



CAGAYAN STATE UNIVERSITY

Carif Campus



Office of the Campus Extension

COMMUNITY/POPULATION SERVED

(Number of trainees weighted by the length of training)

Disaster Resiliency and Stress Debriefing cum Relief Operation





Republic of the Philippines
CAGAYAN STATE UNIVERSITY
Carig Campus, Tuguegarao City, Cagayan



OFFICE OF THE CAMPUS EXTENSION

TRAINING DESIGN

I. BASIC INFORMATION

Title of Training/Seminar:	: Disaster Resiliency and Stress Debriefing cum Relief Operation
Theme	: Keeping Safe while facing the aftermath of Typhoon Ulysses
Training Provider/Proponent	: CSU-Carig Management Committee
Target Participants	: Flood Victims of typhoon Ulysses
Number of Participants	: 3,700
Venue	: Tuguegarao, Enrile, Solana, Iguig, Alcala, Baggao
Duration/Dates	: November-December 2020
Sponsoring and partner agency	: LGUs. PNP R02, Beta Sigma Fraternity, CLSU, GUEPH Pinoy Canada, DSWD, COLE Distribution Inc., Bicol Univ. UST-TCP
Source of Funds	: Campus, External Sponsors

II. RATIONALE

The world today is experiencing frequent and often more serious disasters due to climate change which threaten to reverse the many development gains achieved over decades. Climate change brought about modifications in weather patterns are often translated into hazards such as storms, typhoons, floods and droughts.

The Philippines is known worldwide for its recurrent flood disasters. On November 11, 2020, typhoon Ulysses lashed the main island of Luzon whipping destructive winds and dumping heavy rainfalls that triggered massive flooding in several areas including Region 02. The province of Cagayan was one of the most severely devastated. When the typhoon crossed the country, dams from all around Luzon neared their spilling points, forcing the dams to release large amounts of water from their impounds. As the Magat Dam approached its spilling point, all seven of its gates were opened to prevent dam failure, which overflowed the Cagayan River and caused widespread floods in the province.

Many were shocked as residents of parts of Cagayan saw their homes submerged underwater. As Magat Dam continue to release water into the Cagayan River, numerous riverside towns experienced massive flooding. Waters under the Buntun Bridge went up as high as 13.3 meters, flooding the nearby barangays up to the roofs of houses. The flooding, which local government officials consider to be the worst they had

experienced in four decades, left many with no choice but to run to their roofs as they waited to be rescued.

Local governments continuously conduct rescue operations in their areas but had run out of equipment and manpower to rescue. Residents resort to social media to request the national government for rescue.

The threat of the pandemic will not stop the Cagayan State University- Carig Campus from helping their fellow Cagayanos in their time of need, filling the gaps in disaster relief and response. With the need for efficient and rapid assistance, Campus Executive Officer, Dr. Arthur Ibanez urgently organized a Relief Operation Team even in the face of limited mobility and resources. Donations for the relief operation were solicited from stakeholders and many responded in the form of cash, groceries, clothing and hygiene kits. This training is conceived to reach out to the affected municipalities and households in order to capacitate them face the aftermath of flood. This would also be an opportune undertaking to distribute the donations that were packaged for every target household.

Vulnerability to natural disasters is not uniform across society. Mass poverty seems to be the biggest source of vulnerability. Due to their situation in life, the poor are more exposed to the risk of viral infections and the hazards posed by deadly floods, landslides, typhoons and other calamities. Helping them to secure their basic necessity for safe dwellings, health care, food and nutrition, and functional education would prevent at least half of the injury and loss due to natural disasters. This training is intended for the flood victims of the remotest areas living in poverty not frequented by other relief operations that may contribute to the building of many more resilient households and communities.

III. OBJECTIVES

Goal :

Enhance ability of remote communities build disaster resiliency and stress management.

Objectives :

1. To provide shared understanding on disaster resiliency;
2. To help target clients recognize symptoms of family stress and provide coping mechanisms;
3. Increase resilience of poor communities and reduce vulnerability to disaster risk

IV. MECHANICS/METHODOLOGY

Activities:

1. Collaborate with the LGUs and procure data of the target barangay/households flood victims
2. Plan and Organize network with the Relief Operation Team
3. Collaborate with Barangay Officials groupings of households for Training
4. IEC (Infographics on Flood) materials elucidation and distribution
5. Foodpack/Hygeine Kit distribution with the Barangay Officials

V. EXPECTED OUTPUT

- 1. 3,700 flood victims will become disaster resilient
- 2. 3,700 infographics distributed
- 3. 5,000 food packs distributed

VI. EXPECTED OUTCOMES AND IMPACT

About 100% targeted flood victims will obtain training on disaster resiliency to face the aftermath of flood caused by typhoon Ulysses. After training, these targeted clients will become stronger with positivism of rising again and ready to move on. They will disseminate their knowledge among the family members and neighbors and be contributors in building community resiliency. Additionally, they will be sustained with the food provision for few days.

