

PHARMAGNUS

A background photograph showing a classroom scene. A male teacher in a blue t-shirt stands on the right, looking towards a group of students. Three male students are standing in the center, looking at a peer who is lying on a wooden stretcher. The student on the stretcher is wearing a blue and white patterned shirt and dark shorts. The classroom has a whiteboard and some papers on the wall.

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Learn about the 6 modules used
in the NSTP



CPHA1 2018-2019

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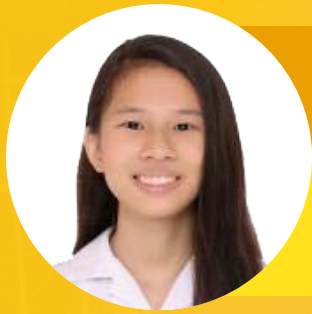
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EXPERIENCE

by: Erica Nicole A. Sarmiento

A WORLD OUT THERE

The residents of Portrero, Malabon listening to the discussion of the speaker during the second fieldwork of the Civic Welfare Training Service (CWTS) students.

Photo by: Erica Nicole A. Sarmiento

editorial

Coming into college, I was not aware of so many things, including the National Service Training Program (NSTP), in fact, the only thing I knew connected to this was the Reserved Officers' Training Corps (ROTC). When I did learn about it, my initial understanding was that it was a much needed requirement for us students to develop our characters and to do more in college than just study or join activities. I decided to choose CWTS because in my former school we had this Community Extension Programs and it reminded me a lot of that and I have always loved joining activities like this because it gives me a sense of fulfillment being able to help others. The other reason was I thought it would be the easiest and the more enjoyable thing to do compared to the other two. In terms of importance, I would say that it is very important because not only do we help communities, we are also able to learn and grow as individuals through the experiences we get from the activities. Through CWTS, we are able to interact with different people and see the society for ourselves and understand the reality that surrounds us.

At first, I found NSTP a hassle because it was time consuming but as days passed, I realized that we need it not only to help others but also to build character. In the first fieldwork, we were assigned to the Food Committee wherein we had to prepare the food and ensure that everything was clean and in order. I was assigned to the giving of food and all of us washed the dishes. These tasks were important because in giving the food, we had to rationalize it equally and make sure that everyone was given equal amounts of food and it's important that the dishes were cleaned for sanitation purposes. It was challenging because aside from preparing the food, we had to wash the dishes and maintain proper waste disposal and the challenging part about it was that we had to collect water from one source and the boys had to carry it outside back and forth. It was hard washing dishes when your water supply is limited and when there wasn't really a proper place to wash them. There was also the issue of people leaving their trash everywhere so we also had to pick those up and maintain the cleanliness of the area. We overcame these problems by having patience and being

determined to do and finish our tasks well along with just looking at the brighter side of things because it is a way for us to learn more about life. In the second fieldwork, we were assigned to the Speaker's Committee so we had to look for the speaker and facilitate the flow of events. I was assigned to demonstrate and facilitate the first aid carrying methods and this was important because there were quite a number of methods and it was vital that these were all taught well. The challenging part about this was that it was hard to teach everything at such a short amount of time because we had to demonstrate and make them do it too so we had to be fast paced and focus more on the more common and important methods. We overcame this by managing our time well and communicating with the people clearly so they can understand immediately and do it by themselves.

In conclusion, NSTP has given me the chance to do more for the community and to go beyond what I think I could do. I would also like to believe that we left an impact on the community because we saw how interested they were and from our interviews, I saw how genuinely thankful

they were for being visited and taught important lessons. The community left a big impact on me because it showed me another side of society and another way of life. I saw how sincere and genuine they were to listen and to learn and they were so hospitable and it was heartwarming to see people be so kind to people they don't even know. My NSTP journey has helped me a lot in my growth and it has shaped the way I view things. I now understand that there is something bigger out there than the four walls of the classroom and that there are places where people desperately need help. It was different from what I expected in the way that it is more than just helping and answering modules, you really get to form real relationships and connections with people and have that sense of fulfillment. I am proud of what we have accomplished as students because we got to experience a lot of new things and also help a lot of people. An example of this was when we had our fieldwork and helped a community paint their sidewalks. Through NSTP, I realized that life really has a way of leading you where you are needed and where you can learn.

One of the goals of the University of Santo Tomas is to produce students that encompass the core values of courage, compassion, and competence in their everyday lives not only in doing their scholarly and non-academic works but also in the way they treat others outside and inside the community. This can be seen as the goal of the multiple courses offered by the NSTP program of the university, such as the CWTS, LTS, and ROTC. All have different activities and field of interests but all aim to mold the students into better individuals that will be the future generations. The programs offered centers every activity in the concept teamwork and unity in serving and improving the community. It teaches students to help and think about the wellness of others despite the hardships one may encounter in doing so. Contrary to my idea of nstp before, I now view the nstp program as an essential part of the educational program that should be given more focus and improvements, which is far from my originally belief of it only being a mandatory course which trained students for military purposes. With its goal geared toward community service, the activities done in the Civil Welfare Training Program are able to improve the social skills of the students and strengthen their bonds with people in and out their community, thus I had an affinity towards it upon choosing.

One of the activities done was for the students to go on field works to location which are less fortunate than theirs. The group was tasked to go to

Malabon, Portrero to conduct a seminar about disaster risk reduction management in order to make the community aware of the disasters that the place is vulnerable to and the steps that

can be done before, during, and after a disaster occurs. The group were given specific tasks to manage on both fieldworks for the purpose of improving their socialization, leadership, and

management skills. The first was to prepare food and materials needed and the second was to find a speaker and act as hosts for the seminar. In preparation of food, the place was smaller

than expected and had no sink and was extremely small. We didn't have much time to prepare food but by using other resources and working harder, the guests and participants were able to

be served the food. In finding the speakers, the right person had to be found and one of the major dilemmas encountered was hosting the seminar as it was one of my first times speaking and entertaining the public. Although not great, I tried to do my best in entertaining the guests by employing some techniques I have seen people use. In the end, the activities set by the program were able to help me improve a lot. It instilled in me values that make me a better person and a contributing member of the society. I would like to think that I have accomplished something with the skill that I had and left an impact on the program not only by participating in it, but also by doing my best in its goal of serving the community. It changed me a lot as it had an impact on the way I think and view people in general. I didn't expect the program to change me so much as I thought it was just constant mindless studying about concepts and ideas. I would like the program to improve on more in terms of the values that are being taught to them. I have accomplished a lot and through the program was able to help a lot of those in need just like the help we were able to give to those people Malabon and the communities we visited in other activities. This program has changed me as a student and as a citizen as I have become more aware of the current situation, where I stand, and what I should be doing in order to lessen any suffering others might have. It helped me become a better person by allowing me to understand the true meaning if a community and how to a contributing part of it.



The participants of the seminar watching the speaker, Francisco Vargas, as he showed them the proper folding of a triangular bandage.

Photo by: Erica Nicole A. Sarmiento



Instilling Values for the Future



IGNITION

By: Khrystine Zhanelle S. Atienza

Igniting the Flame

A year ago, I was totally oblivious about NSTP. What was it? Was it required? Was it hard? What benefit would I get from it? Was it even necessary? Back in our province, National Service Training Program (NSTP) was not openly-discussed. In fact, I had not heard of it prior to my entrance examination for the university. I only got to know of it while I was scanning through my admission requirements. That is why, upon enrollment, when I was asked which NSTP course would I be taking up, I only chose Civic Welfare Training Service (CWTS) because I was not physically-built for Reserve Officers' Training Corps (ROTC) and not patient enough to teach for Literacy Training Service (LTS). However, the best idea I knew about the course was that it focuses on community work. Is it relevant then? Yes, I would have agreed that it is indeed relevant for it trains the students to be committed in doing community service and hones their skills in providing assistance especially to those people who are in need. To

sum it all up, I took up CWTS only because I was required to do so, without having much idea how it would turn me into a better person in a span of one year.

For our fieldwork, we were asked to conduct informative seminars on Participatory Capacity and Vulnerability Analysis (PCVA) and Disaster Risk Reduction and Management (DRRM). The seminar about PCVA aimed for the community members to be fully aware of the capacities and vulnerabilities present in their area. Through this activity, the members of the community were educated about the level of competence of their local barangay in handling disastrous situations. Moreover, the seminar also pointed out the currently-existing vulnerabilities of their system, which could be a drastic drawback during times of calamities. The seminar about DRRM taught the participants the proper approaches during disasters and how lives could be preserved when professional medical assistance

is not immediately available. The different tasks were distributed among the class, wherein our group, Pharmagnus, was designated as the food committee and the speakers committee, respectively. The experience was exhilarating but challenging. As food committees, it was our responsibility to prepare and serve meals and snacks to the participants, as well as to the speakers, ensuring that they were well-hydrated and recharged all throughout the activity. On the other hand, being in-charge with the speakers involved the task of finding viable lecturers for the topic, planning a program flow, and serving as the emcees for the seminar. Since no one in our group knew how to cook and there was a lack of resources, we found it hard to prepare meals for the participants. We had to compromise by using the available ingredients and utensils that we had to make the food. Furthermore, no one in the group was skilled enough in hosting so we had to double up our efforts in delivering the proposed script.

Speaker Francisco Vargas discussing about the spine board and its importance in first aid and basic life support.

Photo by: Erica Nicole A. Sarmiento

Overall, I believe that the fieldworks left an impact on the community as much as the experience had created an impact on us, students. The two seminars served as the people's ammunitions, wherein the knowledge they acquired from the talk could be used as swords and shields to alleviate the grave effects of the disasters they frequently encounter. As expected, the two fieldworks were both challenging yet life-fulfilling. I hoped to be inspired from the experience; it did not fail me. Before the seminars, I already envisioned myself interacting with children, adults, and even the elderlies. Thankfully, I was able to talk with some of the participants and get an on-hand experience in sharing what I know to these people. NSTP is truly a fundamental course for us, first year students, and if I were to suggest for any improvements, it would be about providing better schedules and considerations for the students. Nevertheless, I am proud of what I have accomplished so far. I noticed that in general, I have improved as a person. My skills in communication and patience in providing service have been commended by people close to me. I was also more insightful and understanding on the social issues existing in our country. The experience has molded me to become more committed, competent, and compassionate as a Thomasian student. Most importantly, I am now a better daughter, sister, and friend to the people whom I hold dear to me. As a daughter, I have become more respectful and obedient to my parents. As a sister, I believe I have served as an inspiration and role model to my younger siblings. As a friend, I have become more understanding and patient than before. Lastly, as a citizen of the country, I am now able to responsibly use the opportunity of receiving proper education all for the purpose of igniting the flame, sparking up changes in the society.



Speaker Francisco Vargas (top) demonstrating the proper lifting technique in using spine board.

