



Republic of the Philippines  
*Mountain Province State Polytechnic College*  
Bontoc, Mountain Province

## **Extension Unit**

# **ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN & CHILDREN**



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

## Extension Unit

# Terminal Report

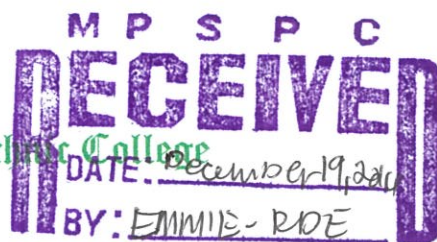




Republic of the Philippines

**Mountain Province State Polytechnic College**

(Campus Address)



#### TERMINAL REPORT

Training Title: **ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN AND CHILDREN**

Extension Component : Seminar/Information Dissemination  
Extension Program : Advocacy and Policy Support  
Cooperating Agency : Sadanga, Mountain Province  
Implementing Department : Extension Unit, Criminology Department, GAD Office

Trainers/Speakers : Rommel Fecha, Alban Fanao,  
June Biangdan, Lynden Codmor,  
Joni Pagandiyon, Alma Peningeo  
Raquel Falangon, Mercedes Danglose,  
Eric Danglosi, and Roger Pacling

Coordinators: : Karyl A Po-or, Emmie P. Aroy  
Angel C. Libang, Rochelle Ann C. Dalay-on

Actual No. of Participants : 798

Actual Venue : **Barangays:** Betwagan, Sacasacan, Saclit  
**Schools:** Betwagan National High School  
Sacasacan Elementary School  
Saclit National High School  
Saclit Elementary School  
Sadanga Central School  
Betwagan Elementary School

Actual Date of Implementation : December 6-10, 12-14, 2016

No. of Training Days : 8 days

Source of Fund MPSPC : \_\_\_\_\_

Total Budget Requirement : \_\_\_\_\_

#### Executive Summary

November 25-December 12 has always been observed as an 18-day campaign to end violence against women. Pursuant to Presidential Proclamation 224 and 227 and R.A No. 6469, the CSC is spearheading the annual observance of the 18 - day Campaign to End Violence Against Women. In the observance of the campaign and in compliance to M.C No. 26, s. 2016 of the Civil Service Commission enjoining all government agencies and LGUs to participate in this campaign, the Mountain Province State Polytechnic College, being a strong advocate of Anti - VAWC conducted an advocacy on Anti-VAWC in the different schools and barangays in the municipality of Sadanga, Mountain Province from December 6-10, 2016 and December 12-14, 2016. The institution strongly believes that such an advocacy is a very effective way of reaching out to its extension partners and other community people to empower and make knowledgeable the women and children of their rights, responsibilities and duties, increase their awareness on the various forms of VAWC, thereby making them be protected from all forms of acts that are deemed unlawful by society and the governing laws.

The activity was coordinated by MPSPC's Extension Unit and spearheaded by the Criminology Department and the GAD Office.

In a brief interview and informal chat with the different school heads, some participants and community people during the conduct of the activity, they aired that it is so good for the institution to reach out to them to present the updates with regards to VAWC and continuously advocating such a very significant matter. The need for these information is a must, and needed to be constantly be given to the community most especially to the pupils and students for them to be reminded and be aware always of these things, according to them.

The beneficiaries of the activity recommended that this activity be yearly sustained as the need for knowledge and awareness is a must.

The 8-days advocacy was implemented successfully.

Attachments of the terminal report

1. Approved Activity Design
2. Lecture notes/powerpoint presentations of speakers
3. Attendance sheet/Participants directory
4. Photo documentation
5. Certificates

Prepared by:

  
Karyl A. Po-or  
SRA/Extension Staff

Noted by:

  
ELMER D. PAKIPAC  
Extension Director



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## Extension Unit

# Photo Documentation



# BETWAGAN NATIONAL HIGH SCHOOL

December 6, 2016



Mr. Rommel Fecha gives the overview of the Anti-VAWC .



Ms. Alma Peningeo discusses on "What is VAWC."



Mr. Lynden Codmor discusses on "The impact of Violence and Abuse to Women and Children."



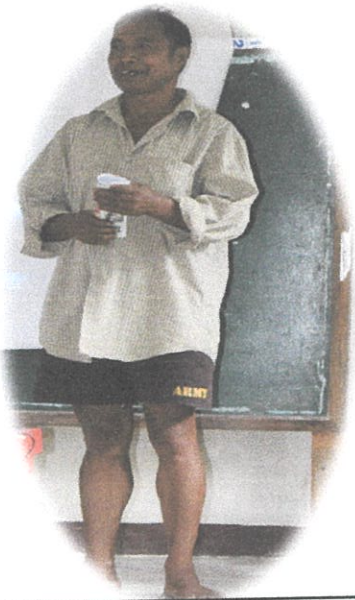
## Open Forum





# BARANGAY BETWAGAN

December 7, 2016



One of the Barangay Kagawads welcomes the resource speakers from the Criminology Dept. of MPSPC.



Mr. Alban Fanao delivers the overview of the VAWC



Ms. Raquel Falangon continues the discussion on VAWC



The Participants



Mr. June Biangdan gives some preventive tips on how to avoid violence and abuse

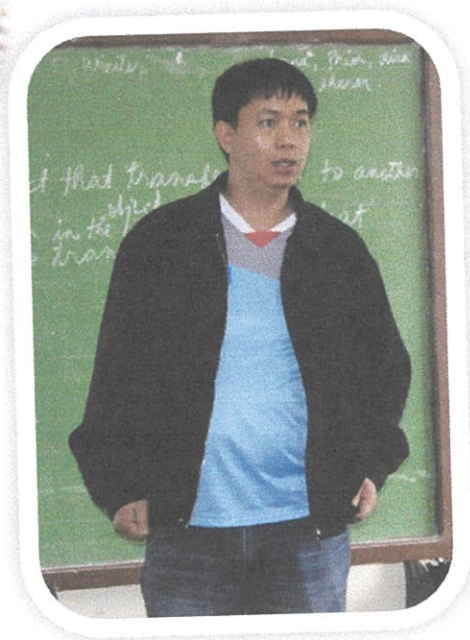


Kagawad Manolo expresses his appreciation on the efforts of the College in conducting information dissemination on VAWC in their community.



BARANGAY SACASACAN & SACASACAN ELEMENTARY SCHOOL

December 8, 2016





# SACLIT NATIONL HIGH SCHOOL

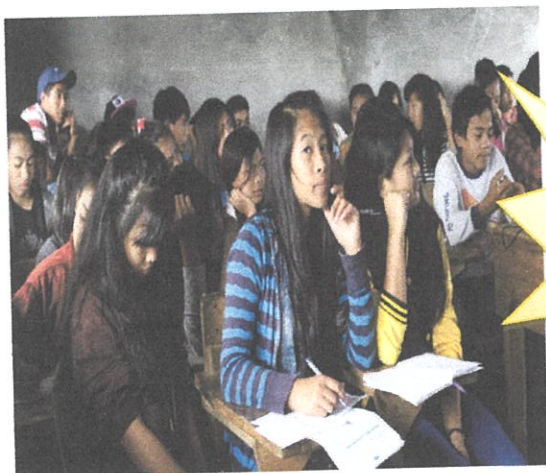
December 9, 2016



Mr. Joni Pagandiyan lectures the overview of VAWC



Ms. Falangon delivers her lecture on VAWC



The participants



Mr. Codmor explains the Impact of Violence and Abuse to Women and Children



Mr. Fanao shares some tips on how to avoid VAWC



# SACLIT ELEMENTARY SCHOOL

December 12, 2016



Mr. Fanao gives examples of VAWC for the young participants.

The participants



Mr. Fecha continues the discussion of VAWC for the young participants.



# SACLIT CENTRAL SCHOOL

December 13, 2016



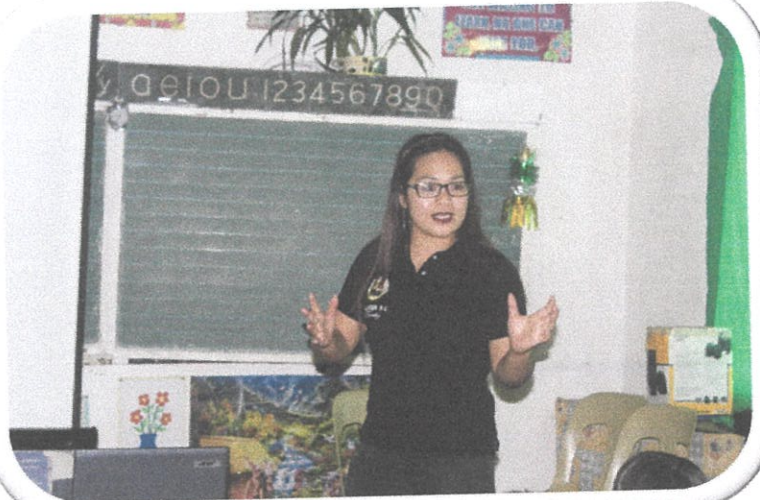
The Principal of Sadanga Central School welcomes the speakers on VAWC from MPSPC



Warm-Up Exercise



Ms. Danglose delivers her lecture on the Impact of Violence and Abuse to Women and Children

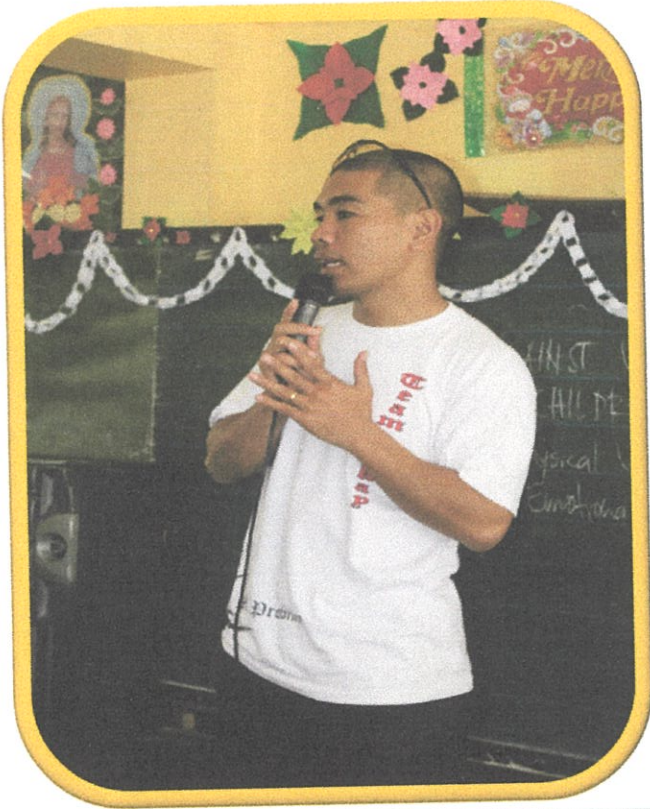


Ms. Falangon discusses her lecture on What is VAWC?



# BETWAGAN ELEMENTARY SCHOOL

December 14, 2016



Mr. Fecha gives the overview of VAWC .



## Open Forum



Mr. Danglosi continues the lecture on the Impact of Violence and Abuse to Women and Children







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Bontoc, Mountain Province

## Extension Unit

# Attendance Sheet



## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify

Type

Meeting

Training

Orientation





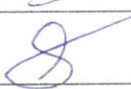
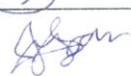





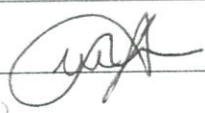
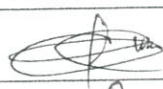
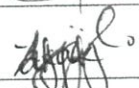
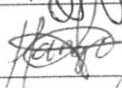
DATE December 6, 2016 - Betwagan National High School

NR	NAME	Signature
1.	SUSAN NESTOR	Susan Nestor
2.	MINDA FAYNO	Minda Fayno
3.	AGUSTA CASINGEY	Agustey
4.	EL ELVIRA FANTOYAO	Elvira Fantoayo
5.	Dominga Fakalang	Dominga Fakalang
6.	CATALINA A. LICHINAN	Catalina Lichinan
7.	Lyn Fitayong	Fitayong
8.	JULIANA CHARAG	Juliana Charag
9.	RIZA SAY-AP	Riza Sayap
10.	JULIE ANN M. TAYANGIL	Julie-ann Tayangil M.
11.	Adrian S. Pit-oy	Pit-oy
12.	Nympha Jane T. Camarog	Nympha Jane T. Camarog
13.	Daisy Pit-oy	Daisy Pit-oy
14.	Diana Kate Darmaritar	Dominga Darmaritar
15.	Rochelle Tayab	Rochelle Tayab
16.	EMILY BAISA	Baissa
17.	Luzverlin Wanawan	Wanawan
18.	Julie Ann Sakak	Sakak
19.	Angelica Marnag	Marnag
20.	Jennilyn Agayso	Agayso





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21.	Marcelita Atorja	
22.	Aubrey Tayab	
23.	Namfrel M. Tarangil	
24.	Ramon Chakiten	
25.	charlyn Tinmakchea	
26.	Sadangan Gasypha	
27.	Gabino C. Farzed	Farzed
28.	Riza Mea L. Tangkawan	
29.	Odesa M. Fandengfeng	Fandengfeng
30.	Aprilyn T. Parchaya	Parchaya
31.	Romelyn C. Pit-oy	Pit-oy
32.	Nelda M. Agroygo	
33.	Leah A. Ngawad	Ngawad
34.	Purificacion T. Mango	
35.	Jayraan, Caron F.	
36.	Jaylyn Fila-en L.	Fila-en
37.	Brenda Chakiten	
38.	Ishmael A. dichingon	
39.	Melani Bong-ten	Bong-ten
40.	Ezeraklyn Fila-en	Fila-en
41.	FRED LAMAG	
42.	ElmyRose Akramen	
43.	Mhyra Mango	
44.	Marsalyn Lamag C.	Lamag
45.	Ofelia Egoatan	Egoatan
46.	Frendlyn A. Fila-en	Fila-en
47.	Agpad, Marianne C.	Agpad



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48.	Manicel P. Yakak	Yakak
49.	Josephine A. Kasiney	Kasiney
50.	Ginalyn S. Farraga	Farraga
51.	Shanel F. Casiney	Casiney
52.	Fanged Rene C.	Fanged
53.	<del>Anna</del> Pom	
54.	ZULHESB, IOMET-IL T.	ZULHESB
55.	Gina Tangcawan	Tangcawan
56.	Marites Yakak	Yakak
57.	Janice Taya-an	Taya-an
58.	Innos, Misa k.	Innos
59.	Sagap, Lilia C.	Sagap
60.	Juan M. Anhemang	Anhemang
61.	charlene k. Lunanar	Lunanar
62.	Karyacho Mina	Mina
63.	Foerco Jose	Foerco
64.	Aprilyn D. Gakayen	Aprilyn Gakayen
65.	Caycayen Aprilyn	Caycayen
66.	Pit-oy Stephanie	Stephanie
67.	Gladys Fanged	Fanged
68.	Takhangen Marnela	Marnela
69.	Mangcad, Edna A.	Mangcad
70.	Frazelmae Sara-an	Sara-an
71.	Kuan, Lina E.	Lina-an
72.	Fanasan, Emmangay M.	Fanasan
73.	Lacwin, Dycebel	Lacwin
74.	Marnag, Mariul	Marnag





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75.	Teresa Aswit	<del>Aswit</del>
76.	Anabelle A. Lapatan	<del>Lapatan</del>
77.	Kawilaw, Anna Francisca S.	<del>Francisco</del>
78.	Fagseo, Maribul F.	Fagseo
79.	Ayaoan, Raquel	<del>A</del>
80.	Takchangen, Jane Marie	Takchangen
81.	Agpad Hazelyn Faith J.	Agpad
82.	Micah Arabya	<del>A</del>
83.	LUMIWAN, JENALYN	<del>Sharon</del>
84.	Anaelyn Agapao	<del>A</del>
85.	Omarcan Yasmin	Yasmin
86.	Marciano Pong's	<del>A</del>
87.	Sacgaten Emilio	<del>A</del>
88.	Saturnino P. Casingay	<del>A</del>
89.	Figao-yao Rose	Figao-yao
90.	Navie-ann Kayumfa	Kayumfa
91.	Grace Farangya	Farangya
92.	Tangkao Maria	<del>A</del>
93.	Christal Ganggangan F.	<del>A</del>
94.	Florence Tar-yachen	<del>A</del>
95.	Berna Chin-as	<del>A</del>
96.	Mario Aswit	<del>A</del>
97.	Daryl H. Hyao-ao	<del>A</del>
98.	Quantum H. Wana-1	Wana-1
99.	Otelia F. Mafortic	<del>A</del>
100.	Anaelyn Pk-ao	<del>A</del>
101.	Pong-lyen Gmatin	<del>A</del>
102.	Leonor C. Wathing	<del>A</del>
103.	Pilar Taya-an	<del>A</del>
104.	Jean L. Molintas	<del>A</del>
105.	Adiana L. Molintas	<del>A</del>



- 406 Pitoy Brenda ~~truy~~
- 407 Pauline Kannisi kannisi
- 408 ISABEL LUMATA ~~self~~
- 409 SCHE GRAYEN ~~self~~
- 410 Agustina lagayan lagayan
- 411 Grail Komicho ~~lykomicho~~
- 412 April Estiman ~~self~~
- 413 Fedila Tangkawan ~~self~~
- 414 Jenny Pacayra ~~self~~
- 415 Juliet Forayang ~~self~~
- 416 Ao-wing. Liga ~~self~~
- 417 Bona Angor ~~self~~
- 418 Minda Cap-is ~~self~~
- 419 Christina chowaken chowaken
- 420 Preliza Palukan Palukan
- 421 Wilbert w. Agpawan ~~self~~
- 422 Robert Agpawan ~~self~~
- 423 Lenden Mansim ~~self~~
- 424 DeJAY Angieran ~~self~~
- 425 Marale fruit ~~self~~
- 426 Feliza Lamag ~~self~~
- 427 Junelyn Amsewon ~~self~~
- 428 Fatima Agpas Agpas
- 429 Dionisia K. Lingbawan ~~self~~
- 430 JOAN S. TAMBO ~~self~~
- 431 ARACITA K. PADYAS ~~self~~
- 432 MARY K. PING-ITON ~~self~~
- 433 Inee G. Chomenway ~~self~~









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Bontoc, Mountain Province

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**CERTIFICATION**

This is to CERTIFY that the above is the true and correct attendance list of the participants/facilitators/secretariat of the above-mentioned activity.

This is to certify further that the meals/snack claimed for payment by the caterer was served to the above participants.