VII. TRAINING TOPICS AND RESOURCE PERSONS

Group	Topics	Resource Person/s
Group 1	Disaster Resiliency Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha Stress Debriefing Infographics on Flood	Dennis Policar Arthur Ibanez Rosemarie Cabana Sylvia Quigao
Group2	Disaster Resiliency Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha Stress Debriefing Infographics on Flood	Jennilyn Acupan Jona Addatu Juliet Caliguiran Grace Angelito
Group3	Disaster Resiliency Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha Stress Debriefing Infographics on Flood	Gener Siddayao Policarpio Mabborang Jr. Jane Sambrana Mac Lagundi
Group 4	Disaster Resiliency Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha Stress Debriefing Infographics on Flood	Roger Rumpon Ferdinand Mercado Giovani Morales Federica Gonzales
Group 5	Disaster Resiliency Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha Stress Debriefing Infographics on Flood	Audy Quebral Bryan Lacambra Chita Ramos Haidee Mabborang

VIII. BUDGETARY REQUIREMENT

Particulars	Amount
Transportation Food Packs and Sanitizing kits	Ph. 10,000.00 (Donations)
Total	Ph 10,000.00

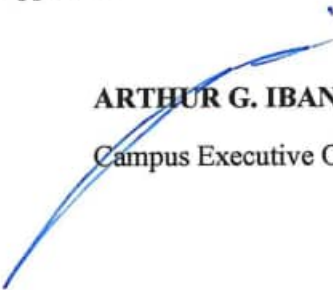
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Narrative Report

DISASTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF OPERATION

November to December 2020

On November 11, 2020, Typhoon Ulysses hit Cagayan Valley and the province of Cagayan was declared under state of calamity. Deep floods caused by rainfall submerged almost 90% of the area, affecting a total of 336 barangays with 294,987 individuals. Only about half of them were evacuated, based on the report of Cagayan Provincial Information Office. The flooding worsened when Magat Dam opened its seven gates to release water after it reached its spilling level, directly affecting several municipalities in the province. Houses and agricultural lands were swamped in flood, families including elderly and children still were stranded on the roof of their houses, bridges and roads were impassable isolating a number of municipalities and barangays.

According to Cagayan Provincial Office Public Information Officer, Francis Joseph Reyes, “continuous recession of flood waters in Amulung and Gattaran areas were experienced, while Tuguegarao City is the top priority for rescue operations as it remains to be in critical situation.” While pre-emptive evacuations were implemented before floodwaters started to rise with around 1,431 families housed in evacuation centers, and 3,965 families sought shelter in their relatives, a lot of families still opted to stay as they were not informed of the severity of the flooding.

One of the fourfold functions of the Cagayan State University is the delivery of Extension Services and Community Outreach Programs. It is committed to partner with local government in the delivery of Extension and humanitarian services in times of crises and emergencies. In support to the advocacy of the University President on humanitarian services in part fulfillment of its Extension functions, CSU-Carig Campus called for donations from its stakeholders and surprisingly, cash donations and in kind from generous donors came overflowing. It was decided by management that these donations will be exclusive for the flood victims particularly the remote and far-flung barangays not reached by relief operations conducted by the national and local government as well as Non-Government Organizations and private citizens. Alongside with the distribution of

relief goods, the Campus conducted Training on Disaster Resiliency and Stress Management cum Relief Operation.

This training was jointly undertaken by the Campus Management Committee who collaborated with the municipalities of Tuguegarao, Enrile, Solana, Iguig, Amulung, Alcala, Gattaran, Lallo and Baggao under the COMMUNITY-BASED DISASTER RISK MANAGEMENT AND HUMANITARIAN ASSISTANCE project. The Campus partnered with CSU-Lallo during the conduct of the training in some barangays in Lallo. An aggregate of twenty-two (22) barangays with two thousand eighty seven (2,487) flood victims availed of the training. Five groups from the Mancom was formed as resource persons. The training topics and resource persons were as follows:

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It was during this critical time that this training was conducted to help the target group cope and recover from the aftermath of the flood as they rebuild their devastated home and communities. Aside from the training, they were also given not only food, but also the resources they needed to recover to include water, sanitation and hygiene materials. Some needs of women and children were provided which came in the form of hygiene items, children diapers and infant milk formulas.

With this humanitarian endeavor, CSU-Carig helped its target clients and barangays prepare for disasters and provided relief when disaster strikes. Indeed, it is an emergency response protocol in providing assistance in s coordination with its partner organizations and local government units. The battle cry of the team in the conduct of this training cum relief operation was “WE UNITE FOR CAGAYAN” for indeed in UNION, there is STRENGTH.

Prepared by:


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DISASTER RESILIENCE

A Mini Lecture
in
Disaster Risk Reduction and Management

Dr. ARTHUR G. IBANEZ, ASEAN Engr.
Campus Executive Officer

DENIS V. POLICAR
Campus Director, Partnership & Resource Mobilization

Tuguegarao City, Cagayan
2020



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matalag, maginhawa at panatag na buhay



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Disaster resilience is the ability of individuals, communities, organizations and states to adapt to and recover from hazards, shocks or stresses without compromising long-term prospects for development. According to the Hyogo Framework for Action (UNISDR, 2005), disaster resilience is determined by the degree to which individuals, communities and public and private organizations are capable of organizing themselves to learn from past disasters and reduce their risks to future ones, at international, regional, national and local levels.

The Philippines has a high vulnerability to natural hazards which are attributed to the nation's geographic position in Southeast Asia. Natural disasters such as typhoons, earthquakes, floods, volcanic eruptions, landslides, and fires affect the country. Volcanic eruptions and tsunamis are related to the continental plate activity around the "Pacific Ring of Fire". This is a circular arm of active volcanoes that surrounds the Pacific Ocean basin. This area in the Pacific Ocean covers nearly 25,000 miles from the southern tip of South America, to the west coast of North America, across the Bering Strait, through Japan, and into New Zealand. In 2013, Typhoon Haiyan (Typhoon Yolanda), one of the deadliest disasters to strike the Philippines, affected 26 million people and claimed at least 8,000 lives. Rising sea levels are also a direct threat to approximately 70 percent of the Philippine population, which has forced many to relocate as a result. In addition, climate change has also increased the severity and frequency of natural disasters in the country.

