



Consultation and Innovation Dialogue Boosts Community Livelihoods in Pura, Tarlac

by Leila C. Santos

A Product Consultation and Innovation Dialogue was successfully conducted on March 31, bringing together selected community-based organizations in Pura, Tarlac to assess and strengthen local livelihood initiatives.

The activity engaged various groups, including members of the Office of the Senior Citizens Affairs (OSCA), Persons with Disabilities (PWDs), Solo Parents, and the Linao Women's Association. It aimed to evaluate the current status of their livelihood activities, identify existing products, and determine areas requiring further

development and support.

Each participating association was assigned a consultant who facilitated discussions and conducted a kumustahan session, fostering an open and inclusive environment for sharing experiences. Participants presented their ongoing livelihood efforts, which largely consisted of food products, handicrafts, and other locally produced goods that serve as their primary sources of income. These exchanges provided deeper insights into the groups' capabilities, available resources, and operational challenges.

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CIT Restores Food Slicer Equipment to Support OSCA Pura Senior Citizens' Livelihood

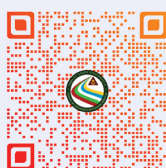
by Roberto D. Santiago Jr.

TARLAC CITY — The College of Industrial Technology (CIT) of Tarlac State University (TSU) conducted a two-phase extension activity involving the assessment and restoration of a food slicer used by the Office of the Senior Citizen Association (OSCA) of Pura, Tarlac, aimed at supporting the livelihood initiatives of senior citizen beneficiaries, in March 2025.



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The dialogue also encouraged participants to explore opportunities for innovation and expansion. Several groups expressed interest in diversifying their income streams through enhanced food processing, improved handicraft production, and other sustainable livelihood projects aligned with their skills and local resources. Their openness to innovation reflected a strong commitment to achieving economic growth and self-sufficiency.

Anchored on the

Community-Based Approach (CBA), the activity enabled associations to identify key areas where support remains essential. Among the common concerns raised were limited access to capital, the need for skills training, marketing assistance, and the provision of appropriate tools and equipment to improve productivity and product quality. These challenges underscored the importance of sustained intervention and capacity-building initiatives to ensure long-term sustainability.

Consultants also

documented the existing conditions of each group, noting persistent challenges such as limited financial resources, restricted market access, and the need for continuous training and development programs. These findings are expected to guide future initiatives aimed at addressing gaps that hinder the growth of community enterprises.

Overall, the activity provided comprehensive insights into the realities of grassroots livelihood groups in Pura, Tarlac, highlighting

both the challenges they face and their determination to improve their economic conditions. The data gathered will serve as a basis for developing targeted programs and strategic interventions to empower these associations and promote sustainable community development.

The initiative was led by the Hospitality and Tourism Management Department, with the participation of faculty members John Edward S. Estayo, Emmerly P. Balbas, Ferdinand Y. Silaran, Mary Diane M. Tejano, and Jefferson D. Ruz.

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CIT Restores Food Slicer Equipment to Support ...

The intervention began with a technical assessment carried out by CIT faculty experts following reports that the equipment had become non-operational. The evaluation identified a torn coupling belt connecting the motor to the blade assembly, which disrupted power transmission and rendered the machine unable to function effectively.

In response, CIT implemented a restoration and maintenance activity to return the equipment to working condition. The initiative was led by faculty experts from the Mechatronics Department, including Mr. Alfredo P. Ibanez Jr., Engr. Chino Jose Pineda, and Mr. Dennis Michael Gutierrez. The team replaced the damaged



coupling belt, conducted alignment and inspection of the blade assembly, and performed operational testing to ensure the machine's reliability. Beyond the repair work, the activity also focused on capacity-building among OSCA members. Faculty experts provided hands-

on training on proper equipment operation, routine inspection, and preventive maintenance to help avoid similar mechanical issues and promote the sustainable use of the equipment.

The client organization, led by Mr. Feliciano Lambus, OSCA Head, emphasized the significance of the intervention, noting that the restored food slicer plays a vital role in supporting the group's income-generating activities. With the equipment

fully operational, the organization was able to safely resume its food processing tasks.

The initiative highlights the role of CIT's faculty-led extension services in addressing community-based technical challenges through practical and sustainable solutions. It also reflects the university's commitment to promoting inclusive development, particularly by empowering senior citizens through technology and livelihood support.