**ELMER D. PAKIPAC**

Director, Extension Unit

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## ATTENDANCE SHEET

### ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify

Type

Meeting

Training

Orientation

DATE **December 7, 2016** – Barangay Betwagan, Sadanga, Mt. Province

NR	NAME	SIGNATURE
1.	Aron-ney, Christina	
2.	Guangelin Lisalis	
3.	Espereta Tangeb	
4.	Mahvela Lumatac	
5.	Shelyn Bas-ew	
6.	Chornayan Pangesfan	
7.	Xha Fosawil	
8.	Silhan Mada-ey	
9.	Susana Lumatac	
10.	KACHAMMANO SHIRLY	
11.	Daniela Palisan	
12.	Maggie E. Yocayog	
13.	Chino Bonit-al	
14.	Tokake Agrong	
15.	Cornelia Fuchedche	
16.	Albany Kamusi	
17.	Edwina Romear	
18.	Maingka Dalus	
19.	Kayrad Napric	
20.	GRIPPUGAN ZIN ASABA	
21.	Ayo-ao Abner M.	
22.	Tanya Sagayan	
23.	Arasit Karyachto	
24.	Maeteg Nalipol	
25.	Minga Marok	
26.	Afin Lisalis	
27.	Lecinda Taya-an	
28.	Fred Ayo-ao	
29.	Aranya Amney	
30.	Awayan Forayor	
31.	Manuel Rongan	
32.	Rodante Manolo D.	
33.	Lorenz Tao-ao	
34.	Clark	
35.	Nacabao Rosendo	
36.	Infia Gacayen	
37.	Aida Ampome	
38.	Baenda Tanason	
39.	Joseph Danges Fan	
40.	WILLIAM EKWASEN	
41.	Astan Supny	
42.	PUSAO, ELMER D.	





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43.	Charapov Ngillimad	
44.	Edgar Davao	
45.	Falkoyag Mfalib	
46.	Juliet Tangab	Juliet Tangab
47.	Chaprot Tangab	Chaprot
48.	Afin Ton-ochen	
49.	FADO Seba	
50.	JUNE S. BONGRAY	
51.	Maulun Estiman	
52.	Sinang Rayawtan	
53.	Mendez Makchong	
54.	Juan L. Agayyang	
55.	Udham Maminilig	
56.	PORT KITAB	
57.	Carmen Tangkiao	
58.	<b>EMDEN &amp; CONNOR</b>	
59.	Racquel Salangan	
60.	Reginald o	
61.	Kay	
62.	BOAN	
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Director, Extension Unit





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Specify

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Orientation

DATE **December 8, 2016** – Barangay Sacasacan & Sacasacan Elem. School

NR	NAME	SIGNATURE
1.	LEA F. PANGOD (TEACHER III)	<i>AP Pangod</i>
2.	ODELIVA L. ASPILAN - Teacher 2	<i>ODELIVA</i>
3.	<i>Brent B. Chapchapen</i>	<i>B. Chapchapen</i>
4.	<i>1 Caesar O. Taray - a o</i>	<i>O Taray-a o</i>
5.	<i>Rwanna A. Marzan</i>	<i>R. Marzan</i>
6.	<i>Steve F. Ongan</i>	<i>S. Ongan</i>
7.	<i>Mary Grace M. Pandagos</i>	<i>M. Pandagos</i>
8.	<i>May Dean E. Ongan</i>	<i>MD Ongan</i>
9.	<i>Elijah Keana C. Chapchapen</i>	<i>E.K. Chapchapen</i>
10.	<i>Michelle D. Mana-ar</i>	<i>M. Mana-ar</i>
11.	<i>Alexine M. Brunels</i>	<i>A. M. Brunels</i>
12.	<i>Shelly Rem N. Talusig</i>	<i>SR N. Talusig</i>
13.	<i>John M. Pandagos</i>	<i>J. Pandagos</i>
14.	<i>Maybell A. Panggon</i>	<i>M. Panggon</i>
15.	<i>Bunny P. Fagkang</i>	<i>B. Fagkang</i>
16.	<i>SHERYL G. CAS-OY</i>	<i>S. Cas-Oy</i>
17.	<i>Clarence T. Moting</i>	<i>C. T. Moting</i>
18.	<i>Tyron Cos P. Copas</i>	<i>T. Copas</i>
19.	<i>Felino O. Pong-et</i>	<i>F. O. Pong-et</i>
20.	<i>Mark Claver C. Agaso</i>	<i>M. C. Agaso</i>
21.	<i>Wesley J. Pasking</i>	<i>W. J. Pasking</i>
22.	<i>Cherry D. Sarang-ey</i>	<i>C. D. Sarang-ey</i>
23.	<i>Criston M. Tangilang</i>	<i>M. Tangilang</i>
24.	<i>Andres C. Wagpey</i>	<i>C. Wagpey</i>
25.	<i>Cleiman Jay Panggon</i>	<i>P. Panggon</i>
26.	<i>Arvin Dexter J. Anongas</i>	<i>A. D. Anongas</i>
27.	<i>Mary S. Cas-Oy</i>	<i>M. Cas-Oy</i>
28.	<i>Maricon A. Tabaneng</i>	<i>M. Tabaneng</i>
29.	<i>Prin Rose S. Yendiola</i>	<i>P. Yendiola</i>
30.	<i>Sharon M. Sison</i>	<i>S. Sison</i>
31.	<b>MARIANE F. DULIGAN</b>	<i>M. Duligan</i>
32.	<b>JOYDA P. ONGAN</b>	<i>J. Ongan</i>
33.	<b>Denver F. Agwaking</b>	<i>D. Agwaking</i>
34.	<b>Mike B. Chapchapen</b>	<i>B. Chapchapen</i>
35.	<b>Alayne P. Tagkang</b>	<i>A. P. Tagkang</i>
36.	<b>WINSTER A. Agmexeng</b>	<i>A. Agmexeng</i>
37.	<b>Dan Dave F. Agwaking</b>	<i>D. F. Agwaking</i>
38.	<b>Kim O. Panggon</b>	<i>K. Panggon</i>
39.	<b>Romy B. APLING</b>	<i>R. Apling</i>
40.	<b>Cyza C. Tutarao</b>	<i>C. Tutarao</i>
41.	<b>Patricia P. Fagumgas</b>	<i>P. P. Fagumgas</i>
42.	<b>Jana M. Copas</b>	<i>J. Copas</i>





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43.	Basilio M. Forayang	<del>BF</del>
44.	Mercy M. De-guzman	M. De-guzman
45.	Lorna K. Chopchopen	L. Chopchopen
46.	Shane M. Tecag	S. Tecag
47.	JOYLEN A. AGMEYENG (TEACHER I)	JAY
48.	MIX TAPAREN (TEACHER I)	
49.	CORAZON VTR-AYEN (TEACHER III)	ayen-ayer
50.	WILLIAM CHOPCHOPEN BRGY CAPTAN	
51.	ERNISTO TICAG KAGAWAN	
52.	SIMON CHOPCHOPEN LDR	
53.	MICHAEL ONGAN	
54.	SIMON ESCATAN	
55.	George COSING	
56.	SOMEAL-AD IEO	
57.	Bolon Escatan	
58.	Exena	
59.	Tikan, NORBERT JR C	
60.	Tayab Denver P.	
61.	Kidyan, Marites N.	
62.	Conrado, Jeremiah A.	
63.	Lappad, Ramsdale C.	
64.	Bacabac, Benjie A.	
65.	PATMAAN, JERBE D	
66.	Batana-ay, Leah D.	
67.	DIWAB, M/PAN D	
68.	MACKWAN, JUXRADO	
69.	Lagayan, Julius S.	
70.	Alab, Rodolfo T.	
71.	Tomingeb, Therly F.	
72.	Pidlao, Osmelie	
73.	Puogo, Elmer B	
74.	TUDDAN MARC ALVIN P.	
75.	DAMAYAN JOSEPHIN T.	
76.	Sawa tang, JOSEPH A.	
77.	Centrat, Eden	
78.	Alingo, Daisy	
79.	PAPEG JEFFER	
80.	Robert Christian D. Dacyon	
81.	Lyndon N. Pagnas	
82.	Choren, Rachelle F.	
83.	Ramirez, Jamaica A.	
84.	Kantisi, Kyzer A.	
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**MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE**  
**Research, Development and Extension Sector**  
Bontoc, Mountain Province

---

**CERTIFICATION**

This is to CERTIFY that the above is the true and correct attendance list of the participants/facilitators/secretariat of the above-mentioned activity.

This is to certify further that the meals/snack claimed for payment by the caterer was served to the above participants.

**ELMER D. PAKIPAC**

Director, Extension Unit

---



## ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting

Training

Orientation

Date: December 9, 2016 - Saclit National High School

Printed Name	Signature
1. Nica M. Gallardo	
2. Juliana Tammochio Accap	
3. Romana F. Ayod	
4. Venus A. Tayawan	
5. April A. Canabon	
6. Jetay F. Pingkawet	
7. Clarisse Keya	
8. Myrl T. Tammochio	
9. Jeronimo C. Wonawan	
10. Mba Khalang	
11. Japas Rendon	
12. Jonathan A. Chegyem	
13. Joven C. Gallardo	
14. MERYANG JAMESON	
15. Princes C. Alpio	
16. KARYENAN CARLO F.	
17. Margarita M. Pungay	
18. Ranzel A. Gual	
19. Marissa Magamag	
20. Janet M. Wadungan	
21. Bagani MARISOL L.	
22. Michael D. Bangsam	
23. Sator Aliga	
24. Aray Pungay	
25. Andrew C. Gallardo	
26. Jim A. Lassin	
27. Jefferson A. Magdagem	
28. Adonis M. Felwar	
29. CASSIW CRYSTAL	
30. CAROL churping	
31. Kowen MYLENE	
32. Gray, Jarry Ann	
33. Koral Fankell	
34. Annie Grail Meryang	
35. Fab-el Crisadel	
36. Joylene Gongran	
37. ARIO-AN ROMEO M.	
38. Gerald A. Chegyem	
39. ALTHEA FAO-ET	
40. Joseph Subanggi	
41. Donnabel Agoking	





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42.	Noemi Grail C. Alipio	
43.	Zerah C. Cangas	
44.	Cyprine M. Wad-ingan	
45.	Fredrick Alibakod	
46.	Dumyr Lyle A. Pague	
47.	Christian Dama	
48.	Daffy Bulino	
49.	Blessing Grail Oppas	
50.	Frances Tangin	
51.	Dordilly m. Fauas	
52.	Wayalyne Fanak-il	
53.	Vanessa Dilat	
54.	Raiza Mae S. Pallar	
55.	Rosabelle Kay-an	
56.	Loraine Tammocho	
57.	Gina Gengen	
58.	Heidi Chumangko	
59.	Aprilyn Grawing	
60.	Julie Ann Meronilla	
61.	Rizza C. Pongkannet	
62.	Arthur K. Itim	
63.	Christian Chygen	
64.	Christian Aliga	
65.	Set Granilla	
66.	Miller O. Tandang	
67.	Kerubin Luca	
68.	Adrianah Gallanar	
69.	Fallawag	
70.	clayton F Sangcha-an	
71.	Timboy A. Churping	
72.	Ivan Wanawan A	
73.	Reden C. Ladero Gaway	
74.	ISRAEL ALLA B	
75.	Renz Lee C. Sudalen	
76.	Pauline L. Gaway	
77.	Michael Chumangko	
78.	Geo Ariston K. Aliga	
79.	Grouson Lee Q. Pallar	
80.	GALLAVEN ALLEN ART	
81.	Pallar Renato F	
82.	Miriam Gladys E. Gaway	
83.	Alvin A. Mragan	
84.	Alvin T. Keya	
85.	Grace C. Alipio	
86.	Juliet L. Pallar	
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**Research, Development and Extension Sector**  
Bontoc, Mountain Province

---

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This is to certify further that the meals/snack claimed for payment by the caterer was served to the above participants.

**ELMER D. PAKIPAC**  
Director, Extension Unit

---



# ATTENDANCE SHEET

## ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify

Type

Meeting

Training

Orientation

DATE **December 12, 2016** - Saclit Elementary School

NR	NAME	SIGNATURE
1.	Jasper Carl K. Pollar	
2.	Lander F. Sangchagan	
3.	Reymark C. Mayan	
4.	Raing C. Mergang	
5.	Sean F. Fanatik	
6.	Ben Miller T. Pollar	
7.	Cesara C. Pollar	
8.	Licistobal B. Tisnang	
9.	Myrlo A. Chequero	
10.	Kirven M. Agobing	
11.	Benny Mark C. Malig-ing	
12.	Domin F. Wadigan	
13.	Forest F. Fanatik-il	
14.	Lemboy F. Sangchagan	
15.	Cliffon F. Sangchagan	
16.	Genn F. Fanatik-il	
17.	Melvin F. Aliga	
18.	Caloy T. Canay	
19.	Abrian Carl W. Pacraul	
20.	Darwin G. Gollawen	
21.	Abrian G. Gollawen	
22.	Charles A. Gollawen	
23.	Reard M. Agobing	
24.	Thonie F. Panga Kil	
25.	Ron Rangel C. Gollawen	<i>R. Gollawen</i>
26.	Brandon A. Fagne	
27.	Brandon F. Gollawen	
28.	Ruben C. Kaganan	
29.	Reard A. Gollawen	<i>R. Gollawen</i>
30.	Bron F. K. Aliga	
31.	Candido Wadigan	
32.	Bryan Wadigan	
33.	Jet C. Maligang	
34.	Jeromelee G. Balde	
35.	Jeromelee G. Balde	
36.	Errol Edliga	
37.	Edmundo F. Balde	
38.	Edmundo F. Balde	
39.	Edmundo F. Balde	
40.	Edmundo F. Balde	<i>Edmundo F. Balde</i>
41.	Edmundo F. Balde	<i>Edmundo F. Balde</i>
42.	Edmundo F. Balde	<i>Edmundo F. Balde</i>








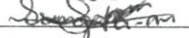
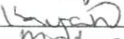

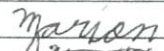
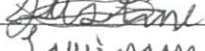
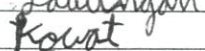
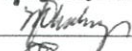

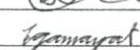
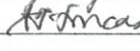

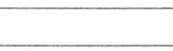
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MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE  
**Research, Development and Extension Sector**  
Bontoc, Mountain Province

43.	Leona A. Lawingan	Leona A. Lawingan
44.	Deemi C. Khalang	Deemi C. Khalang
45.	Valerie Faith Cassiu	Valerie Faith Cassiu
46.	Jedah L. Obay	Jedah L. Obay
47.	Daphnee A. Mangran	Daphnee A. Mangran
48.	Jerone S. Genanilla	Jerone S. Genanilla
49.	Juliana S. Malig-eng	Juliana S. Malig-eng
50.	Natchi Sangchaan	Natchi Sangchaan
51.	Rexter Allab	Rexter Allab
52.	Cyrus M. Ward-ungay	Cyrus M. Ward-ungay
53.	Crystal J. Chumangiuw	Crystal J. Chumangiuw
54.	Firminia S. Luningan	Firminia S. Luningan
55.	Gwyneth Gwen A. Genanilla	Gwyneth Gwen A. Genanilla
56.	Margilyn M. Changrapeh	Margilyn M. Changrapeh
57.	Sarah K. Awikang	Sarah K. Awikang
58.	Rajema K. Lawingan	Rajema K. Lawingan
59.	Kerry Vile Churping	Kerry Vile Churping
60.	Charmelle J. Jao-ee	Charmelle J. Jao-ee
61.	Luisa Faith A. Luba	Luisa Faith A. Luba
62.	Eduard O. Epad	Eduard O. Epad
63.	Sherwin T. Pallar	Sherwin T. Pallar
64.	Aldrick Khalang	Aldrick Khalang
65.	Shen Kim Tingang	Shen Kim Tingang
66.	Bonnie Epad	Bonnie Epad
67.	Fernando A. Tangib	Fernando A. Tangib
68.	Justin L. Alinao	Justin L. Alinao
69.	Jun MARK A. LUCAS	Jun MARK A. LUCAS
70.	Alonia S. Fattit	Alonia S. Fattit
71.	Cheryl G. Churping	Cheryl G. Churping
72.	Almee Sangchaan	Almee Sangchaan
73.	Rhea S. Sumerbang	Rhea S. Sumerbang
74.	Marisa C. Malig-eng	Marisa C. Malig-eng
75.	Rachiel K. Awikang	Rachiel K. Awikang
76.	Luy K. Aliga	Luy K. Aliga
77.	Janice Puyao	Janice Puyao
78.	Blondeliza C. Magannan	Blondeliza C. Magannan
79.	Cobi Pasino	Cobi Pasino
80.	Aybril Oppas	Aybril Oppas
81.	Evika Mekyang	Evika Mekyang
82.	Sigrit Sate C. Gomgong	Sigrit Sate C. Gomgong
83.	Xyra Blaz A. Fanyawen	Xyra Blaz A. Fanyawen
84.	Daley Zana Aliga	Daley Zana Aliga
85.	Dan C. Waprauwon	Dan C. Waprauwon
86.	Frederic A. Gongran	Frederic A. Gongran
87.	Jay R. A. Fanyawen	Jay R. A. Fanyawen
88.	Greh Sangchaan	Greh Sangchaan
89.	Glenda Cana-ey	Glenda Cana-ey
90.	Gerald Cassiu	Gerald Cassiu
91.	Haider T. Parangchao	Haider T. Parangchao
92.	Brent Lammocho	Brent Lammocho
93.	Florida A. Gongran	Florida A. Gongran
94.	Angel Joannah K. Pallar	Angel Joannah K. Pallar





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**Research, Development and Extension Sector**  
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95.	Jaylyn F. Cassiw	
96.	Zhenra S. Geronilla	
97.	Marlyn Hade, Epad	
98.	Zhenhyse Casas	
99.	Evelyn Pauding	 TEACHER
100.	Queency F. Pingkawet	
101.	Carla tuanawan	
102.	Debbie M. Menyana	
103.	Mayumi Sangcha-an	
104.	Ruben C. Kaysan	
105.	Dr. Juvana Lloyd E. Madesyam	
106.	Sailcy F. Pingkawet	
107.	Danica F. Wad-ingan	
108.	MARION B. Gicranang	
109.	Justine P. Bagon	
110.	Joy Paly K. Samingon	
111.	Carick F. Kowat	
112.	MILAGROS T. KHALANG	
113.	CLARITA T. KEYA	
114.	LORENA C. TUBAO	
115.	ELISE C. GOMAYAT	
116.	ARRESTAELA T. LUCAS	
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**MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE**  
**Research, Development and Extension Sector**  
Bontoc, Mountain Province