The Philippine Government, international Non-government Organizations (iNGOs) and local NGOs (INGOs) are all making attempts to address the impact of disasters and climate change at various levels. The Philippine Government has made significant strides in the implementation of disaster risk reduction (DRR) planning and activities through the development of the National Disaster Risk Reduction and Management Council (NDRRMC) which acts as the lead agency for DRR in the Philippines. The disaster focal points are the NDRRMC and the Office of Civil Defence (OCD). The Department of Social Welfare and Development (DSWD) is responsible for leading immediate disaster relief efforts.

The Armed Forces of the Philippines (AFP) is a primary responder in disasters and have been deployed frequently to several disaster relief operations in the country in recent years. The Philippines has endured disasters that involve national and international assistance.

There is increased awareness on disaster risk reduction in the Philippines, but proper integration with climate change adaptation and sustainable





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development policies can be improved. Disaster risk reduction management and climate change adaptation have been integrated in various plans and framework; however, multiple plans can be overwhelming for local government units. The Philippine Government has learned from Typhoon Haiyan that risk communication is essential and through the NDRRMC has issued very specific warnings regarding potential storm impacts as a result.

No person or place is immune from disasters or disaster-related losses. infectious disease outbreaks, acts of terrorism, social unrest, or financial disasters in addition to natural hazards can all lead to large-scale consequences for the nation and its communities. Communities and the nation thus face difficult fiscal, social, cultural, and environmental choices about the best ways to ensure basic security and quality of life against hazards, deliberate attacks, and disasters. Beyond the unquantifiable costs of injury and loss of life from disasters, statistics for 2016 alone indicate economic damages from natural disasters in the Philippines exceeded PhP 550 million, with 4 events costing more than PhP 100 million in damages each.

One way to reduce the impacts of disasters in the nation and its communities is to invest in enhancing resilience- the ability to prepare and plan for, absorb, recover from and more successfully adapt to adverse events.

Enhanced resilience allows better anticipation of disasters and better planning to reduce disaster losses- rather than waiting for an event to occur and paying for it afterward. Increasing the disaster resilience requires the collective will of the nation and its communities. Although disasters will continue to occur, actions that move the nation from reactive approaches to disasters to a proactive stance where communities actively engage in enhancing resilience will reduce many of the broad societal and economic burdens that

The Philippines is located in an area affected by natural disasters called the Ring of Fire or Typhoon Belt. This is a Pacific Ocean region that experiences a great number of volcanic eruptions, earthquakes, typhoons, and floods.

The most dangerous natural events to be aware of in the Philippines are:

- Typhoons. Every year, 19 typhoons enter the Philippine region and about 7 or 8 make landfall. In the recent past, some have been extraordinarily powerful and caused casualties and the collapse of infrastructures in the affected areas
- Volcanic eruptions. There are currently 23 active volcanoes in the Philippines. Although they provide an extraordinary spectacle and people





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consider them a unique opportunity for photography, hiking, and other outdoor activities, active volcanoes are extremely dangerous. They can erupt without warning and produce sudden steam and ash explosions

- Earthquakes. The Philippines is considered an earthquake zone, where more than 30 earthquakes can take place in just one year. The strongest earthquakes in the Philippines was registered in 1976 with a 7.9 magnitude
- Secondary effects. The high frequency of earthquakes and typhoons also results in a number of secondary events to watch out for like floodings and landslides

Typhoons are a real risk for the safety of residents. Typhoon season falls between June and November. During this time, rains and thunderstorms can occur randomly and are very difficult to predict.

Even when a typhoon is not expected to hit the area you're in directly, you may still be affected by monsoonal rains, thunderstorms, and landslides resulting in the roads being cut and low-lying cities like Manila being at risk of flooding.

Note that typhoons and storms can occasionally hit outside typhoon season.

Being aware of typhoons is paramount for us in the Philippines. Above all, this means keeping up to date with the weather forecast.

Residents should be informed if a typhoon is expected. In that case, they need to find out where it's likely to hit and with what severity. There are several online channels that offer live updates, including the Philippines State Weather Agency website and relevant hashtags on Twitter. TV and radio broadcasts will also issue several typhoon warnings between 48-24 hours prior to the natural event.

There are ways to stay safe during a typhoon:

- Keep your radio or other communication devices on and listen to updates and instructions carefully
- Do not use your phone to make calls unless it's an emergency. The channels are likely to be very busy and the local authorities and emergency services need free lines to provide assistance
- Stay indoor as flying objects are a great danger during heavy storms and typhoons. Avoid buildings with glass panes
- Stay away from coasts and riverbanks
- Evacuate to higher grounds in case you are in a low-lying area. Your community should have an evacuation plan in place.





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- Familiarize yourself with the place or refuge you're in — know where the nearest exits, first-aid kits, flashlights, and water are. Stay away from breakable, chemical, and flammable items
- Do not use the elevator and choose the stairs instead

Preparing Your Family and Home for Natural Disasters

The following list contains general suggestions on how to best be prepared in the event that you and your family lose power for extended periods or experience restrictions in mobility:

- fill vehicle and generator fuel tank;
- secure loose outdoor items around your home;
- check and charge all mobile phones and emergency radios;
- check and assemble flashlights, first aid kits, and tools;
- procure batteries, candles, matches, potable water, canned or dry food, pet food, medication, and other supplies needed to support you and your household for extended periods

Since the Philippines, particularly Cagayan, is prone to typhoons and other disasters, emergency preparedness and disaster risk reduction initiatives will remain essential for the resilience of the Cagayanos. Cagayan State University Carig Campus is steadfast in working with local government units in Cagayan to build the capacity of communities to better cope with disasters.