Photo by: Erica Nicole A. Sarmiento



Pharmagnus members (bottom) preparing meals for the participants of the Participatory Capacity and Vulnerability Analysis seminar.

Photo by: Erica Nicole A. Sarmiento



ENLIGHTENMENT

By: Mikhayla Sophia Mae Lapid

An Opportunity Seized

Being part of the Civic Welfare Training Service (CWTS), under the NSTP program, embarked a great realization and impact on my life. Initially, I expected this course to be stress-free and laid-back. I saw this course just as an extra subject in the curriculum that only gives extra load. However, I was proved to be wrong. From the moment the NSTP orientation started, I was overwhelmed with the numerous tasks and activities that each student had to complete and to participate in before the end of the school year. From seminars, to field works, the NSTP course is a handful. However, because of my passion for helping people in any way I can, having CWTS as my NSTP program allowed me to realize the relevance of being a selfless and service-oriented citizen.

During the fieldworks on February 17 and 24, my section, C-PHA-1 was tasked to implement a seminar that talks about the Participatory Capacity and Vulnerability Assessment, or PCVA, and the Disaster Risk Reduction Management, or DRRM. Firstly, the PCVA seminar provides the members of the community the knowledge and awareness they need in terms of vulnerability and capability, in order to prevent further disaster impact. On the other hand, the DRRM seminar gives the members a chance to

learn the basics of first-aid and immobilizing procedures. Moving on, for the first fieldwork, my group, Pharmagnus, was tasked with food and materials. At first, I thought this job was quick and easy. However, when we reached the venue, I believe that my group was the most stressed and frazzled group in the room. We honestly did not expect that we had to wash all the utensils and materials in a tight area under the sun. This was because the group was not prepared with the kitchen setting we had to set up in. Nevertheless, I believe that my group did well as the food and materials committee since the community members commented that the food was good, and that we were able to provide the service we were expected to. Next, for the second field work, my group was assigned as the speaker committee. For this role, we were in charge of scouting for speakers that could talk about the DRRM information and we were also in charge of being the hosts of the seminar. Sadly, I realized that our group was not fit for being the hosts of the project since most of our members, including me, were the types who are not good with public speaking. Because of this, the program flow was affected and some of the members of the other committees got upset with our performance. Nonetheless, this seminar served as a lesson for my group that we had to work harder and prepare for the future

seminars to come since this surely won't be the last.

Overall, having these experiences and opportunities in NSTP-CWTS felt like a blessing since I was able to learn how to empathize with the people, and I was able to help them in all the ways I can. Indeed, I believe that CWTS has left an impact of the community we were assigned to since during both seminars, it was evident that the children and adults were listening attentively to the respective speaker, and that they too participated in the activities that the NSTP students had prepared. Through this experience, I was not only given the opportunity to leave a lasting impact on the community, rather, I too was able to learn from them in a way that I appreciated the value of hard work and teamwork. That without these two essential values, no change will have happened in the community. Hence, the only thing I would want the future NSTP students to learn from would be to prepare as much as they can, not to underestimate the fieldwork, and to manage their time wisely. From experience, these three suggestions would allow the future generation to completely reflect the real characteristic of an NSTP student, which is to be a God fearing, service-oriented, and compassionate citizen.



LIGHT

By: Jolina Mae D.P. Ongchinke

Hope of the World

“Small acts, when multiplied by millions of people, can transform the world.” This quote was said by Howard Zinn, a famous historian. This saying has inspired me for the majority of my life. The idea of helping others can never be scarce; however, putting them into action remains to be few. This is the reality of the world which is the reason why we, the youth, as the hope of the world, must take action to improve and possibly change this world little by little. And what better way to start helping other than living life in the NSTP way. National Service Training Program (NSTP) for me was a way to live the experience of serving my fellow Filipinos, though I thought it was troublesome since it would coincide with my studies. However, NSTP or Civil Welfare Training Service (CWTS), the NSTP course I've chosen, was clearly a righteous course despite the circumstance I had. It had to be taken since it is something that is necessary to forge our young minds to a life of service and gratitude. This course is what will help create a better world wherein hardship and strife may be lessened to an extent by inspiring, motivating and developing the students undertaking this course to move and make a change. The very reason CWTS was the course I thought best for me was because it was the course where I could help those in need and take care to develop and inspire the citizens

to do better, to influence others and to aspire for greater things. These are the essentials to bring about change. A mere example of this is the fieldwork we have executed.

Within this fieldwork, we have taught children and adults the basics of Participatory Capacity and Vulnerability Assessment and Disaster Risk Reduction and Management. They learned more than enough knowledge about first aid, transporting, CPR, surveying and assessment. These are the first few steps in the essentials I mentioned for change. One, they can do better in performing first aid and the like. Two, they can teach others and help them learn and practice it. Three, they can aspire to learn more than they were taught. As a part of the food preparation and organization team of the fieldworks, it was my duty to oversee the preparation of food from cleaning the dishes to cooking the food of the first day and to maintain the smooth flow of the program as well as to entertain the speaker for the second day. Without maintaining the flow of the program, the event would fall into chaos, the activities would be delayed, and everything would be in disarray. The flow of the program was not the only thing that is needed to be supervised. Food preparation was also needed since this was for the participants of the event. This was a necessity for the participants since they would need the energy

to be engaged in the activities of the day. Without these roles, the program would fall apart and the event wouldn't become a success. But what is a successful program? Well, a successful program need not be a perfect one. It may have mistakes and mishaps like the ones we experienced during the fieldwork. No matter how much preparations we made, there will always be room for mistakes as well as improvements for future events. In our fieldwork, the kitchenwares needed for food preparation were unexpectedly few since we were advised that there would be adequate supplies and wares for our preparation. We had to improvise utensils, make use of what we had and fasten the preparation process to reach the designated time for lunch. There was also the problem of clean-up since the utensils available were not clean and the area for washing was quite small and inadequate for eating utensils. We had to fetch water from the area and clean them outside with a pail to suffice the immediate need of the wares to be used. As for the program maintenance of the second day, the trouble was the miscommunication among the teams wherein problems were only communicated to me when it should have reached the others so they too would know the situation at hand and think of countermeasures for the problem. This caused a delay in the program which was the major struggle for the second day.

Pharmagnus member demonstrating the proper form and procedures of Cardiopulmonary Resuscitation (CPR) as part of the group's Disaster Risk Reduction and Management (DRRM) practical exam.

Photo by: Erica Nicole A. Sarmiento

The main point of everything we've experienced and done in NSTP is leaving a mark on the lives of the people as well as ourselves. Having done fieldworks and projects for different communities, I could say that I have left an impact on them. Teaching them DRRM and PCVA would definitely, as I said, improve them for the better as well as help them aspire for more in life. Giving people the hope of a possibility of change and of improvement is more than enough to keep them going. In this bleak world of corruption and deception, we, the youth, should be able to rise against the odds and give hope to the people and ourselves. With effort and compassion for our fellowmen, we were able to help them in their lives. Finding speakers, creating workshops and training them for practical situations is how we helped the community in their situation of being struck by disaster. The community not only benefitted from our project but also left an impact on us since learning does not only come from the community but also us. We learned a lot from them like how enthusiasm and hopefulness will get a person to a better place. Being able to stay positive even in hard situations are also important for one's development. With what I've accomplished, it is no doubt that I am proud of what my section and I have done. My previous notion of NSTP being troublesome may be true to some; however, I have realized that anything deemed troublesome may not be so especially when one enjoys the feeling of having made a difference in life. After searching for a speaker and training the children and adults alike about CPR for the second day, I got a happy feeling inside of me. This is what I am feeling right now, after almost a year of NSTP experience. There is nothing more I can say that can improve the current implementation of NSTP other than encouraging more students to keep a mind open for positivity in this harsh world. With almost a year of NSTP, I have been molded by it to be a better citizen capable of helping others without any fear or hesitation. I have also learned to take whatever I've learned from the community such as positivity and hope in my studies and home since it is way too stressful with all the units we have to take as well as when there are family and friend problems at hand. Being positive and hopeful for a better situation and improvement for myself and others are essential lessons I have learned from being a student in NSTP-CWTS that will take me and all those around me to a brighter future ahead.



DUTY

By: Kim Elizer B. Hipolito

Serving People the Thomasian Way

Before, whenever I hear the word NSTP, the first thing that comes into my mind is cleaning and picking up trash, and planting trees under the scorching heat of the sun. I thought that it was just merely another requirement to get through in college. However, now that I've been oriented and have experienced it myself, I realize that the implementation of NSTP in universities aim not only to realize the responsibility of the students as citizens of the Philippines, but also to build a sense of patriotism to the students, and to mobilize the youth in contributing to the general welfare of the community. CWTS helps us students realize our responsibility and importance in the society. It teaches us how to serve the country and its people to the best of our abilities and capabilities. Participating in CWTS contributes to the bigger picture of national development and security policy. In our society today, it is not enough to leave the problems of our community to the officials. We all have our parts to play, and as citizens, we are also responsible for the betterment of our community. And through CWTS, we get to learn how to properly write a community development plan, through CWTS, we get to learn how to manage risks and how to save lives, through CWTS, we get

to be socially active and interact with people who really are in need of our actions and help. CWTS will always be relevant in our society as it equips us with the knowledge and capability to lead our community to development and prosperity. I remember when I was about to enroll in to this course, the person who was in charge at NSTP section asked me if CWTS, LTS or ROTC. At first, among the three, ROTC was the only one familiar to me at that time that's why I asked, "What is CWTS and LTS for?" After which, the person explained the differences of the two. I chose CWTS than LTS and ROTC as my NSTP course because I knew and I believed that I can make myself more productive in this than in the other courses. Also, I was already aware on what was going to happen because in my senior high school days, we used to do this every Saturday and we called it apostolate. Another reason why I chose CWTS is that I can see myself being responsible in this course. I can also apply what I learned before in the seminary. And lastly, I can still continue what I had started before in helping and serving people.

The activity or project that we did is a part of our NSTP course wherein after we study and being



The children of Portrero, Malabon learning the different transferring techniques discussed by the speaker.
Photo by: Erica Nicole A. Sarmiento

oriented we are about to apply those things that we had learned. It is an activity which can help both ourselves and the people who are in need. The task in the activity is an exposure for us, NSTP students, wherein we can experience the reality that is truly can happen in this world. The importance of this is for us to be aware about the possible things that can happen in real world, also, we can be able to train ourselves to react and act immediately. I think that the struggle or problem that we had encountered was that we still lacked in preparation of the things that was needed to be polish before the activity. In order not to ruin the flow of the activity we are the ones that adjust individually.