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**ELMER D. PAKIPAC**

Director, Extension Unit

---



## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify

Type

Meeting

Training

Orientation

DATE **December 13, 2016** – Sadanga Central School

NR	NAME	SIGNATURE
1.	Garilyn L. Fardanes	
2.	Julger Leopold P. May-oan	
3.	Dawn M. Farcano	
4.	Justin Marc L. Gostan	
5.	Johnhault L. Maganor	
6.	Krystal N. Camaren	
7.	Jewel P. Oa-o	
8.	Sheral L. Asca	
9.	Junel I. Alib-on	
10.	Kenwood G. Filawan	
11.	John C. Saguinog	
12.	Christine A. Agnang	
13.	Jenny Rose A. Salimbang	Salimbang
14.	Martina A. Amogao	M. A.
15.	Kim F. Lingbawan	Lingbawan
16.	Johnny T. Caycedo	J. T.
17.	Shakira Paragan	S. P.
18.	Jel L. Cosing	Cosing
19.	Shelinah Lid C. Pasking	Pasking
20.	Ola-gera P. Cabrad	Cabrad
21.	Rochelle A. Guimayen	Guimayen
22.	Rene C. Limmayag	Limmayag
23.	Arabelle Ra W. Widwidan	Widwidan
24.	Moria Janis Lao-y	Lao-y
25.	Crischelle Tolo Bayacas	Bayacas
26.	Ly M. Dainsay	Dainsay
27.	Vincent Luke E. Esay, Pangasinan	Danginwan
28.	Mykha Martin Dalapas Galingan	Galingan
29.	Mike L. Tabareng	Tabareng
30.	<del>Destiny</del> Destiny Chumarsin	Chumarsin
31.	Arianne A. Inga-ac	Inga-ac
32.	Delfina P. Langgag	Langgag
33.	Kawen T. Poc-oron	Poc-oron
34.	Jovane C. Lisen	Lisen
35.	Bless C. Sempakan	Sempakan
36.	Crison P. Atuan	Atuan
37.	Arlene G. Aupalar	Hufalar
38.	Laneane Ka. Baldaan	Baldaan
39.	John Mike T. Guinoban	Guinoban
40.	Chayise C. Guinoban	Guinoban
41.	Francis C. Lundic	Lundic
42.	Simon Dalag	<del>Simon Dalag</del>





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43.	Shaulen Dale O. Laxin	Shaulen Laxin
44.	Luka Hail Takat	Luka Takat
45.	Justin Labadchan	Justin Labadchan
46.	Lester T. Kuningan	Lester Kuningan
47.	Rufa May A. Hufalar	Rufa May Hufalar
48.	Paul Jayson M. Glosawa	Paul Jayson Glosawa
49.	Sheraine Rose F. Maganon	Sheraine Rose Maganon
50.	Dwaigne Val M. Chinalpan	Dwaigne Val Chinalpan
51.	Janelle D. Galingan	Janelle Galingan
52.	Jilaine P. Langngag	Jilaine Langngag
53.	Kyson E. Filowan	Kyson Filowan
54.	Marelene T. Mangan	Marelene Mangan
55.	Johnnam M. Maki	Johnnam Malinda
56.	Janar A. Masimberg	Janar Masimberg
57.	Grace G. Tao-ey	Grace Tao-ey
58.	Marian T. Daguis	Marian Daguis
59.	Charles A. Kaya	Charles Kaya
60.	Kimberly K. Loxano	Kimberly Loxano
61.	Samson K. May-osan	Samson May-osan
62.	Chien Josep B. Syuan	Syuan Chien
63.	Aliah Y. Morsuyen	Morsuyen Aliah Y.
64.	Harold E. Brown	Brown Harold E.
65.	Joan E. Cacaton	Cacaton Joan E.
66.	Zaiphyl F. Pakais	Pakais Zaiphyl F.
67.	Jordan S. Terpaken	Terpaken Jordan S.
68.	Tristan L. Chulosen	Chulosen Tristan L.
69.	Lara F. Chinalpan	Lara F. Chinalpan
70.	Valerie KAYE P. Atuan	Valerie Kaye P. Atuan
71.	George S. Pangket	Pangket George S.
72.	Cathy K. Galingan	Galingan Cathy K.
73.	Midas F. Ngis-eban	Midas F. Ngis-eban
74.	Moses C. Sallong-en	Moses C. Sallong-en
75.	Daniel Frank D. Dawado	Daniel Frank D. Dawado
76.	Jason G. Korogao	Korogao Jason G.
77.	Sam Kyle R. Lawingan	Sam Kyle
78.	Jean Perie P. Tangbauan	Jean Perie P. Tangbauan
79.	Aubrey Maricris Y. Finek-an	Aubrey Maricris Y. Finek-an
80.	Hezon C. Tata-ek	Tata-ek Hezon C.
81.	Kiril E. Joyacao	Joyacao Kiril E.
82.	Nino Paul T. Pagnila, Tudyog	Pagnila Nino Paul T.
83.	Norman A. Guinayen	Guinayen Norman A.
84.	Janet G. Obrera	Obrera Janet G.
85.	SHERDE F. DANCAMAN	Dancaman Sherde F.
86.	FLORENCIO P. DULOG	Dulog Florencio P.
87.		
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**MOUNTAIN PROVINCE STATE POLYTECHNIC COLLEGE**  
**Research, Development and Extension Sector**  
Bontoc, Mountain Province

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**ELMER D. PAKIPAC**  
Director, Extension Unit





# ATTENDANCE SHEET

## ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check Specify	Meeting
Type	Training
	Orientation

DATE **December 14, 2016** -Betwagan Elementary School

NR	NAME	SIGNATURE
1.	Herry C. Gensadan	Herry C. Gensadan
2.	Enish Vin S. Agpad	J. Agpad
3.	Analyn A. Cabbat	Analyn A. Cabbat
4.	Angelo B. Faryao	Angelo B. Faryao
5.	Dome S. Agpawan	Dome S. Agpawan
6.	Naty S. Tangkiao	Naty S. Tangkiao
7.	Remy L. Garayen	Remy L. Garayen
8.	Evangelina Pagonad	Evangelina Pagonad
9.	Gilma C. Tangkiao	Gilma C. Tangkiao
10.	Elina Y. Tangkiao	Elina Y. Tangkiao
11.	Rica M. Ballal	Rica M. Ballal
12.	Carol F. Sayya-on	Carol F. Sayya-on
13.	Margarita A. Mangao	Margarita A. Mangao
14.	Kharyl L. Kawang-o	Kharyl L. Kawang-o
15.	Angel K. Afidehao	Angel K. Afidehao
16.	Roges A. Macabeo	Roges A. Macabeo
17.	Bismark L. Mando	Bismark L. Mando
18.	Thake S. Suyan	Thake S. Suyan
19.	Alexton G. Asuit	Alexton G. Asuit
20.	Dante F. Ayao-ao	Dante F. Ayao-ao
21.	Rafael N. Pando	Rafael N. Pando
22.	Baltazar C. Fakuyag	Baltazar C. Fakuyag
23.	Sario L. Satayer	Sario L. Satayer
24.	Manuel I. Agpad	Manuel I. Agpad
25.	Carmen A. Lumatac	Carmen A. Lumatac
26.	Taret F. Takchangen	Taret F. Takchangen
27.	Flora F. An-an	Flora F. An-an
28.	Schimi F. Agay-yong	Schimi F. Agay-yong
29.	Jasmine F. Yatak	Jasmine F. Yatak
30.	onda F. Adipen	onda F. Adipen
31.	Phobie S. Kingi	Phobie S. Kingi
32.	Shastine L. Alistag	Shastine L. Alistag
33.	Edang W. Fosawil	Edang W. Fosawil
34.	APRILYN I. KACHAMMANG	APRILYN I. KACHAMMANG
35.	Jasmine C. Widwidan	Jasmine C. Widwidan
36.	Allelah Grace L. Anarayo	Allelah Grace L. Anarayo
37.	Junamea W. Cannisi	Junamea W. Cannisi
38.	Emenzul T. Sid-ay	Emenzul T. Sid-ay
39.	ADONG C. PAKUYA	ADONG C. PAKUYA
40.	Myna P. Lumiseb	Myna P. Lumiseb
41.	Grace C. Tangkiao	Grace C. Tangkiao
42.	April Love T. Kagymfa	April Love T. Kagymfa





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**Research, Development and Extension Sector**  
Bontoc, Mountain Province

43.	Decence A. Alian	<del>Alian</del>
44.	A. Aiza K. Arabia	<del>Arabia</del>
45.	Kenneth H. Wapay	<del>Wapay</del>
46.	Enrik C. Arabia	<del>Arabia</del>
47.	Sonme P. Agayong	<del>Agayong</del>
48.	Ismael M. Bayumay	<del>Bayumay</del>
49.	Moya T. Fuchadra	<del>Fuchadra</del>
50.	Samuel H. Sumayan	<del>Sumayan</del>
51.	Paul F. Casingay	<del>Casingay</del>
52.	Jun M. Cambisi	<del>Cambisi</del>
53.	Benjamin V. Gacayan	<del>Gacayan</del>
54.	Steve F. Tagkitag	<del>Tagkitag</del>
55.	Jason L. Lennatac	<del>Lennatac</del>
56.	Fernando F. Lennate	<del>Lennate</del>
57.	Edimant A. Jao-aran	<del>Jao-aran</del>
58.	Bandan H. Wapay	<del>Wapay</del>
59.	Kimberly A. Harguez	<del>Harguez</del>
60.	Jerica H. Pangayan	<del>Pangayan</del>
61.	Christian H. Asuit	<del>Asuit</del>
62.	Madelina A. Tayongil	<del>Tayongil</del>
63.	John S. Pakkua	<del>Pakkua</del>
64.	Domingo C. Kaulan	<del>Kaulan</del>
65.	Romar A. Kaulan Panasan	<del>Panasan</del>
66.	Imee Claudine S. Kaulan	<del>Kaulan</del>
67.	Rubylert C. Sin-ed	<del>Sin-ed</del>
68.	MERNEY C. Tomakchag	<del>Tomakchag</del>
69.	Theradora C. Zamora	<del>Zamora</del>
70.	Saarni Agapangan M.	<del>Modcharamag</del>
71.	Navalyn S. Raymango	<del>Raymango</del>
72.	Sola P. Jao-aran	<del>Jao-aran</del>
73.	Agustina M. Samag	<del>Samag</del>
74.	Isred T. Chokimay	<del>Chokimay</del>
75.	Benjamin G. Lichigan	<del>Lichigan</del>
76.	Jupiter A. Copas	<del>Copas</del>
77.	Jesus B. Yusan	<del>Yusan</del>
78.	Paul P. Timmakchea	<del>Timmakchea</del>
79.	Evangeline G. Natchingid	<del>Natchingid</del>
80.	Montanosa A. Tongafong	<del>Tongafong</del>
81.	Ginalyn Panasan	<del>Panasan</del>
82.	Mark F. Pacuyya	<del>Pacuyya</del>
83.	Jetty M. Kachangan	<del>Kachangan</del>
84.	Agatha H. Jao-yao	<del>Jao-yao</del>
85.	Langford F. Amuran	<del>Amuran</del>
86.	Arman A. Panasan	<del>Panasan</del>
87.	Xander A. Makchong	<del>Makchong</del>
88.	Vanessa A. Saygaman	<del>Saygaman</del>
89.	Jonalyn P. Timmaprang	<del>Timmaprang</del>
90.	Josephine F. Tayo-an	<del>Tayo-an</del>
91.	Elvira Natchingid	<del>Elvira</del>
92.	Maribel P. Tumapang	<del>Tumapang</del>
93.	Mai Chomayon	<del>Chomayon</del>
94.	Victoria F. Chetwetch	<del>Chetwetch</del>





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Bontoc, Mountain Province

95.	Marlon B. Famar	Famar
96.	Gracy Rose E. Fagasa	Fagasa
97.	Leah Onda S. Kafamag	Kafamag
98.	Lorely Jane Manayk Jassan	
99.	Vernon Cymer Chaliw-as	Chaliw-as
100.	Jaira Mae M. Mamilig	Mamilig
101.	Magh G. Wapay	Wapay
102.	Angel Rhat W. Imado	Imado
103.	Victor B. Panguyan	Panguyan
104.	Letty A. Kasingay	Kasingay
105.	Ana S. Castaneda	Castaneda
106.	Dina A. Amangran	Amangran
107.	Bhemboy L. Pantoyao	Pantoyao
108.	Aprilyn A. Sumatar	Sumatar
109.	Veronica Paloran	<del>Paloran</del> Paloran
110.	Raquel D. Anilem	Anilem
111.	Annie Grail S. Mamala	Mamala
112.	Maricel P. Tanyag	Tanyag
113.	Christina A. Kannis	Kannis
114.	Charalynn L. Oday-ung	Oday-ung
115.	Indy-ann P. Kafamag	Kafamag
116.	Amoson F. Macabeo	Macabeo
117.	Cathrine U. Palikas	Palikas
118.	Chunee C. Pakuyya	Pakuyya
119.	Jerry K. Pek-ao	Pek-ao
120.	Edgar P. Fangel	Fangel
121.	Emily T. Pat-ay	Pat-ay
122.	Jerry L. Orsing	Orsing
123.	A. Oday & Am-an	Am-an
124.	Maricel P. Chaliw-as	Chaliw-as
125.	Junglyn P. Pen-achen	Pen-achen
126.	Aprilyn N. Palikas	Palikas
127.	Jennifer Sacyaten	Sacyaten
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**Research, Development and Extension Sector**  
Bontoc, Mountain Province

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**ELMER D. PAKIPAC**  
Director, Extension Unit

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# ATTENDANCE SHEET

				Check Specify Type	Meeting Training Orientation
DATE	November 29- December 1-2, 2016				
NR	NAME	POSITION	UNIT/OFFICE	Signature	
1.	Karyl A. Ponor	RME staff	RME		
2.	Rockelle Ann Dela Cruz	Staff	RDE		
3.	Emmie Anoy	Staff	RDE		
4.	REYNALDO PENA	DRIVER	Supply		
5.	ADGEL C. LIBANG	Staff	RDE		
6.	R. Ongay				
7.					
8.					
9.					
10.					

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Director, Extension Unit



# ATTENDANCE SHEET

## ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE	December 6, 2014 - Betwagan National High School			
NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	ROSEMARIE O. PECKA	Ext. Coord. Comm.	Comm. Dept.	
2.	DAWATON GEYARD G.	Crim. Intern	Crim. Dept	
3.	DAPIDS, CLARENIE Y	CRIM Intern	Crim Dept	
4.	ROCHELLE ANN C. DALAYON	Staff	RDE	
5.	Emmie Xroy	RDE-Staff	RDE	
6.	LINDEN K. LOMON	FACULTY	CRIM	
7.	ALMA B. PENINGED	FACULTY	CRIM	
8.	DE-NAALDO A. FERN	DRIVER	SUPPLY	
9.	ROLANDO TAWANNA JR.	Sci. Ad.	RDE	
10.	KARL A. PARRA	STAFF	RDE	
11.	K. Ortyad			
12.	J. Mout			

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Director, Extension Unit





## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 7, 2016 – Betwagan, Sadanga

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	LINDEN K. COMMON	INSTRUCTOR	CRIM	
2.	DEYNAIDO A. FELIX	ADMIN.	SUPPLY	
3.	JUNE S. BIANGDAN	FACULTY	CRIM	
4.	RAZQUEL Z. PALANGON	Instructor	CRM	
5.	Rochelle Ann Dalayon	Staff	RDE	
6.	Emmie Krueng	STAFF	RDE	
7.	Kenneth A. Pa-ot	STAFF	RDE	
8.	PAULO ALBINO	Crim. Faculty	Crim.	
9.	ATAO-AD ABNER	CRIM. INTERN		
10.	PDSAG EIMER			
11.	ANGEL C. LIBANG	Staff	RDE	
12.	DESIRÉE A. GASNERA	JO / Adm. Staff	RECORDS	
13.				
14.				
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Director, Extension Unit



# ATTENDANCE SHEET

## ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 8, 2016 – Brgy. Sacasacan and Sacasan Elementary School

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	ROGER C. PACLING	NSTP- Director	NSTP	
2.	Karyl A. P-n	STAFF	RDE	
3.	ROLANDO M. TACANHA JR.	SCI. AD.	RDE	
4.	Rochelle Ann Colalay-no	staff	RDE	
5.	Emmie Aron	staff	RDE	
6.	ANGEL C. URBANG	STAFF	RDE	
7.	R. Aggad			
8.	J. Maun			
9.	DAX AFIDCHAO	STAFF	MIS	
10.	Rocibel Falarangon	Instructor	Chm.	
11.	THANNA-AT		RDE	
12.	LYNNAN K. CARMON	FAINITY	Chm	
13.				
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## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 9, 2016 – Saclit National High School

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	Lappao Reynaldo c.	Crim-Intern		
2.	Fanoo Sebar	Faculty	Crim	
3.	Edwin A. Lamangen	Admin Aide III	Supply Office	
4.	Lynden K. Coburn	Faculty	Crim	
5.	Salangon, Roderic	Faculty	Crim	
6.	JINI L. PAGANDIAN	Faculty		
7.	Emmie Aroy	Staff	RDE	
8.	Kenneth A. Poir	"	"	
9.	ANGEL C. LIBANG	"	"	
10.	R. Ongood			
11.	J. Malar			
12.	Pidrao, Dematic I.	intern		
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Director, Extension Unit



## ATTENDANCE SHEET

				Check Specify Type	Meeting Training Orientation
DATE	December 11, 2014				
NR	NAME	POSITION	UNIT/OFFICE	Signature	
1.	Racquel Falangon	Instructor	Crim. Dept.		
2.	ROGER C. PACLING	Instructor	Crim Dept		
3.	IMHUNA-AT	NR	NR		
4.	Vinyl A. Poir	PMG SMT	RHO		
5.	Reiner Yawana G.	Sci. ad.	RDE		
6.	JUVE S. BIANSONAN	FACULTY	CRIM		
7.	ANGEL C. LIBANING	SRA	RDE		
8.	LYNDEN K. CORDIER	FACULTY	CRIM		
9.	AYAO-AD ABNER	CRIM INTRN	CRIM		
10.	PAULO ALBANO	Crim. Faculty	Crim.		
11.	Ocharan, Marieta O.	Interb	CRIM DEPT		
12.	Edwin A. Lamangen	DRIVER	SUPPLY OFFICE		

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Director, Extension Unit





## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 12, 2016 - Saclit Elementary School

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	LAPPAS, Reynaldo C.	Crim intern		
2.	MARTIN, JONATHAN A.	CRIM INTERN		
3.	ROMMEL O. FECHA	Ext. Coord. Crim.	Criminology	
4.	FRANCO ALFONSO	Faculty	Crim.	
5.	Emmie Aray	Staff	PDE	
6.	GONALD DIOGON	Staff	GSC	
7.	YANNI A. PABIV	I	PDE	
8.	ANGEL C. LIBANO	II	II	
9.	J. Maud			
10.	DELMAR A. GARCERA	Staff	Records	
11.	ROCHELLE ANN DARYON	Staff	PDE	
12.				
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Director, Extension Unit



## ATTENDANCE SHEET

### ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 13, 2016 –Sadanga Central School

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	ZAPARITA, ARNEL X.	CRIM. INTERN		
2.	TAY-OG, ANTHONY L.	CRIM. INTERN		
3.	L. RANLO ANGEL	SPAT	PAT	
4.	Falangon, Racquel	Faculty	crim	
5.	Danglose, Mercedes C.	Faculty	Crim	
6.	GORTIA DIONATO	STAFF	G-PO	
7.	Emmie Aray	Staff	RDE	
8.	Timothy W. PUMPA-AY		RDE	
9.	Karl A. Ponor	STAFF	RDE	
10.	J. Mar	STAFF	BAC	
11.	R. Ordoñez	STAFF	RDE	
12.	ROBERTO ANA PAKIPAC			
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## ADVOCACY ON ANTI- VIOLENCE AGAINST WOMEN AND CHILDREN