Cagayan State University Carig Campus aims to strengthen existing systems and capacities in Cagayan. We are committed to follow a long-term approach, advocacy approach. Communities, government institutions and community based organisations and their long-term cooperation on a provincial, municipal and village level will be strengthened. Our goal is to be a partner in the common local development agenda for building resilient communities, which ultimately are able to react to and recover quickly from future disasters. More than 100,000 residents from the 27 municipalities and one component city (Tuguegarao City) will benefit from the improved disaster preparedness. Ultimately, whole population in the Cagayan (roughly 1 million people) will be benefitted. We are promoting the climate change adaptation as well as gender-centred activities and the inclusion of handicapped people. We always support initiatives that ensure that local needs and capacities are being adequately reflected in disaster risk reduction and development plans to build resilient communities.





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Lecture Notes

Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Baha

Ang CSU-Carig Relief Operation Team ay nagsaliksik upang makapagbahagi ng impormasyon hinggil sa mga implikasyon sa kalusugan tungkol sa kaligtasan at pag-aari sa panahon at pagkatapos ng mga pagbaha.

Kalidad ng Tubig

Ang mga residente na gumagamit ng mga pribadong balon para sa kanilang inuming tubig ay dapat na ligtas maliban kung isang malaking pagguho sa balon ang naganap, o ang balon ng ulo ay nasa ilalim ng tubig para sa anumang panahon. Kung ang pagbabago ng kulay o panlasa ng tubig ay nabanggit, o kung ang balon ng ulo ay natakpan ng tubig, dapat itong pinakuluang na pinakuluang para sa dalawa hanggang limang minuto upang magamit sa pag-inom at pagluluto. Bilang karagdagan, ang balon ay dapat na sanitized.

Kaligtasan ng Pagkain

Kung ang tubig ng baha ay umaabot sa garahe o bahay, o nakakaapekto sa anumang mga pag-aayos ng pagkain, ang kaligtasan ng pagkain ay maaari ring maging isang isyu.

Ang anumang bagay na may twist off o crimped takip ay dapat itapon. Huwag panatilihin ang anumang pagkain o pormula para magamit ng mga sanggol anuman ang packaging. Ang mga sanggol ay nasa mas mataas na peligro kaysa sa pangkalahatang publiko ng pagkontrata ng isang sakit na dala ng tubig baha.

Kung ang pagbaha ay nagreresulta sa isang pagkawala ng kuryente, protektahan ang frozen o palamig na pagkain sa pamamagitan ng pagpapanatiling nakasara ang mga pintuan sa refrigerator / freezer sa lahat ng oras, o maghanap ng isang kahaliling lokasyon na may kapangyarihan upang maiimbak ang pagkain.

Huwag panatilihin ang pagkain na nasa temperatura ng kuwarto nang higit sa dalawang oras. Ang pinakamagandang tuntunin ng hinlalaki sa mga palamig na pagkain ay "Kapag nag-aalinlangan, itapon ito."

Personal na Kalinisan

Huwag hayaang maglaro ang iyong mga anak sa tubig ng baha o sa alinman sa mga bato, putik, o mga labi na nabuo ng pagbaha. Ang tubig ay maaaring puno ng marumi, kabilang ang mga hilaw na dumi mula sa mga nabigong mga istasyon ng pag-angat,

mga sewer o septic system, na maaaring magdulot ng malubhang sakit o pinsala sa mga bata.

Ang sinumang nakikipag-ugnay sa tubig o mga nilalaman nito, ay dapat mag-aplay ng mga sumusunod na mabuting kasanayan sa personal na kalinisan:

Hugasan ang mga kamay na may sabon at mainit-init, malinis na tubig nang hindi bababa sa 20 segundo bago maghanda o kumain ng pagkain, pagkatapos gamitin ang banyo.

Ang paglilinis ay dapat isagawa sa lalong madaling panahon:

- Ang mga dingding, hard-surfaced floor, at maraming iba pang mga ibabaw ng sambahayan ay dapat malinis ng sabon at tubig at pagdidisimpekta ng isang solusyon ng 1 tasa ng pagpapaputi sa 5 galon ng tubig.
- Maging maingat na lubusan na disimpektahin ang mga ibabaw na maaaring makipag-ugnay sa pagkain, tulad ng counter tops, mga istante ng pantry, mga refrigerator, atbp.
- Ang mga lugar kung saan naglalaro ang mga maliliit na bata ay dapat ding maingat na linisin.
- Labhan ang lahat ng mga nabasang linen at damit.
- Para sa mga item na hindi maaaring hugasan o tuyo na malinis, tulad ng mga kutson at upholstered na kasangkapan, patuyoin ang mga ito sa araw at pagkatapos ay i-spray ang mga ito nang lubusan ng isang disimpektante.
- Linisin ang lahat ng karpit.
- Alisin at itapon ang kontaminadong mga materyales sa sambahayan na hindi ma-disimpeksyon, tulad ng wallcoverings, tela, basahan, at drywall.

Ang iba pang mga panganib ay dapat ding isaalang-alang, lalo na sa pagbaha ng flash.

Mabilis na umaagos na Tubig

Kung nagpasok ka ng mabilis na daloy ng tubig, peligro mo ang pagkalunod - anuman ang iyong kakayahang lumangoy. Ang mabilis na paglipat ng mababaw na tubig ay maaaring nakamamatay, at maging ang mababaw na nakatayo na tubig ay maaaring mapanganib para sa maliliit na bata.