Art in Service: CAFA Transforms Spaces, Strengthens Partnerships Through Mural Project

by Lalaine Rose F. Santos

The College of Architecture and Fine Arts (CAFA) successfully completed its community extension initiative, “Kulayan ang Bayanihan: A Community Mural Painting Extension Project,” in partnership with the Bayanihan Institute, showcasing the transformative power of art in fostering unity, creativity, and community engagement.

The project commenced on March 2, bringing together CAFA faculty members led by Project Coordinator Mr. Kenneth Leo Pamlas, along with Fine Arts faculty Mr. Edno Joson, Mr. Jessie Tadeo Jr., and Ms. Jenifer Bernardo. Representatives from the Architecture Department also participated, headed by College Extension Department Head Ar. Paul Villegas, with Engr. Cesar Bartolo, Mr. Leonardo Hirang, Ar. Garry Advento, and Ar. Marco Bildan. Students and representatives from the Bayanihan Institute joined the activity, highlighting strong collaboration



between the academe and the community.

The first phase featured a mural painting workshop covering design principles, color harmony, scaling techniques, and proper wall preparation. Participants then engaged in hands-on activities, including wall cleaning, sketching, and initial painting.

On March 9, the second phase focused on continuing mural development. Mr. Kenneth Leo Pamlas, together with Mr. Edno Joson and Mr. Jessie Tadeo Jr., led the activity, joined by Ar. Ferdinand Valencia, Ar. Rico Mariano, Ar. Noreen Vendero, and Engr. Sheanne Marie Iglesia, along with participating students. The mural began to take shape

as colors and details were refined, reflecting themes of unity, shared identity, and community spirit.

The project concluded on March 16, with the completion of the mural. CAFA faculty members Mr. Kenneth Leo Pamlas, Mr. Edno Joson, Mr. Jessie Tadeo Jr., Mr. Albert Sanchez, Ar. Paul Villegas, Ar. Joanna Patricia Grande, Ar. Julia Nicole Balanquit, Ar. Miere Caitrin Lim, and Ar. Maryll Tumamao, together with students, finalized the artwork, transforming it into a lasting visual landmark for the Bayanihan Institute.

On the same day, a Memorandum of Agreement (MOA) was signed between CAFA and the Bayanihan Institute, formalizing their partnership and commitment to future extension initiatives.

The successful implementation of “Kulayan ang Bayanihan” highlights CAFA’s commitment to community engagement by bridging academic expertise and real-world application through meaningful artistic expression.



CIT Faculty Experts Extend Technical Assistance on Generator Set Battery Maintenance to Sotera Pharma Inc.

by Roberto D. Santiago Jr.

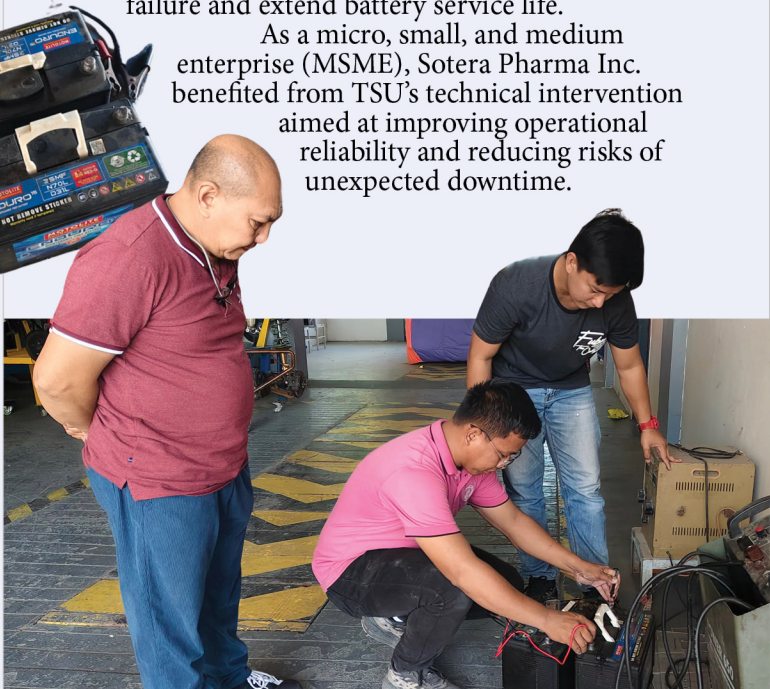
TARLAC CITY, March 9, The College of Industrial Technology (CIT) of Tarlac State University (TSU) provided technical assistance to Sotera Pharma Inc. through a one-day Generator Set Battery Inspection and Preventive Maintenance activity held at the TSU-CIT San Isidro Campus.