I think we left an impact in the community by seeing them interested and at the same time enjoying the program. The community left an impact on me in a way that I became happier while I helped and served the people who were in need. I thought that it would be more on community service wherein we will go to places that need to develop more. I didn't expect that it would be more on paper works than application. I think that students can easily learn through applications, by doing it and applying those things that they had learnt from modules, orientation, and seminars. I can strongly say that I'm proud of what I had accomplished because I learned many things through the activity. I deeply learned how to serve wholeheartedly and I realized that being altruistic person, you must take off pride and wear selflessness. I strongly agree that my NSTP experience helped me as a person by molding and making me a better person. Through the hardships that I endured, it made me tough and strong enough to face the reality.



TRANSFORM

By: Daphne Sophia D. Ching

The Smallest Action Can Bring Change

National Service Training Program (NSTP) is known as a civic education that was instituted by the government to college students. I never knew about this program until I have enrolled in UST. My first impression or perspective about NSTP is that it will focus more on being involved in the social issues occurring in the society. Such involvement would be going to different communities and helping out as well as gaining knowledge about their situations. We gain information about the certain problems that our community is facing through mediums such as social media, news in the televisions, the internet and many more but we do not get to actually be there to witness such problems. I believe before that NSTP will be there to truly help me be involved and be able to witness it first handed the actual problems that our people are facing. I believe that NSTP CWTS (Civic Welfare Training Service) is relevant because as we contribute to the general welfare and betterment of the life of the members of the community. We get involved with the society and most social problems that we are facing nowadays is related to health as health is important in the well-being of a person. This does not just involve in defense but as well as the health of the community. The betterment of the society is reflected on the way we take action on our health. I chose CWTS because i would like to apply whatever skills I have or have gained being in the Medical Technology course to our community especially health related. I really want to contribute to the betterment of the society in terms of health in which I believe is a serious problems that we are facing and I know that even the smallest help I can contribute for our country can bring a big change or even a catalyst to starting a new change for the good of the society.

The project for our NSTP fieldwork focuses on Participatory Capacity and Vulnerability Assessment (PCVA) and Disaster Risk and Reduction Management (DRRM). Talks were given by respective experts to bring information, knowledge and awareness to the citizens of the community in Malabon. Group activities were provided so that citizens can be able to participate and collaborate with one another as they apply the lessons they have learned in those talks. The tasks that were given for my group, Pharmagnus, is that we are the food committee that provides food for the citizens as well as the speaker committee who is in charge of looking for a speaker for the said event. Being part of the food committee, it is important for us to learn how to

cook from scratch and provide food for the people as the talks and activities provided do make them hungry and that food does bring back the energy needed to continue the activities. The importance of being the speaker's committee is that finding the right speaker for the said topic event. It is important to present an expert because we want to be able to forward right information to the people especially in serious topics related to disasters and their surroundings as well as health. Certain problems have occurred during the activities such as misunderstandings between committees in which the program flow was not followed thoroughly due to the time constraint and inevitable misunderstandings. It was overcome by communicating between committees once again

and clarifying the problem arising. Alternative plans were implemented to ensure that even a smallest part in the plan was implemented during the activity.

Being able to participate in the program of NSTP and being involved in the activities contributes and leaves an impact to the community. I believe that the smallest action we make can bring about a starting change for the betterment of people as it is better than nothing is being done. The fieldwork that was created left an impact for the community because we have seen how much they have cooperated in the workshop and activities that were given to them. We saw how passionate they were to be involved and learn about the certain precautions and actions

editorial



The residents of Portrero, Malabon lining up for registration prior to the seminar.

Photo by: Erica Nicole A. Sarmiento

that they can do to limit the effect of such disasters and accidents. Seeing them collaborate with one another just shows how they will act upon the problem when the time comes that the actual disaster has occurred. We saw how enthusiastic and caring they are for their own community. As we were talking to some of the citizens as well, they mentioned how this talks and visits that we do for them means a lot because not only that they have learned so much for the betterment of their community but that not much people would visit them to be able to bring these kinds of talks for them. The community has left an impact in me because of their collaborative work which inspired me since it showed that there are actually people who whole-heartedly care for each other. I saw how passionate they were especially with the activities that reflected how much they care

about one another as well as how intrigued they are with the talks wherein they really are interested in knowing the certain disasters that can occur in their area. The NSTP experiences I have had in both the first and second semester is actually the same as what I have expected since I was able to apply what I have learned in my medical field course to actual people in our society. In such ways like the DRRM talk wherein we learned about first aid and as a medical field student, we need to learn such action in which I was able to help out these people take care of their health in cases of these disasters. To further bring in the full experience of NSTP, an improvement could be that the dates of the fieldworks are not on the same week as exam week because it will be hard that the student's attention are halved in both exams and fieldwork itself that the student will not be able

to fully experience the activity itself. I am proud of what I have accomplished as a NSTP student because helping others even in my own ways has contributed for the betterment of the people such as the UNIK activity we had where we had to visit a community and help them with their problem as we painted the sidewalks as well as the fieldwork we had in Malabon. Even the smallest action I have contributed for them has left them an impact and made me happy. My NSTP experience has truly helped me in a way as a citizen of this country by being aware of my surroundings and the people as well because as a country, we need to help one another to be able to grow. It also helped me as a student in the medical field because I am able to truly witness the health related problems that our community is facing and what we need to put more focus on.



PASSION

By: Juzleen Paulette C. Bracewell

Letting Go of Apathy

National service has always been a concept that was far removed from daily life. From childhood to puberty and now, to college, national service has become a mere thought to a requirement in school. However, going through it was actually an experience that was different from expectations. It wasn't a complete drag but was something more unexpected. Undertaking NSTP, and choosing CWTS, changed a lot of my perceptions about the whole thing. In spite of my doubts and apathy, NSTP actually became an important life event for a college student like me. Through NSTP I was able to foster a sense of nationalism and fellowship that was previously, at best, dormant within me. It made me think of what I can do for the country and for others. Choosing CWTS was also a choice that I didn't expect to benefit me as it did. While I originally chose CWTS because it seemed more practical and more amenable for me, I learned a lot of things about myself and about my environment that I wasn't privy to previously.

CWTS focuses on community service, so expect it to be involved in work related to community livelihood and development. Some of the activities that involved are feeding programs and working on construction sites among a few. It can be

hard, gruelling work but we got it done. Even though I wasn't used to doing such work, I had to learn the ropes quickly and by the end of the day, I sometimes couldn't believe that I managed to finish the work assigned to us. However, thinking about the smiles on the faces of the people we have helped, of their struggles in life and the small bit of assistance we have given in that one day, the sense of satisfaction could not be compared. It made me realize how fulfilling it was to do something that was not totally for myself - to act in a way that was primarily for the benefit of others. It also gave me insight on why we have to do NSTP in college. Fostering nationalism and a sense of fellowship is one reason, but I also realized that by being exposed to these activities during this time of our lives - when we are brimming with youth and vitality - it is easier to impress upon us the impact our youth can have on the environment. We are adolescent on the cusp of adulthood, practically brimming with energy with a thirst for accomplishment and change that we find to be meaningful. In a period of our lives where we are supposed to be studying to achieve our dreams and aspirations, it is also important to take a step back and re-evaluate our place in society. CWTS has helped in opening my eyes to the situation of my fellow Filipinos

and how I could help them in concrete ways.

NSTP has left me a lot of things to think about now that it has ended. It made me think of how my actions could have direct and indirect consequences not just on me but also my environment. Sometimes, I think about the impact of my actions on the communities that I helped; if they are leading better lives and if they are feeling the benefits and comfort that we have tried our best to give them. More often than not, I think about how interacting with those kids, those parents, and all the hard-working people have left their mark on me - how I will carry their smiles and the lessons they taught me as I continue on my life. They have taught me the value of hard work and perseverance, where life may be hard on us, we can do nothing but strive on. They taught me patience and how I had to get through the work I had begun. But most of all, they taught me to care and empathise, to look at my unfortunate fellows and to help them with my actions - to let go of apathy and my laziness. They have taught me to have passion. And as a human being, I believe that this is the most important lesson that I could learn and am most grateful to NSTP to have the opportunity to learn.

Pharmagnus group members practicing the top-of-the-head bandaging as demonstrated by the Red Cross instructor.

Photo by: Erica Nicole A. Sarmiento





Pharmagnus group members helping each other paint the sidewalk during their community project in Barangay 743, Malate, Manila.
Photo by: Erica Nicole A. Sarmiento



A WALK TO IMPROVEMENT

|| Ellison L. Cua

After attending the UNIK seminar, the Civil Welfare Training Service (CWTS) students gained inspiration from this and created their own project proposal. For them to create such a proposal, they first needed to engage in a community walk within a marginalized community of their choice. This community walk and project proposal will help the students hone their leadership skills as well as their social skills in interacting with the community; thereby, enhancing their relationship with the community and their character as an individual. The significance of the community walk is not only to shape the students' character but also to have a background check on the community. In this activity, the students are supposed to check the location, safety issues present, and the degree of the issue that may affect the capabilities of the proponents

in executing a project, and to determine the best form of service or support that they could provide for the community.

The community the group, Pharmagnus, decided on was Barangay 743 in Malate, Manila and two of their members, namely Ellison L. Cua and Jolina Mae D.P. Ongchinke went there themselves on October 27, 2018 for an inspection of the place. The reason was that the Barangay seemed to have an environmental issue. As the community walk was done, the students noticed piles of trash put in one corner, pieces of plastic lying on the streets and chipped-off paint on walls and sidewalks of the community. They seemed to have recurring littering along their streets from various passers-by as well as some of the residents of the place. Thus, the students have decided on a waste segregation

talk with beautification of the community as a project with the support of Barangay Chairman Felimon Tutica since he was the one who suggested such a project. The community walk helped the students gather information regarding the community like what they lacked support in or what the barangay was capable of on their own. They learned that the whole community would be affected if this trash problem would persist in their area. The chipped-off paint also made the houses along Smith Street look dreary. This further increased the motivation of the students to help the residents of Barangay 743. This activity helped the students in the progress of their project and should be done accordingly to ensure the project will have a significant positive effect not only to the community but also to its residents.

column

eREADS



|| Mikhayla Sophia
Mae P. Lapid



EDUCATION

In today's world, especially in this generation, the youth are no longer limited and restricted to reading print books and hard copies. Today, the world is gradually adjusting and implementing one of the most beneficial innovations generated, known as, eReading, or eREADS. Evidently, eREADS have made a significant impact on the youth in many ways possible. Nowadays, various universities are instigating the capabilities of technological devices such as mobile phones, computers, and tablets, and using them as a mode of learning. One of those universities would be the University of Santo Tomas.

In the University of Santo Tomas, online activities and online learning have been implemented in order to make the educational system more efficient and easy for both the students and teachers. Within the campus, one of the courses that fully optimizes the benefits of eREADS would be, the National Service Training program, or NSTP course. The NSTP course of the University of Santo Tomas treats eREADS as a module, wherein basic information about specific topics are to be studied by the students before any activity. Moreover, eREADS does not only give information about several topics, rather, these promote the nationalistic and personal identity of the students.

