NARRATIVE REPORT

SDG: **SDG (3) Good Health and Well-being**

Title of Activity: **HIV/AIDS AWARENESS AND EDUCATION SEMINAR**

Date/Time: February 1, 2025 8:00 - 11:00 AM

Venue: Fr. Tonus Gymnasium

Organizers: NSTP Office

Objectives: To educate participants about the nature, transmission, and prevention of HIV/AIDS.

To encourage advocacy and support for people living with HIV/AIDS.

Beneficiaries (if any):

Participants: NSTP Facilitators and Students, PHO Officers

A. Highlights of the Activity

In compliance with Republic Act 11166, also known as *An Act Strengthening the Philippine Comprehensive Policy on Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS) Prevention, Treatment, Care, and Support, and Reconstituting the Philippine National AIDS Council (PNAC)*, and CHED Memorandum Orders No. 16, Series of 2000, and No. 37, Series of 2001, which mandate the integration of HIV/AIDS education into the tertiary education curriculum, we aim to incorporate education on HIV/AIDS and other sexually transmitted infections (STIs)—including prevention, treatment, and health promotion—into the National Service Training Program (NSTP).

In this regard, the NSTP Office organized an HIV/AIDS Awareness and Education Seminar to equip students with essential knowledge about this pressing societal issue.

The seminar commenced with a solemn prayer, followed by the singing of the National Anthem and the Saint Mary's University Hymn. Mr. Renz Gabriel R. Jubay warmly welcomed the guest speakers, Madam Clavel Subayno and Sir Bryan Voltaire Iannu.

Madam Clavel Subayno delivered an insightful discussion on sexually transmitted infections (STIs). She elaborated on the different types of STIs, including gonorrhea, syphilis, herpes, and other related infections. She explained how these diseases are acquired, emphasizing the modes of transmission, such as unprotected sexual contact, sharing of contaminated needles, and mother-to-

child transmission during childbirth. Furthermore, Madam Subayno highlighted the preventive measures, such as practicing safe sex, regular STI screenings, maintaining proper hygiene, and the importance of early diagnosis and timely treatment to prevent complications.

The significance of Madam Clavel's discussion lies in raising awareness about the serious health risks posed by STIs if left untreated. By providing accurate information and addressing common misconceptions, she empowered students to make informed decisions regarding their sexual health. Her talk served as a crucial reminder of the role of education in reducing stigma, promoting healthy behaviors, and encouraging responsible practices among the youth.

On the other hand, Sir Bryan Voltaire Iannu focused on HIV/AIDS awareness, prevention, and treatment. He provided a brief yet comprehensive explanation of what HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immune Deficiency Syndrome) are, detailing how these conditions are transmitted. He emphasized that HIV can be acquired through unprotected sexual contact, sharing of contaminated needles, transfusion of infected blood, and from mother to child during pregnancy, childbirth, or breastfeeding.

Sir Bryan highlighted key preventive strategies, including the consistent use of protection during sexual activities, regular HIV testing, avoiding the sharing of needles, and promoting awareness about safe practices. For individuals already living with HIV, he discussed available treatment options, particularly antiretroviral therapy (ART), which helps manage the virus, improve the quality of life, and prevent the progression to AIDS.

Importantly, Sir Bryan also discussed the legal protections for individuals living with HIV, referencing laws that safeguard their rights. He underlined the importance of access to healthcare services and government support, stressing that HIV treatment is free in the Philippines. Moreover, he reassured participants that individuals receiving treatment can maintain their anonymity and confidentiality, reducing the stigma often associated with the condition.

The seminar also included an open forum, where students had the opportunity to raise their questions and express their opinions regarding the topics discussed. This interactive segment allowed for a deeper understanding of HIV/AIDS and STIs, as students actively engaged with the speakers, clarifying their concerns and sharing their insights.

To formally recognize the valuable contributions of the guest speakers, a Certificate of Appreciation was presented to Madam Clavel Subayno and Sir Bryan Voltaire Iannu by Mr. Renz Gabriel R. Jubay

The seminar concluded with a solemn prayer led by Mrs. Rose Marie Paned, fostering a reflective and heartfelt end to the meaningful event.