The initiative was led by faculty expert Mr. Van Ian Madriaga, together with Mr. Jison Pagudpud and Mr. John Ronnie Salvador, who served as technical resource persons. The team conducted hands-on assessment of the company's generator set battery systems to evaluate their condition, reliability, and maintenance needs.

The activity addressed key operational concerns such as battery deterioration, inconsistent preventive maintenance practices, and unreliable generator startup, issues that can significantly affect pharmaceutical operations during power interruptions.

During the technical assistance, the faculty experts conducted battery inspection and testing, evaluated charging performance, and demonstrated proper preventive maintenance procedures. They also provided on-site guidance on routine monitoring and shared recommendations to help prevent equipment failure and extend battery service life.

As a micro, small, and medium enterprise (MSME), Sotera Pharma Inc. benefited from TSU's technical intervention aimed at improving operational reliability and reducing risks of unexpected downtime.



CIT Faculty Experts Install Metal Sheet Signage for Aquino Center

by Roberto D. Santiago Jr.

In a continued effort to strengthen community partnerships and support local institutional development, the College of Industrial Technology (CIT) of Tarlac State University (TSU) extended technical expertise to the Aquino Center through a four-day project focused on the fabrication and installation of durable metal sheet signage, held from February 25 to March 4.

The initiative, conducted at the Aquino Center along MacArthur Highway, Barangay San Miguel, Tarlac City, aimed to enhance the facility's visibility, accessibility, and overall presentation as a recognized cultural, historical, and educational landmark in the locality.

The activity was spearheaded by Engr. Larry A. Suboc, together with CIT faculty experts Mr. Van Ian Madriaga, Mr. John Ronnie Salvador, Engr. Chino Jose Pineda, Mr. Ray Vincent T. Sarabia, Mr. Gerardo V. Sagun Jr., Ms. Alyssa Pempina, and Ms. Inocencia Ulep. The team provided technical expertise covering the full scope of the project, from design and fabrication to installation and turnover.

The project responded to the Aquino Center's need for a more durable and properly installed institutional signage to improve visitor guidance and reinforce its identity as a heritage site.





Communication Expert Invited as Resource Speaker on Anti-Sexual Harassment, Safe Spaces Laws

by Carmela Jane V. Paragas photos by Jeanette Parayno and Jonathan Manuel

Central Luzon Doctor's Hospital Educational Institution, Inc. strengthened its commitment to promoting a safe and respectful learning environment by holding a seminar titled "Building Safer Communities: A Seminar on the Anti-Sexual Harassment and Safe Spaces Act" on March 18, at the CLDHEI Gymnasium along Romulo Highway in Tarlac City.

The seminar gathered first-year college students and Grade 11 learners, aiming to raise awareness and deepen understanding of the Anti-Sexual Harassment Act of 1995 and the Safe Spaces Act. The initiative highlighted the importance of fostering a campus culture grounded in respect, accountability, and gender sensitivity. Serving as resource speaker, Prof. Winifredo L. Luis discussed the legal foundations, key provisions, and real-life applications of the laws. He outlined the various



forms of sexual harassment that may occur in schools, workplaces, and public spaces, and emphasized the responsibilities of both individuals and institutions in preventing such incidents.

Prof. Luis also underscored the importance of speaking up, reporting violations, and supporting victims, reminding participants that maintaining a safe community is a shared responsibility. Interactive discussions and situational examples enabled students to better understand how these laws protect individuals and promote dignity and respect in everyday interactions.

Organized by the CLDHEI Guidance and Testing Office, the seminar forms part of the institution's ongoing efforts to advance student welfare and holistic development. Through initiatives like this, CLDHEI continues to equip students with the knowledge and awareness needed to help build safer and more inclusive communities.