Ang mga kotse o iba pang mga sasakyan ay hindi nagbibigay ng sapat na proteksyon mula sa mga tubig sa baha. Ang mga kotse ay maaaring mapupukso o maaaring masira sa paglipat ng tubig.

Mga hayop

Ang mga ligaw na hayop ay maaaring pilitin mula sa kanilang likas na tirahan sa pamamagitan ng pagbaha, at maraming mga hayop sa bahay ay wala ring mga bahay pagkatapos ng baha. Mag-ingat upang maiwasan ang mga hayop na ito, dahil ang ilan ay maaaring magdala ng mga rabies.

ng mga daga ay maaaring maging problema sa panahon at pagkatapos ng baha. Mag-ingat upang ma-secure ang lahat ng mga suplay ng pagkain, at alisin ang anumang mga bangkay ng hayop sa paligid. Kung nakagat ka ng anumang hayop, humingi ng agarang medikal na atensyon. Kung ikaw ay nakagat ng isang ahas, subukan muna na tumpak na matukoy ang uri ng ahas upang, kung lason, ang tamang anti-kamandag ay maaaring mapangasiwaan.

Mga Panganib sa Chemical

Gumamit ng matinding pag-iingat kapag bumalik sa iyong lugar pagkatapos ng baha. Magkaroon ng kamalayan ng mga potensyal na peligro ng kemikal na maaaring nakatagpo mo sa pagbawi ng baha. Ang mga tubig sa baha ay maaaring nakalibing o lumipat ng mga mapanganib na lalagyan ng kemikal ng mga solvent o iba pang mga kemikal na pang-industriya mula sa kanilang mga normal na lugar ng imbakan.

Ang mga baterya ng kotse, kahit na sa tubig na baha, ay maaari pa ring maglaman ng isang de-koryenteng singil at dapat na alisin nang labis na pag-iingat sa pamamagitan ng paggamit ng mga guwantes na insulated. Iwasang makipag-ugnay sa anumang acid na maaaring nailig mula sa isang napinsalang baterya ng kotse.

Ang mga pagbaha sa flash ay maaaring magdulot ng napakalaking pinsala sa maikling panahon, subalit ang paggaling ay maaaring isang mahabang proseso. Alagaan ang iyong pamilya at ang iyong personal na kalusugan at kaligtasan sa panahong nakababahalang oras na ito.

Panatiliing Ligas ang Pagkain Pagkatapos ng Sakuna o Emerhensiya

Kung kayo ay nakakaranas ng sakuna o emerhensiya, mahalagang gumawa kayo ng mga hakbang upang maiwasan ang pagkakasakit mula sa hindi ligas na pagkain.

Pagkatapos ng Sakuna

Itapon ang sumusunod na pagkain:

- Madaling masirang pagkain na hindi nailagay nang tama sa refrigerator o freezer dahil sa mga pagkawala ng kuryente
- Pagkain na maaaring nadikit sa tubig-baha o tubig ng bagyo
- Pagkain na may hindi pangkaraniwang amoy, kulay, o hilatsa ng balat.

Maaari kayong magkasakit mula sa hindi ligas na pagkain kahit na mukhang normal at amoy normal ito. **Kapag may pag-aalinlangan, itapon ito!**

Sa panahon at pagkatapos ng pagkawala ng kuryente Panatiliing sarado ang mga pinto ng refrigerator at freezer hangga't maaari habang walang kuryente.

Ang punong freezer ay mapananatiling ligas ang pagkain nang 48 oras (24 na oras kung kalahating puno) na walang kuryente kung hindi ninyo bubuksan ang pinto. Pananatilihin ng inyong refrigerator na ligas ang pagkain nang hanggang 4 na oras nang walang kuryente kung hindi ninyo bubuksan ang pinto.

Itapon ang sumusunod na pagkain:

- Lahat ng madaling masirang pagkain (kabilang ang karne, karne ng manok, isda, mga itlog, at tirang pagkain) sa inyong refrigerator kapag walang kuryente nang 4 na oras o higit pa.
- Lahat ng madaling masirang pagkain sa inyong freezer kung na-defrost ang mga ito.

Maaari ninyong ligtas na i-freeze ulit o lutuin ang pagkain mula sa freezer kung may mga kristal ng yelo pa ang pagkain at malamig sa pandama na parang galing ito sa refrigerator.

Pagkatapos ng baha

Gawin ang sumusunod sa pagkain na maaaring nadikit sa tubig-baha o tubig ng bagyo.

Itapon ang sumusunod na pagkain o lalagyan ng pagkain:

- Pagkain na may hindi pangkaraniwang amoy, kulay, o hilatsa ng balat.
- Pagkain sa mga pakete na hindi waterproof.
- Pagkain sa mga lalagyang karton, kabilang ang mga kahon ng katas ng prutas/gatas/baby formula.
- Mga lalagyan ng pagkain na may screw na takip, snap lid, crimped na takip, iniikot na takip, mga flip top, at snap top.
- Mga pagkaing idinelata sa bahay. Hindi madi-disinfect ang mga ito.
- Mga delatang pagkain o lalagyan ng pagkain na umuumbok, nakabukas, o nasira.

Itapon ang mga lata o lalagyan ng pagkain na may tumatagas na likido o bula kapag binuksan ninyo ang mga ito o naglalaman ng pagkain na nagbago ang kulay, may amag, o masamang amoy. Kapag may pag-aalinlangan, itapon ito!

Linisin at i-sanitize ang mga ibabaw na nadidikit sa pagkain na nabaha

Itapon ang mga kahoy na sangkalan, mga tsupon ng bote ng sanggol, at mga pacifier kung nadikit ang mga ito sa tubig-baha. Hindi epektibo ang mga paraan ng pag-sanitize para sa pagtatanggal ng mga nakakakontamina sa tubig-baha mula sa mga bagay na ito.

