



# CvSU Updates

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## DOST-CALABARZON, CvSU host 2nd Nat'l Makapuno Summit

From a center to a summit, Department of Science and Technology (DOST) – CALABARZON partnered with Cavite State University (CvSU) for the conduct of the 2nd National Makapuno Summit on November 26 to 27, 2020.

With the theme “Empowering the Stakeholders of the Philippine Makapuno Industry Amidst the Pandemic”, the event aimed to discuss significant contributions in the development of the makapuno industry through the years.

In his message, Hon. Fortunato T. de la Peña, DOST Secretary, emphasized the opportunities brought by makapuno as a high value crop while also encouraging participants to continue collaborations to further develop the said industry. Meanwhile, Gen. Benjamin R. Madrigal, Administrator of Philippine Coconut Authority (PCA), inspired the participants to mainstream appreciation for science and technology in various fields as he mentioned the activities in different makapuno farms. Both served as guests of honor in the said activity.

The participants also witnessed the e-launching of the growth chamber developed by the National Coffee Research, Development and Extension Center to produce disease-free and quality coffee and makapuno planting materials. The said technology was funded by DOST – Philippine Council for Industry, Energy and Emerging Technology Research and Development while DOST-CALABARZON funded the piloting of the said technology. The Makapuno Research, Development and Extension (RDE) Center to be established at CvSU was also launched geared at spearheading various makapuno-related RDE initiatives.

An awarding ceremony was also held to give recognition to those who made significant contribution to the successful implementation of the Makapuno Island Project. They are the following: Mr. Joel J. Arandela (Best Farmer); Mr Nelson T. Omila (Special Recognition); Ms. Myleen L. Culing (Best Farm Technician); and Ms. Zita M. Mesa (Best Municipal Agricultural Officer). Dr. Alexander R. Madrigal, Regional Director of DOST-CALABARZON, was also given a Plaque of Recognition for setting directions and accomplishing milestones in the makapuno industry through his leadership and initiatives. Meanwhile, the winners for the poster competition recognized during the summit include: PCA-Albay Research Center for the Coconut Ice Cream with Makapuno Liquid Endosperm (1st place and Viewers' Choice Award); National Coconut Research Center – Visayas and College of Engineering, Visayas State University for the Development and Quality



Guests of honor for the summit

Evaluation of ‘Makapuno’ (Cocos nucifera L. ‘makapuno’) Biscotti (2nd place); and Department of Agriculture RFO-IVA - Lipa Agricultural Research and Experiment Station (LARES) for the Sustainable Embryo-Cultured Makapuno Production at Lipa Agricultural Research and Experiment Station (3rd place).

The summit was also loaded with relevant discussions on global and local makapuno landscape through the following plenary speakers: Dr. Le Cong Nong, Director of Institute of Oil and Oil Plant in Vietnam; Dr. Roland Bourdeix, International Expert of Diversiflora Enterprise in France; Mr. Alfred Kembu, manager of Productivity Improvement Program Kokonas Industri Koporesen in Papua New Guinea; Dr. Hengky Novariantio, Senior Scientist at Indonesia Palm Crops Research Institute in Indonesia; Dr. Alexander R. Madrigal, Regional Director of DOST-CALABARZON; Ms. Maria Buena A. Ubaldo, Science Research Specialist II at PCA-ALbay Research Center; Mr. Ramon Rivera, Regional Manager of PCA-CALABARZON; Mr. Policarpio Abary, Makapuno Entrepreneur in Quezon; Dr. Joel Lee, Director of School of Chemical Life Sciences at Nanyang Polytechnic in Singapore; and Mr. Jun Ayensa, Makapuno Farmer.

A total of 220 stakeholders participated in the said summit, conducted via Zoom and streamed live on Facebook. Participants were composed of makapuno farmers and processors, state universities and colleges and other private higher education institutions, national government agencies, non-government organizations, local government units and other interested private individuals.