Psychology Department Leads Seminar-Workshop on Gender Equality at Atioc-Dela Paz Elementary School

by Carmela Jane V. Paragas

Atioc-Dela Paz Elementary School held a seminar-workshop titled "Lead Like the Babaylans, Filipinas!" as a powerful demonstration of their dedication to advancing gender equality and inclusive practices on March 18, at the school grounds in Barangay Dela Paz, Tarlac City, there will be a seminar-workshop on "WE for Gender Equality and Inclusive Society."

The activity brought together parents and school staff in a collaborative learning environment aimed at strengthening awareness and understanding of gender-responsive approaches within the community. The initiative highlighted the vital role of both educators and families in fostering a safe, inclusive, and equitable environment for learners.

Serving as the resource speaker was Dr. Jazmin Joy E. Dizon, who delivered an insightful and engaging discussion centered on gender equality, inclusivity, and empowerment. Drawing inspiration from the historical role of

babaylans as community leaders and agents of change, Dr. Dizon encouraged participants to embody leadership rooted in empathy, respect, and cultural awareness.

During the seminar-workshop, Dr. Dizon emphasized the importance of recognizing and addressing gender biases, promoting equal opportunities, and cultivating inclusive practices both at home and in school. She also facilitated interactive activities that allowed participants to reflect on their roles in building a more gender-sensitive and supportive community.

Participants conveyed gratitude for the pragmatic insights and substantive discussions presented during the event, observing that the seminar equipped them with essential tools to more effectively assist children and learners in today's multifaceted society.

The successful conduct of the seminar underscores Atioc-Dela Paz Elementary School's dedication to advancing gender equality and strengthening partnerships between the school and the community. Through initiatives like this, the institution continues to nurture empowered individuals who contribute to a more inclusive and progressive society.



Self-Help Plus Phase 2 Highlights Kindness Among Aeta Mag-Antsi Members

by **Romer L. Madrid**

photos by **COESSE – TSU The Psychological Society**

Following the successful implementation of Self-Help Plus last year, which included three sessions focused on stress management introduction, core concepts, and values, the Culturally Relevant Guidance and Counseling Component conducted Self-Help Plus Phase 2 Session 4 on January 31. This phase consists of two sessions that complete the five-day training program developed by the World Health Organization.

The continuation aims to enable community members to fully acquire skills and knowledge in managing stress through evidence-based strategies that support mental health and overall well-being.

The session was led by the component head, Mr. Daniel T. Dizon, with the participation of student volunteers from the Department of Psychology and Human Services. The student volunteers facilitated group discussions, activities, and grounding exercises focused on integrating kindness into daily life. The activity was attended by members of the Aeta Mag-Antsi community.

Mr. Dizon opened the program with a message of gratitude on behalf of the team, emphasizing the value of the session in promoting holistic well-being. He stated, “Sa kabuuan po ng ating gagawin, ito po ay makatutulong sa ating buhay, kalusugan, sikolohikal at pangkalahatang kapakanan.” The activity forms part of the ongoing initiative of Project Aytalakad Ing Lahi, which continues to strengthen mental health support among community members.



on kindness as both a personal and collective practice. Anchored in the Self-Help Plus framework, the discussion emphasized how kindness supports psychological well-being by fostering compassion, empathy, and connectedness.

Ms. Roella Hinayon, a psychology student, opened the discussion with a short grounding exercise to help participants breathe, acknowledge their feelings and thoughts, and reconnect with the present moment. She also provided a recap of the previous sessions, highlighting their connection to the current discussion. This was followed by a discussion led by Ms. Princess Sulay on unhooking from unkind thoughts and feelings. She emphasized that, “The more you get hooked by these thoughts, the more difficult it will be to act on your values.” A paper-based activity allowed participants to recall harsh self-judgments and practice unhooking from them.

Ms. Honey Cosme further discussed befriending

others, highlighting that small acts of kindness can make a meaningful difference, especially for individuals experiencing difficulties. She noted that even simple gestures, such as placing a kind hand on someone’s shoulders, can offer support.

Building on this discussion, Jameson Javelle Mena focused on befriending oneself, emphasizing that “the kinder and more caring and supportive you are to yourself, the more energy and motivation you will have to help or care for others.” He highlighted self-kindness as a vital foundation for extending kindness to others.

Ms. Jucelle Anin then introduced problem-solving as a practical way of applying self-kindness. She reminded participants that while not all problems can be solved, choosing value-guided responses helps reduce suffering, strengthens self-understanding, and enables individuals to relate to others with greater compassion and patience.