B. Summary of the Activity Evaluation

How would you rate the seminar in terms of the following?	Mean	SD	QUALITATIVE DESCRIPTION
1. Attainment of the Activity's objectives	4.72	0.52	Very Satisfactory
2. Relevance of the Topics:	4.73	0.53	Very Satisfactory
3. Trainers/Facilitators/Speakers Effectiveness 1	4.68	0.56	Very Satisfactory
Trainers/Facilitators/Speakers Effectiveness 2	4.73	0.53	Very Satisfactory
Trainers/Facilitators/Speakers Effectiveness 3	4.66	0.61	Very Satisfactory
4. Management	4.62	0.63	Very Satisfactory
5. Venue conduciveness	4.59	0.64	Very Satisfactory

Legend: 4.5-5.0 Very Satisfactory (VS); 3.5-4.49 Satisfactory (S); 2.5 3.49 Good (G;) 1.5-2.49 Fair (F); 1.0-1.49 Needs Improvement (NI)

A. Which of the topics/activities do you think is the most important to you?

- The majority expressed that all topics covered in the seminar were important or most important to them.
- Many specifically emphasized Disaster Risk Reduction and Management (DRRM) as crucial.
- Commonly highlighted topics include disaster preparedness, mitigation and prevention, and what to do before, during, and after disasters.
- Specific disaster types frequently mentioned were floods, landslides, earthquakes, cyclones, and storms, especially those relevant to their local area or personal experience.
- Several respondents valued learning about disaster causes, risks, and safety measures.
- Some found the real-life experiences of rescuers and emergency management phases (mitigation, preparedness, recovery) particularly impactful.
- A few noted the importance of learning about relevant laws such as Republic Act 10121 related to disaster management.

Overall, the focus was on practical knowledge that helps individuals and communities be better prepared and protected during natural disasters.

B. Which of the topics/activities do you think is the least important to you?

- The vast majority of respondents said none or N/A, meaning all topics were important to them.
- Many emphasized that every topic is relevant and useful, especially because the seminar focuses on saving lives and disaster preparedness.
- A few mentioned specific disaster types like tsunami, flood, typhoon, tropical cyclone, earthquake, and duck cover and hold, but only in passing or as something less important — yet still recognized as relevant.
- One comment highlighted discomfort with graphic images shown without warning, but still found the overall seminar okay.
- A few expressed being already familiar with some risks due to prior learning, but still did not discount their importance.

Overall: The consensus is that no topic should be considered least important since all parts contribute to understanding disaster risks and preparedness.

C. Suggestions:

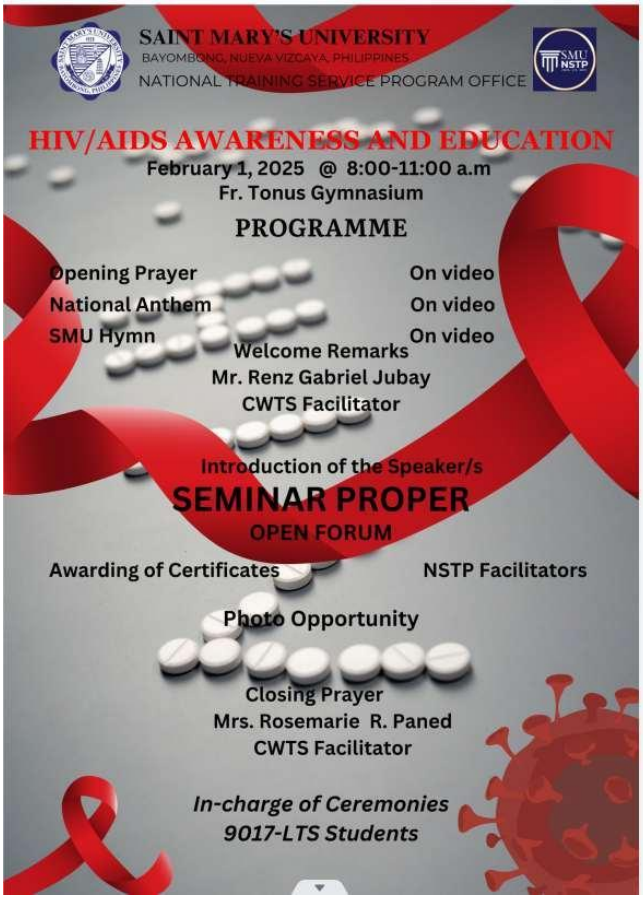
- Most people said "None" or "N/A" — many felt the program was good or already perfect.
- Some asked for better organization, like:
    - Coordinating student seating and program flow.
    - More organized seating arrangements.
    - Informing participants ahead about possible conflicts (e.g., venue availability).
- Improving visuals and readability:
    - Larger font sizes and clearer text on slides.
    - Use both projector screens.
    - Better color contrast for fonts.
- Requests for more engaging activities and enthusiastic emcees.
- A few suggested providing snacks.
- Giving out flyers or handouts for better note-taking or review.
- Comments encouraging the team to keep up the good work.