### CvSU Vision

The premier university in historic Cavite recognized for excellence in the development of globally competitive and morally upright individuals.

### CvSU Mission

Cavite State University shall provide excellent, equitable, and relevant educational opportunities in the arts, sciences and technology through quality instruction and responsive research and development activities.

It shall produce professional skilled and morally upright individuals for global competitiveness.

## CvSU Webinar Tackles Mental Wellness

Providing an intervention to help employees cope with the new normal work conditions, the Human Resources Development Office (HRDO) and the University Health Services (UHS) spearheaded a health and wellness webinar entitled “Strengthening Employees’ Mental Health in the New Normal” on November 19, 2020.

In their messages, Dr. Hernando D. Robles, University President, and Dr. Camilo A. Polinga, Vice President for Administrative and Support Services, emphasized the need to refresh and recover as employees cope in the new setup brought by the pandemic. This was further explained when Dr. Mary Jane D. Tepora, Director of HRDO, gave the participants the rationale behind the activity hoping that it will give relevant strategies to cope with mental difficulties and uplift mental wellness through spiritual intervention.

The first session entitled Understanding Mental Health in the New Normal was delivered by Dr. Louziela P. Masana, licensed psychometrician and current coordinator of the Psychology Program in the T3 Campus (Gen. Trias, Trece and Tanza). She started with asking the current mood of the participants and reminded them that experiencing mental difficulties is normal when facing an abnormal situation but warning signs must be noticed to be addressed. She mentioned some of the possible activities to be done like observing proper breathing, listening to calming music, going for a walk, hugging a pet, talking to a friend, refocusing the mind and avoiding food with too much sugar and caffeine. She also discussed the 6 R’s of Self-Care that include the need to Recognize the symptoms, Reconnect with family and friends, Reflect about goodness and gratitude, Renew about spirituality and philosophy, Reframe the mindset, and

Refrain from things that do not help.

Meanwhile, the second talk on “Mental Wellness through Spiritual Upliftment” was delivered by Rev. Carmel Villar-Paet, faculty member of the Center for Pastor Care at Union Theological Seminary. She discussed the benefits of spirituality to mental wellness with her lecture on Rediscovering Filipino Spirituality. She recommended heightening of “*kamalayan*” and shared the concept of Tambayayong, a community support system practiced from womb to tomb in Leyte. According to her, it came from the words “*tabang*” which means to help and “*yayong*” which means to carry. “*Manginano*” drives people to ask or inquire others while “*magpakabana*” reminds people to act to lessen the burden one is experiencing.

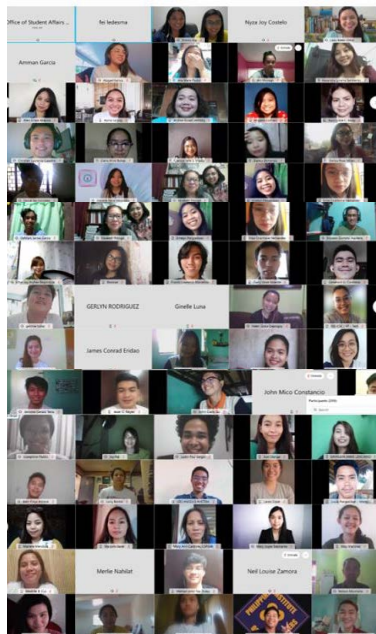
The third lecture on “Coping Strategies for Mental Difficulties” was discussed by Dr. Rainier B. Umali, psychiatrist and associate professor at Our Lady of Fatima College of Medicine. He talked about depression, anxiety and stress and the ways to deal with them. He also enumerated the signs of depression that include having depressed mood, diminished interest in the daily activities, weight loss or gain, insomnia or hypersomnia, being easily startled, losing energy, feeling hopeless, worthless and helpless, feeling of guilt, and poor cognition. To manage such, Dr. Umali suggested using catharsis, having relaxation process, maintaining positive thinking and making sure there is physical movement. He also mentioned some types of treatments for certain conditions.