Linisin at i-sanitize ang mga pinggan, kubyertos, at iba pang ibabaw na nadidikit sa pagkain (gaya ng mga drawer ng refrigerator o mga ibabaw sa kusina) sa apat-na-hakbang na proseso:

1. Hugasan gamit ang mainit, maraming sabon na tubig.
2. Banlawan gamit ang malinis, at ligtas na tubig.
3. Mag-sanitize:
 - Gumawa ng solution ng 1 cup (8 oz/240 mL) ng walang amoy na pambahay na chlorine bleach sa 5 galon ng malinis na tubig.
 - Ibadan ang mga bagay nang 1 minuto sa bleach solution (dapat ganap na natatakpan ng solution ang mga bagay).
 - Para sa mga bagay na hindi ninyo mailalagay sa solution (gaya ng mga countertop), pahiran ng solution gamit ang tela.
4. Hayaan na matuyo sa hangin.

Paano isasalba ang mga komersyal na pagkaing delata at mga pagkaing nasa plastik o mga metal na supot (gaya ng nababaluktot, shelf-stable na mga pakete ng katas ng prutas):

1. Alisin ang mga etiketa kung maaari. Tandaan ang petsa ng expiration.
2. Punasan ang dumi o silt.
3. Hugasan ang mga lata at supot gamit ang mainit, at maraming sabon na tubig.
4. Banlawan ang mga lata at supot gamit ang malinis, at ligtas na tubig.
5. I-sanitize ang mga lata at supot sa isa sa dalawang paraan:
 1. Ilagay ang mga ito sa isang solution ng 1 cup (8 oz/240 mL) ng walang amoy na pambahay na bleach sa 5 galon ng malinis na tubig nang 15 minuto O
KAYA
 2. Ilagay sa isang kaldero ng tubig, pakuluin ang tubig, at patuloy na pakuluan nang 2 minuto.
6. Muling lagyan ng etiketa ang mga lata o supot gamit ang isang pangmarka. Isama ang petsa ng expiration.
7. Gamitin ang mga pagkain sa lata o supot sa lalong madaling panahon.

Compiled by:



JENNILYN E. ACUPAN
Campus Extension coordinator

Concurred by:



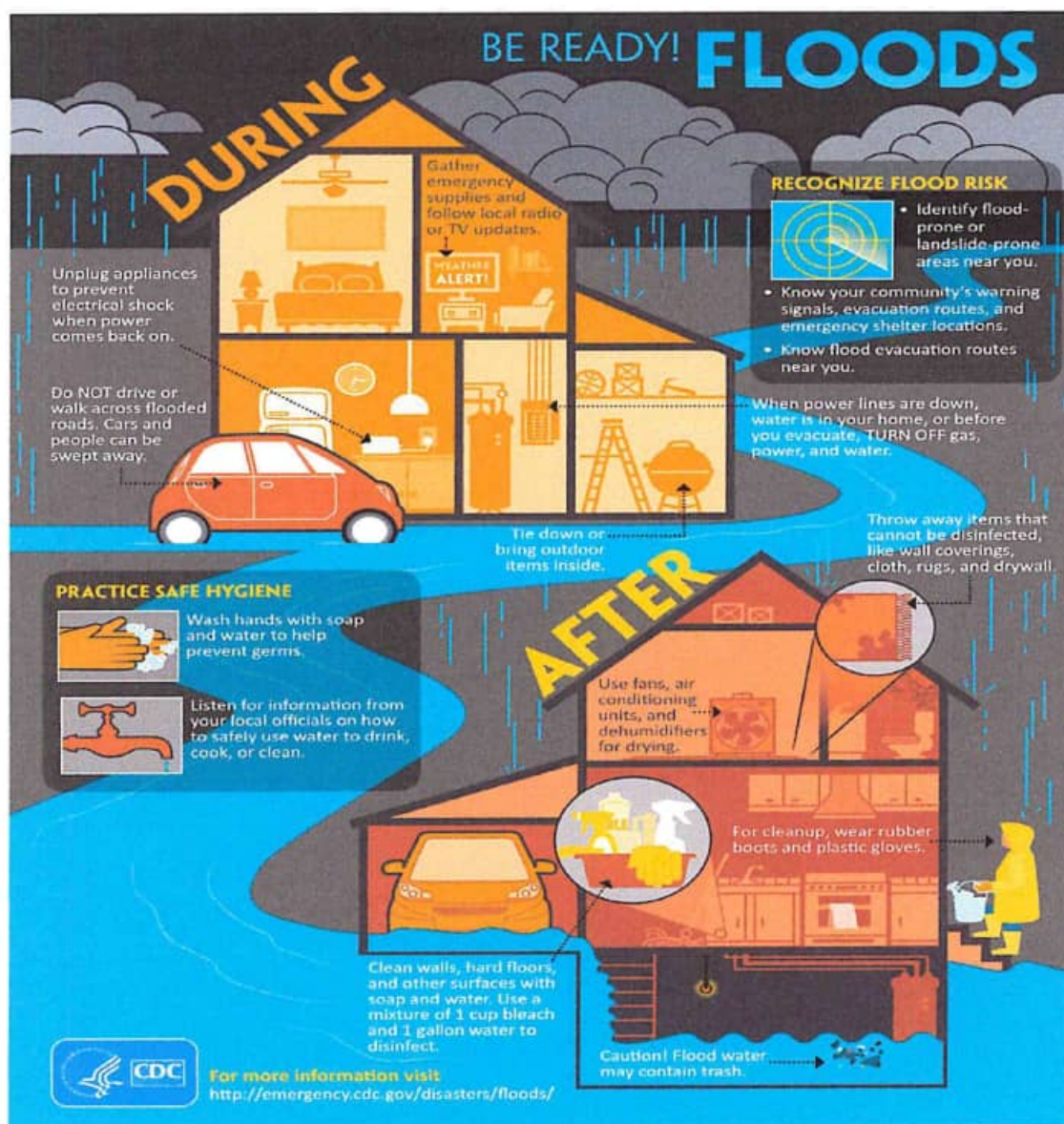
POLICARPIO L. MABBORANG JR., ASEAN ENGR.
Campus Director for RDE