Check  
Specify  
Type

Meeting  
Training  
Orientation

DATE December 14, 2016 – Betwagan Elementary School

NR	NAME	POSITION	UNIT/OFFICE	Signature
1.	Dhasan, Marieta D.	Student	CRIM. DEPARTMENT	no dhasan
2.	YARGO, ROLL/ EARL M.	STUDENT	CRIM. DEPARTMENT	Yargo
3.	Tayab, Denver P.	Student	CRIM. Department	Tayab
4.	Anthony L. Tayao	"	CRIM. student	Anthony
5.	Emmie Arey	staff	PDE	Emmie
6.	ROLANDO TAWANHA JR.	Sci. AD.	RDE	ROLANDO
7.	Karl A. Pinar	SPA	RME	Karl
8.	ANGEL C. LIBANG	"	"	ANGEL
9.	J. Mait			J. Mait
10.	DESMOND A. CASMERA	Admin. Staff NO	RECORDS	DESMOND
11.	ROCHELLE ANN C. DASYON	Staff	RDE	ROCHELLE
12.	DAX AFIDCHAO	STAFF	MIS	DAX
13.				
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Director, Extension Unit



Republic of the Philippines  
**Mountain Province State Polytechnic College**  
Bontoc, Mountain Province

## **Extension Unit**

# **Activity Program**





# ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN AND CHILDREN

December 7, 2016

*Betwagan, Sadanga, Mountain Province*

## PROGRAMME

Overview..... Mr. June Biangdan

What is VAWC..... Ms. Racquel Falangon

\* Forms of VAWC

Common Violence and Abuses  
Inflicted to women and children

VAWC Community  
Starts with me .....Ms. Flordeliza Cruz

Preventive Tips on How to  
Avoid Violence and Abuse..... Mr. Alban Fanao

# ADVOCACY ON ANTI-VIOLENCE AGAINST WOMEN AND CHILDREN

December 7, 2016

*Betwagan, Sadanga, Mountain Province*

## PROGRAMME

Overview..... Mr. June Biangdan

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Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

## Extension Unit

# Lecture Notes



# what you should know about VIOLENCE AGAINST WOMEN

## Core Messages

- ♀ VAW is a threat to human security as it threatens the daily lives of HALF of humanity
- ♀ Domestic violence and intimate partner abuse destroy the very foundation on which people build their homes and relationship : LOVE, RESPECT and HONOR.
- ♀ Domestic violence and intimate partner abuse are NOT just a private matter. They are concerns of the community because they have reached the point where they have become social and public health issues. They violate person's right to life, personal dignity, and security.
- ♀ Domestic violence and intimate partner abuse do not only happen to poor people. They also happen to women from middle and upper-class level of society.
- ♀ Domestic violence and intimate partner abuse are public crimes against persons.
- ♀ Domestic violence and intimate partner abuse cut across race religion, age, class, ethnicity, and sexuality. They are rooted in unequal gender relations where men have power and control over women.
- ♀ Emotional, structural, societal and cultural factors keep women in violent relationships- love and concern for children, lack of resources to escape, lack of education and awareness, and the notion that family preservation should be maintained at all costs.
- ♀ Victim-survivor should not be BLAMED for being in violent relationships. Rather, support and assistance should be extended to them to help them get out of the situation and survive the ordeal.

## Philippine Laws related to

## Violence Against Women (VAW)



- RA 7877: Anti Sexual Harassment Act of 1995
- RA 8353: Anti Rape Law of 1997
- RA 8505: Rape Victim Assistance and Protection Act of 1998
- RA 9208: Anti-Trafficking in Persons Act of 2003
- RA 9262: Anti-Violence Against Women and their Children Act of 2004
- RA 9710: Magna Carta of Women (2009)
- RA 9775: Anti-Child Pornography Act of 2009
- RA 9995: Anti-Photo and Video Voyeurism Act of 2009

For more details on the above Laws, you may visit [www.pcw.gov.ph](http://www.pcw.gov.ph)

## Statistics

1 in every 5 women age 15-49 experienced physical violence since age 15; 6% experienced physical violence within the 12 months prior to the survey.

4% of women age 15-49 reported experiencing violence during pregnancy.

6% of women aged 15-49 experienced sexual violence.

25% of ever-married women age 15-49 experienced emotional, physical, and/or sexual violence from their husbands; 7% reported having experienced physical or sexual violence in the past 12 months.

Among those who experienced physical and/or sexual spousal violence in the past twelve months, 65% reported experiencing some type of injury.

Only 30% of women who have experienced any type of physical or sexual violence sought assistance to stop violence; 27% never sought help but told someone; while a higher proportion of women (38%) never sought nor told anyone about their ordeal.

Source:  
2013 National Demographic and Health Survey (NDHS)

## Where to go for assistance?

1. Designated Barangay VAW Desk Officer in your barangay
2. Social Welfare and Development Officer in your Provincial/City/Municipal Hall
3. Women's Desk in the Police Station nearest you
4. Women and Children Protection Unit in government hospitals
5. Public Attorneys Office nearest you
6. VAWC Division of the NBI



# what is VAW

## Violence Against Women

is any act of gender-based violence that results in or is likely to result in physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.  
(UNCEDAW, 1993)

VAW arises from unequal power relations between women and men and become socially acceptable through traditional and cultural beliefs, norms and social institutions.

## Gender-based violence (GBV)

is the general term used to describe violence that occurs as a result of role expectations associated with women and men, the power relations between them, and specific contexts in their society. It means that women are subjected to violence or abuse because they are women.



## FORMS OF VAW

### Physical Violence

hitting with the fist, slapping, kicking different parts of the body, stabbing with a knife, murder, etc.

### Psychological & Emotional Violence

intimidation, isolation, harassment, stalking, damage to property, public ridicule or humiliation, repeated verbal abuse, marital infidelity, etc.

### Economic Abuse

withdrawal of financial support or preventing the victim from engaging in any legitimate profession, occupation, business or activity, deprivation of financial resources, controlling financial and use of conjugal money or properties

### Sexual Violence

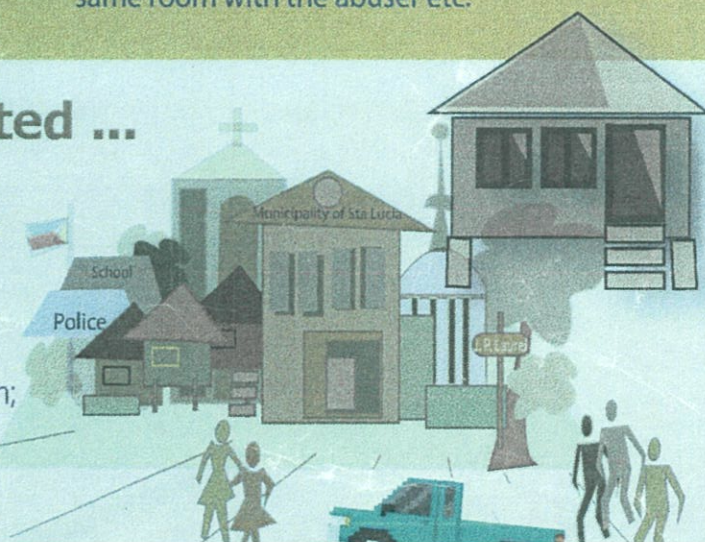
rape, sexual harassment, acts of lasciviousness, treating a woman or a child as sex object, making sexually suggestive remarks, physically attacking the sexual parts of the victim's body, forcing her to watch obscene publications and indecent shows or forcing the woman or her child to do indecent acts and or make films thereof, forcing the wife and mistress/lover to live in conjugal home or sleep together in the same room with the abuser etc.

## Acts of VAW can be committed ...

at **HOME** like wife battering, incest rape, marital rape, sexual abuse of children, dowry related violence;

in the **COMMUNITY** like rape, sexual abuse, sexual harassment, trafficking of women, prostitution;

perpetrated or condoned by the **STATE** like rape of women prisoners, rape used as weapon of war,





## Campaign Background

The 18-Day Campaign to End Violence Against Women (VAW) is observed annually from November 25 to December 12 to raise awareness among all stakeholders that VAW is a public issue of national concern. It supports the Philippine Government's goal to protect the human rights of women and its commitment to address all forms of VAW. The following issuances provide the national legal mandates for the annual campaign:

Proclamation 1172 s. 2006 – Declaring 25 November to 12 December as the 18-Day Campaign to End Violence Against Women (VAW)

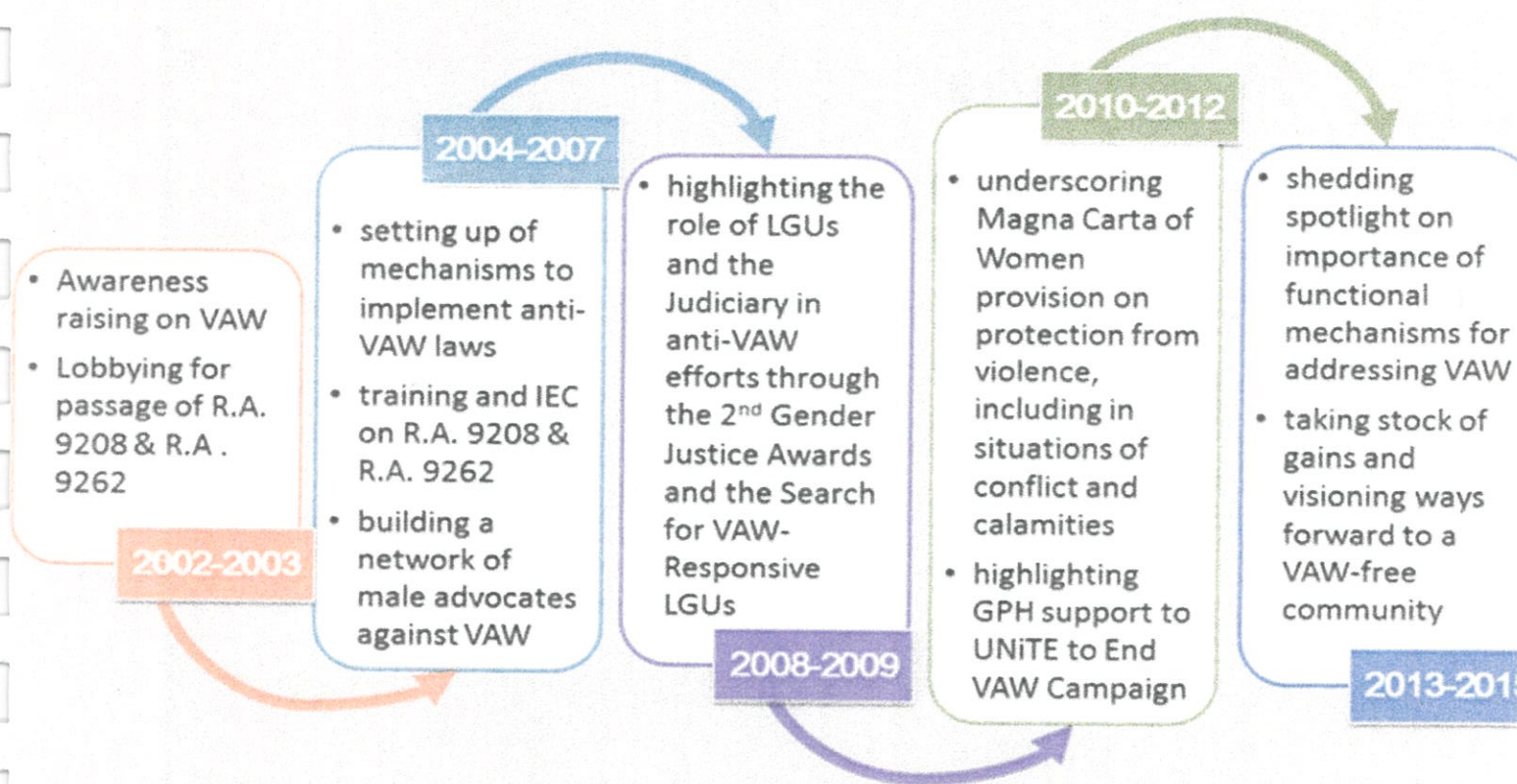
Republic Act 10398 (2013) – Declaring November 25 of Every Year as National Consciousness Day for the Elimination of Violence Against Women and Children

## In Support of the Worldwide Campaign to End VAW

The 16 Days of Activism Against Gender-Based Violence begun in 1991, linking November 25 (International Day Against VAW) and December 10 (International Human Rights Day) to emphasize that VAW is a human rights violation. It is further strengthened with the launching in 2008 of the United Nations (UN) Secretary-General's UNiTE to End VAW Campaign which envisions a world free from all forms of violence against women and girls. For the UN, this vision can only be realized through meaningful actions and ongoing political commitments of national governments, backed by adequate resources.

## The Philippine Campaign to End VAW

The Philippine government has participated in this worldwide campaign to eliminate VAW since 2002. Recognizing that human trafficking is a form of VAW, Presidential Proclamation 1172 s. 2006 extended the national campaign to 18 days, to include December 12, a historic date that marked the start of opening for signature in year 2000 of the UN Protocol to Prevent, Suppress and Punish Trafficking in Persons, Especially Women and Children, supplementing the UN Convention Against Transnational Organized Crime.



## The 2016 18-Day Campaign To End VAW

With the theme “VAW-free community starts with Me”, shifts the campaign to positive advocacy messaging, by giving emphasis on everyone's commitment and contributions in ending VAW, and our collaborative pursuit of our common vision of a VAW-free community.

## Reality Check: VAW in Numbers

1 in 5 women experienced physical violence since age 15 (2013 NDH Survey among women aged 15-49)

6 in 100 women reported having experienced sexual violence (2013 NDH Survey among women aged 15-49)

4% of women experienced physical violence during pregnancy (2013 NDH Survey among women aged 15-49)

- Only 3 of 10 women sought help to stop the violence (2013 NDH Survey among women aged 15-49)

A total of 30,872 cases of violations of RA 9262 were filed before the Philippine National Police from January to December 2015 (PNP WCPC 2015 Report)

From January to September 2016, a total of 27,403 incidents of violations of RA 9262 were reported to the PNP, broken down as follows: 18,413 cases of physical abuse; 127 cases of sexual abuse; 6,884 cases of psychological abuse; and 1979 cases of economic abuse (PNP WCPC 2016 Report)

As of September 2016, 37,044 out of the 42,029 barangays (88 percent) have already established their Barangay VAW Desks (DILG)

Aiming to “individualize” and make the people “own” the campaign, the PCW personified the “Me” in the 2016 theme and provided each with corresponding core messages:

**From the perspective of a woman** - I know my rights and I will not allow anyone to violate it. I won't allow myself to become a victim of violence and I know what to do, where to go and whom to go to in case it happens.

**From the perspective of a man/boy** - I respect women and girls and I won't be an instrument in committing violence against women and children. I will be a positive influence to other men and boys in building a community that is respectful of everyone's right to be free from abuse and violence.

**From the perspective of a government agency** - We are staunch advocates of Anti-VAWC. We will continue to provide and improve our services for our clients so that they can live a life that is free from VAW.

**From the perspective of a barangay** - Being the smallest unit of government closest to the communities, we are doing our share in attaining our vision of VAWC-free community. Our Barangay VAW Desk is functional and residents of our Barangay are aware of anti-VAW laws.

**From the perspective of private sector and non-government organization** - We support the efforts of the government and our immediate community in addressing violence against women and girls. We will continue to foster collaboration in ensuring that there will be zero tolerance to VAW, and initiate efforts within our means to help address the issue when it happens.

**From the academe/training institutions** - We foster an environment that does not only nurture the minds and intellects of our students, faculty and staffers, but also ensures their safety from abuses, especially against women and children. We have mechanisms in the campus like a Committee on Decorum and Investigation (CODI) where students, faculty and employees can seek help.

## What you can do?

### Woman/Girl

- Empower yourself. Know your rights and available courses of actions in case these rights are violated.
- Speak out and report to the authorities in case your rights are violated.
- Encourage others to fight for their rights.

### Man/Boy

- Respect women and girls in your home, workplace, and community.
- Join male groups promoting Anti-VAW efforts and participate in discussions to broaden your awareness on the advocacy.
- Enlighten/advise perpetrators to seek help and join the male Anti-VAW supporters.



## Government agency

- Equip yourselves with apt trainings and capacity development sessions to improve service delivery for your clients.
- Develop monitoring and evaluation strategy to assess the service to your clients supporters.
- Let people know that you provide the services! We need to inform the public that there are government offices that they can turn to and trust to assist them towards healing and seeking justice.

## Barangay

- Ensure that your Barangay VAW Desk is functional. You can use the Barangay VAW Desk Handbook developed by PCW and DILG with partner agencies to guide you on what to do.
- Establish linkages with local and national government agencies, as well as other organizations near your barangay where you can refer victim-survivors of VAW for needed assistance which the barangay is not able to provide.
- Promote harmonious family and community relationships in your barangay which is grounded on mutual respect for human rights, and take proactive steps to attain a VAW-free community.

## Private sector

- Support the Anti-VAW efforts of the government and your immediate community.
- Establish your own Action Desks where employees and clients can go to in case VAW happens.
- Develop internal rules to proactively ensure that your workplace is VAW-free.

## Academe/training institutions

- Include concepts of VAW and women's human rights in lesson plans/lesson guides of your teaching staff
- Continually conduct/spearhead anti-VAW advocacies in your campus, and if possible, to your immediate community through extension programs.
- Setup a Committee on Decorum and Investigation (CODI) where students and employees can seek help

## How can individuals and organizations get involved in the campaign?

Organize your own event and invite others to join your event. Government agencies, non-government organizations, sectoral groups, private and civic organizations are enjoined to conduct their own activities in line with this year's campaign theme and focus. You can also invite other groups and individuals to join your event. Hanging of streamer bearing this year's campaign theme is also encouraged.

Live a Life Free from VAW. A life free from VAW – it's our right! Freedom from VAW starts with knowing and respecting each person's rights. You can help end VAW by doing the following

- Never commit VAW
- Never condone VAW
- Never remain silent about VAW

If you are, or you know someone who is a victim of VAW:

Seek help from sympathetic family members and friends  
Report and seek the help of the barangay, social worker, police, NBI, or public attorney's office nearest you.

Spread the word. Freedom from VAW is everyone's concern. Be a firm advocate and partner in ending VAW. Know more about VAW and share the information with everyone. Support efforts within your school, workplace of community to eliminate VAW and achieve our vision of a VAW-free community.

## Campaign Activities

18-Day Campaign to End VAW Kick-off Activity: "VAW-free Community Starts with Me" - 25 November 2016, 9 AM; Reception Hall, Philippine International Convention Center

The 18-Day Campaign To End VAW Kick-Off Activity will serve as a venue to launch and re-ignite the commitment of individuals and institutions from various sectors in pursuing Anti-VAW efforts. This event will also serve as an opportunity to share the good practices of government agencies, local government units and other stakeholders on their anti-VAWC programs through discussions and creative engagements. Expected to grace the opening program as Keynote Speaker is Vice President Ma. Leonor "Leni" G. Robredo.

The second part of the program will feature videos and informances by the Philippine Educational Theater Association (PETA), with singer-songwriter Noel Cabangon.