After the insightful open forum, Dr. Romeo M. Sanchez, Director of the UHS, gave a recap of the key takeaways from the sessions and reminded everybody to help each other strengthen their mental wellness considering it not only as a timely issue but indeed a significant one.

## CvSU Recognizes 69 Official Student Orgs

To provide holistic campus experience and student development even in the virtual setup, 69 student organizations were recognized by Cavite State University during the Leadership Seminar cum Student Organization Recognition Program organized by the Office of Student Affairs and Services (OSAS) on Nov. 17, 2020 via Webex.

With the theme “Leading in a COVID Era: Trends for Student Leaders”, Dr. Hernando D. Robles, University President, encouraged the participants to consider leadership not as a means of power and authority, but as a responsibility to influence and to serve. This was further elaborated by Dr. Marie Gethsemanie P. Hilario, guest speaker, reminding the leaders that since the crisis that led to isolation has been affecting the youth, student organizations play a role in keeping the students mentally and emotionally healthy. She inspired the participants to be aware of the societal issues, to be involved in the change management and to forge stronger links to the community while also ensuring that their lives are not put at risk due to the pandemic. Dr. Hilario introduced SPACES, informing the student leaders to think of the Spiritual, Physical, Attitude, Cognition, Emotions Social Network and



Participants of the Leadership Seminar cum Recognition Program

Satisfaction at Work to be able to adapt in the new normal and assist other students who also need help. During the open forum, she emphasized that collaboration with advisers and parents would help in the success of the student leaders. Conflicts, according to her, may still arise but having good communication among parties will help them solve the problem so they can prioritize the goal of the organization more than the individual differences. Dr. Geths, the wife of Dr. Paul Hilario from the College of Arts and Sciences, is a graduate of Master in Education in Guidance and Counseling and PhD in Counseling Psychology.

Among the recognized organizations, 40 are academic, eight are non-academic, four belong to performing arts, and seven to the religious groups while 10 are student councils including the Central Student Government. A certificate of appreciation was also given to the Commission on Elections who facilitated the CSG elections this year.

After the awarding of certificates, Ms. Czerie Fei Ledesma, Head of Student Development Services, led the students in “Panunumpa sa Tungkulin”. An orientation on the policies and guidelines in conducting official activities was also given to the participants. Being registered trademarks, the CvSU and Laya at Diwa logo may only be used by recognized student organizations with approved activity proposals. OSAS also gave consideration to some organizations who were not able to renew due to lack of requirements. They may still send their documents until the end of November so that they will also receive their Certificate of Recognition.

In her closing remarks, Ms. Sharon M. Isip, Dean of the Office of Student Affairs, inspired the participants with her rendition of “Ngayon”, reminding all that every day is a chance to see the good in every person like the philosophy of Carl Rogers, an American psychologist.

More than 200 student leaders, faculty advisers and staff attended the said activity.

## CvSU Runs Virtual R&E AIHR 2020

Research and extension never stops. Instead, it develops and innovates further amidst the pandemic!

This was proven as Cavite State University conducted the Research and Extension Annual In-House Review (R&E AIHR) bringing all speakers, evaluators, and participants in the virtual room.

With the theme “Navigating the New Normal: Effective Research Methods amidst the Pandemic”, the Research In-House Review on November 3-4, 2020 delivered a keynote message from Dr. Elmer-Rico E. Mojica from the Dyson College of Arts and Sciences, Pace University in New York and two plenary talks from Dr. Louziela P. Masana and Dr. Ma. Cynthia R. Dela Cruz, both from CvSU.