All in all, the NSTP students under the CWTS category have learned and are well-educated on a total of six modules during the first semester. The first module deals with The Role of the Youth in Nation Building. The second one is entitled as,

the Christian Call and the Thomasian Response. The third one deals with National Concerns. The fourth module handles the Disaster Prevention and Management. The fifth one goes in depth with Community Development and Organization. And lastly, the sixth module deals with the Project Management and Development of the groups.

Altogether, it is with the help and guidance of the six eREADS or modules, that the NSTP students are able to understand and be active in the development of the nation. Also, the modules allow the students to exhibit and apply the characteristics of the 3Cs, namely, Competency, Commitment, and Compassion, in terms of facing obstacles and conquering each one. Thus, with the benefit and advantage of eREADS, the university, together with the students, grow and develop holistically and completely.



Pharmagnus group members discussing about their observations during their first fieldwork.

Photo by: Erica Nicole A. Sarmiento



Fieldwork: First-Hand Observation

|| Daphne Sophia D. Ching

The world is filled with different places, people, communities and many more. It is inevitable that it comes with certain issues. These problems cannot be resolved without gathering information about the issue to be able to come up with the right solution. How can one exactly gather such information first-hand about a problem of a certain community, people or place? What are certain ways to help such issues?

Field work is the process of observing and collecting data about people, cultures, and natural environments. It is done in a real and natural environment, rather than in a place of study such as a laboratory or classroom to gain first-hand information. On February 17 and 24, 2019, the group, Pharmagnus, went to Mabolo, Portrero, Malabon to visit a community to provide a Participatory Capacity and Vulnerability Assessment (PCVA) and Disaster Risk and Reduction Management (DRRM) talk with around 60 participants. The

group was able to observe the situation and issues that the community is facing. The data observed by the group were the lack of facilities, lack of first aid knowledge, the possible disaster, natural disasters and effects that has occurred in the area, and so on. These data have helped the group gain more knowledge of the people within the area and how to apply what they have learned to these people. The talks were informative especially for the citizens. It was observed how they were cooperative and

participative to the activities especially in the DRRM such as the first-aid activity as well asking the speakers questions about the topics discussed. The group was able to interact with the citizens to be able to get first-hand information of their problem as well as give them certain solution they can use to address such issues.

Fieldworks are important because these help people gain knowledge and understand further how society works,

people's culture and traditions, science behind objects and many more. It is not mainly just gaining information but using these as a guide to create possible solutions to a problem that they are facing. It is better to participate and interact in that place, with people or in the community to be able to gain such information. Not only do people get to experience the real life world but as well as somehow alleviate their pain and help others with their problems even with small actions.

|| Jolina Mae D.P. Ongchinke

DRRM: A Chance for Survival

What's the first thing that pops up in a person's mind when they experience an earthquake? They stay under a doorway right? When someone gets in an accident, someone must perform first aid. These experiences are essential for the survival of people and also to avoid any more tragic events to occur. This is what Disaster Risk and Reduction Management or DRRM is about.

On September 29, 2018, the group, Pharmagnus, underwent an informative seminar on DRRM at the Central Laboratory Lobby facilitated by Red Cross volunteers. They were taught the basics of bandaging, transferring, carrying and cardiopulmonary resuscitation (CPR). They were also informed on the techniques of first-aid and what to do and not to do in case of emergencies. All of these were shared to the group in hopes of letting them be knowledgeable of what to do in these disastrous times and also so they may be able to confidently perform whatever procedure needed to ensure the victim's survival in these emergencies.

Pharmagnus group members (left and right) practicing the proper bandaging techniques during their first aid and basic life support lecture.

Photo by: Erica Nicole A. Sarmiento

Pharmagnus group members (left and right) practicing the proper bandaging techniques during their first aid and basic life support lecture.

Photo by: Erica Nicole A. Sarmiento

To ensure they learned these procedures, they created various situations to test their knowledge and practical skills in basic life support and evaluated by their respective facilitator.

Some of the techniques taught to them were bandaging like the head bandage, wrist bandage and so on. The important thing to remember is to use a square knot so the bandage can be secured around the injured part of the victim. Make sure the bandage is put on neatly to avoid any unnecessary obstructions to the victim.

Another technique taught is transferring and carrying wherein teamwork and communication is of utmost importance especially in lifts where there are two or more lifters and where the victim has some kind of back injury.

In cases wherein the victim

has no pulse and is not breathing, CPR is performed to bring back the pulse and to make him breathe again. Always remember to use 30:2 compressions per ventilation. If you see a person who looks like he needs help, first check if he can respond. Ask him, "Hey! Hey! Are you okay?" If there is no response, go to checking for his pulse and breathing. If there is none of any of the two, go to performing CPR using the 30 compressions per 2 ventilations to resuscitate the victim. And most importantly, always ask consent and introduce oneself to the victim especially if the victim is conscious and never panic in any situation one may face. This is important not only for CPR but also for the other techniques like carrying and bandaging. It is important to always ask for consent and to introduce himself because the person has the right to be informed of who the first-aid

provider is before letting him to anything to the victim. This is because anyone who can think won't let just anyone perform anything on him especially since one wrong step or act can lead to severe consequences on the victim himself.

DRRM is an important subject to learn about and to put one's heart into since this is a subject that is the borderline between life and death. One act in using DRRM to one's advantage can save a person's life. From knowing what to do and not to do in calamities like typhoons or earthquakes to emergencies requiring first-aid, DRRM is always implemented to reduce or manage the risk at hand. It is something that any person must know so they may help anyone at any time should the person need it.



|| Ellison L. Cua

Painting and Cleaning the Path to a Brighter Future

All over the Philippines, many communities have had a hard time maintaining the cleanliness of their location due to factors such as poverty, lack of motivation, and lack of education to teach the importance of hygiene and cleanliness. Because of this, Pharmagnus created the proposal "Project Phara Sa'yo" in order to address that issue. The group aimed to help out one of the 67 barangays in Malate which was Barangay 743. Before the project, the barangay still had a lot of people in its community who did not follow the correct way of disposing wastes, despite projects such as Zero Garbage Disposal System being implemented, according to Barangay Chairman Felimon Tutica, Jr. It was decided that the beautification of the sidewalks and a campaign for proper waste segregation would help the barangay a lot.

On November 30, 2018, the group went to Barangay 743 to implement the project. The group had to wake up early in order to head to the barangay on time and have enough time to implement the proposal. Arriving at the area, the group was met with greetings of the barangay officials. They eagerly helped prepare for the sidewalk painting. The challenging task of painting the sidewalk was exhausting for

the group as the sun was beating down on them while they had to squeeze into the tight spots to reach other portions of the sidewalk. However, it was surprising as some members of the community would volunteer, encouraging the whole community to take part in the painting. Even though it was tiring, it allowed both the group and the community to witness and learn the importance and effect of team work and cooperation

on achieving goals. After the painting, instant improvement could be felt from the sight of the area not only by the people of the community but also the group themselves. The place looked presentable and welcoming for the first time in a long time. The elders of the barangay were extremely happy, and the group together with them, ate snacks as to rest and regain their energy.



After painting the sidewalks, the campaign for proper waste disposal started. It was difficult to think of a plan that would work properly as many of the ideas have been done before but were not effective once implemented. The group mainly discussed with the Chairman, and other officials, the importance of educating the youth in their community. For the group, the education of the youth would be the key to a cleaner and better barangay. The concepts of recycling, reusing, and reducing should be taught, as well as the concept of biodegradable and non-biodegradable materials. The Chairman agreed that more focus should be given on teaching the children the proper ways of waste segregation.

At the end of a tiring day, a lot was learned from the activity. Along with the values of hard work and team work, the participants also learned the importance of education. The group realized that many of the places in the Philippines and the people need help and that they could make a difference if they put effort into it. Proof of this was the project itself, as the people of Barangay 743 were very thankful for what the group has done for them. One can learn how to be a responsible citizen as he or she is able to contribute to others, not only in the community but also outside the community, the services that he or she has learned. The group has learned that those who are fortunate to have what they have should help those who are not as this will improve the community by strengthening the connections among the community members.



Pharmagnus group member lining the sidewalk with yellow paint during the implementation of their project for the community of Barangay 743, Malate, Manila.

Photo by: Erica Nicole A. Sarmiento

Stories of Empowerment

|| Erica Nicole A. Sarmiento

With all the things happening right now in our country, it is so easy for us to just focus on surviving ourselves before even having time to think about the welfare of others and it's not right but that's just how it is for most of us. It's not because we don't care but more often than not, it's either because we don't have the means to help or we are scared to step up and take on the role of helping others. Sometimes, we just need inspirations to remind us of what we can do for others and for our country and it's not hard to find such inspirations because believe it or not, good and selfless people still do exist. As a part of the National Service Training Program (NSTP), the UST NTSP Ibang Klase (UNIK) Seminar aims to empower and teach the students about different stories and experiences of remarkable people who did their part in helping the community. The seminar was held last October 13, 2018 in the Faculty of Medicine and Surgery Auditorium with Rep. Sarah Elago and Mr. Benjie Abad as the speakers.

Guest speakers Mr. Benjie Abad and Rep. Sarah Elago posing for a picture during the Unik Seminar.
Photo by: Erica Nicole A. Sarmiento

Mr. Benjie Abad is a former alumni of the university and the founder of the Karindaria ni Mang Urot and what is amazing about him and his work is that he does it with a lot of passion and enthusiasm that he also shares with his family and peers. He started his work when he noticed just how many people lived in hunger and poverty and using money from his own pockets, he started a mission of feeding the poor and the homeless. With the additional help of volunteers, he now gets to extend his help to more people and now they have more means to cater to the needs of the people. The important lesson learned from him is that sharing is caring and as long as you are capable and

you have the time and resources to do so, you can do something for the community, especially the homeless and the hungry. Sharing and extending our hearts to those who needs our help sends a powerful message of love for others, that love and kindness is free and does not require acknowledgement, praise or recognition.

For Rep. Sarah Elago, the youngest representative of the 17th congress, the youth is the hope of the country. She aims to correct the illnesses of society and to empower the youth to do their part in starting the necessary changes in the country. She calls on the youth to fight for rights and to prioritize and treasure education. Being as young as she

is, she pointed out how age is not and should not be a hindrance for us to speak up, step up and take on the necessary roles that we should take in order to help provide solutions for societal problems. Education plays a primary role in this change because education paves the way for the generation to gain more knowledge and have a deeper understanding of what should be done and what should be changed in society. These days, some of the older generation say that the youth have become the problem and not the solution of the country but they can be proven wrong; the youth has all the capabilities to invoke change if they are given the chance to start it.