Overall, the main actionable points are about clarity of presentation, better coordination, and some added engagement — but mostly positive feedback!

C. Appendices

1. Attendance Sheet (scanned)

2. Program of Activities



3. Photo Documentation






Prepared by:

MRS. REJEAN ANN P. VALENTIN
Staff, NSTP Office

Noted by:

MR. DOMINGO T. GUNTALILIB JR.
Head, NSTP Office

NARRATIVE REPORT

SDG: Goal 3: Good Health and Well-being

Title of Activity: Project TeenSpired: An Advocacy Against Teenage Pregnancy

Date/Time: October 18, 2024 8:00 am – 11:30 am

Venue: Tonus Gym, Saint Mary's University

Organizers:

- **Philippine Pediatric Society – North Eastern Luzon Chapter**
- **Philippine Medical Association – Nueva Vizcaya Medical Society**

Objectives:

- **To help the youth know themselves and their worth.**
- **To educate the Filipino youth to make informed choices.**
- **To strengthen family relationships.**
- **To challenge the youth to commit to sexual abstinence before marriage.**
- **To encourage stakeholders to replicate Project TeenSpired.**

Beneficiaries (if any):

Participants: Grade 9 and 10 students

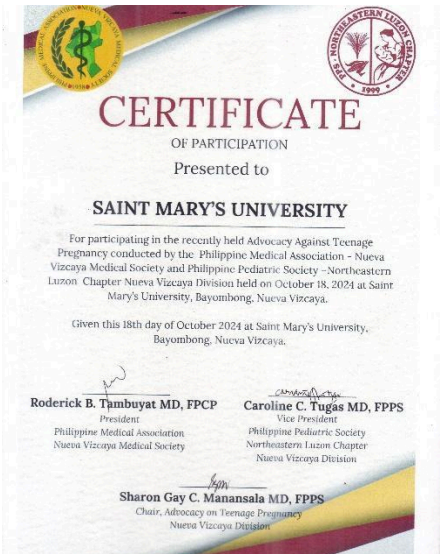
A. Highlights of the Activity

a. The event commenced with a warm welcome and an overview of the advocacy's mission to combat teenage pregnancy. Resource speakers delivered engaging and informative talks aimed at empowering the youth to recognize their value and make informed life choices. Interactive activities and group discussions were held to strengthen family relationships and inspire the youth to commit to sexual abstinence before marriage. Stakeholders and organizers emphasized the replicability of the program, encouraging participants to champion the advocacy in their communities.

B. Summary of the Activity Evaluation

C. Appendices

1. Attendance Sheet (scanned)



CERTIFICATE

OF PARTICIPATION

Presented to

SAINT MARY'S UNIVERSITY

For participating in the recently held Advocacy Against Teenage Pregnancy conducted by the Philippine Medical Association - Nueva Vizcaya Medical Society and Philippine Pediatric Society –Northeastern Luzon Chapter Nueva Vizcaya Division held on October 18, 2024 at Saint Mary's University, Bayombong, Nueva Vizcaya.

Given this 18th day of October 2024 at Saint Mary's University, Bayombong, Nueva Vizcaya.