Dr. Mojica inspired the participants through his research journey with a team aiming for each of them to grow as experts in the field while also ensuring that dissemination of research outputs is conducted. He also shared the adjustments they made to still pursue their studies even with the current pandemic. Meanwhile, Dr. Masana’s talk on “Flourishing Research Capability amidst the Pandemic: An Enhancement for Junior Researchers” reminded the participants to take care of their mental health while trying to work on their studies and building their credibility as researchers. On the other hand, the discussion of “Research for a Better Normal: Perspective of a Senior Faculty Researcher” delivered by Dr. Dela Cruz demonstrated how researches are anchored on global, national and institutional agenda as societal problems are addressed for more relevant studies. She also emphasized the research-instruction-extension continuum that is a guiding principle for researchers, both young and senior. Collaborative researches are encouraged and the administration ensured the continuous support to the University’s research and development activities.

Completed papers were divided into three categories. For the Agriculture, Life Sciences, Engineering and ICT, the following emerged as winners: Comparison of Different Enzyme Preparations for Production of Oligofructose and Inulin from Sugarcane Juice by Hosea L. Matel and Nhyll Angelo S. Acuña (1st place); Morphological Characterization of Commercially Cultivated Coffee (*Coffea* spp.) in the Philippines by Miriam D. Baltazar, Jermaine Marie Ann O. Fabella, Maowell A. Villanueva, Angeliza Restriva, and Mabell Amiscosa (2nd place); and Surface Water Measurements and Carrying Capacity Assessment in Maragondon River Watershed, Cavite, Philippines by Noel A. Sedigo (3rd place).

For the Development Category, the following were awarded: Design and Development of a Programmable Logic Controller (PLC)-Based High Capacity Plant Tissue Culture Growth Chamber for the Mass Propagation of Coffee by Gerry M. Castillo, Rosalie A. Pelle, Al Eugene L. Torres, Ric Karl T. Flores, and Antonette Jean L. Magcamit (1st place); Project ERGO: Development of Ergonomically Designed Tools for Various Industries Utilization by Willie C. Buclatin, Mary Joyce P. Alcazar, Gerry M. Castillo, Aivar M. Lopez, and Jay Vee L. Lacostales (2nd place); and ICT-Assisted Growth Management System for Mud crabs: Deployment and Evaluation (3rd place).

Best Papers for Social Sciences include: Gender-Based Differentiation among the Elected Barangay Officials in the First District of Cavite by Victoriano N. Rodil, Frinze AL. A. Bernal and Seuz Rey R. Cantela (1st place); Documentation and Analysis of Completed Researches of Undergraduate Students of Business Management by Gener T. Cueno, Sherrie Rose M. Rupido, Princess M. Feliciano, Tania Marie P. Melo, and Janice E. Paiton (2nd place); and Predicting the Occupation Progress of a Person using Decision Tree-Based Analysis by Rossian V. Perea (3rd place).

Out of nine entries for poster papers, Best Poster was given to the study entitled “Morphological Characterization of Commercially Cultivated Coffee (*Coffea* spp.) in the Philippines (Miriam D. Baltazar, Jermaine Marie Ann O. Fabella, Maowell A. Villanueva, Angeliza Restriva, and Mabell Amiscosa).

A total of 17 on-going research projects funded through the CvSU Research Grant and the Faculty and Student Research

*Dr. Mojica who served as keynote speaker during the Research AIHR*

Capability Enhancement Program were presented on the second day. First placers in the research and development categories were sent as entries to the 33rd Regional Symposium on Research, Development and Extension Highlights sponsored by the Southern Tagalog Agriculture, Aquatic and Resources Research, Development and Extension Consortium.

The Extension In-House Review, on the other hand, was conducted last October 21 with the following serving as evaluators of the on-going extension projects presented: Dr. Rolando V. Maningas, Chief of Information Services, Agricultural Training Institute Region IV-A, Dir. Armando V. Mendoza, Jr., Extension Services of Batangas State University and Dr. Almira G. Magcawas, CvSU.