A QUOTE FROM THE COLUMN

- Erica Nicole A. Sarmiento

"As students, we get caught up in our academics and the stress that comes with it, not to mention the other factors affecting our lives, that we tend to be ignorant or just unbothered by what happens around us to the point that we get a certain mindset that we don't have the time to do anything else for anyone else."

The seminar only took a day and yet after it, you carry with you a new sense of motivation to be a part of something bigger than yourself. As students, we get caught up in our academics and the stress that comes with it, not to mention the other factors affecting our lives, that we tend to be ignorant or just unbothered by what happens around us to the point that we get a certain mindset that we don't have the time to do anything else for anyone else. That mentality is what the seminar wants to correct because through the speakers, we get to hear stories of amazing and inspiring works that can hopefully in return, motivate us to do something more for our community.



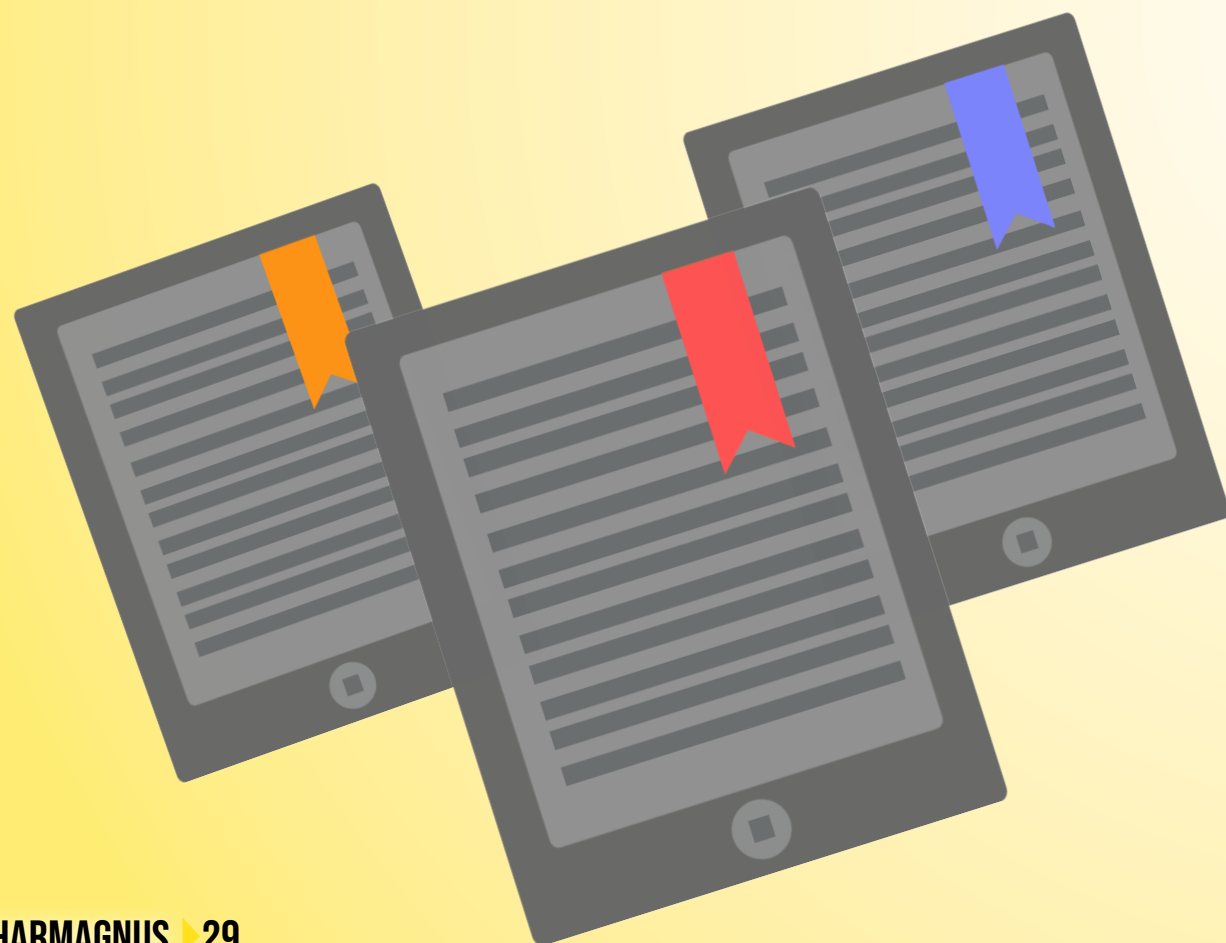
WRITTEN BY:

Kim Elizer B. Hipolito

MODULES:

Guides to Serve the Nation

The NSTP students are trained to contribute and help in the society by attending to those who are in need, and devoting their time to volunteer their capabilities to be of service to others. Each and every student of NSTP, including Pharmagnus of C-PHA-1, extended their helping hands and opened their hearts for the people. Before the fieldwork, the NSTP students went through orientations, seminars, trainings and were provided knowledge through the modules. There are six modules with different topics, which the students had read and learned.



THE SIX MODULES ARE THE FOLLOWING:

Module 1 - Role of the Youth in Nation-Building

Module 2 - A Christian Call and the Thomasian Response

Module 3 - National Concerns

Module 4 - Disaster Preparedness and Management (Disaster Risk Reduction Management)

Module 5 - Community Development and Community Organizing

Module 6 - Project Management and Development

In Module 1, the NSTP students were expected to promote and sustain the different values of a Filipino wherein it can help in building the nation since having the correct values will definitely lead them towards the right path. Also, they were expected to have a good citizenship values and practice it at all times. This module is all about NSTP history, good citizenship values and the true meaning of these values which is clearly one of the factors in shaping the nation.

In Module 2, the students were able to understand deeply and appreciate human dignity and to be sensitive enough to the needs of others especially to the people who suffer in poverty and crisis in life. In addition, the Thomasian core values and response to the Christian call were further explained. Thus, they were expected to value human dignity more in a way of practicing it and applying it in their daily lives.

In Module 3, they were tasked to examine the current status of the country. As they exposed themselves and were oriented about the social issues and problems, the NSTP students were expected to come up with possible solutions regarding the issues and problems in the country today. This module is all about the Millennium Development Goals and its implications to national problems.

In Module 4, since the NSTP students were already aware of the Millennium Development Goals (MDG) as it invites them to do their part by responding to the challenges of the world. They were re-introduced to the current Philippine disaster situation, how the government, local sectors and private institutions worked together for a cohesive Disaster Risk Reduction Management Program. They were also prepared to be trained in basic first aid and immobilization procedures, wherein these are

necessary things needed in preparation in disaster prone countries like the Philippines.

In Module 5, the students were able to learn what community development is all about. This topic helped the students be aware of why they need to help develop the community and how to go about it. Also, they learned how to put theories and concepts of community development into response or action by means of organizing their community.

In Module 6, it focuses on how to create and plan for a program or project. In this module, the NSTP students were taught on how to execute a plan to put community development into practice. They were trained to set their minds in planning such things on developing one's community so that when the time comes they can already set an organized plan into action.

After which, the NSTP students were exposed to real-life situations in developing one's community, wherein the students themselves made a project proposal, set a plan as organized as possible and made this proposal and plan into action. They were even given a chance to visit a community in Malabon City, where they were able to apply all the knowledge, skills, and talents which they learned through the help of the modules.



Residents of Portetro, Malabon demonstrating the proper lifting technique using a spine board.
Photo by: Erica Nicole A. Sarmiento

What is NSTP? This question was answered during the orientation for this subject last August 19, 2018 by the course facilitator of Pharmagnus of C-PHA-1, Ms. Sheryl Masangkay, at the St. Raymond de Peñaforte Building. But when students hear NSTP, they'll most likely answer: it is a requirement for graduation. No going around it, one must really complete NSTP in order to graduate. It seems like a real pain in the neck the first time you hear of it. 'What does this have to do with my future job anyways?' is what you may have thought. But, like all things in college, you'll learn how to roll with it. So what is NSTP according to Ms. Masangkay?

NSTP, also known as the National Service Training Program Act of 2001 (RA 9163), is a civic education and defense preparedness program for students undertaking baccalaureate studies or at least two years of technical vocation courses. It's basically

divided into three programs: first is the ROTC, which provides military education and training for the mobilization of students for national defense; second is CWTS which focuses on the activities that promote general welfare and betterment of the community; and finally the LTS, where students get to teach basic literacy and numeracy to children. Students have to finish one component in order to be eligible for graduation. It takes place over the first year of college.

NSTP is a program that aims to build, educate, inspire, and empower people into doing their part for the country. It is a national service, but it is also about helping the underdeveloped communities and our fellow countrymen in more concrete ways than ever before, especially for students under CWTS and LTS. Students get to interact and work on site for a day with partner communities in order to accomplish the overall objectives.

"NSTP is a program that aims to build, educate, inspire, and empower people into doing their part for the country. It is a national service, but it is also about helping the underdeveloped communities and our fellow countrymen in more concrete ways than ever before, especially for students under CWTS and LTS. "

For on-site activities where students get to travel outside the campus, there are a few rules that should be observed, such as bringing the essentials like extra shirts, materials, medicine, conformes and food and water. Students are also encouraged to clean up after their own mess and to avoid using Styrofoam or plastic trash. For students tasked with documenting the activities, they should take care of their safety and to always ask for permission when taking pictures. Last, and most importantly, all students should expect hard work ahead and to observe their work ethics.

Of course, other than on-site activities, NSTP also includes seminars, DRRM practicals, and one final examination which will be conducted inside the campus. There are also six modules, or activities, pertaining to each lesson given throughout the entirety of the program. These are all requirements and failure to accomplish some or all of them could

lead to an incomplete grade or a failure due to absences in one's transcript.

Additionally, since the students and facilitators do not meet weekly like what happens in regular classes, majority of the activities and communication are done online. There are websites and e-learning accounts provided by the school in order to facilitate the process. For UST students, they are required to access the university gateway (edtech.ust.edu.ph) for student support and their UST Cloud Campus account to participate in online courses.

And that's that. All the important things to know on going about your NSTP are already mentioned. So go out there tiger and rack up those service points. Graduation is still a long time in the future, so go out and experience all college life has to offer to the fullest.

TRUE ESSENCE OF NSTP



WRITTEN BY:
Juzleen Paulette
C. Bracewell

College students in the Philippines have it rough. From tons of schoolwork, to gruelling schedules, to Friday night walwals, and to cramming on Sunday nights, a student's schedule is practically packed to the brim with their precariously balanced activities of work and play. Students tackle on their university lives filled with expectations of intense studying and partying, but one requirement that probably most students don't know about when entering college is NSTP.