Roderick B. Tambuyat MD, FPCP
President
Philippine Medical Association
Nueva Vizcaya Medical Society

Caroline C. Tugas MD, FPPS
Vice President
Philippine Pediatric Society
Northeastern Luzon Chapter
Nueva Vizcaya Division

Sharon Gay C. Manansala MD, FPPS
Chair, Advocacy on Teenage Pregnancy
Nueva Vizcaya Division

2. Program of Activities
3. Photo Documentation





Prepared by:

Joseph Ian D. Ariola
Designation

Noted by:

Grace D. Marabut, RN
OIC, University Health Services Office

Me. Samuel B. Damayon
Dean, Student Affairs & Services

Dr. John G. Tayaban
VP for Administration

Treatment and Ending Stigma

HIV Is Treatable

Antiretroviral therapy (ART) controls HIV, protects the immune system, and helps people live long, healthy lives.

Undetectable = Untransmittable (U=U)

People living with HIV who maintain an undetectable viral load through treatment do not transmit HIV through sex.

Choose Compassion. End Stigma.

- Respect everyone's privacy.
- Avoid judgment and discrimination.
- Share accurate information.
- Encourage testing and treatment.
- Support people living with HIV.

References and Contact Information

Learn More. Get Reliable Information.

- **World Health Organization (WHO)**
- **UNAIDS Global HIV Statistics**
- **Centers for Disease Control and Prevention (CDC)**
- **Philippine Department of Health (DOH)**

For HIV testing, counseling, and treatment, contact a local health center or HIV treatment hub.

Choose Compassion. End Stigma.

HIV does not define a person's worth. Knowledge prevents transmission, treatment saves lives, and compassion ends stigma.

Contact Information

Location
A212, Fr. Godfrey Lambrecht Bldg.

Email
guidance@smu.edu.ph

Phone
(078) 362 9670 or 0932 341 1493

Facebook
SMU Guidance

HIV AWARENESS



KNOW THE FACTS. PROTECT YOUR HEALTH. END THE STIGMA.

Understanding HIV is the first step toward prevention, early diagnosis, and proper treatment.

What is HIV?



HIV (Human Immunodeficiency Virus) attacks the immune system. Without treatment, it can progress to AIDS (Acquired Immunodeficiency Syndrome).

There is no widely available cure, but treatment can control HIV and help people live long, healthy lives.

Global HIV Statistics

Global estimates for 2024.

- **40.8** million people living with HIV worldwide.
- **1.3** million new infections.
- **630,000** AIDS-related deaths.

HIV in the Philippines

- **4,633** new cases reported in the first quarter of 2026.
- **4,381** males and **252** females.
- Approximately **51** new cases per day.

Symptoms and Transmission

Know the Signs

Some people experience flu-like symptoms within 2–4 weeks after infection, including:

- Fever and chills
- Sore throat and rash
- Fatigue and muscle aches
- Swollen lymph nodes and night sweats

Some people have no symptoms. HIV testing is the only way to know your status.

How Does HIV Spread?

HIV can spread through certain body fluids during:

- Anal or vaginal sex without effective prevention.
- Sharing contaminated needles or syringes.
- Pregnancy, childbirth, or breastfeeding.

HIV is NOT spread through hugging, handshakes, sharing food or utensils, toilet seats, coughing, or mosquito bites.