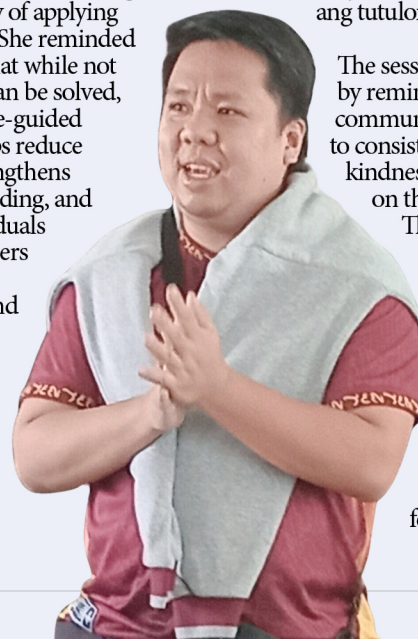
The session concluded with a final exercise facilitated by Ms. Eunice Ann

Rosete, which utilized grounding and unhooking skills to help participants live according to their values and show kindness to others. This was followed by a reflection-sharing discussion among community members.

Ms. Gloria Willam shared, “Bilang lingkod ng Diyos, nakikita ko po mismo sa kinikilos ng nakakaasap kaya ako na po mismo ang magtatanong sa kaniya at magbibigay ng payo.” Nanay Nenita William expressed, “Bilang komadrona ng katutubo, iyong kabutihan na matulungan sila sa panganganak.” Nanay Jovelyn added, “Kapag may gustong humingi ng tulong papunta ng hospital dahil hindi lahat kaya, kami po mismo ang tutulong.”

The session concluded by reminding community members to consistently practice kindness and reflect on their actions.

The final session of the five-day training program will focus on learning how to open up and make room for difficult thoughts and feelings.





Financial Literacy, Outreach Program Empowers Women at DSWD Tarlac Home for Women

by Assoc. Prof. Christine Janelle M. Santiago

A financial literacy and outreach activity aimed at empowering women residents was successfully conducted at the DSWD Tarlac Home for Women on January 15, through the joint efforts of the Junior Financial Executives (JFINEX) and the Office of Gender and Development (OGAD).

Titled "Gift of Learning and Care: A Financial Literacy and Outreach Activity," the initiative highlighted the importance of community engagement and women empowerment by equipping participants with essential financial knowledge and life skills.

The program featured Prof. Christine Janelle M. Santiago as the resource speaker, with Prof. Jovy P. Tomas serving as facilitator. Prof. Santiago led an interactive discussion on key financial literacy concepts, including budgeting, saving strategies, and responsible financial decision-making. Through practical examples and participatory activities, she guided participants in managing limited resources effectively and planning for long-term financial stability.

Prof. Tomas ensured the smooth flow of the program and encouraged active participation among the residents, fostering an inclusive and supportive learning environment where participants were able to share experiences and insights. In addition to the learning sessions, the activity incorporated an outreach component that provided psychosocial

support. This segment emphasized care, empathy, and inclusivity, creating a safe space where participants felt valued and supported.

The initiative demonstrated a holistic approach by addressing both the financial and emotional well-being of the beneficiaries. It also contributed to building confidence and independence among the participants through enhanced financial awareness and informed decision-making.



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Enhancing Entrepreneurial Plans: Students Undergo Feasibility Study Critique at Don Casimiro G. Tañedo Integrated School

by Chyna G. Quiambao

Students of Don Casimiro G. Tañedo Integrated School took a significant step toward entrepreneurial development as they presented their proposed business products during a feasibility study critique held on January 28.

The activity gathered student groups who showcased their product concepts, supporting documents, and business strategies before a panel of evaluators. Each proposal was assessed based on feasibility, production capacity, branding, marketing strategies, and financial sustainability. Serving as a critical evaluation phase, the panel provided detailed feedback, recommendations, and practical insights aimed at refining each group's business plan. The session concluded with the formal signing of evaluation documents, marking the completion of the review process.

The presentations highlighted both the creativity and diligence of the students, while also identifying key areas for improvement essential for real-world business success.

