning programs, and evidence-based strategies for athletes, including nutrition and diet.

"It is very important that you understand what you drink, what you eat, and whatever you do that gets inside your body. And this one is very important for the coaches – pag gusto mo silang tumakbo nang mas mabilis, ano ang kailangang intake, and [you need] to watch the athlete's weight because some events require certain weight," Prof. Dimarucut said.

Likewise, he discussed the aspects and factors of biomechanics, physiology, skills

acquisition, transfer of learning, feedback, deliberate practice, visual and cognitive training, and periodization, among others.

He also referred to Prof. Geronimo's topic on psychology, noting its connection to sports science, particularly in considering the coaches' and athletes' mental health during training and competitions.

"Not only with the body but on how the mental (health) and emotions, the behavior of the person is very important on how you handle it; not only your athletes but also you as the coaches. You need to know your character, your behavior, kung kailan ka nagagalit, kailan isusupress, paano mo minomotivate ito not only your athlete but also yourself," he added.

Prof. Dimarucut also mentioned the recovery strategies, such as fluid replacements and exercise prescriptions, that the coaches should note.

"You need to understand certain recovery strategies, like how much water (to take), when is the time to sit, rest, how much sleep you need, hydration, and some aspects to avoid overtraining that can affect the athlete's performance," he said.



## IAS Director stands as TSU's pride in national internal audit and control systems

From page 9

the internal audit directorship in September 2009. Before becoming director, he was an instructor at TSU from July 1996 to March 2014.

He received his Bachelor of Science in Accountancy and Master of Business Administration degrees from TSU. Meanwhile, for his doctoral degree, he finished Doctor of Business Administration at the Angeles University Foundation. Apart from being a director, Dr. Gabriel has also been a part-time graduate school lecturer in the DBA program of TSU from December 2018 to the present.

With his commitment

to service, TSU awarded him a plaque of commendation in 2022 for his valuable contributions and selfless service to the university.

As an RP, Dr. Gabriel seeks to share with the TSU community how to integrate the four Es in its operations.

"Ang pwede kong impart sa (TSU) ay how to properly perform their functions efficiently, effectively, ethically, and economically. 'Yan 'yung lagi nilang sinasabi sa amin na dapat 'yung operations natin within the four Es," Dr. Gabriel said.

Dr. Gabriel now belongs to the roster of 28 recognized RPs of DBM.

## TSUian mechanical engineer places 6th in master plumber boards

From page 7

"Iba 'yung culture sa engineering eh, sobrang batak sa lahat. Kapag may bagsak ka, kailangan mabilis kang mag-cope at mag-bounce back. Sa COE, the professors would always push your limits. Dalawa lang naman option mo, to pass or to get better grades. In a way, that mindset has helped me develop a good study habit which in return has helped me in passing the MPLE," Martinez said.

When asked about her tips to future board exam takers, Martinez highlighted

the need to define one's purpose as to why they would take the MPLE.

Moreover, she advised enrolling in a review center aligned with one's study habits.

"The plumbing discipline is a very broad discipline, so it's better to invest in a review school. They can provide you with review materials, and they can guide you with the coverage of the exam," she said.

Martinez belongs to the additional 15 newly licensed TSUian master plumbers, giving the university a 60% first-time taker passing rate and 51.72% institutional passing rate against the 44.35% national passing rate.

# EDITORIAL

## A disregarded revolution



**IN PHOTOS: TSU SSC holds battle of the bands themed "The Anthem of the heart" during SAS week**



In mass communication, information revolutions are honored for these introduced changes that stuck or lasted for more favorable situations. Every introduction of a new leadership entails a revolution, with a set of ideals and concepts targeted to be ingrained in an organization. Therefore, a rather "new" administration of the Philippines revolutionized the country with a blatant disregard for the EDSA I commemoration.

News headlines were very clear – the usual February 25 holiday is not observed as a holiday this 2024. This decision was cemented by the Malacañang Palace in an October 2023 issuance of national holidays. It was contested that the EDSA I People Power Revolution commemoration this year fell

on a weekend that is why its essence of being declared a holiday was retracted. However, President Ferdinand Marcos Jr. Is known to have been moving holidays and retaining weekend holidays for the so-called holiday economics. What makes February 25 an exclusion?

Every sitting Philippine president since 1986 declared February 25 as a holiday to give the respect accorded to the bloodless revolution that involved the majority of Filipinos. From whatever political lens every Filipino views its surroundings today, the EDSA I is revolutionary in its own right. It placed the Philippines on an international arena, serving as an inspiration to other countries' movements, like the fall of the Berlin Wall in Germany in 1989. Above


all, there is wisdom in the previous Philippine presidents' declarations of an EDSA I commemoration holiday, even without a law.

This wisdom magnifies the importance of leaders' political will in continuing their predecessors' traditions and legacies. Some of these may be good; others could be negatively perceived, but a fair and just assessment of whether something must be continued or not could have been a good PR or, alternatively, a safer route.

Tarlac State University is not a stranger to this kind of wisdom. The incumbent administration strives to carve its own niche while sustaining the previous presidents' plans of action that led the institution to greater heights. President Arnold E. Velasco was clear

on this as he consistently acknowledges the past university administrations' leadership and legacies in his speeches.

The state university is a smaller unit that mimics the country. If the smaller unit knows how to respect revolutions, the bigger pool all the more has the capacity to do the same. Guts make a leader; egos break them. When EDSA I in 2024 was not declared a holiday in an October 2023 issuance, this act sent a spectrum of mixed messages among the imaginary and real political factions of Filipinos. Moreso, when people of power disregard revolutions and even legacies, the entirety could move backward. Now, where would the "favorable situations" from revolutions, information or political, go from here?



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