**2. Orange Your Icon Advocacy Initiative – 25 November to 12 December 2016**

The Orange Your Icon for 18 Days Advocacy Initiative, is a collaboration between the Department of Tourism and its attached agencies, and the Philippine Commission on Women. This initiative aims to raise awareness and consciousness in ending VAW through “oranging” famous and prominent tourism sites or attractions in the country. This creative advocacy effort also hopes to convey a message that the DOT, together with its stakeholders in the tourism industry are partners for achieving a VAW-free community through safe and non-exploitative tourism activities.

Everyone is encouraged to support the initiative by “oranging” their own neighborhood.

**DOT-designated Sites for Orange Your Icon For 18 Days**



## IMPACT OF VIOLENCE AND ABUSE TO WOMEN AND CHILDREN

LYNDEN K CODMOR  
MPSPC FACULTY

### DOMESTIC VOILENCE

- Witnessing can mean **SEEING** actual incidents of physical/and or sexual abuse.
- It can mean **HEARING** threats or fighting noises from another room.
- Children may also **OBSERVE** the aftermath of physical abuse such as blood, bruises, tears, torn clothing, and broken items.

- Finally children may be **AWARE** of the tension in the home such as their mother's fearfulness when the abuser's car pulls into the driveway.

### **What are the feelings of children who are exposed to battering?**

-Children who are exposed to battering become:

1. fearful and anxious.
2. They are always on guard, watching and waiting for the next event to occur.

3. Watching and waiting for the next event to occur.
4. They never feel safe.
5. They are always worried for themselves, their mother, and their siblings.
6. They may feel worthless and powerless.

Children of abuse feel isolated and vulnerable.

1. They are starved for attention.
2. Affection and approval.

These children become physically, emotionally and psychologically abandoned.

**What behaviors do children who witness domestic violence exhibit?**

➤ The emotional responses of children who witness domestic violence may include

1. Fear
2. Shame
3. Sadness
4. Depression
5. and Anger

Physical responses may include

1. Loss of ability to concentrate.
2. Headaches.
3. Others may be injured while trying to intervene on behalf of their mother or a sibling.

The behavioral responses of children who witness domestic violence may include .

1. The children may exhibit signs of anxiety and have a short attention span which may result in poor school performance and attendance.
2. They may experience developmental delays in speech, motor or cognitive skills.



3. They may also use violence to express themselves displaying increased aggression with peers or mother.
4. They can become self-injuring.

### **What is bullying?**

- Bullying is a repeated aggressive behavior where one person (or group of people) in a position of power deliberately intimidates, abuses, or coerces an individual with the intention to hurt that person physically or emotionally.
- Acts of bullying can be physical or verbal.

### **4 Types of Bullying**

1. Physical bullying such as kicking or pushing.
2. Verbal bullying such as name-calling or yelling.
3. Relational bullying such as excluding or rumor-spreading.
4. Cyber bullying which involves sending hurtful messages over digital devices like computers and cell phones.

### **Effects of Domestic Violence on Women**

The effects of domestic violence on women go beyond the immediate physical injuries they suffer at the hands of their abusers. Frequently, domestic violence survivors suffer from:

1. Psychosomatic illnesses.
2. Eating disorders
3. Insomnia

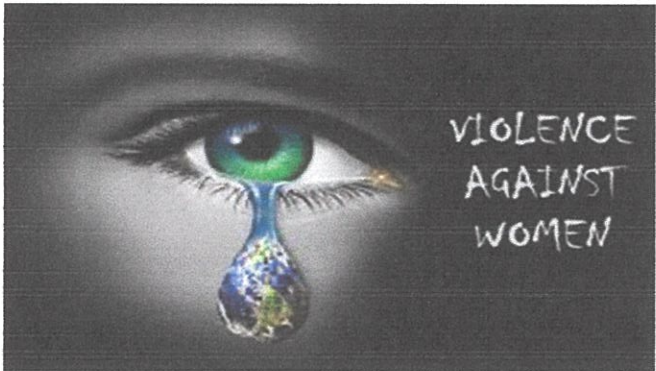
4. Devastating mental health problems like Post-traumatic stress disorder (PTSD).

Many abused women find it difficult to function in their daily lives because of the effects of domestic violence.

1. Absences from work, due to injuries or visits to the doctor.
2. They may feel ashamed that their partners abuse them

- Because of their feelings of low self-worth, these women become isolated from friends and family and do not participate in social activities common to others in their demographic.





**WHAT IS VAW?**

- Any act of gender-based violence that results in or is likely to result in physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or private life.



**WHAT IS VAW?**

- It arises from unequal power relations between women and men and become socially acceptable through traditional and cultural beliefs, norms and social institutions.



**WHAT IS GENDER BASED VIOLENCE?**

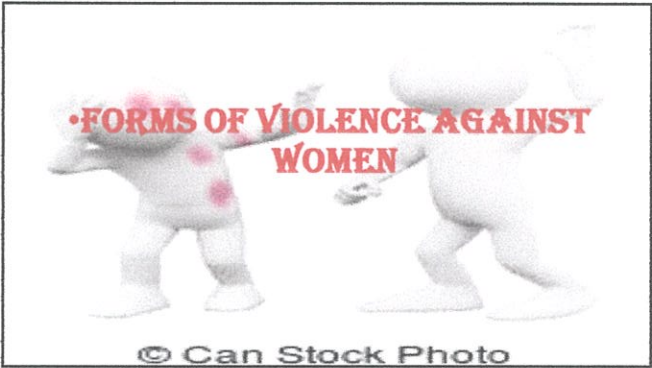


Violence against women and girls includes physical, sexual, psychological, and economic abuse. It is often known as "gender-based" violence because it evolves in part from women's subordinate status in society.



**GENDER-BASED VIOLENCE**

- The general term used to describe violence that occurs as a result of role expectations associated with women and men, the power relations between them, and specific context in our society.
- It means that women are subjected to violence or abuse because they are women.



**PHYSICAL VIOLENCE**

- acts that include bodily or physical harm
- It includes hitting with the fist, slapping, stabbing with a knife, murder, etc.



**PSYCHOLOGICAL AND EMOTIONAL ABUSE**

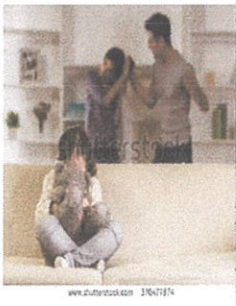
- refers to acts or omissions causing or likely to cause mental or emotional suffering of the victim
- It includes intimidation, isolation, harassment, stalking, damage to property, public ridicule or humiliation, repeated verbal abuse, marital infidelity, etc.





**ECONOMIC ABUSE**

- acts that make or attempt to make a woman financially dependent



**ECONOMIC ABUSE**

It includes withdrawal of financial support or preventing the woman from engaging in any legitimate profession, occupation, business or activity, deprivation of financial resources, controlling financial and use of conjugal money or properties.

**SEXUAL VIOLENCE**

- an act which is sexual in nature, It includes, but is not limited to:
  - a) rape, sexual harassment, acts of lasciviousness, treating woman as a sex object, forcing her to watch obscene publications and indecent shows or forcing the woman to do indecent acts and/or make films thereof, forcing the wife and mistress/lover to live in the conjugal home or sleep together in the same room with the abuser;



Sexual Violence

- b) acts causing or attempting to cause the victim to engage in any sexual activity by force, threat of force, physical or other harm or threat of physical or other harm or coercion;
- c) Prostituting the woman or child.



•Where can acts of violence against women be committed?

#### AT HOME.....



#### AT HOME

- Like:
  - Wife battering
  - Incest rape
  - Marital rape
  - Sexual abuse of children
  - Dowry related violence

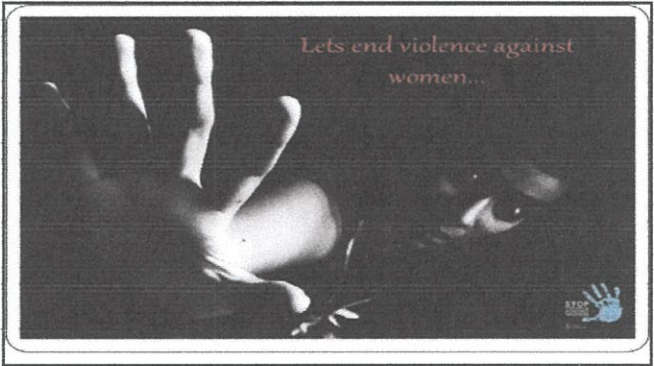
#### IN THE COMMUNITY....

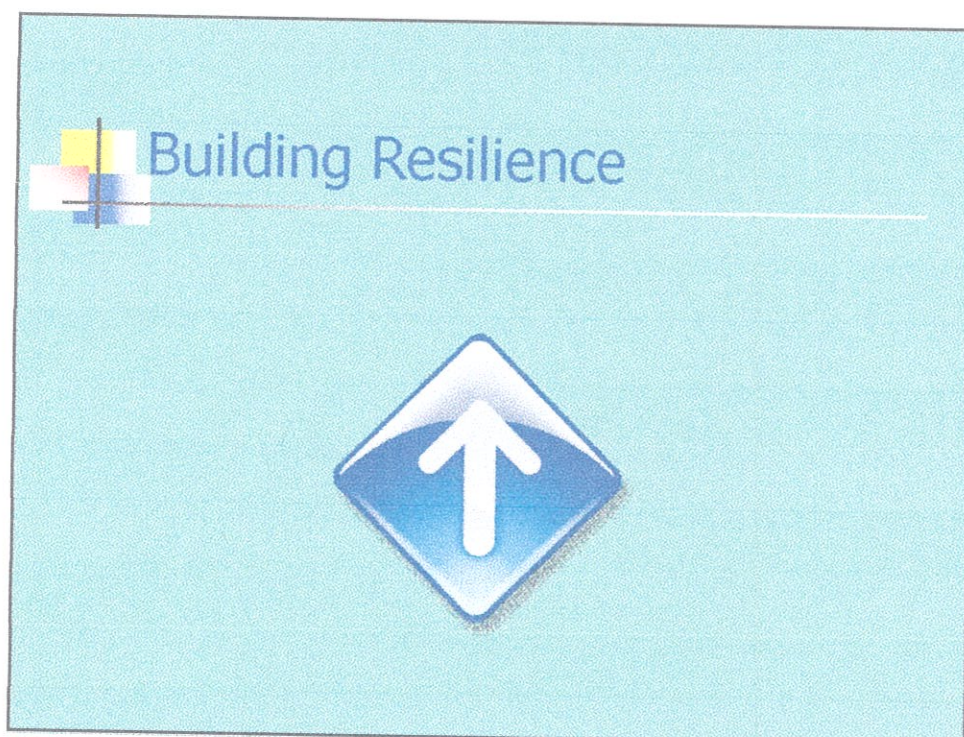
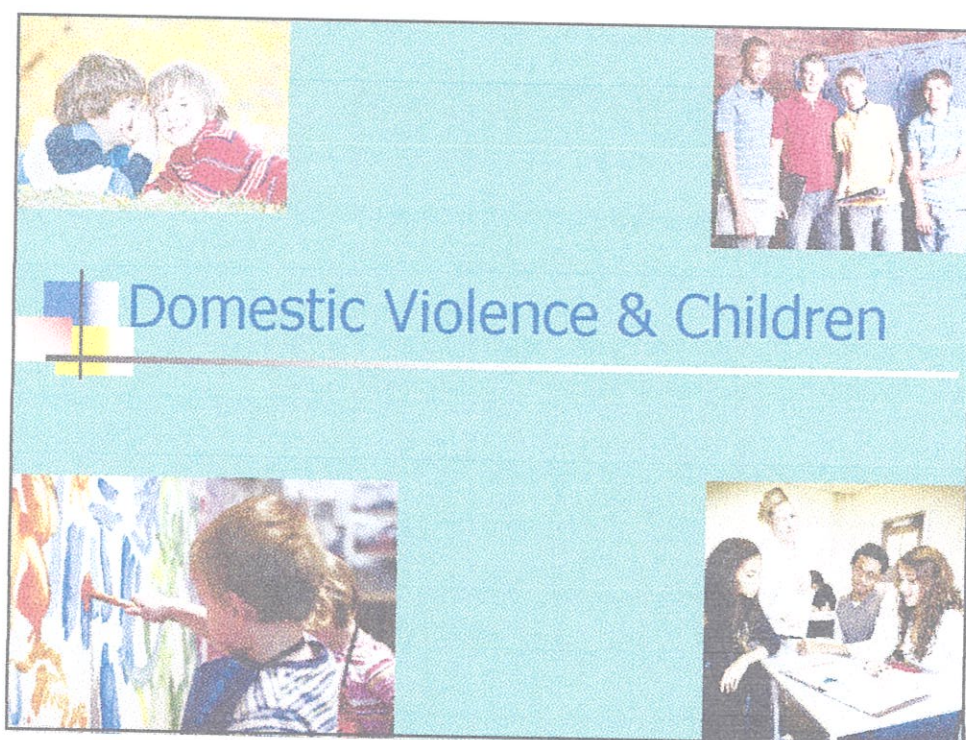
- Like:
  - Rape
  - Sexual abuse
  - Sexual harassment
  - Trafficking of women
  - Prostitution



PERPETRATED OR CONDONED BY THE STATE...

- Like:
  - Rape of women prisoners
  - Rape used as weapons of war
  - Female genital mutilation







## Factors that assist a child in developing resilience:

- Healthy relationships with others
- Well-developed problem-solving skills
- A strong sense of self-worth
- Stable belief system
- Sense of purpose and future



## How Children Cope





## Healthy ways that children may use to cope with domestic violence

- Talk with a safe adult
- Excelling in school
- Reaching out within the community
- Getting involved in after school/extra curricular activities



## Unhealthy ways that children may use to cope with domestic violence:

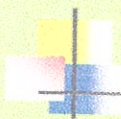
- Withdrawal
- Acting-out and/or aggressive behavior
- Depression
- Anxiety
- Nightmares
- Physical complaints







## How We Can Help!



## "Tapping Innate Resilience in Children" by Z. Ruby White

"Longitudinal studies reveal time and time again that 50 percent to 75 percent of children growing up in families suffering from domestic violence, as well as exposure to other risks, defeat the odds and turn a life that appears destined for further hardship into one that illustrates resilience and triumph."

## Strategies for Supporting Children Exposed to Domestic Violence

- Add structure and clear expectations
- Pay close attention to non-verbal cues
- Avoid struggles for power and control
- Give children choices whenever possible
- Help children learn not only what not to do, but what to do instead



## More strategies...

- Teach children to put feelings into words
- Validate children's feelings about their parents
- Create opportunities for children to feel successful and proud of themselves





## More strategies...

- Send the right messages about violence being a choice, and that violence is not the child's fault
- Advocate for children when they need an advocate
- Be respectful of the child's parents
- Have fun together



## Say things like:

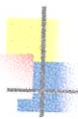


- The violence in your home was not your fault, no matter what anyone said
- It's not safe to try to stop the violence, even though you might really want to
- It's not your fault – You didn't do anything wrong
- It isn't your job to protect your mom – Your job is to keep yourself safe and to help keep your brothers/sisters safe



## More things to say...

- I don't think your father is a bad person, but his violence is not okay – However you feel about him is okay – it's normal
- If you're angry at your mom, that's okay, too
- It's important to talk about how you're feeling - (Help them think of two or three people they could talk to)



## Additional things to say to adolescents are:

- You have the right to feel like your boyfriend/girlfriend respects you for who you are
- He may love you, but when he hits you (calls you names, humiliates you, etc.) he isn't showing love – he's showing you who is in control
- I don't think your boyfriend/girlfriend is some kind of monster, but his/her behavior is not okay.





### More things to say...

- When you are in a relationship with someone, you should never have to feel afraid of that person – You may not always be happy, but you should never feel unsafe.



### "Tapping Innate Resilience in Children" by Z. Ruby White

"In order to create a nurturing environment for children that will allow them to flourish, we need to believe in their capacity and enhance, not minimize, the critical building blocks in each child's life through careful, creative and different solutions."



## Thank you...

- For taking the time to go through this power point presentation...
- For the support you provide your clients and their children as they work to gain safety...
- For caring enough to be there.



# The Effects of Domestic Violence on Children

Reducing risks : Improving Lives

## On Children

You are the bows from  
which your children  
as living arrows are  
sent forth.

*Kahlil Gibran*



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## Improving the lives of children

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We talk about kids  
subject to violence in  
their home so that we  
may improve their  
lives....



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3

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## Children need our help.

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- ♦ In a national survey of more than 6,000 American families, 50 percent of the men who frequently assaulted their wives also frequently abused their children.

Wife assault and child abuse are co-occurring events.

<http://endabuse.org/resources/facts/>

[www.yoursocialworker.com](http://www.yoursocialworker.com)

4



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## Life shouldn't be scary.

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- ♦ Slightly more than half of female victims of intimate violence live in households with children under age 12.

<http://endabuse.org/resources/facts/>

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## Violence Crosses gender

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- ♦ While violence against women by men is most talked about, women also perpetrate violence against men. Further violence can be an issue in same-sex relationships regardless of gender.
- ♦ While raising violence against women still remains a difficulty in many jurisdictions, many men and same-sex couples find a greater stigma associated with raising the issue and hence these populations often go unserved.

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## Children should be counting blessings, not bruises.

- ♦ Studies suggest that between 3.3 - 10 million children witness some form of domestic violence annually.

<http://endabuse.org/resources/facts/>

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## Domestic Violence Defined from a Child Perspective

- ♦ Hostile, abusive or neglectful behaviour targeted at the child directly by parent or adult in the home
- ♦ Child's direct exposure to acts of violence between adults in the home as in the case of seeing, hearing or smelling abusive behaviour
- ♦ Child's indirect exposure to acts of violence as when seeing bruises, broken objects, distressed parent, blood or other evidence in the aftermath

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## Psychosocial development

- ♦ Our progress through each stage of development is in part determined by our success, or lack of success, in all the previous stages.

Eric Erikson and the epigenetic principle.



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## We evolve through social interaction

- ♦ Socialization imprints on personality and our personality impacts on others. Their reaction to our personality then determines our socialization... and so on.



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## Walk a mile in their shoes...

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Formative experiences  
teach us how to interact  
with the world.



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## We are determined by our formative experiences

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I thought the whole  
world was just like me,  
until we moved away..  
Then I learned I was  
different.



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# Violence in the home provides it's own experience...

Children are subject to violence as targets as in cases of abuse; directly as witnesses; and indirectly when exposed to the aftermath

- ◆ Infants and toddlers
- ◆ Preschoolers
- ◆ School age
- ◆ Adolescence

# Boys will be boys and girls will be girls

## Boys are at risk of:

- ◆ Learning that males are violent
- ◆ Learning to disrespect women
- ◆ Using violence in his own relationships
- ◆ Confusion or insecurity about being a man
- ◆ Attacking parents or siblings

## Girls are at risk of

- ◆ Learning that male violence is normal
- ◆ Learning that women don't get respect
- ◆ Accepting violence in her own relationships
- ◆ Embarrassed about being female
- ◆ Becoming pregnant

## Domestic violence has an impact on children

- ♦ Thinking constantly about the traumatic event.
- ♦ Having nightmares.
- ♦ Avoiding places, people, or activities that re-mind them of the event.
- ♦ Losing interest in doing things that they liked before.
- ♦ Feeling alone, empty, sad, anxious, or uncaring.
- ♦ Becoming irritable, angry, and easily startled.

