

Summary of the total number of conducted activities under each SDG for the academic year 2023-2024

SMU SDG Implementation, A.Y. 2023-2024



Total Number of SDG 5 Activities: One

Total Number of Recipients: 288



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NARRATIVE REPORT

SDG: SDG 5

Title of Activity: Seminar with the Woman

Date/Time: March 13, 2024

Venue: Saint Mary's University, Bayombong, Nueva Vizcaya

Organizers: ADSAS-W

Objectives:

Beneficiaries (if any):

Participants: SMU faculty, staff and students

A. Highlights of the Activity

The “Seminar with the Women” was comprehensive and enlightening, covering central topics such as HIV, teenage pregnancy, and mental health focusing on how to handle stress. The event aimed to educate and empower our students, faculty and staff to make informed decisions about their health and well-being.

The seminar commenced with an opening prayer led by Mr. Allan Guiab, a staff member from the Office of Dean of Student Affairs and Services. The participants were welcomed by Mrs. Alona C. Costales.

The discussion of Ms. Clavel A. Subayno, STI/HIV Aids Provincial Coordinator about HIV began with an overview of the virus, emphasizing its modes of transmission, preventive measures, and available treatment options. The importance of education and awareness in curbing the spread of STI/HIV was emphasized, equipping participants with essential knowledge to protect themselves and their communities.

Mrs. Evangeline Hernaez, in her talk about teenage pregnancy, addressed the risks associated with early pregnancy and provided information on contraceptive options and support services. By offering insights into the challenges of teenage pregnancy and resources to navigate them. The seminar aimed to empower young women to make wiser and healthier choices for their future.



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The third speaker, Ms. Chantal B. Tayaban, focused on stress management. Participants learned about the impact of stress on the physical, emotional, cognitive, and behavioral aspects of well-being and explored strategies to cope with it effectively. Techniques such as a healthy lifestyle, exercise, and seeking professional help were discussed as useful tools for managing stress.

Dr. Felipe V. Nantes in his closing remarks encouraged everyone to celebrate womanhood not only today but every day. Mrs. Maria Louisa I. Dio, ADSAS staff led the closing prayer.

The seminar was attended by 192 students at the Sacred Heart Center and 96 faculty and staff via Zoom. Overall, the seminar was a valuable opportunity for every student, faculty, and staff to gain knowledge, resources, and support on important health issues. It empowered them to take control of their health, make informed decisions, and prioritize their well-being.

B. Appendices

1. Attendance Sheet (scanned)
2. Program of Activities
3. Photo Documentation



The facilitators as they ensure every participant is set to get on an informative seminar



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Alona C. Costales



Prepared by:

Alona C. Costales
ADSAS-W

Noted by:

Dr. Allen S. Marquez
LMCDAC, Director



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NARRATIVE REPORT

SDG: SDG 10

Title of Activity: Run for the Woman

Date/Time: March 6, 2024

Venue: Saint Mary's University, Bayombong, Nueva Vizcaya

Organizers: Associate Dean of Student Affairs and Services for Women (ADSAS-W)

Objectives: This activity seeks to create a platform for students, faculty, and staff to come together to foster a more inclusive world for women.

Beneficiaries (if any):

Participants: SMU faculty, staff and students

A. Highlights of the Activity

With this year's theme, Lipunang Patas sa Bagong Pilipinas: Kakayahan ng Kababaihan, Patunayan,"Saint Mary's University initially celebrated Women's Month through the "Run for the Woman" event on March 6, 2024. This activity seeks to create a platform for students, faculty, and staff to come together to foster a more inclusive world for women.

The registration commenced at 6:00 a.m., officially marking the beginning of the event. It opened with the university prayer, followed by the welcome remarks of Mrs. Alona C. Costales. She encouraged everyone to run or walk not only for themselves but also for the women who have paved the way and for future generations by honoring the rights, strengths, resilience, and accomplishments of women worldwide. A warm-up exercise before the actual run was led by some members of the Marian Social Work Organization. The activity concluded with the closing remarks, of Dr. Felipe V. Nantes who expressed gratitude for everyone's participation.

This gathering saw a total of 236 participants, comprising students, faculty, and staff, engaging in a challenging yet joyful and meaningful activity.

Summary of the Activity Evaluation

B. Appendices

1. Attendance Sheet (scanned)
2. Program of Activities



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3. Photo Documentation





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Prepared by:

Alona C. Costales
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NARRATIVE REPORT

SDG: SDG 5

Title of Activity: GAD Seminar: Awakening the Power in US

Date/Time: March 20, 2024

Venue: Saint Mary's University, Bayombong, Nueva Vizcaya

Organizers: School of Teacher Education and Humanities

Objectives: To fulfill the need of gender development inclusion in the different course offerings and an update on laws governing violence against women and their children.