William Shakespeare once said, "Some are born great, some achieve greatness and some have greatness thrust upon 'em." A truly inspiring quote that says that one does not necessarily have to be born with great affluence nor even have tremendous talent to achieve greatness, but doing the right thing in a situation handed to them will be able to make them great. And yes, this is what NSTP is about. They give students opportunities to be great and make changes to the lives of people. With each and every thrust of a new situation to take action, students will rise up to the challenge of getting a grasp on the situation and making something better out of it. This is what NSTP is and this is what our lives have been like for the past few months.

Speaker Francisco Vargas showing the participants of the seminar how to use a make-shift stretcher for transferring patients during emergencies.

Photo by: Erica Nicole A. Sarmiento

COVER STORY

GREATNESS ACHIEVED THROUGH NSTP

In the duration of the NSTP course, we have learnt to put our best efforts out into serving other people. Pharmagnus is simply a play on the words, Pharmacy and Magnus. "Magnus" means great and came from a 7th century saint who was a missionary in Germany according to behindthename.com. This name as well as the photo that comprises our whole NSTP experiences shows how much work we have done to create a great impact on others and also achieve greatness in the process. The photo displays a speaker we have invited over in

our fieldwork seminar to teach the community on the basics of first aid, immobilization procedures and CPR. Even with such seminars which may seem small and unimportant, disasters will be prevented and lives will be preserved because of it. Just like with the recent earthquake which no one saw coming, we have taken the small steps we thought necessary to prepare the community for such unprecedented events that would occur. And such actions became of great importance now that they may have used what they have

learned in that event. The very fact that our actions could have helped that community in any disastrous situation is proof of an opportunity seized well. Just like in each NSTP activity we have done, we have demonstrated our knowledge and capability to help people in the little time we were given to have a wonderful and fulfilling NSTP life. Our experience coupled with our title, Pharmagnus, really represents our experience with how great it has been to have served the people of the nation.



BY: JOLINA MAE D.P. ONGCHINKE

NSTP has been the way we have lived our lives for the past school year. Through this course, we, as a group, have found ourselves cooperating and attaining the virtues a Thomasian should have: Compassion, Competence and Commitment. We have developed and strengthened these virtues overtime in ourselves through the experiences we had in NSTP. Teaching kids, preparing and distributing food and painting sidewalks, all of these activities have molded us into the individuals we are today. These experiences are something that we would like to impart this unto the future generations so they may derive inspiration and motivation from the great opportunities we have had to help other people and to develop our character as a Thomasian and as an individual.

Fieldwork promotes a conceptual understanding of concepts by bridging the gap between the classroom and the real world. It helps us learn to appreciate the world we live in as we see. On February 17, 2018, the Pharmagnus group went to Mabolo, Portrero, Malabon to visit a community to conduct a Participatory Capacity and Vulnerability Assessment or PCVA seminar. PCVA helps people to be ready and to be knowledgeable with disasters and also to prevent the worst case calamities and scenarios. Its main objective is to assess the safe zones and hazard zones of the barangay and most especially to know the evacuation sites designated in that area. The group, Pharmagnus was able to observe the issues that the barangay was facing. PCVA enables people to enhance their knowledge and understanding of disaster risks, and facilitate action planning for alleviating threats. It focuses on the most vulnerable, those who have less ability to face and recover from disasters. We need to address the issues of disasters in our country because we need to be prepared enough in case of any hazard that we may encounter in the future.

features



WRITTEN BY:

Juzleen Paulette C. Bracewell

FIELDWORK:

Teach Minds, Change Lives

Pharmagnus group members preparing to give snacks for the participants of the Participatory Capacity and Vulnerability Analysis seminar upon registration.

Photo by: Erica Nicole A. Sarmiento

The purpose of the seminar of PCVA is a learning process among the residents. The workshop-style activity allows the residents to familiarize with the basic concepts of disaster management, capacities and vulnerabilities. The participants were divided into groups and were tasked to do a specific activity. They were asked to take down the organizations within the area, the household income of each family, barangays within Malabon, danger zones in the area and such. The participants all had so much fun labeling the maps that were given to them and learning new things about their barangay that they

would not have asked. Seeing how much they could prepare from such a little task filled us with genuine happiness. With this, the barangay could very well know what needs to be done and fixed within their barangay and outside their barangay. If their barangay would have more assets or capacity, they can minimize the damages or even life that may be affected if we are capable of being flexible enough to adapt to any kind of situation they may face. We need to make action and create advocacies towards the preparedness of the people to avoid any large destruction to property as well as casualties in

the area.

The best time to address the issues is now because disasters are unpredictable and it may come at any time of the day. We won't know when it would strike then we should be prepared enough just in case it will come to our way. Any type of preparation is considered a great way of preparation, from knowing emergency contact numbers to preparing a bug-out-bag. Even fixing leaky roofs or unstable shelves are good ways of preparing for disasters to come. Just like with sickness, the best way to fight against disaster is with preparedness and prevention.

DRRM

FEATURES

Cooperative Work for the Safety of All



WRITTEN BY:

Daphne Sophia D. Ching

Fieldworks are often perceived as going to different areas to gain enough information for research purposes. This serves as a first-hand observation for the people to truly see and observe the details, situations or scenarios, problems and many more. People gain information by cooperating and collaborating with the people within that community. The situation that the people are facing gives clues to those people who would like to help elevate their problems by presenting certain solutions to their problems.

On February 24, 2019, the group, Pharmagnus went to Mabolo, Potrero, Malabon to visit a community to provide a Disaster Risk and Reduction Management (DRRM) talk that was given by Francis Vargas. He emphasized on the different disasters that can occur within the area such as fire incidents, earthquakes, and floods. He made sure that he could get the attention of the citizens on these alarming disasters by letting them participate in his first aid workshop. He taught the

children, adults and the officials of the said place on the actions that they can do in once these disasters occur in their area. Certain actions pertaining ways to preventing a fire from spreading such as putting down the fire as the citizens participated by lining up in row wherein the last person fills up a bucket of water and passes it to the next person until it reaches to the place on fire. Another action is ways how to first aid an injured person. The speaker emphasized on ways to bandage any broken bones or to support an injury. After the talk was given, the citizens were formed into groups and were taught how to do each of the first aid procedures such as bandaging, using nearby materials to create a spinal board as well as ways to carry the injured as they practice the said procedure itself. This was a memorable and significant event as the citizens were cooperative and that they truly showed how much they have learned from the talk. It is seen that it was not just for the sake of attending the talk but how much they truly cared for the safety of their community. The citizens would ask the

speaker of alternative ways or give him certain scenarios that their community is facing and what ways can they prevent such situation. They collaborated especially in the last scenario we have given them and that they have to figure out the right actions to first aid the injured.

There are many communities out there that lack knowledge on what to do or even basic first aid when certain

calamities hit them. These talks are very important as it is a certain reminder for people to know more about their surroundings as well as gain information on actions to take once disasters occur. We want to prevent certain incidents occurring in the community especially if it causes such injury to people. The community in Malabon showed that collaborating with one another shows that one cares for one another. We have seen

the participation and passion they have put in the activities that reflects on how well they can handle certain disasters. I highly appreciate such action because collaborating and participating especially in the given workshops gives people the experience and knowledge that they will use when the accident truly occurs already as well as this is the key to surviving not just for ourselves but as well for the sake of others.



The residents of Potrero, Malabon being divided into groups and discussing their strategies for their upcoming practical assessment.

Photo by: Erica Nicole A. Sarmiento



WRITTEN BY:
Erica Nicole A. Sarmiento

FEATURES

A VOICE IN THE CROWD

“You’re never too young to change the world.”

They say youth can be a hindrance and that wisdom comes with age. Some people say that the youth brings in more problems than solutions; some people look at us and say that there is no hope for us. Truly, they are hurtful words but I believe that we can use these words as motivations to prove them wrong. We, the youth, are not hindrances and we are not failures, in fact, when we put our minds into it, we have the capabilities to invoke change and solve society’s problems one by one and one of the living proofs of this is Rep. Sarah Elago.

In the UST NSTP Ibang Klase (UNIK) Seminar, we had the chance to hear stories from remarkable people, one of them being Rep. Sarah Elago, the youngest member of the 17th congress and a representative of the Kabataan Partlist. In an article, Rep. Elago was said to be the

“poorest” in the congress which is made up of multimillionaires, however, what she may lack financially, she makes up for in wisdom and character. She is a youth leader and an activist who believes in the power of education and truth and through her work, she is able to encourage and motivate people to invoke change and be part of that change. She is a strong woman and she is unfazed by judgements and criticisms involving her age. She is a great example of how age is just a number and that as members of the youth, we have the power and the right to have our voices heard. She placed emphasis on the importance of education because through education, the youth is given more chances to understand and to learn more about the events surrounding society. With education, she believes that the youth are given a fighting chance to be taken seriously and be heard.

As a member of the congress, she continues to fight for the rights of the people and do her part to correct and provide solutions for some of society’s problems. In

an interview, she said that her position has provided her a way to expand her bracket and to have her voice be heard louder than before. She talked about how the we could do something for society and that age does not define what we can do for our country and for the world. Living in a society where it’s hard for voices to be heard, it is a struggle to stand up and fight for the necessary adjustments we must make to make this world a better place. She said that age should not hinder us from being a part of something bigger than ourselves and that we have the chance to make a change in the way we knew how. It is not about the age or the resources, it is about what we want to fight for and what we have to do to achieve it.

In a crowd of thousands, let us be like Rep. Elago, wise beyond her years and dedicated to her vision and mission for society. We are not voiceless and we are not weak, we have all the means to stand up and help one another make a change for the better. We are the youth and we are society’s future.

“YOU’RE NEVER TOO YOUNG TO CHANGE THE WORLD”

Rep. Sarah Jane Elago, the youngest legislator of the 17th Congress.

Photo from https://www.bulatlat.com/wp-content/uploads/2016/05/SARAH_ELAGO_PHOTO.jpg



Pharmagnus members performing the proper approach in handling a patient during a simulation as part of their practical exam.

Photo by: Erica Nicole A. Sarmiento

INSIDIOUS BEASTS and How To “Fight” Them

Disasters are like the antagonists of a sought-after, highly-anticipated, gloriously-dreaded horror movie. They are the creepy snickers, the eerie footsteps, the smell of impending doom that makes the little hairs of the people undoubtedly go up. Anyone who is not ready for them faces the wrath of an inconceivable kind. Innumerable fatalities, dilapidated infrastructures, eradicated farmlands, and fallen trees are just some of the common consequences brought about by these calamities. Therefore, what better way to prevent such catastrophes from obliterating the lives of the people than knowing how to “fight” against them.

Disaster Risk Reduction and Management seminars, such as the one facilitated by the National Service Training Program for the first year Civil Welfare Training Service students last September 2018, was a huge opportunity, which gave way to extensive learning about the different examples of disasters and the possible repercussions entailing these said phenomena. It did not only aim to inform the students of the fundamental knowledge about disasters and risks, but it also aimed to encourage the participants to learn about the basic approaches when faced in life-threatening situations. The students were taught First Aid and Basic Life Support, and afterwards, tasked to comply in a practical examination in order to

evaluate their learning.