Prevention and Testing

Protect Yourself

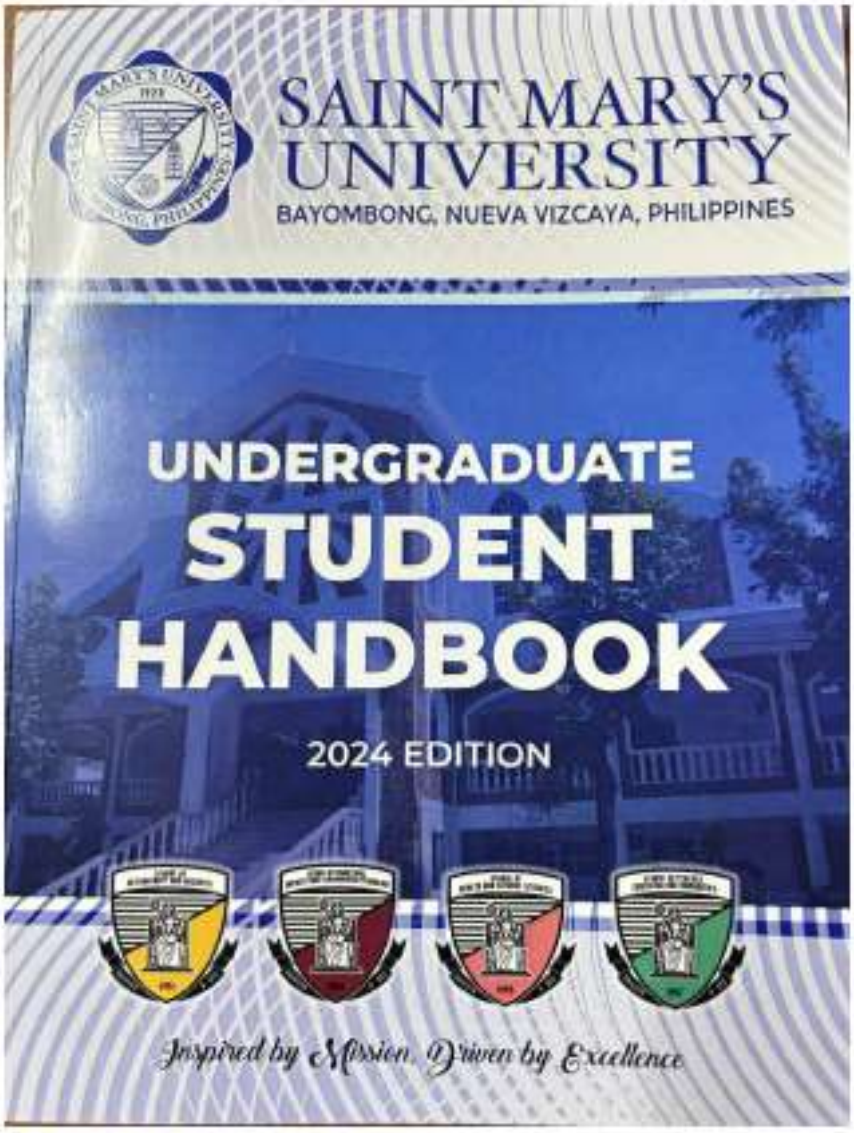
- Use condoms correctly and consistently.
- Never share needles or syringes.
- Ask a healthcare professional about PrEP, medicine that helps prevent HIV before exposure.
- Seek PEP after possible exposure. It must be started within 72 hours.
- Get tested and know your status.

Why Get Tested?

- **Negative result:** Learn about prevention and whether repeat testing is needed.
- **Positive result:** Seek confirmatory testing and connect with an HIV treatment facility promptly.

Early testing helps you make informed decisions and access care.

Source: SMU Undergraduate Student Handbook (2024 Edition), p. 118-121



11. Recreation and the worthwhile use of leisure time develop social contact. These also bring out the "self-confidence" and "assurance of worth" that give students poise and dignity, which sadly annoy students who go to questionable places and indulge in immoral pleasure.
12. "No Parking," "Off-limits," and other signs are to be observed by everyone.
13. Compulsory selling of tickets and the practice of exacting contributions from students for whatever purpose is prohibited. Permission for solicitation voluntarily for whatever purpose must be obtained in writing from the Academic Dean or Dean of Student Affairs and Services, who in turn has to inform the University President. Failure to do so will be considered a violation and will be dealt with accordingly (*BPRs Memo. 10, '66*).
14. For the safety of everybody, guards are authorized to do spot checks on bags, envelopes, and vehicles. They may frisk/search students and visitors as needed.
15. All performing groups are required to utilize the identified activity day and Saturdays for their rehearsals.

APPENDICES

ANNEX A: POLICIES AND PROCEDURES FOR MANAGING PREGNANCY OUT OF WEDLOCK (POW) CASES

I. PURPOSE OF THE POLICY

"Saint Mary's University (SMU) of Bayombong, as a Catholic and missionary institution of learning, draws its vision and orientation from the pertinent provisions of the 1987 Philippine Constitution, the educational goals expressed in the Education Act of 1982 and allied laws, the philosophy of the Commission on Higher Education as embodied in the Manual of Private Higher Education (MORPHE) of 2008, the Apostolic Constitution on Catholic Universities Ex Corde Ecclesiae, and the vision mission and directives of the educational apostolate of the Congregation of the Immaculate Heart of Mary (CICM)."