Beneficiaries (if any):

Participants: SMU faculty, staff and students

A. Highlights of the Activity

To fulfill the need of gender development inclusion in the different course offerings and an update on laws governing violence against women and their children, the Department of Languages, in partnership with the Lingkod Maria Community Development Advocacy Center (LMCDAC), spearheaded the conduct of a Gender and Development Seminar with the theme "Awakening the Power in Us" at the RT Conference Hall (1) last March 20, 2024.

The half-day seminar, which commenced at 1:30 in the afternoon, was divided into two parts where key speakers were invited from the 2nd Nueva Vizcaya Provincial Mobile Police Force Company and from the Bambang Municipal Police Station.

The program was opened by Dr. Christopher Allen S. Marquez, Director of the LMCDAC, who shared how the language we have in the Philippines is seen as a language that promotes equality since most of the terms we use are gender-neutral. Additionally, he mentioned that certain communities in the Philippines, especially among the IP, consider women an integral component of these communities as they help preserve cultural practices. Before giving the floor to the next speaker, he highlighted the need for a discourse between men and women which is important in policy making. Finally, he said, "Men and women are equal, but that does not entitle us to insult each other's identity."

The first part of the seminar was a lecture on the major provisions of the Republic Act 9262 or the Anti-Violence Against Women and their Children Act of 2004. PSMS Angelica V. Landicho of the Bambang Municipal Police Station started her lecture by discussing the different forms of abuse



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under this law. She also reiterated that VAWC is a public crime, which means anyone can file a case as long as the personnel has personal knowledge of the abuse. Moreover, she also discussed the possible penalties coupled with these kinds of abuses. After her main talk, the speaker entertained the audience with questions. She said that we need to stand up for ourselves when a member of the audience asked her for a piece of advice to those women who are afraid to report these kinds of abuses and that it is possible to put an end to this cycle of violence committed against women and their children.

On the other hand, the second part of the program centered on skills- development, where Police Corporal Joseph Diaz of the 2nd Nueva Vizcaya Provincial Mobile Police Force Company introduced and demonstrated some basic self-defense skills. He, together with a student volunteer, demonstrated self-defense skills when he was confronted with a knife and other deadly weapons. To conclude his workshop, he stated that when it comes to self-defense, it is not a matter of height and physique but of skills and muscle memory.

Miss Ruthie Mae Padilla and Miss Ma Corazon Alonso, both faculty members of the Department of Languages moderated the said seminar.

Summary of the Activity Evaluation

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GENDER AND DEVELOPMENT SEMINAR
Awakening the power in us
ANTI-VIOLENCE AGAINST WOMEN AND THEIR CHILDREN
PSMS ANGELIZA V. LANDICHO
WCPD PNCO, NVPPD
Bambang MPS
SELF-DEFENSE
PCORPORAL JOSEPH M. DIAZ
2nd NV Provincial Mobile Police Force Company
WEDNESDAY, MARCH 20, 2024 | 1:30-4:30 PM | RT CONFERENCE/FB LIVE

PROGRAM FLOW

- 1:00 PM REGISTRATION
- 1:30 PM OPENING PRAYER, NATIONAL ANTHEM, SMU HYMN
- 1:40 PM WELCOME REMARKS
MR. CHRISTOPHER ALLEN S. MARQUEZ
DIRECTOR, LMCDA
- 1:50 PM INTRODUCTION OF THE 1ST SPEAKER
- 1:55 PM ANTI-VIOLENCE AGAINST WOMEN AND THEIR CHILDREN
PSMS ANGELIZA V. LANDICHO
WCPD PNCO, NVPPD
Bambang MPS
- 2:55 PM AWARDING OF CERTIFICATE
- 3:00 PM INTRODUCTION OF THE 2ND SPEAKER
- 3:05 PM SELF-DEFENSE
PCORPORAL JOSEPH M. DIAZ
2nd NV Provincial Mobile Police Force Company
- 4:05 PM AWARDING OF CERTIFICATE
- 4:10 PM OPEN FORUM / LAMBRECI
- 4:25 PM CLOSING REMARKS
MISS MARITES B. QUEROX
HEAD, DEPARTMENT OF LANGUAGES
- 4:30 PM CLOSING PRAYER
MISS RUTHIE MAE PADILLA
MISS CORRIE ALONZO
MASTERS OF CEREMONIES



"Self-defense is muscle memory" --- PCorporal Joseph M. Diaz shows survival moves in his talk on self-defense, encouraging the audience to apply in real life scenarios



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KNOW YOUR RIGHTS -- PSMS Angeliza V. Landicho enlightens audience on the premises of RA 9262, also known as the Anti-violence Against Women and their

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