Flood Infographics

Compiled, discussed and distributed during the
Disaster Resiliency Training
November-December, 2020

Tuguegarao City
Enrile
Solana
Iguig
Alcala
Lallo
Baggao

Compiled by
Jennilyn E. Acupan



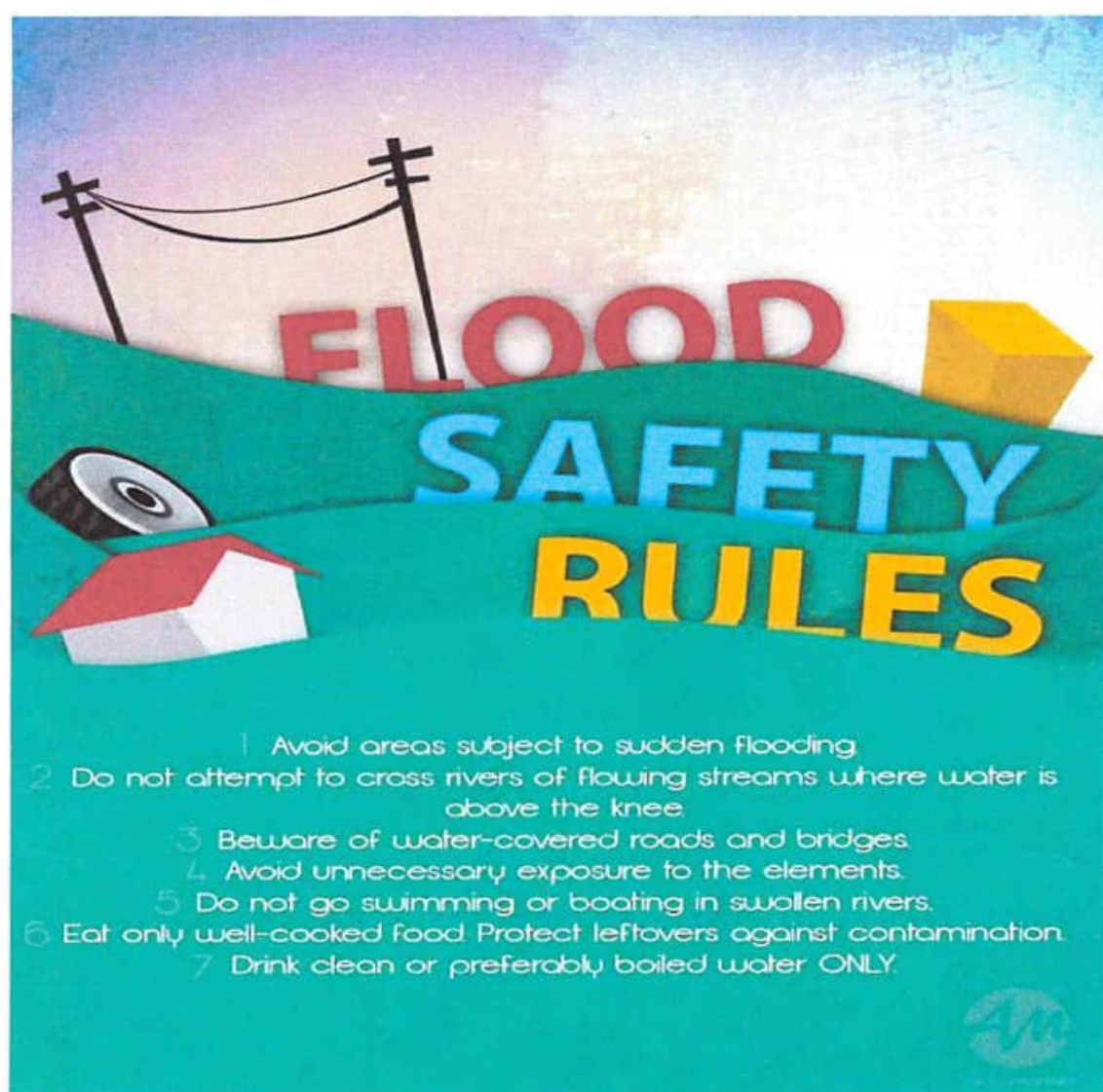
Be Ready! Floods

• During

- Gather emergency supplies and follow local radio or TV updates.
- Unplug appliances to prevent electrical shock when power comes back on.
- Do NOT drive or walk across flooded roads. Cars and people can be swept away.
- When power lines are down, water is in your home, or before you evacuate, TURN OFF gas, power, and water.
- Tie down or bring outdoor items inside.
- Recognize Flood Risk
 - Identify flood-prone or landslide-prone areas near you.
 - Know your community's warning signals, evacuation routes, and emergency shelter locations.
 - Know flood evacuation routes near you.