Saint Mary's University, as a Catholic institution, has a mission to preserve morality. It, therefore, has strict penalties for acts or offenses with moral turpitude. However, this resolve is tempered by state policies and pertinent civil laws. This policy was created as part of the University's commitment to promote morality, the integrity of persons, and the right of all students to be afforded and complete quality education. It further advocates for the protection of students from sexually-transmitted diseases and risks that an unplanned pregnancy may cause. This steady position of compliance with existing penal laws and adherence to Catholic philosophies ensures that cases of pregnancy out of marriage are not given undue discrimination. The overarching ground on which this policy is founded is the preservation of the sanctity of marriage and the life of a child borne by a pregnancy out of wedlock.

II. POLICY PRINCIPLES

This policy is anchored on the following guiding principles:

A. CATHOLIC MORAL PRINCIPLES

1. "Saint Mary's University is a private Catholic institution of learning that envisions the formation of persons in the core values of excellence, innovation, and passion for Christ's mission. Since admitted students personify and represent the goodwill of the school, whether within or outside of its premises, they are **bound to conduct themselves properly in accordance with the Marian virtues**. They are likewise **expected to manifest, both within and outside of the bounds of the university premises, the respect for morality**, and the rights of others" (SMU Undergraduate Student Handbook, 2022, Statement of Objectives;
2. "Acts of immorality such as but not limited to engaging in **illicit relationships, or indecent obscene or provocative conduct within the school or outside the school premises during school function/s**" shall be dealt with an imposition of a sanction ranging from **suspension to exclusion** (SMU Undergraduate Student Handbook, 2022, Unacceptable Student Conduct.

B. ACADEMIC REGULATIONS

1. A student's liability shall not be confined to the acts or omissions mentioned in the Code of Discipline, but s/he may also be administratively sanctioned for any other acts "that are generally accepted as misconducts, immoral and/or wrongdoings inimical not only to the academic community but also to the whole society" (Ulpiano P. Sarmiento III, Education Law, and the Private Schools: A Practical Guide for Educational Leaders and Policymakers, 2009 Revised Expanded Edition, page 515);
2. "Administrative penalties may be imposed upon an erring student, for a commission of any serious offense or violation of institutional disciplinary rules and regulations" (MORPHE, 2008, p. 72). A penalty of exclusion "allows the institution to exclude or drop the name of the erring student from the roll of students immediately upon resolution for exclusion was promulgated." This is imposed for offenses such as ... immorality... (MORPHE, 2008, p. 73);

C. LEGAL PRINCIPLES

1. "Magna Carta for Women or R.A. 9710, IRR, Section 13. Equal Access and Elimination of Discrimination in Education, Scholarship, and Training (p. 12) **"Expulsion and non-readmission of women faculty due to pregnancy outside marriage shall be outlawed. No school shall turn out or refuse admission to a female student solely because she has contracted pregnancy outside of marriage during her term in school."**
2. "Magna Carta for Women or R.A. 9710, IRR, Section 16. Equal Access and Elimination of Discrimination in Education, Scholarships, and Training (p. 60):
   #2. "**No female student shall be expelled, dismissed, suspended, refused or denied of admission, or forced to take a leave of absence in any educational institution solely on the grounds of pregnancy outside marriage during her school term**";
   #3. "**Pregnant students shall be assisted through available support services while in school, such as but not limited to counseling to ensure completion of their studies.**"

3. *Special Protection of Children Against Abuse, Exploitation and Discrimination Act or R.A. 7610. **"The best interests of children shall be the paramount consideration in all actions concerning them, whether undertaken by public or private social welfare institutions, courts of law, administrative authorities, and legislative bodies, consistent with the principle of First Call for Children as enunciated in the United Nations Convention of the Rights of the Child. Every effort shall be exerted to promote the welfare of children and enhance their opportunities for a useful and happy life".**