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## When children are exposed to domestic violence, it shows...

### ♦ Behavioral, social, and emotional problems

- higher levels of aggression, anger, hostility, oppositional behavior, and disobedience; fear, anxiety, withdrawal, and depression; poor peer, sibling, and social relationships; low self-esteem.

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## It hurts them...

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- ♦ **Cognitive and attitudinal problems**

- lower cognitive functioning, poor school performance, lack of conflict resolution skills, limited problem-solving skills, acceptance of violent behaviors and attitudes, belief in rigid gender stereotypes and male privilege.

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## ...and can last a lifetime.

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- ♦ **Long-term problems**

- higher levels of adult depression and trauma symptoms, increased tolerance for and use of violence in adult relationships

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# When Intervening...

Safety first.

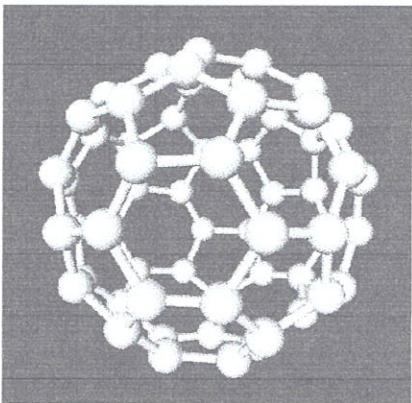
			
			
			
			

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# When Intervening...

Structure second.



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# When Intervening...

Treatment third.



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# When Intervening...

and support  
throughout



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## And we do this because...

### Cost of Domestic Violence

Domestic violence in the United States costs an estimated \$67 billion annually.

<http://www.ag.state.ca.us/violence/statistics.htm>

- Impact on Business
- Impact on the Healthcare System
- Economic Impact on the Legal System
- Economic Impact on Social Service Systems: Public and Private

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## But more importantly...

Because we care.



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# On Children

You are the bows  
from which  
your children as  
living arrows  
are sent forth.

*Kahlil Gibran*



Isreal Kamamawwo'ole

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Is mood swings is the effect of  
psychological and emotional abuse?

Pano kung ang isang ama ay  
pinugbog niga ang anak, at ang  
anak namang ay gumanti, sino sa  
kanila ang makakasuhan Anak o  
Ama?

Ang kanya ang pwedeng parusa sa isang  
tatay na palaging narakit sa satiliniyang  
asawa? explain pls.

What if the mother is the  
one who will hurt her  
husband and children? what  
will we do?

What if your father raped you  
and when you tell to  
your mother and your older brother/  
sister did not believe you what will  
you do?

Pano kung ay tumog  
Ang Jasinuho Kaga binugbog  
Sigq.

~~Kat~~ talaga nge guilty ti ama  
igay a kaso ~~abuse~~ ket  
makulong ~~igay~~ isuh  
nggem madin igay asawa ket ken  
anak na. ~~nggem~~  
kasanu ngay dyatalk?



Is it good to hurt  
your children physically  
just to discipline them?

Pano kung babae ang  
tumira sa lalaki?

Pano kung ang tumira  
ang nahakot sa bakla  
VAVC bagon?

Kung ang babae at lalaki ay  
mag-asawa na maaari bang ma-report  
ang lalaki sa pagrape ng asawa  
niya?

Ano po ang pinaka  
layunin ng VAVC kung  
bakit nila ipinadapat iyo?

Saon manggaling ang salitang  
imon?



Republic of the Philippines  
**Mountain Province State Polytechnic College**  
Bontoc, Mountain Province

## **Extension Unit**

# **Approved Activity Design**





Republic of the Philippines

**Mountain Province State Polytechnic College**  
(Bontoc Campus)

Form 1

## ACTIVITY DESIGN

### I. ACTIVITY IDENTIFICATION

Training Title: **ADVOCACY ON ANTI - VIOLENCE AGAINST WOMEN AND CHILDREN**

Extension Component: (please check appropriate box)

- ☐ **Training/seminar/workshop**
- ☐ Technology Transfer and utilization
- ☐ Technical assistance and advisory services
- ☐ **Information dissemination**
- ☐ Community involvement/outreach activities

Extension Program: (please check appropriate box)

- ☐ Agricultural Extension
- ☐ Technical/Vocational
- ☐ Continuing Education for Professionals
- ☐ Others

Cooperating Agency : **SADANGA, MOUNTAIN PROVINCE**

Implementing Department: EXTENSION UNIT

CRIMINOLOGY DEPARTMENT

Office of the GAD Focal Person

Coordinators : Karyl A. Po-or, Rochelle Ann C. Dalay-on,

Emmie P. Aroy, Angel C. Libang

Participants : Community, barangay officials & students

Venue : Sadanga, Mountain Province

Date : December 5-15, 2016

Source of Fund

MPSPC : Extension Unit

Other source : \_\_\_\_\_

Total Budget Requirement : P 47, 900.00

### II. RATIONALE:

Violence Against Women is a gender – biased form of violence and a concept that has always been used to encompass verbal abuse, intimidation, physical harassment, homicide, sexual assault, and rape (of women in particular). According to the United Nation's Declaration on the Elimination of Violence Against Women, "violence against women is a manifestation of historically unequal power relations between men and women." It is likewise "one of the crucial mechanisms by which women are forced into a subordinate position compared with men. Republic Act 9262 is the Anti-Violence Against Women and Their Children and which seeks to address the prevalence of violence against women and children, abuses on women and their children by their partners. Under the law, this is any act or a series of acts committed by any person against a woman who is his wife, former wife, or against a woman with whom the person has or had sexual or dating relationship with whom he has a common child, or against

her child whether legitimate or illegitimate, within or without the family abode, which result in or is likely to result in physical, sexual, psychological harm or suffering, economic abuse including threats of such acts, battery, assault, coercion, harassment or arbitrary deprivation of liberty.

November 25 – December 12 has always been observed as an 18-day campaign to end violence against women. Pursuant to Presidential Proclamation 224 and 227 and RA No. 6469, the CSC is spearheading the annual observance of the 18-Day Campaign To End Violence Against Women (VAW) on November 25 – December 12. In the observance of this campaign and in compliance to M.C. No. 26, s. 2016 of the Civil Service Commission enjoining all government agencies and LGUs to participate in the 2016 18-Day Campaign to End VAW, the Mountain Province State Polytechnic College, being a strong advocate of Anti-VAWC, conceptualized this 10 – days Advocacy on Anti – VAWC. Such advocacy is seen by the institution as an effective way of reaching out to its extension partners and other community people to empower and make knowledgeable the women and children of their rights, responsibilities and duties, increase their awareness on the various forms of VAWC, thereby making them be protected from all forms of acts that are deemed unlawful by the society and the governing laws.

III. OBJECTIVES:

1. To increase and promote public awareness on VAW/VAWC and the vision of creating VAW/VAWC – free communities through discussions and video presentations;
2. To present an ideal picture of a VAW/VAWC – free community
3. To highlight what each person can do in promoting VAW/VAWC – free community and preventing VAW/VAWC.

IV. METHODOLOGIES

1. Discussion; Powerpoint & Video – presentations; Open Forum/Sharing of insights

V. A. ACTIVITY SCHEDULE

*Note: Schedules of activity will be flexible*

Day/Time	Activity	Place	Participants	Person Responsible
Dec. 5, 2016	Information Dissemination on Violence Against Women and Children through the conduct of a seminar and video presentations	Betwagan, Sadanga	Betwagan Community	<ul style="list-style-type: none"><li>• Extension Unit</li><li>• Office of the GAD Focal Person</li><li>• Criminology Department</li></ul>
Dec. 6, 2016			Betwagan Elementary School	
Dec. 7, 2016			Betwagan National High School	
Dec. 8, 2016		Anabel, Sadanga	Anabel Elementary School	
Dec. 9, 2016			Anabel Community	
Dec. 12		Poblacion, Sadanga	Sadanga National High	
Dec. 13		Saclit, Sadanga	Saclit National High School	
Dec. 14			Saclit Community/Barangay Officials	
Dec. 15		Belwang, Sadanga	Belwang National High School/ Belwang Community	
		Bekigan, Sadanga	Bekigan Community and Barangay Officials	





Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

# Extension Unit

## **Enhancing Inmate's Welfare & Rehabilitation through Physical Fitness & Moral Recovery**

**November 2016– April 2017**



Republic of the Philippines  
**Mountain Province State Polytechnic College**  
Bontoc, Mountain Province

## **Extension Unit**

# **Terminal Report**





Republic of the Philippines  
**Mountain Province State Polytechnic College**  
Bontoc Campus

**TERMINAL REPORT**

Training Title : **Enhancing inmate's welfare and rehabilitation through physical fitness and moral recovery**

Extension Component : \_\_\_\_\_

Extension Program : **Public Safety, Security and Juvenile Delinquency prevention.**

Cooperating Agency : BJMP  
Implementing Department : Criminology Dept.  
Trainers/Speakers : Rommel O. Fecha (Criminology Instructor - MPSPC)

Actual No. of Participants : Base on Attendance Sheet \_\_\_\_\_

Actual Venue : MPDJ Compound

Actual Date of Implementation : November 2016-April 2017

No. of Training Days : \_\_\_\_\_

Source of Fund MPSPC : Extension\_\_\_\_\_

Other source : \_\_\_\_\_

Total Budget Requirement : \_\_\_\_\_

**Executive Summary**

Most people may think of prisons as nothing more than facilities where criminals are incarcerated and deprived of their freedoms while serving a sentence for a crime. While this is true, the concept of imprisonment is also intended to rehabilitate the prisoners.

The basic idea of rehabilitation through imprisonment is that a person who has been incarcerated will never want to be sent back to prison after they have been set free. It is hoped that an inmate's experiences while locked up will leave such a lasting impression that a former prisoner will do whatever it takes to avoid a second term.

Unfortunately, research has consistently shown that time spent in prison does not successfully rehabilitate most inmates, and the majority of criminals return to a life of crime almost immediately. Many argue that most prisoners will actually learn new and better ways to commit crimes while they are locked up with their fellow convicts. They can also make connections and become more deeply involved in the criminal world.

In an effort to offer better rehabilitative services to the inmates, many prisons have begun providing psychiatrists to help deal with prisoners' mental disorders and psychological issues. Prisons also offer classroom settings in which inmates can learn to read and educate themselves. These methods are proven to have a positive effect on the prisoners and have helped many to overcome a background with little or no education. Upon their release, prisoners who have stuck with these programs are given a better opportunity to succeed and to become law abiding citizens.

Rehabilitation of prisoners is an extremely difficult process. Inmates are segregated from the general public and forced to live in a society with people for whom crime is a way of life. For many, time spent behind bars will push them farther into a life of crime, but for others, the horrors of prison life and the lessons they learn there are enough to deter them from committing crimes again in the future.



The rehabilitation of offenders is a key feature of the modern criminal justice system, and work to rehabilitate prisoners goes on, in varying degrees, in every prison.

While in the past, rehabilitation may have been directed at 'reforming the character' of prisoners, its focus is now on preventing reoffending.

MPSPC particularly the Criminology department with its various specializations provides extension activities particularly on Crime Prevention. One activity being conducted is the Tae-bo, titled "Enhancing inmate's welfare and rehabilitation through physical fitness and moral recovery".

The physical fitness exercises (Taebo) conducted at the Bontoc Jail Management and Penology (BJMP) held every Mondays and sturdays with the help of my companions; Miss Beverly Ann Chaokas, Francis Ventura, Celestina Ongan, and others (Criminology interns). The workout sessions were successful. The participants (inmates/Personnels) displayed some changes in their physique as well as attitude. This activity was also done because base on the result of the blood pressure checking with the aid of the Nursing department, many inmates do have high readings which really requires them to be physically active in order to improve their physical well-being.

**Tae Bo** is a total body fitness system that incorporates martial arts techniques such as kicks and punches, which became quite popular in the 1990. Such programs use the motions of martial arts at a rapid pace designed to promote fitness.

The name Tae Bo is a portmanteau of **taekwondo** and **boxing**. Furthermore, it is an acronym for:

- *Total commitment to whatever you do*
- *Awareness of yourself and the world*
- *Excellence, the truest goal in anything you do*
- *(the) Body as a force for total change*
- *Obedience to your will and your true desire for change*

#### **SOME OF THE BENEFITS OF THE ACTIVITY ARE;**

**Building and Toning**, Tae Bo was titled based on the Korean word "Tae" -- meaning foot or leg - to represent kicking and lower body movements, and "Bo" -- short for boxing -- to represent the upper body striking and defense. Tae Bo not only works on the upper body (arms, chest, shoulders) and lower body (thighs, buns), but the core muscles (abs, spinal erectors, obliques) too. One of the goals of Tae Bo was to increase functional strength, which is described as the type of strength used on a daily basis.

**Cardiovascular Workout**, One of Tae Bo's biggest selling points is its cardiovascular workout, which is the result of the dance moves added to the already high-energy workout. The benefit of a good cardiovascular workout was the first thing noticed, a devoted exerciser, became quickly fatigued when combining dance moves to martial arts and boxing workout.

**Weight Loss**, due to the high-energy aerobic nature of Tae Bo, the exercise program will burn calories during the routine, which should translate into weight loss if a healthy low-calorie diet is maintained. In a study conducted by the American Council on Exercise, it's estimated that an average person burns 350 to 450 calories per hour in a kickboxing class such as Tae Bo.



**Self Defense**, the kicking and punching done during a Tae Bo workout leads to a better grasp of self-defense methods. It's important to note that Tae Bo is not a self-defense course and you should not attempt to use the techniques outside of your workout. Blanks says he hopes Tae Bo users are never put in a spot where they will need self-defense training, but believes that Tae Bo may give them confidence in a dangerous situation. If you are interested in self-defense, seek out a professional who is qualified to teach the appropriate techniques.

Such benefits are needed by the participants' in order to be physically and mentally which would be of help in their rehabilitation process as the maxim says "healthy body begets healthy mind".

#### Problems encountered, and recommendation

1. Not all inmates are actively participating.
2. Due to inevitable circumstances such as weather conditions, and security reasons, the workout is being cancelled.
3. Workout is also temporarily stopped due to conflict of schedules of trainers.
4. Other Instructors particularly from the outside should be invited to help in the conduct of the activity.

#### Attachments of the terminal report

1. Attendance sheet/Participants directory
2. Certificate
3. Photo documentation
4. Resource person's Evaluation.

Prepared by:

  
**ROMMEL O. FECHA**  
Activity Coordinator

Noted by:

  
**ELMER D. PAKIPAC**  
Extension Director



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

## Extension Unit

# Photo Documentation





# **VI. BUDGETARY REQUIREMENT**

Items		Quantity	# of days	Unit cost	Total
A. Transportation					
<b>Note: If college vehicles are not available</b>					
Hire of Van	Betwagan	1	3	2,500.00	7,500.00
	Anabel	1	2	2,500.00	5,000.00
	Poblacion Sadanga	1	1	3,500.00	3,500.00
	Saclit	1	2	3,500.00	7,000.00
	Belwang	1	1	3,500.00	3,500.00
	Bekigan	1	1	3,500.00	3,500.00
B. Meals and Snacks					
1. A.M. Snack	12 pax	5	60		P 3,600.00
2. Meal	12 pax	5	120		P 7,200.00
3. P.M. Snack	12 pax	5	60		P 3,600.00
C. Supplies and Others:					
External HD 1TB		1 pc		3,500	3,500.00
<b>TOTAL</b>					<b>47,900.00</b>

Prepared by:

  
**KARYL A. PO-OR**  
RDE Staff

Noted and Reviewed by:

  
**ELMER D. PAKIPAC**  
Extension Director

Recommending Approval:

  
**ANNIE GRACE F. EKID**  
Vice President, RDE

Certification of Availability of Fund:

  
**REXON T. DAMAYAN**  
Accountant II f

Approved:

  
**REXON F. CHAKAS**  
College President 11-25-12



# Enhancing Inmate's Welfare & Rehabilitation through Physical Fitness & Moral Recovery

*November 2016– April 2017*



































Republic of the Philippines  
**Mountain Province State Polytechnic College**  
Bontoc, Mountain Province

## Extension Unit

# Attendance Sheet



# BJMP FITNESS EXERCISES ATTENDANCE SEPT. 17, 2016

NAME	AGE	ADDRESS	SIGNATURE
1. ADREN	26	TADIAN	
2. Regie	20	Makati	
3. Toinette	32	SAGADA	
Nicolette	21	BAHANGAS	
JOHN	29	SAGADA	
CHARLIE	28	QUIRINO	
faglini	53	TADIAN	
Jerry	50	TADIAN	
Arthur	50	TADIAN	
10. SALVADOR TING	57	TADIAN	
11. NOE BRABANTE	50	TADIAN	
12. Jonathan LOZANO	30	Paracelis	
13. MATTHEW K. S.	40	BONTOK	
14. Junimar. M	21	Paracelis	
15. Japh	46	BONTOK	
16. WARREN	47	LOPINZO	
17. PATTAN	72		
18. Danilo Dales	34	Pangasinan	
19. daspor Agelino	56	BONTOK	
20. JEMBER CLEO SMOY	38	BAUID	
21. Eduardo Pasing	79	BANKO	
22. EDUARDO ESTERAN	62	1010 CITY	
23. Gary fortigan	31 *	SAGADA	
24. Roco O Delas Santos	46 *	Ronloc Jail	
25. JORDS J TICADA	42 *	BONTOK JAN	
26. Marcelo o Chag-a	23	ifugao	
27. alan - Bugby	42	Lagan	
28. MARCELO LANGAGAN	35	SAGADA	
29. SAGAD. ALEXANDER	28 *		
30. BEVERLY ANN B. CHAKAS	35 *	BAGUIO MPSPC	

# BJMP FITNESS EXERCISES

ATTENDANCE OCTOBER 1, 2016

Regie Castro	20
Nicolette Calamay	21
Leandro Santos	26
Marcelo Chg-a	23
Edmarco Esteban	42
SALVADOR TING	57
MARCELO Faglini	
Arthur Roco	55
IVOE Brarate	52
AJIB MAPANDI	37
CHARLIE TIMBREZA JR	28
Ronald Pontu	24
Danver Simon	48
Gab Cortez	21
Jenny Cacamo	54
Benjamin Betot	
Joseph Corzaro	38
toLENTINO Cardenas	33
ANLEO Nales	34
MATT	45
EDUARD PEXICAG	
Ariel Siadady	24
NOVIS Bando	28
Rexon Gcavage	28
ABRON BADA	20
EDUARDO PASIG	80
RONICO Hernandez	27
Junimar Macocay	21
Rodrigo Wasigan	20
Lorenzo Pottan	73
Gaspar Al-alho	56
WILLIAM MASKE	48
KJOHNWYN KINAD	36
BABCHAKAS	55*

Makati City  
BANGALAS CITY

Laguna

ifugao

Iloilo City

TADIAN  
Bontoc

TADIAN

TADIAN

QUIRINO

Laguna

Baguio

Laguna

TADIAN

Paracelis

11

Pangasinan

BONTOC

TADIAN

Bauko

Bauko

Baguio

TADIAN

11

Paracelis

Paracelis

Paracelis

Bontoc

SAGADA

Bontoc

MPSPC

*[Signature]*

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*Republic of the Philippines*  
Department of Education  
Cordillera Administration Region  
School Division of Mountain Province  
*Bontoc, Mountain Province*

JONI L. PAGANDIYAN  
Chairperson, Criminology Department  
Mt. Province State Polytechnic College  
Bontoc Campus


Sir:

Greetings;

This is to request your college instructor Mr Rommel O. Fecha to help in the officiating for WUSHU event on August 11-12 for our 2017-2018 district sports meet. Your approval and support of your staff will be a great help in promoting this kind of sports in our province and developing the skills of students.