Papers presented include Barangay Entreprenyur: Business Sustainability Program for Samahan ng mga Nagkakaisang Kababaihan ng Carmona, Inc (Joan L. Fortuna and Melody N. Plaza of CvSU-Carmona), Ystilo de Chabacano Production and Commercialization: Barangay-based Fisherfolks Community Project (Emeriza S. Caparaz of CvSU-Cavite City), KAPWA: Kalusugang Aagapay sa Pangkaisipang Waste at Akma Program for Persons Deprived of Liberty in Bureau of Jail Management and Penology Imus City (Ann Valery B. Sagrado and Kyle Ruselle P. Paredes of CvSU –Imus), REACH Project and Business & Entrepreneurial Skills and Training of PinyaBuhay for 4KTM or Kasaysayan, kultura, Kabukiran, Kainan (Zarah Jane Centeno of CvSU-Silang), SILAYAN 2.0 Psychological Wellness Program (Christine Marie P. Bayhon of CvSU-Silang), Zero Waste Management in the Coastal Areas of Naic, Cavite (Michelle C. Tanega of CvSU-Naic), Promotion of Fisheries Post-Harvest Technologies towards Food and Financial Security (Mariel Benigno of CvSU-Naic), and Hospitality Management Services and Business Management Trainings (Elsa D. Nueva of CvSU-Naic), Salin Impormasyon at Kaalaman sa Teknolohiya ng Kompyuter o SIKTeK (Sherrlyn M. Rasdas of CvSU-Naic), Tawid Karunungan: Functional Literacy Program (Catherine S. Diones of CvSU Naic), Phonological Awareness Training for Parents of Early Grade Students (Maria Leonora D. Guerrero of CvSU-Naic), BEEyond the Hive amidst Pandemic or CAS BEE (Michele T. Bono and Dickson Dimero of CAS). A total of 82 participated in the virtual Extension AIHR.

## DOST-PCIEERD Gives CvSU Free Access To Science Direct, Scopus

The DOST- Philippine Council for Industry, Energy, and Emerging Technology Research and Development (DOST-PCIEERD) gave Cavite State University free remote access to Science Direct (<https://www.sciencedirect.com/>) and Scopus (<https://www.scopus.com/>) databases.

All CvSU students and faculty members with official CvSU email address may create and register their own account. Instructions on how to access such can be seen through this link: <http://library.cvsu.edu.ph:82/ScienceDirect.php>

Any questions or concerns may be directed to the CvSU-Main Campus Library ([cvsulibrary@cvsu.edu.ph](mailto:cvsulibrary@cvsu.edu.ph)) or thru their official Facebook page at <https://www.facebook.com/cvsulibrary>.

## GAD Reports GADRC partners with PG-PPDAO, CDP for mental health webinar

In line with the celebration of the World Mental Health Day, the University's Gender and Development Resource Center (GADRC) collaborated with the Provincial Government - Provincial Persons with Disability Affairs Office (PG-PPDAO), and Center for Disaster Preparedness (CDP) for a two-day webinar training of trainers on mental health and psychosocial support for the 16 female and 3 male frontliners of One Life Foundation and Dasmariñas Community Christian Bible Baptist Church on November 9-10, 2020.



Ms. Marie Shiela Antenor-Haloc, Disability Affairs Officer IV of PPDAO-Cavite, welcomed the participants of the webinar. After the welcome remarks, facilitators from CDP gave mini-activities and breathing exercises for the participants to be relaxed and comfortable with one another.

The participants were then divided into two groups. The first group was facilitated by Ms. Mayfourth D. Luneta and Mr. Jose Mari Pineda while the second group was facilitated by Ms. Jocelyn T. Samson and Ms. Leizl Love B. Jimeno.

In the breakout session, participants were asked to introduce

themselves after and afterwards were given the opportunity to talk about their coping mechanisms, resilient attributes and their post pandemic hopes in the new normal.

The second day of the activity focused more on the basic concepts of mental health and psycho-social support (PSS) and the skills of a PSS provider. Tips for self-care/coping with stress was also discussed. The participants were again divided into two groups and they were tasked to do a role-playing where they will be the ones to act out as the PSS facilitator.