Even a difference of one second is crucial in saving lives. That was the main idea of the training. When the simulation about an emergency victim started, everyone felt agitated, even scared. Suddenly, all the knowledge seemed distant. The concepts were familiar, but the mind found it hard to draw connections. Hearts were racing, minds were drowning, hands were trembling and yet, the spirit required to pass the evaluation was alive among the students. They performed in groups and showcased their cooperation as each member tries to recall the different concepts discussed by the instructor.

Amidst the crowd grew murmurs of uncertainties as the given time period for the evaluation grew to a close. The students were in a state of panic with faces either stricken with doubt or excitement or even both. When the moment of judgment arrived, everyone was hopeful that they could have at least saved their “patient.” The silence traversing the corners of the room broke into a roar as the instructor gave all the groups a

passing remark.

It was clear since then, that it was not about perfecting the skills in First Aid or mastering the techniques in Basic Life Support which makes you fit to save lives. It is not about how advanced the equipment were or how favorable the environment was during the scene. It is in the will of the rescuers to do their best in applying the concepts all for the goal of preserving lives; more importantly, it is in the heart of the people whose aim is to provide relief and comfort for the aggravated individuals who needed most a company to begin with.

So how do people “fight” them? These sly disasters are omnipresent. They could be lurking around the corner, patiently waiting for their own turn. What better preparation can people make than be equipped with the required knowledge needed to defy the adverse effects of these disasters, more specifically on their impact to the lives of their victims. After all, it only takes a tad amount of effort and a handful of dedication to fight against these insidious beasts.



WRITTEN BY:

|| Khrystine Zhanelle Atienza

All communities have their own certain problems that could be economical, social, health and wellness development, leadership, disaster risk reduction management or even environmental sustainability and action. A project proposal is often implemented by a certain group to be able to help and carry out a solution to a certain community with their issues.

PROJECT PHARA SA'YO



|| Daphne Sophia D. Ching

The project “Phara Sa’yo” was implemented by the group, Pharmagnus, on November 30, 2018 at Barangay 743, Zone 8, District 5, Quirino Avenue, Malate, Manila. Barangay 743 is one of the 67 barangays in Malate and that the people are relatively disciplined. The reason for the implementation of a project proposal for Barangay 743 is due to its major problem regarding the waste management in their community. Despite having programs such as the Zero Garbage Disposal System, there are a number of those who litter illegally that resulted to broken paints, waste and litter alongside roads. The Barangay has its own goal called “Moving Towards an Environmentally Friendly and Progressive Barangay” which the group would want to help in through ways such as teaching the citizens of basic waste segregation and participating in the activities

that will help them practice the said lesson as well as enhancing the beauty of the community by repainting the damaged sidewalks. A project proposal that focuses on the good environmental situations in a community not only helps in developing and having a better and sustainable lifestyle of a certain community but as well as lessening the vulnerability of a community against natural disasters.

To achieve such goal, a project proposal was done by organizing a certain plan to follow that will be used as a guideline for such a project. The group arranged certain objectives and expectations as a goal to be achieved in the end of the project such as inspiring the community to maintain a clean and beautiful environment in which will happen because 75% of the citizens are disciplined enough to

willingly maintain the process of cleanliness of their surroundings. An actual program flow was made to ensure that the plan that was made will be done. After the implementation of the project, certain outcomes and data were gathered that helped the group analyze more of the situation of the community. Problems were inevitable to happen but actions were taken after to ensure the flow of the progress still stands. There is a need for the list of project implementers and project beneficiaries that can be of help to identify and contact in cases of emergencies and inquiries. An evaluation is important to see results that can identify if the project was a success or not. Recommendations are needed to be able to make a certain proposal more efficient and a guide for future people who would like to implement projects as well.

A lot of work and thinking were put into a project and a successful job as well as expectations were reached that made an overall positive impact and change to the community. Despite a long day for of hard work, the individual implementers learned a lot and reflected from their experience. This does not only benefit the community but as well the environment and the implementers.

Pharmagnus members sweeping the sidewalk to clean the area for painting.

Photo by: Erica Nicole A. Sarmiento





WRITTEN BY:
Ellison L. Cua

Walking Towards Change

On October 27, 2018, the group "Pharmagnus" went to Barangay 743 to do a community walk where in it was discussed with the barangay chairman, Felimon Tutica Jr., certain aspects in the area that may needed improvement or help. This community walk was to allow the group to plan and make a proposal in order to see if whether the community needed any help.

The Barangay was a small and kind community that was sadly littered by much trash. The group decided to make a proposal aiming to conduct a seminar in order to educate those who do not know the

proper way of waste management and also to help paint the sidewalks of the street as to make the place look more presentable. Upon arriving, the center of the community was nice but the outer part was full of broken down houses that no one seems to care about. The sidewalk was cracked and the paint was already faded. Trash was everywhere and the main trashcan was full of trash and seemed like it wasn't collected for days. The Barangay beside it had walls with mural paintings, making our location look unpresentable and dirty. It seemed like there were no bonds between the people in the community and that no one cared, which is quite unfortunate to see as it was evident that the chairman cared about the place but lacked people to help. The chairman was grateful that help was to be given to the community he deeply cared about.

Going back to the community a month after the proposal was done; the location was cleaner, more presentable and had a more joyful atmosphere to it. At the same time, the people also communicated more. The group was glad to see the impact that was made in doing the proposal, and was proud to have contributed something to the wellbeing of both the community and their fellow Filipino brothers and sisters. Although the group did a lot for the community, more could have been done in order to further improve its state. The group could have taught about disaster risk reduction management or certain diet and hygiene essentials to keep the people in the community healthy and clean. Ways on how to conserve all types of energy and resources could have also been done by setting up seminars or workshops.



Pharmagnus members discussing the proposed waste segregation system to the barangay captain and some of its residents.

Photo by: Erica Nicole A. Sarmiento



Pharmagnus members and residents of Portrero, Malabon (top) watching the speaker demonstrate primary assessment of a patient during first aid.
Photo by: Erica Nicole A. Sarmiento

Pharmagnus members (bottom) standing in front of the crowd as emcees for the Disaster Risk Reduction Management seminar.
Photo by: Erica Nicole A. Sarmiento

PCVA and DRRM at Its Finest



WRITTEN BY:

Mikhayla Sophia Mae P. Lapid

The National Service Training Program students from the University of Santo Thomas implemented one of the major tasks of the course. Specifically, the NSTP section, C-Pharma-1, held two seminars that proved useful and beneficial to the respective barangay. The first seminar that was executed on February 17 was entitled “Participatory Capacity and Vulnerability Assessment”, or PCVA, while the second seminar was entitled, “Disaster Risk Reduction Management”, or DRRM, held on March 3.

Natural Disasters are events, such as floods and earthquakes that possess threats to the community and its citizens. That said, these seminars served as an awareness and guide on what to do when disaster hits, and how to deal with injury through learning the basics of first aid. Firstly, the objective and purpose of the PCVA seminar was to give its members the opportunity to evaluate the vulnerabilities and capabilities of their community, and secondly, it enables its members to genuinely participate in program design, planning, and management to bring about

change. At the end of this seminar, the NSTP students interviewed one of the members that belong to the board of the community, and asked about their thoughts of the seminar. Based on the interviewee’s response, she stated that she and the other head members of the board were grateful that the seminar was held since it was a way to make the community aware of its flaws, and also a way for them to improve and correct it. She also mentioned the efficiency of the seminar due to the fact that a lot of members participated and attended the seminar.

On the other hand, the second seminar on DRRM emphasizes the importance of first aid. Firstly, the speaker discussed the definition, aims, and need of basic first aid training to the members, especially since the Philippines is a disaster prone country. Secondly, this seminar allowed each of the community members to participate in activities such as recognizing a medical emergency, the general sequence first aid response, learning the different types of bandaging for every injury, how

to perform CRP in times of need, and immobilizing techniques using a backboard when necessary. For this seminar, the members interviewed one of the head members of the community and based on the overall reaction, this seminar was successful due to the fact that firstly, the speaker in charge created a lasting impact on the members since his talk was interactive, and secondly, each and every one of the members listened attentively and participated in the workshop held by the NSTP students.

Overall, both the PCVA and DRRM seminar held by the NSTP students proved successful and efficient in its implementation. The students were able to sufficiently provide information pertaining to disaster prevention and safety, which enabled the community to take action and apply the teachings from the seminar. Due to the success, the NSTP students and the community both wish to continue working together in the nearby future to allow both groups to teach and learn from each other.

INTERVIEW

Mr. Francisco Vargas sharing his experiences and learnings as a long-time RAHA volunteer.

Photo by: Erica Nicole A. Sarmiento



WE CAME TO SERVE AND NOT TO BE SERVED

|| Kim Elizer B. Hipolito

How to be in the shoes of a RAHA volunteer?

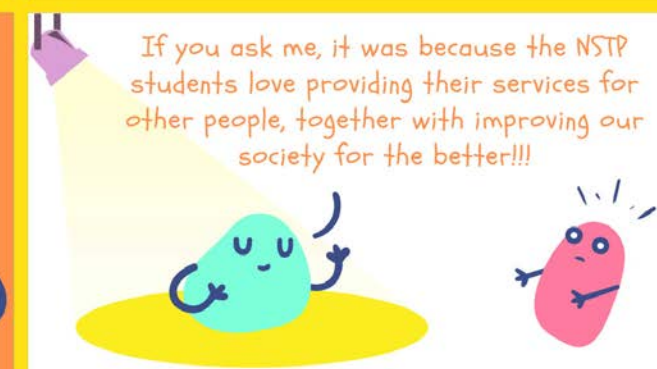
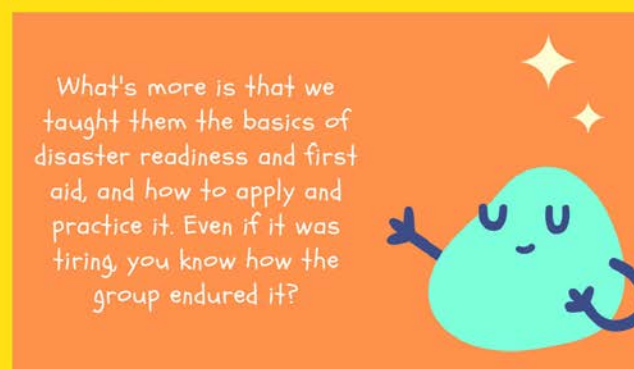
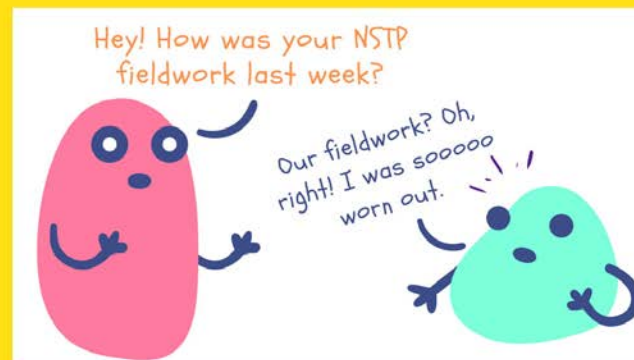
An interviewee for the modules assessment was Mr. Francis “Kiko” Vargas who is a barangay officer and at the same time, a volunteer fire fighter in RAHA Volunteers Fire Department. Mr. Vargas said that being in the shoes of a RAHA volunteer is such a challenging task in a sense that they’re going to risk their lives for others and at the same time, it is life-fulfilling in a way that after their tough work, they have smiles on their faces because they have served the people wholeheartedly. Being a volunteer is not a joke. It requires pure dedication and wholehearted service in order for them to serve the people well. The spirit that they have is one of a kind; the altruistic part of their work is how they devote their time and energy whenever their help is needed. They don’t desire any payment for whatever they have spent whether money or time since luxuries cannot buy the happiness they feel by extending a hand to those in need. He shared his knowledge, skills, talents, and tips in order to fulfill the lack in us. In addition, his own experiences help us and at the same time, it inspires us to do more and help more people who are in need. In conclusion, on what he had shared, is that “we came to serve and not to be served”.