Prepared by:

  
**JOHN T. ACLOPEN**  
WUSHU Tournament Manager

  
**CLAYTON TAD-AWAN SAGSAKHO**  
Bontoc District Sports Coordinator

  
91 JUN 2017

age

address

Σ VOA:

W-3-16

ABRON BADA

TADIAN

CHARLIE TIMBREZA 28

QUIRINO

DN LEO Alaloe 34

Pangasinan

NOE      BR about 50

TAD PAN.  
paracetol  
LOC-ONG

10/24/20

Abuani, Giovanni

Singway Mathew  
DEMBER SIMON

100  
78

Joseph Reagin

Rowe

Gaspar  
Pangos

Bonifacio  
Sagade

De los Santos, Ro co\*

MPDS

CALP / CARLOS A

MPDJ

Santos, Leandro 26 Laguna

Marcelo Chag-a

Hernandez Monica

ifugao  
TADIAN

Eduard Balicag

Paragolis

Lorenzo Pallan  
Esteban, Eduardo 63

PASing Edward



NAME	XGE
Eric Castro	20
Nicolette Calamay	21
PT Enripit	32
Leandro Santos	26
Smollen Lozano	20
ALVARO TRUG	57
Forster, John	21
Pontino, Ronald	25
Lopez, Jose	24
Demmy Lacamo	54
Plentino Cardenas	33
Eduardo Esteban	62
MANUEL AGPAWAN	40
Rodrigo Wargan	21
Anna Moe	55
CHARLIE TIMBREZA	28
marcelo faglimit	55
PAW LEO LEROS	54
CARLO HANANGAO	
RODOLFO BADA	20
EDUARDO PASING	
JOE BRIDANTE	52
EDUARDO BAKICAO	
MATT STANWAY	45
LAUNI AGUANA	25
RONICO HENAES	27
Marcelo Chag-a	23
RIEL SIEDASOY	23
PATTAN, LORENZO	72
MAHDEH, MILTON JOHN	40 *
Gaspar of shao	54
Guy Belpu	

Oct. 14 - 14  
XPD.

Makati City  
BANGAS City  
Panaque  
Laguna  
paracelis

POPITADIAN  
Biran  
Sta. Rosa  
Sta. Rosa  
TADIAN  
TADIAN  
IDILLO CITY

SADANGA  
Paracelis  
Tadian  
QUIRINO  
Bontoc  
Pangasinan

TADIAN  
BAYKO  
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II  
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ifugao  
Bayko  
PARACELIS  
MPOJ  
Bontoc  
Bontoc

SIGNATURE













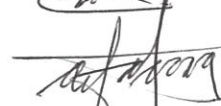








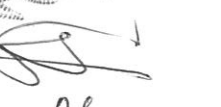














name AG8

1) Edward Balicag  
2) ARROSA PADAY

3) Jonathan Cozco

4) Nicollate Calamag

5) Leandro Santos

6) Gab Cortez

7) Joseph Lopez

8) Ronald Pontino

9) Arthur nob

10) Jerry Calano

11) MARK POTE

12) Jak SAM

13) Maccay Junitan

14) MANUEL Agpawan Jr.

15) LORENZO MANENGYAO

16) Eduardo Esthlan

17) Charlie Timbreza Sr.

18) Ariel Sidaday

19) GREG B.

20) MATT LANG-Y

21) Monico Heracey

22) Joseph Belgum

23) Tolentino Corderas

24) Noe BRabante

25) PT Guput

26) REXON

27) MORIS. Roudoc

28) Gaspar of Idaw

29) Denver Simon

30) PASING EDWARD

31) Pangoy John \*

AD>

TADIAN

11  
Paracelis

Laguna

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TADIAN

Paracelis

Naturin

Paracelis

SADANGA

MAINIT

10110 CITY

Quirino

Bauko

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TADIAN

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TADIAN

TADIAN

Philippines

Baguio

Bauko

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Baguio

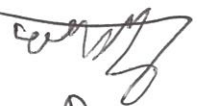
TADIAN

Baguio

Signature



















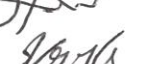
































~~24,2016~~ 24,2016<sup>SIC</sup>

1.	PASING EDUARDO	61
2.	APRON BADA	20
3.	Nicolette CALAMAY	21
4.	Leandro SANTOS	26
5.	ARIEL Sidaday	
6.	Arthur	55
7.	Jonathan	
8.	GREG	
9.	Charlie Timbreza	38
10.	Edward Balicag	
11.	John Benito	30
12.	Eduardo Esteban	42
13.	Manuel Agpawan Jr	40
14.	LORENZO Manenggo	60
15.	MARK Poti-e	27
16.	ROXON Galleay Jr	28
17.	DAN LEO NALOS	34
18.	Jenny Calanno	54
19.	Polentino Cardenas	33
20.	MONICO Hernag	27
21.	Jak Onat	40
22.	Ronald Pontino	25
23.	pl Binit	
24.	Arb Cortez	
25.	Josephine	
26.	Crispian John	56
27.	Manjone Bigwil *	
28.	John Pangog *	
29.	IVOC Brabant	
30.	DAN LEO Nalos	

FADIAN

61  
BATANGAS  
LAGUNA  
Bauko  
Tadion  
Parais

Q. Virno

Tardian  
Sagada

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SADANGA  
MAINIT  
Paracilis  
Boa  
Pangasinan  
TADIAN

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Laguna  
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Boutin

Sabangan  
Sagada

TADIAN

Pangasinan Lab

Names	AGE
Venny Caramo	54
duarao Esteban	42
LORENZO MANENGGAO	60
MORIS Bando	28
Arthur (utlo)	55
Baron (BADA)	20
NICO Ielle	21
Rejndro	26
Quartie	28
DM LEO	34
Eduardo	80
MOE	52
will	24
Manalo	53
MARK	27
veel	40
Manal	40
Rexon	28
Jonathan	
PT Guint	
DEMBER CLETO SIMON	
Tolintino	
Monico	
marcelo	
Joseph	
Jacocay	
GREG	25
MATT K.S.	
Gaspar	
JAI FLORBERT	*
Feluard	

AD.
TADIAN
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MAINIT
Bauko
Tachan
TADIAN
BATANGAS CITY
LAGUNA
OLIRITO
Bingasinan
Bauko
<del>TADIAN</del>
Bauko
Bontoc
Paracelis
Naturin
SADANGA
Bgo
Paracelis
Manla
BAGUID
TADIAN
Bauko
Paracelis
ISANAO
Fontoc
Fontoc
BIMP
Tadian



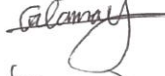









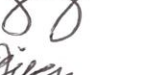

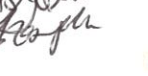















Sig. 10/29/16

*[Handwritten signatures and marks]*



\*Employee

BJMP NOV. 19, 2016  
attendance

Name	Age	Address	Signature
1. Juliet N. Melio *	32	Lanao, Bontoc	
2. Marjorie L. Bigwil *	52	Pilibid	
3. Nicolette Calamay	21	BATANGAS City	
charlie Timbreza	28	QUIRINO	
5. SAMAD, ALEXANDER *	29	MPDJ	
6. FURBERT salmigo *	27	MROS	
7. Santos Lejntro	26	Laguna	
8. Edward Baticag		Batnan	
9. Ariel Siudadog		Bauko	
10. Jerry Calambo		TADIAN	
11. Jonathan Cortez		Paracelis	
12. Teddy Palawan		Bontoc	
13. Marcello Jaglimit		Tadian	
14. Clinton Arr San Jose	20	Tadian	
15. Frank Aiken Fadchal	17	Tadian	
16. Elimhar Dapigen	17	Tadian	
17. KYRL BERLENGAN	17	Tadian	
18. RODRIGO WABIGAN	21	PARACELIS	
Joseph Belquar	45	Bontoc	
19. Junimar Macocay	21	Paracelis	
20. ARRON BADA	20	TADIAN	
21. PASING EDWARD	52	11 Pangasinan	
22. DAN LEO USLOS	61	Bagingo	
23. Denver Simon	33	Laguna	
24. Ronald Rontwo	25	Laguna	
25. Lopez, Joseph	23	Laguna	
26. Romie	20	Lagu	
27. Rob Cortez	21	Tadian	
28. Arturo Moco	56	TADIAN	
29. Mario Chivaran	30	SADARCA	
30. GREG B.		Paracelis	
31. MARK Pat-e	27	Naturina	
32. Chaz Cortez	40	TADIAN	
33. NOE Brabaut	52	JAPANGA	
34. MANUEL AGPAWAN	40	KANER	
35. MATT K.C	45		

14. JOHN BENITO 30

SAGADA



32. SAGMAYAO, WALTER

38. PT Gump

- Man'a



37. JORDS U POKA

MPDS



30. AJEB - MAPANDI

MINDANAO

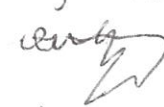
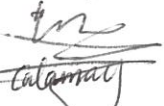

















41. JOHNNY KINAO

Buntoc





11-14-16

Name	Address	Age	Signature
John Gubballe Cortez	Burien	21	
Joseph Lopez	Sta. Rosa	23	
Nicolette Calamay	Batangas City	21	
Legandro SANTOS	Laguna	26	
Arthuro Viveros	Tadine	56	
monico Hernaez	"	95	
marcelo Faglini	Bantoc	56	
CHARLIE TIMBREZA	QUIRINO	28	
DAN LEO Nalos	Pangasinan	21	
Eduardo Esteban	Iloilo city	62	
NOC Brabante	TADIAN	52	
LORENZO MANENGYAO-MAINIT	"	60	
Jenny Cacambo	TADIAN	54	
ARIEL Sicedadog	Bauko	23	
Reyon Gawayan	Baguio	28	
Stephen Wzha	paualo	30	
Pati-e	MARK	27	
Kuya Balices	Bontor	40	
PT Ruyat	Maula	30	
AJEB	MAPANDI	37	
Johnwyn Kinad	bilidif	36	
Filbert Solang	"	27	
AGUANA, VAnni			
SAGMAYAO, WALTER		33	

Nov. 22, 2016

NAME	AGE
1. Ronald Ronda	25
2. Nicolette Calangui	21
3. Lejandro Santos	26
4. MARK POTE	27
5. GREG Bimmuyag	54
6. Arturo MUGO	28
7. Charlie Timbreza	16
8. JOMEL Cylpita	34
9. Dan Leo Ualos	17
10. Elmhara Dapigen	23
11. ARTEL Siodaby	17
12. Frank Aiken Fadchal	17
13. KUYU BORLONBAN	17
14. JOMARI Dela Cruz	17
15. NOG Bhabon	52
16. Marcelo faglimit	53
17. Jony Calano	
18. Vaf Onsat	40
19. JOHN BENITO	30
20. PASINE EDYARD	20
21. ABRON BADA	20
22. Jonathan uztho	21
23. John Costa	23
24. Joseph Lopez	
25. Ronnie	
26. DALICAG, Eduard	
27. SAGMAYAG, WALTER	33
28. Mario Chimeran	30
29. Teddy Palawan	37
30. Marcelo Chag-a	23
31. PT Gungut	32
32. Juliet Melio	20
33. Sayber Macalingay	23
34. Francis Ventura	19
35. Kingan, Billmon, C.	

ADD.	SK.
Laguna	P.
Palangas City	ya
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TADIAN	gar
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baoko	gic
Pangasinan	gic
Poblacion Tadian	gic
Bauko	gic
Tadian	gic
Tadian	gic
Tadian	gic
TADIAN	gic
Bontoc	gic
TADIAN	gic
Natanin	gic
SAGADA	gic
TADIAN	gic
TADIAN	gic
Palangas	gic
Bauko	gic
Sta Rosa	gic
Barlog	gic
ifugao	gic
Bontoc	gic
	gic



Dec. 3, 2016

1 ABRON RADA

121

2 PASING EDYARD

57

3. Eumhar Dopigen

17

4 Jenny Calamio

5 Poti-e MARK

27

6 KYRYL BORLONGAN

17

7) Marcel Fagilit

53

8 Jonathan Lozano

31

9 JOMEL MANGSI

16

1 DAN LEO MALOS

33

11 Ronnie Pigan

31

12. aril Sindadag

25

13 Charlie Timbreza

28

14 John Gabbelle Carter

21

15 Joseph Lopez

23

16 Clinton Arr San Jose

20

17 Eduard Balicag

18 Jonaru Dela Cruz

17

19 Santos Leajibro

26

20 Frank Aiken Fatchal

17

21 JAKE GULANGAN

19

22 Mario Chiuern

28

23 Rexon Gungjen

24 PU Guiput

32

25 Joseph Beluga

45

26 ALEXANDER Sando \*

29

27 Freddie B Las-ig \*

48

28 JORDS J TICADA \*

42

TADIAN

8/

11

Tadian

11

Paracils

~~Tadian~~

Bontoc

Paracils

Tadian

Pangasinan

Paracils

Bautu

Quirino

Buen

Starkey

~~Tadian~~

Tadian

Tadian

Laguna

Tadian

11

Sadanga

BGO

Manila

Bonifacio

MPDJ

MPDS

MPDS

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12/5/16

ABDON BADA	26
Ronald Pontino	25
Mariel S. Cadday	28
John Benito	30
MARK Fati-e	27
John Gabrielle L. Cortez	21
MANUEL AGRAWAN	40
Charlie Timbreza	28
Rexon G. Carzen	1
Jerry Cacamo	
PT Guiput	32
Marcelo Chang-a	23
DENVER SIMON	38
JEFFREYS J. TICADA	42
ALEXANDER SWAD	29
Jerry Cacamo	

TADIAN  
Laguna  
Bauko  
Sagaya  
Pacifica  
Binar

SADANGA  
BURIDO  
Bga  
TADIAN

Mamie  
ifugao  
Bgo  
MPDJ  
MPDJ  
TADIAN

*[Handwritten signatures and scribbles]*



1. Danilo Kalos 33
2. Arul 24
3. Nae Brabate 52
4. Marcelo Paglinit 53
5. Jonathan Lozano 30
6. Ronnie Pigan 32
7. Frank Aiken Fadchal 17
8. Kyzle Borlongan 17
9. Umar Papigen 17
10. Jomari De la Cruz 17
11. Jake Gulapets 17

- ABROD BADOY 20
- John Bashila Custer 21
- MARK Pate 27
- MANUEL AGTAUW 40
- Charlie Imbreza 28
- Edna Baticay

pangasinan  
Bouko  
TADIAN  
Bontoc  
Paracelis

TADIAN  
Bilin  
Paracelis  
SADANGA  
GURIDO  
Tadian

12/05/16  
*[Signature]*

*[Signature]*  
*[Signature]*  
*[Signature]*  
*[Signature]*



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

## Extension Unit

# Activity Evaluation





Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

Extension. Form 3

### ACTIVITY EVALUATION FORM

Activity: **Enhancing inmate's welfare and rehabilitation through physical fitness**

Date of Delivery: **November 2016-April 2017**

Venue: **BJMP compound, Bontoc, Mt. Province**

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)

4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants					
f. Attainment of the activity objectives					
g. Usefulness of the activity to the participants					
h. Timeliness and immediate applicability					
9. Organizational and preparation					
f. Planning and implementing activity					
g. Preparation and organizations of the activities					
h. Ventilation, lightning, equipment and facilities in the venue.					
i. Appropriateness of the venue of the activity					
j. Time allotment per activity/topic					
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					
f. Use of effective means of communicating ideas					
g. Keeness and interest in the conduct of activity					
h. Stimulation of the participant's interest					
11. Involvement of Participants					
c. Enthusiasm and interest shown					
d. Level of involvement of participants					
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK YOU VERY MUCH, BUT IF WE COULD DO THE ACTIVITY 3 TIMES A WEEK.				
14. What trainings would you suggest for future activities?					



Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

### ACTIVITY EVALUATION FORM

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Venue: **BJMP compound, Bontoc, Mt. Province**

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)

4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants				✓	✗
h. Timeliness and immediate applicability					✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keeness and interest in the conduct of activity				✓	✓
h. Stimulation of the participant's interest			✓	✗	✓
11. Involvement of Participants					
c. Enthusiasm and interest shown			✓	✓	
d. Level of involvement of participants					✓
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>Thank you very much time and effort</p>				
14. What trainings would you suggest for future activities?					





Republic of the Philippines  
**Mountain Province State Polytechnic College**  
 Bontoc, Mountain Province

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Venue: **BJMP compound, Bontoc, Mt. Province**

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1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)

4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants					
f. Attainment of the activity objectives					
g. Usefulness of the activity to the participants					
h. Timeliness and immediate applicability					
9. Organizational and preparation					
f. Planning and implementing activity					
g. Preparation and organizations of the activities					
h. Ventilation, lightning, equipment and facilities in the venue.					
i. Appropriateness of the venue of the activity					
j. Time allotment per activity/topic					
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					
f. Use of effective means of communicating ideas					
g. Keenness and interest in the conduct of activity					
h. Stimulation of the participant's interest					
11. Involvement of Participants					
c. Enthusiasm and interest shown					
d. Level of involvement of participants					
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	Thank you very much for the activity.				
14. What trainings would you suggest for future activities?					



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

Extension. Form 3

### ACTIVITY EVALUATION FORM

Activity: Enhancing inmate's welfare and rehabilitation through physical fitness

Date of Delivery: November 2016-April 2017

Venue: BJMP compound, Bontoc, Mt. Province

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)  
4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants					
f. Attainment of the activity objectives					
g. Usefulness of the activity to the participants					
h. Timeliness and immediate applicability					
9. Organizational and preparation					
f. Planning and implementing activity					
g. Preparation and organizations of the activities					
h. Ventilation, lightning, equipment and facilities in the venue.					
i. Appropriateness of the venue of the activity					
j. Time allotment per activity/topic					
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					
f. Use of effective means of communicating ideas					
g. Keenness and interest in the conduct of activity					
h. Stimulation of the participant's interest					
11. Involvement of Participants					
c. Enthusiasm and interest shown					
d. Level of involvement of participants					
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK You very MUCH For The Time & effort				
14. What trainings would you suggest for future activities?					





Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

Extension, Form 3

### ACTIVITY EVALUATION FORM

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Venue: **BJMP compound, Bontoc, Mt. Province**

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)  
4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants					✓
h. Timeliness and immediate applicability					✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keenness and interest in the conduct of activity					✓
h. Stimulation of the participant's interest			✓	✓	
11. Involvement of Participants					
c. Enthusiasm and interest shown				✓	
d. Level of involvement of participants					✓
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK YOU VERY MUCH for Time & effort				
14. What trainings would you suggest for future activities?					



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Bontoc, Mountain Province

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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants				✓	✓
h. Timeliness and immediate applicability				✓	✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keenness and interest in the conduct of activity					✓
h. Stimulation of the participant's interest				✓	
11. Involvement of Participants					
c. Enthusiasm and interest shown				✓	
d. Level of involvement of participants					✓
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANKS YOU VERY MUCH FOR THE TIME & EFFORT				
14. What trainings would you suggest for future activities?					





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Bontoc, Mountain Province

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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants					✓
h. Timeliness and immediate applicability				✓	✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keenness and interest in the conduct of activity					✓
h. Stimulation of the participant's interest				✓	
11. Involvement of Participants					
c. Enthusiasm and interest shown				✓	
d. Level of involvement of participants					✓
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>thank you very much for the time &amp; effort</p>				
14. What trainings would you suggest for future activities?					



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Bontoc, Mountain Province

Extension. Form 3

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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants					✓
h. Timeliness and immediate applicability					✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keeness and interest in the conduct of activity					✓
h. Stimulation of the participant's interest				✓	
11. Involvement of Participants					
c. Enthusiasm and interest shown				✓	
d. Level of involvement of participants					✓
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	Thank you very much for the time & effort				
14. What trainings would you suggest for future activities?					





Republic of the Philippines  
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Bontoc, Mountain Province

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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>Thank you very much for the time &amp; effort</p>				
14. What trainings would you suggest for future activities?					



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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keeness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK YOU SO MUCH GOD BLESS ALWAYS				
14. What trainings would you suggest for future activities?					





Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

## ACTIVITY EVALUATION FORM

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Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)

4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives				✓	
g. Usefulness of the activity to the participants					✓
h. Timeliness and immediate applicability					✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.					✓
i. Appropriateness of the venue of the activity			✓		
j. Time allotment per activity/topic			✓		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				✓	
f. Use of effective means of communicating ideas				✓	
g. Keeness and interest in the conduct of activity					✓
h. Stimulation of the participant's interest					✓
11. Involvement of Participants					
c. Enthusiasm and interest shown				✓	
d. Level of involvement of participants				✓	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK YOU SO MUCH GOD BLESS ALWAYS				
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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keeness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
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1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)  
4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.			x		/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	SALAMAT PO				
14. What trainings would you suggest for future activities?					



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

**ACTIVITY EVALUATION FORM**

Activity: **Enhancing inmate's welfare and rehabilitation through physical fitness**

Date of Delivery: **November 2016-April 2017**

Venue: **BJMP compound, Bontoc, Mt. Province**

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)  
4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.					
THANK YOU SO MUCH GOD BLESS ALWAYS					
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Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/	x	
j. Time allotment per activity/topic			/	x	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keeness and interest in the conduct of activity				x	/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability				/	
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keeness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.					/
i. Appropriateness of the venue of the activity			/		
j. Time allotment per activity/topic			/		
10. Speakers/Facilitators					
e. Mastery of the exercise being taught				/	
f. Use of effective means of communicating ideas				/	
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest					/
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants				/	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>THANK YOU SO MUCH</p> <p>GOD BLESS ALWAYS</p>				
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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.					
<p>Thank you very much, But if we could do the activity three (3) times a week</p>					
14. What trainings would you suggest for future activities?					





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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants				/	/
h. Timeliness and immediate applicability				/	/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keeness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	Thank you Very Muchy BUT it we could Do The ACTIVITY Three(3) Times A week				
14. What trainings would you suggest for future activities?					



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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
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Thank you very Much, But if we could Do The Activity (3) Times A week					
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Bontoc, Mountain Province

## ACTIVITY EVALUATION FORM

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4 - Very Satisfactory (3.51 - 4.50); 5 - Excellent (4.51 - 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.					
Thank you Very Much, But if we could DO the activity Thrice (3) TIMES A WEEK					
14. What trainings would you suggest for future activities?					





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4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity					/
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
c. Enthusiasm and interest shown				/	
d. Level of involvement of participants					/
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>Thank you Very Much, But if we could Do the ACTIVITY 3-TIMES A week</p>				
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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
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f. Use of effective means of communicating ideas					/
g. Keeness and interest in the conduct of activity					/
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11. Involvement of Participants					
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f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				/	
f. Attainment of the activity objectives				/	
g. Usefulness of the activity to the participants					/
h. Timeliness and immediate applicability					/
9. Organizational and preparation					
f. Planning and implementing activity				/	
g. Preparation and organizations of the activities				/	
h. Ventilation, lightning, equipment and facilities in the venue.				/	
i. Appropriateness of the venue of the activity				/	
j. Time allotment per activity/topic				/	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					/
f. Use of effective means of communicating ideas					/
g. Keenness and interest in the conduct of activity				/	
h. Stimulation of the participant's interest				/	
11. Involvement of Participants					
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12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>THANK YOU VERY MUCH, BUT IF WE COULD DO THE ACTIVITY 3 TIMES A WEEK.</p>				
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	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants					
f. Attainment of the activity objectives					
g. Usefulness of the activity to the participants					
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9. Organizational and preparation					
f. Planning and implementing activity					
g. Preparation and organizations of the activities					
h. Ventilation, lightning, equipment and facilities in the venue.					
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f. Use of effective means of communicating ideas					
g. Keenness and interest in the conduct of activity					
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Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p>THANK YOU VERY MUCH, BUT IF WE COULD DO THE ACTIVITY 3 TIMES A WEEK.</p>				
14. What trainings would you suggest for future activities?					



Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

ACTIVITY EVALUATION FORM

Activity: **Enhancing inmate's welfare and rehabilitation through physical fitness**

Date of Delivery: **November 2016-April 2017**

Venue: **BJMP compound, Bontoc, Mt. Province**

Using the scale below, please rate the following features of the activity:

1 – Poor (1.00-1.50); 2 – Fair (1.51 – 2.50); 3 – Satisfactory (2.51 – 3.50)

4 – Very Satisfactory (3.51 – 4.50); 5 – Excellent (4.51 – 5.00)

	Rate				
	1	2	3	4	5
8. Objectives and Relevance					
e. Clarity and relevance of activity to the participants				✓	
f. Attainment of the activity objectives					✓
g. Usefulness of the activity to the participants					✓
h. Timeliness and immediate applicability					✓
9. Organizational and preparation					
f. Planning and implementing activity				✓	
g. Preparation and organizations of the activities				✓	
h. Ventilation, lightning, equipment and facilities in the venue.				✓	
i. Appropriateness of the venue of the activity				✓	
j. Time allotment per activity/topic				✓	
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					✓
f. Use of effective means of communicating ideas					✓
g. Keenness and interest in the conduct of activity				✓	
h. Stimulation of the participant's interest				✓	
11. Involvement of Participants					✓
c. Enthusiasm and interest shown					✓
d. Level of involvement of participants				✓	
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	THANK YOU VERY MUCH, BUT IF WE COULD DO THE ACTIVITY 3 TIMES A WEEK.				
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Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

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	Rate				
	1	2	3	4	5
8. Objectives and Relevance				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
e. Clarity and relevance of activity to the participants				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
f. Attainment of the activity objectives				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
g. Usefulness of the activity to the participants				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
h. Timeliness and immediate applicability				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
9. Organizational and preparation				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
f. Planning and implementing activity				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
g. Preparation and organizations of the activities				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
h. Ventilation, lightning, equipment and facilities in the venue.				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
i. Appropriateness of the venue of the activity				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
j. Time allotment per activity/topic				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
10. Speakers/Facilitators				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
e. Mastery of the exercise being taught				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
f. Use of effective means of communicating ideas				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
g. Keenness and interest in the conduct of activity				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
h. Stimulation of the participant's interest				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
11. Involvement of Participants				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
c. Enthusiasm and interest shown				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
d. Level of involvement of participants				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.	<p><i>Muchas Gracias</i></p>				
14. What trainings would you suggest for future activities?					



Republic of the Philippines

Mountain Province State Polytechnic College

Bontoc, Mountain Province

## ACTIVITY EVALUATION FORM

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8. Objectives and Relevance					
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g. Usefulness of the activity to the participants					
h. Timeliness and immediate applicability					
9. Organizational and preparation					
f. Planning and implementing activity					
g. Preparation and organizations of the activities					
h. Ventilation, lightning, equipment and facilities in the venue.					
i. Appropriateness of the venue of the activity					
j. Time allotment per activity/topic					
10. Speakers/Facilitators					
e. Mastery of the exercise being taught					
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11. Involvement of Participants					
c. Enthusiasm and interest shown					
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12. Overall Evaluation					
On a scale of 1 (lowest) to 5 highest, please indicate your're overall rating of the activity by encircling the number that corresponds to your assessment.	1	2	3	4	5
Qualitative Assessment					
13. Please write your valuable comments/suggestion for the improvement of the succeeding activity.					
<p>Muchas Gracias</p>					
14. What trainings would you suggest for future activities?					





Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province

## Extension Unit

# Summary of Activity Evaluation

SUMMARY OF ACTIVITY EVALUATION																																																	
Enhancing Inmate's Welfare and Rehabilitation through Physical Fitness																																																	
RESPONDENT'S RATING																																						TOTAL	MEAN										
1. Objectives and Relevance of the activity																																																	
a. Clarity of objectives and relevance of activity to the participants	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	4	3	3	3	189	3.86					
b. Attainment of the activity objectives	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	4	3	3	3	189	3.86				
c. Usefulness of the activity/topics to the participants	5	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	5	4	4	4	4	4	4	4	3	3	3	3	5	3	3	3	218	4.45
d. Timeliness and immediate applicability	4	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	5	3	3	3	217	4.43
2. Organizational and preparation																																																	
a. Planning and implementation of the activity	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	5	4	4	4	4	4	5	4	4	4	4	4	4	4	4	4	4	198	4.04	
b. Preparation and organizations of the activities	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	4	5	5	5	5	5	5	5	4	4	4	4	4	4	4	208	4.24	
c. Ventilation, lighting, equipment and facilities in the venue	4	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	5	5	5	5	4	5	5	5	5	5	5	5	3	3	3	3	4	3	3	3	209	4.27
d. Appropriateness of the venue of the activity	4	4	4	4	4	4	4	4	4	3	4	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	5	5	5	5	4	5	5	5	5	5	5	5	3	3	3	3	4	3	3	3	194	3.96



e. Time allotment per activity/topic	5	4	4	4	4	4	4	4	4	4	3	4	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	5	5	5	5	4	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	202	4.12	
3. Speakers/ Facilitators																																																				
a. Mastery of the excrise being taught	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	4	4	4	4	5	4	4	4	4	4	4	4	4	3	3	3	3	5	3	3	3	211	4.31		
b. Use effective means of communicating ideas	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	4	4	4	4	5	4	4	4	4	4	4	4	4	3	3	3	3	5	3	3	3	211	4.31		
c. Keenness and interest in the conduct of activity	4	4	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	217	4.43		
d. Stimulation of the participant's interest	4	3	3	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	4	3	3	3	195	3.98		
4. Involvement of Participants																																																				
a. Enthusiasm and interest shown	5	4	4	4	4	4	4	4	4	4		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	5	5	5	4	4	4	4	4	5	4	4	4	4	4	4	4	3	3	4	5	4	4	3	195	3.98	
b. Level of involvement of participants	4	5	5	5	5	5	5	5	5	5		4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	4	4	4	4	4	4	4	5	4	4	4	4	4	4	4	3	3	4	4	4	4	3	206	4.20		
4. Overall Evaluation	4	4	4	4	4	4	4	4	4	4	4	4	4	4		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	3	3	3	4	3	3	3	185	3.78		



Republic of the Philippines  
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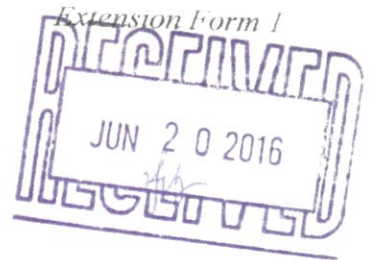
## **Extension Unit**

# **Approved Activity Design**





Republic of the Philippines  
Mountain Province State Polytechnic College  
Bontoc, Mountain Province



## ACTIVITY DESIGN

### I. ACTIVITY IDENTIFICATION

Activity Title: **Enhancing Inmate's Welfare and Rehabilitation through Physical Fitness, Dance and Moral Recovery.**

Extension Component: (please check appropriate box)

- ☐ Training/seminar/workshop
- ☐ Technology Transfer and utilization
- ☐ Technical assistance and advisory services
- ☐ Information dissemination
- ☒ Community involvement/outreach activities

Extension Program: (please check appropriate box)

- ☐ Agricultural Extension
- ☐ Technical/Vocational
- ☐ Continuing Education for Professionals
- ☒ Others

Cooperating Agency:  
Implementing Agency:

Bureau of Jail Management and Penology (BJMP)  
Mountain Province State Polytechnic College (MPSPC)

Implementing Departments:  
Activity Coordinator:  
Resource Persons:

Criminology, Teacher Education and Nursing  
Rommel O. Fecha  
Rommel O. Fecha  
Beverly Ann B. Chaokas

Participants:

BJMP Personnel-Mountain Province District and Jail Inmates

Venue:

BJMP- Mountain Province District Jail Ground

Date:

July-December 2016

Budget Requirement:

Source of Fund:

MPSPC Extension Unit

### II. RATIONALE:

In the studies from the area of social and health sciences, it is becoming important to assess the physical activity of various social groups, as the deficiency of physical exercises is an increasingly frequent cause of serious diseases and illnesses of the circulatory, respiratory systems that affect human motion, as well as one of the many causes of cancer and metabolic diseases including premature deaths.

From the familiar maxim "Healthy Body Begets Healthy Mind", this activity would definitely be of help to all participants because this will improve if not develop their physical, mental as well as spiritual being. Every job requires physically and mentally fit persons in order for them to effectively and efficiently perform their functions, duties and responsibilities. This activity also measures the physical endurance, mental capacity and spiritual strength that would in ~~one~~ way or the other help the participants improve their way of life or future endeavors. Furthermore, this activity is the offshoot of the concluded activity assessment and evaluation, that there is a need to continue the extension activity to further

help the less fortunate brothers and sisters at the BJMP with regard to physical fitness. The 6-month training activity also includes dancing folk dances. There is truth and it is believed that dancing folk dances, Philippines folk dances in particular, is essential to every one because it helps in the maintenance of a healthy body as it tones up the muscles; maintains body control, coordination and grace; lowers blood pressure and blood sugar level; and, lessens stress which causes one to be psychologically unfit or emotionally insane.

Dancing folk dances serves as an avenue for us to understand the customs, beliefs and traditions of the people in our neighboring towns and provinces, and regions of our country. Stretching the arms and feet with the corresponding music helps one to get rid of problems though just for a while. The participants should not be deprived of their right to learn and dance folk dances; eventually bringing out their talents, hence, the provision of this extension activity.

### III. OBJECTIVES:

1. To give information about the VMGO of the college anchoring on the four-fold functions, its projects, programs and activities.
2. To explain the importance of physical fitness and dance.
3. To interact with inmates through dance and other activities as these may help in their speedy moral recovery and rehabilitation.
4. To execute basic dance steps and patterns.
5. To perform at least two folk dances correctly.

### IV. METHODOLOGIES

There will be lectures and discussions on the basic skills and steps of Tae bo and the importance of dancing folk dances before the actual performance of each activity. Demonstration by the trainer or instructor shall be observed first before group demonstrations with the trainer or instructor. The participants are expected to perform what is asked of them. The mirror method will be employed for mastery. Practical examinations may also be conducted at the option of the participants.

### V. BUDGETARY REQUIREMENT

Quantity	Particulars	Unit Price	Total price
1	8g USB	1,000	1,000
70	Snacks During Orientation		
	@ C2 Solo	12	840
70	@ Cup cake	10	700
5	Honorarium of assistant trainer	250	1,250
	Snacks and Meals During Closing Program		
5	@ 4kg. B-cull	100/kg	2,000
2	@ Salted meat	200	400




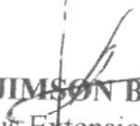
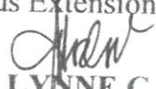




2 reams	Long Bond paper	200	400
2 reams	Short Bond paper	200	400
70 pieces	Parchment paper	45/10 pieces	315
25	Snacks after work out/Evaluation	50/person	1,250
	Travel expenses		4,000
	<b>TOTAL</b>		<b>P11,555</b>

## VI. ACTIVITY SCHEDULE

Activities	Persons Involved	Time Frame
1. Launching of Activity and Orientation of the participants	A. VP RDE B. Director, Extension Unit C. Campus Extension Coordinator D. Executive Dean E. Chairpersons: Criminology, TED and Nursing F. Activity Coordinator	July
2. Checking of Blood pressure of participants. Training proper starts. Lecture: Importance of Dancing Folk Dances	A. Trainer/pastor B. Participants- BJMP Mt. Province Dist. Jail Personnel and Inmates C. Nursing department	July
2. Dance Fundamentals 3. Folk Dance 1: <i>Kundiman</i>	A. Trainer/pastor B. Assistant instructor C. Participants- BJMP Mt. Province Dist. Jail Personnel and Inmates	July-August
4. Other types of workout will be introduced. 5. Basic Dance Steps	A. Trainer B. Assistant instructor C. BJMP Mt. Province Dist. Jail Personnel and Inmates	Sept.
6. Continuation of work out	A. Trainer B. Assistant instructor C. BJMP Mt. Province Dist. Jail Personnel and Inmates	Oct.
7. Folk Dance 2; <i>Carinosa</i> (National)	A. Trainer B. Assistant instructor C. BJMP Mt. Province Dist. Jail Personnel and Inmates	Nov.
8. Workout continues. Join Other December activities at MPDJ.	A. Trainer B. Assistant instructor C. BJMP Mt. Province Dist. Jail Personnel and Inmates	Dec.
9. Closing Program will be conducted. Certificates of Completion will be awarded to the	A. VP RDE B. Director, Extension Unit C. Campus Extension Coordinator D. Executive Dean E. Chairman: Criminology	Dec.

participants and certificates of appreciation to the activity trainers	F. Activity Coordinator G. BJMP Personnel	
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# **VII. RECOMMENDATION AND APPROVAL**

Prepared By:  <b>ROMMEL O. FECHA, MSCrim.</b> Activity Coordinator	Noted by:  <b>KEITH JIMSON B. MANG-USAN</b> Campus Extension Coordinator  <b>CHRISTIE LYNNE C. CODOD, Ed. D.</b> Executive Dean
Reviewed by:  <b>ELMER D. PAKIPAK, MA.CD</b> Extension Unit Director	Funds Availability:  <b>IMELDA D. GUIDANGEN</b> Accountant III
Recommending Approval:  <b>ANNIE GRAIL F. EKID Ed. D.</b> VP for Research Development and Extension	APPROVED:  <b>REXTON F. CHAKAS Ph.D.</b> President