After the session, the participants were refreshed with the things they learned and they expressed their eagerness to relay such knowledge to their respective offices. They also expressed willingness to serve and work with Center for Disaster Preparedness in conducting psycho-social support training in Cavite.

World Mental Health Day has been celebrated every 10th day of October each year since 1992. It aims to promote mental health advocacy, to educate the public, to raise awareness and to try to prevent the stigma which is still often associated with mental health issues. Moreover, the 2nd week of October of every year has been declared as National Mental Health Week by virtue of Proclamation No. 452. The importance of mental health was even more recognized as the pandemic brought changes that led to physical distancing and increase of anxiety and stress.

## 5 CvSU programs under 1st virtual accreditation

Aiming to continuously improve the quality of education, five programs from the three campuses of Cavite State University were reviewed during the first virtual accreditation visit from November 16-20, 2020.



The following are the programs under visit: Preliminary Survey for BS Tourism Management (General Trias campus); 1st Survey for BS Psychology (General Trias campus) and BS Information Technology (Tanza campus); and 2nd Survey for BS Information Technology and BS Computer Science (CCAT campus).

Accreditors from the Accrediting Agency of Chartered Colleges and Universities in the Philippines who will conduct the online assessment were divided per campus. For the programs in CCAT Campus located in Rosario, the team is composed of: Dr. Jude B. Rola from Visayas State University, Team Leader for BSCS; Dr. Jennifer C. Mamerito from Iloilo State College of Fisheries, Lead Accreditor for BSCS; and Dr. Nemias M. Galang (Team Leader for BSIT) and Prof. Melojean C. Marave (Lead Accreditor for BSIT), both from President Ramon Magsaysay State University.

Meanwhile, the BSIT program from Tanza campus will be reviewed by Prof. Reynold P. Villacillo from Mariano Marcos State University (Team Leader) and Prof. Christopher John R. Llanda from Abra State Institute of Science and Technology (Lead Accreditor).

The team for the two programs under General Trias City campus is composed of: Dr. Elizabeth Marfel F. Gagni from Mariano Marcos State University (Team Leader for BSPSyc); Prof. Mydee O. Gervacio from Quirino State University (Lead Accreditor for BSPSyc); and Dr. Sarah Marie B. Gador from Siquijor State College (Lead Accreditor for BSTM).

On the other hand, Dr. Nancy F. Galban from Don Mariano Marcos Memorial State University will review the documents and procedures relevant to libraries across all programs and campuses.

A virtual accreditation room to provide necessary documents was prepared by the committee from the University headed by Dr. Adolfo C. Manuel, Jr., Director of the Institutional Development Office.

In his welcome remarks during the Opening Program, Dr. Hernando D. Robles, University President, emphasized that the quest for quality education must continue with the help AACCUP hoping that 2021 will be a better year for everyone.

Other programs subjected to accreditation survey this month include BS Food Technology, BS Psychology, BS Fisheries, Bachelor of Secondary Education, and BS Hotel and Restaurant Management.

## NEWS BITS

### CvSU observes acad break

The University observed its one-week academic break from November 9 to 14, 2020. No synchronous classes were conducted during the said period. Moreover, no asynchronous activities were given to the students so they could use such break to regain energy and catch up with the lessons. Meanwhile, faculty members were tasked to assess the status of their students and to come up with necessary adjustments in course delivery and assessments if necessary.

### CvSU supports End VAW campaign

Cavite State University joins the observance of the 18-Day Campaign to End Violence against Women from November 25 to December 12, 2020. Various activities were done in relation to this advocacy with the University Gender and Development Resource Center taking the lead.

### 1st virtual SHS graduation conducted

CvSU- Laboratory Science High School conducted its first virtual 93rd Commencement Exercises and 5th Moving Up Ceremonies on November 14. A total 65 graduates and 61 junior high school completers were given recognition in the said event.

## CvSU Updates

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