Among the groups, Wengchay Moringa's Nest

introduced NutriLeaf Cookies, a malunggay-based snack promoting healthier food options. While promising, the panel recommended improvements in documentation, business structure, production targets, branding, and market positioning. Tartemote, meanwhile, presented a kamote-and-carrot tart that earned praise for its uniqueness but raised concerns regarding ingredient balance, pricing, profitability, and alignment with its health claims, as well as unrealistic financial projections.

Greengrain Protein showcased the Thrive Bar, receiving suggestions to refine ingredient formulation, align nutritional claims, enhance branding, and address production and financial assumptions. Bit Bites offered a bite-sized snack concept that demonstrated financial potential but required adjustments in size, packaging, and presentation.

Verde Pandesal presented a vegetable-based bread but faced questions on product differentiation, ingredient selection, and incomplete financial data, highlighting the need for a



clearer value proposition. Squaffle Rings introduced a squash-based waffle product with potential, though improvements in branding consistency, pricing, product variation, and taste were recommended.

Notably, Squawrap stood out as a well-developed and scalable concept; however, revisions in financial projections, documentation, and production consistency were still necessary. In contrast, Wata Kimchi encountered significant concerns regarding the feasibility of using kangkong for fermentation, prompting recommendations for product reformulation or rebranding, alongside improvements in taste consistency, documentation, and overall branding strategy.

Overall, the evaluation emphasized the importance of aligning product concepts with market realities. Panelists

consistently underscored the need for realistic production planning, clear and compelling branding, accurate financial projections, and comprehensive documentation.

The initiative provided students with valuable learning opportunities, enabling them to identify gaps and enhance their proposals—bringing them closer to developing viable and sustainable business ventures.

The activity was conducted through the collaborative efforts of the Accounting Information System Department, Marketing Management Department, and Hospitality and Tourism Management Department, with faculty members including Henry D. Rufino, Reissa Joselle D. Gopez, John Edward S. Estayo, Kimberly R. Tabelon, and Sherwin John F. Gragasín.



CIT Conducts Lathe Machine Competency Training for PHINMA–University of Pangasinan

by Roberto D. Santiago Jr.

The College of Industrial Technology (CIT) of Tarlac State University (TSU) conducted a four-day Lathe Machine Competency Training for faculty members of PHINMA–University of Pangasinan at the TSU–CIT San Isidro Campus, reinforcing its commitment to technology transfer and faculty development initiatives, held from February 18 to 21, 2026.

The training was held in response to a formal request from Engr. Delaney C. Ofrecio, Dean of the College of Engineering and Architecture of PHINMA–University of Pangasinan, aimed at strengthening faculty competencies in lathe machine operation, safety practices, and laboratory instruction.

The program was spearheaded by Engr. Larry A. Suboc, with the support of CIT faculty experts Engr. Chino Jose Pineda and Mr. Gerardo V. Sagun Jr., who facilitated the hands-on sessions and provided continuous technical guidance throughout the training.

The activity focused on enhancing participants' machining skills, operational confidence, and safety awareness in handling

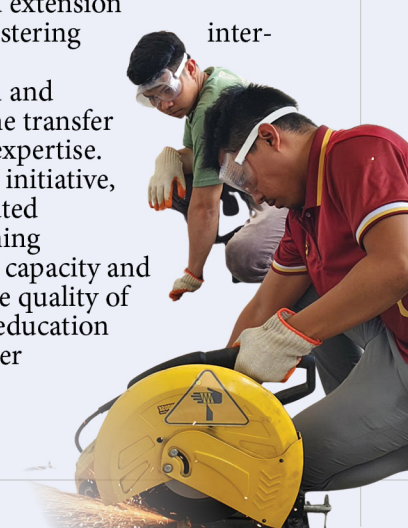


machine tool–based instruction. It emphasized the importance of faculty competency in ensuring safe, effective, and outcomes-based delivery of laboratory courses in engineering education.

Key components of the

training included lathe machine safety orientation, machine familiarization, basic machining operations, supervised hands-on practice, as well as troubleshooting and maintenance procedures. Participants were also trained on proper machine handling, correct tool usage, and routine equipment care.

The successful conduct of the program underscores the value of faculty-led extension services in fostering inter-institutional collaboration and facilitating the transfer of technical expertise. Through this initiative, CIT contributed to strengthening instructional capacity and advancing the quality of engineering education among partner institutions.





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