entertainment



The Joy of NSTP

|| Mikhayla Sophia Mae P. Lapid



WORD



|| Erica Nicole
A. Sarmiento

HUNT

A	B	W	D	S	I	N	S	P	I	R	E	D	C	L	W	B
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NSTP
CWTS
ROTC
LTS
UNIK

DRRM
FIRST AID
SERVICE
CHARITY
LOVE

BUILD
EDUCATE
INSPIRE
EMPOWER
COMPASSION

VERITAS IN CARITAE
MIGUEL DE BENAVIDES
THOMAS QUINAS
PREPAREDNESS
FIELDWORK

Look for the
following words
inside the box

ANSWER:

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THINGS TO DO:

TO BE ABLE TO FULLY EXPERIENCE THE NSTP LIFE

- ☐ Participate and collaborate in all **Fieldworks**
- ☐ Be **open to your ideas** that can help and contribute for the betterment of the society
- ☐ **Apply all the lessons** you have learned for the community and yourself
- ☐ **Teamwork** is very important in NSTP
- ☐ **Collaborate** with the citizens especially in the community you are visiting
- ☐ Be **observant and sensitive** with your surrounding
- ☐ **Research** on different social issues occurring in the community
- ☐ **Enjoy** the activities as an interaction and help for the society and not as a academic requirement
- ☐ Give out your **best effort** as little action can bring soo much for the betterment of others



MADE BY:
|| Daphne Sophia D. Ching

photo gallery



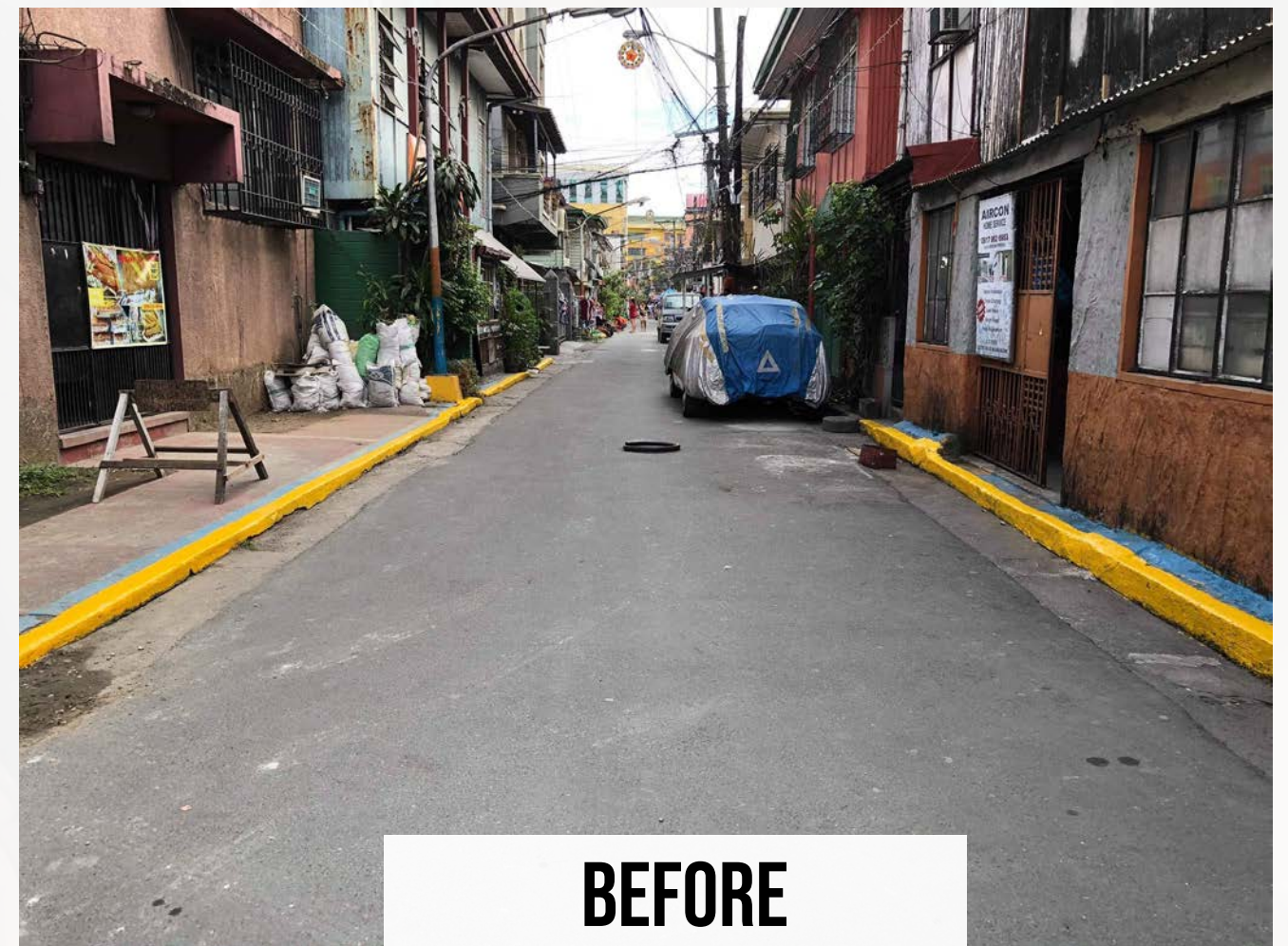
photo gallery



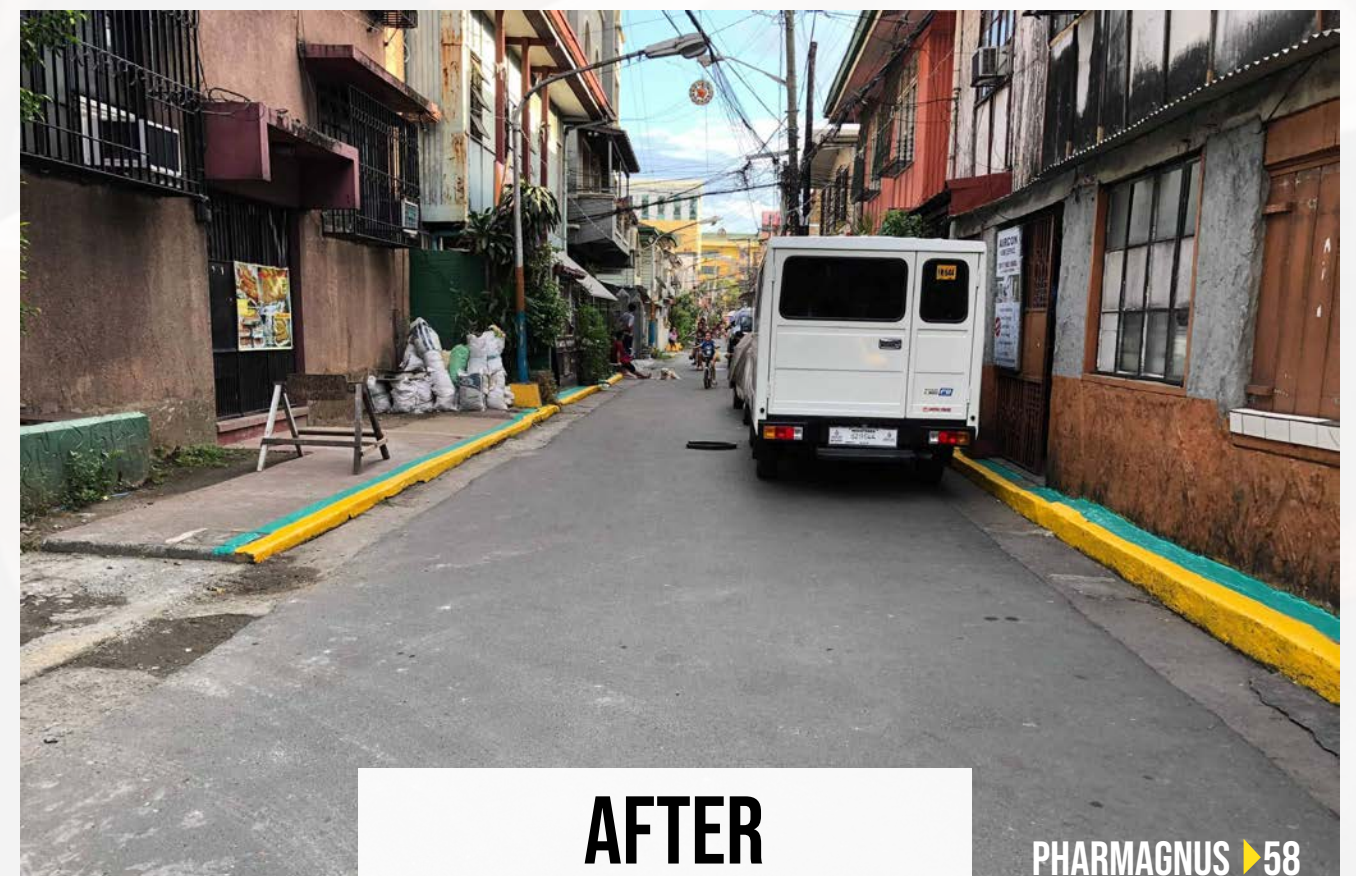


photo gallery

BEHIND THE SCENES



BEFORE



AFTER