4. *Solo Parents' Welfare Act of 2000 or R.A. 8972: "The State to promote the family as the foundation of the nation, strengthen its solidarity and ensure its total development. Towards this end, it shall develop a comprehensive program of services for solo parents and their children" ... Solo parents are:
#7. "Parent left solo or alone with the responsibility of parenthood due to abandonment of spouse for at least one (1) year;
#8. Unmarried mothers/fathers preferred to keep and rear her/his child/children instead of having others care for them or give them up to a welfare institution.
*Based on the existing institutional policy of Saint Louis University (SLU), Baguio City

III. POLICY

The University's policy is to preserve the sanctity of marriage and the life of a child born out of marriage. Unmarried students expecting a child are allowed to accept the grace of the holy sacrament of marriage. By recognizing and experiencing this sacred bond, the couple avows their permanent commitment to (1) a life of total sharing with each other, characterized by resilience against adversity, and (2) fulfill their parental responsibilities to their child/ren and bring them up in the Christian way. In relation to these, the following should be upheld:

1. Students, regardless of age, will not be forced to enter into marriage, except if both parties, with the approval of their parents, are willing to bind themselves in the sacrament of marriage. If both parties are willing to marry, a copy of the valid marriage certificate must be provided to the ADSAS for Men and Women once it is available. They are re-admitted to the university after sealing their commitment to preserve the sanctity of marriage and their child. However, in no case shall an unmarried student be prevented from finishing the current semester once her pregnancy is discovered. For those who decided not to co-habit with their partner, they will be requested to provide a duly notarized "certificate of non-cohabitation";
2. After giving birth, the student may be re-admitted once she provides either a marriage certificate or a certificate of non-cohabitation. As in the case of those with medical conditions that necessitate prolonged absence from school, the female student returnee will also be required to present a medical certificate from her doctor. This, together with medical clearance from the University physician, is presented to the school once they are available;
3. All cases of pregnancy out of wedlock will be required to create a "Written Realization, Appeal and Commitment Signatures (WRACS)" either during the

semester when the pregnancy was discovered or just before readmission into the university;

*The WRACS is a formally written document by the male and/or female student involved in the POW case. By accomplishing the WRACS, the student/s signifies his or her acceptance of the university policy on POWs. The WRACS indicates the student's realizations from his or her POW experience, appeals to the university and commitment to be a better student and parent.

4. Non-readmission is a last resort. All POW cases will be managed in that the welfare of the students involved and the concerned (unborn) child is a top priority.

IV. Management of pregnancy out of wedlock cases

This policy enforces the following to ensure that both male and female students' welfare, as well as those of their children, is taken into account without prejudice to the moral principles of the university:

1. Every case of pre-marital pregnancy must be reported to the Offices of the Associate Deans of Student Affairs and Services for Men and Women. This applies to: a) currently enrolled POW cases, b) those intending to return after childbirth, and c) transferees who are unmarried, currently have a child, and intend to enroll in the university;
2. *Apart from referrals, POW cases are also discovered in the admission, re-admission, and dropping processes. The following forms can help determine the POW cases: Student Affairs Office (SAO) forms readmission form for undergraduate and graduate students, admission form for transferees, degree holders, cross enrollees, and dropping or withdrawal form.
3. All pre-marital pregnancy cases will be dealt with confidentially. Upon knowledge of the case, the student will be requested to fill out the POW form;
4. Once referred to the ADSAS, a case conference between or among the parties involved will be convened. The pregnant student and her partner will be invited with their parents and/or guardians. The conference will discuss how the parties intend to deal with the situation. The University's policies and principles regarding the matter will be communicated;
5. A copy of the female student's ultrasound result and/or medical certificate specifying her likely date of childbirth will be requested. The female student, assisted by the ADSAS for Women, shall make the necessary arrangements with her instructors regarding classes she will miss due to childbirth or medical concerns related to pregnancy;
6. If both parties accept the school's policy and complete the required procedures, i.e., receive the sacrament of marriage, submit the marriage certificate, medical certificate, and clearance and accomplish the WRACS, then the case would be declared as resolved;
7. The male and female students shall be referred to the Guidance and Testing Office and/or Campus Ministry to undergo counseling sessions immediately after knowledge of the pregnancy; and
8. For all POW cases, the certificate of good moral character is not provided; rather, an alternative certificate is given.