• After

- Throw away items that cannot be disinfected, like wall coverings, cloth, rugs, and drywall.
- Use fans, air conditioning units, and dehumidifiers for drying.
- For cleanup, wear rubber boots and plastic gloves.
- Clean walls, hard floors, and other surfaces with soap and water. Use a mixture of 1 cup bleach and 1 gallon water to disinfect.
- Caution! Flood water may contain trash.
- Practice Safe Hygiene
 - Wash hands with soap and water to help prevent germs.
 - Listen for information from your local officials on how to safely use water to drink, cook, or clean.



Flood Safety: Don't Get Swept Away

More than half of flood victims are in vehicles swept away by moving water.

Two feet of fast-moving water can sweep away a full-size car.



2 feet



6 inches

Six inches of fast-moving water can knock a person off his or her feet.

Make a Plan: Check whether you need flood insurance, prepare a Ready kit & develop an evacuation plan for your family and pets.

Ready Georgia
ready.ga.gov

KNOW YOUR FLOODS

COASTAL FLOOD

Those living along the coasts are trained to watch the moon, the barometer and weather maps.

The highest tides occur during new and full moons, when the combined gravity of the sun and moon pull most upon the seas and oceans. Combine these high tides with low atmospheric pressure and wet and windy weather, and you have the recipe for coastal flooding.

STORM SURGE

Flooding during a storm surge is extremely dangerous, capable of inundating large coastal regions.

When a hurricane strikes land during a new or full moon, the high tide, the winds, the waves, and low atmospheric pressure combine to create a surge that can flood areas lying as high as 20 feet above sea level.

FLASH FLOOD

Flash floods are characterized as raging torrents of muddy waters ripping through riverbeds, urban streets, mountain canyons and desert washes. They sweep away most everything in their path, including cars, livestock, homes and people.

Flash floods can occur within minutes or hours after torrential rains, or after the sudden break of a debris or ice jam.

BURN SCAR

As if summer wildfires were not damaging enough, they often deliver a second wave of destruction, ironically, in the form of flooding.

When a hillside or mountain has had extensive fire damage, waters from a normally harmless rain or thunderstorm collect in the "burn scar" and come crashing across highways into buildings and homes as violent, black floods.

RIVER FLOOD

If you live near a river or stream, you know water levels rise and fall without concern.

It's wise, however, to keep an eye upstream, wary of conditions that can cause waterways to breach their banks and flood low-lying regions below.

Watch for persistent rain and thunderstorms, and excessive spring snowmelt.

Also, be aware of debris or ice jams downstream that can cause flooding in areas above.

INLAND FLOOD

When rain or excessive snowmelt accumulates over several days, or severe rains fall over a short period of time, normally safe areas away from lakes and rivers can become flooded by rising water tables.

Even homes on hillsides are susceptible to basement flooding when heavy rains become rivulets running through streets and yards.



**EMERGENCY
ESSENTIALS**

LEARN HOW TO GET FLOOD-READY.
VISIT BePrepared.com



Mga dapat gawin **BAGO, HABANG, at MATAPOS** ang isang bagyo o baha



BAGO BUMAGYO O BUMAHA

- I-check ang mga parte ng bahay. Ayusin ang mga sirang bahagi.
- Ibaba ang mga babasaging gamit sa sahig.
- Maghanda ng Emergency Go Bag o E-balde.
- Makinig sa radyo o TV para sa mga balita ukol sa bagyo.
- Alamin ang mga Emergency Numbers na maaaring tawagan.
- Alamin kung saan ang Evacuation Center sa inyong lugar.

HABANG BUMABAGYO O BUMABAHA

- Makinig sa radyo o TV para sa mga balita ukol sa bagyo.
- Huwag hayaan ang mga bata na maglaro sa ulan.
- Ihanda ang mga pagkain upang hindi ito masira.
- Uminom lamang ng malinis na tubig. Kung hindi sigurado, pakuluan ito hanggang dalawang minuto.
- Huwag buksan ang mga kagamitang nabaha tulad ng gas o electrical appliances.
- Kung hindi kinakailangan, huwag lumabas ng bahay.
- Mag-ingat sa mga lumilipad na bagay.
- Huwag pumunta sa tabing-ilog o dagat, pati sa mga lugar na maaaring mag-landslide.
- Tumawag o humingi ng tulong kung nasugatan.
- Iwasan ang mga lugar na may baha. Maaari itong maka-kuryente o makadulot ng sakit.
- Mag-evacuate kung kinakailangan. Sundin ang protokol ng inyong barangay.

PAGKATAPOS BUMAGYO O BUMAHA

- Magsuot ng protective equipment tulad ng bota at gloves. Suriing mabuti ang inyong bahay bago bumalik dito.
- Mag-ingat sa mga hayop na maaaring nakapasok sa loob ng inyong bahay.
- I-report agad kung mayroong mga sirang electrical cable o linya ng telepono.
- Huwag buksan ang main power switch o magsaksak ng electrical appliances. Tumawag muna sa isang electrician.
- Suriin ang mga pagkain at itapon ang mga nasira dahil sa baha.



Republic of the Philippines
CAGAYAN STATE UNIVERSITY
Carig Campus, Tuguegarao City, Cagayan



OFFICE OF THE CAMPUS EXTENSION

Lecture Note

Dealing with Stress after a Disaster

A critical incident **stress debriefing** (CISD) can help you get better. These sessions provide a chance to talk about the trauma with others who were involved. It usually takes place within the first 3 days after the event and is open to people who were hurt, saw others hurt or killed, or served as first responders.

A natural disaster leaves a trail of property destruction, and many times it leaves thousands of its victims with a damaged sense of balance. In addition to restoring buildings and replacing material possessions, victims may need to devote time to restoring their own emotional equilibrium during the recovery period. This can be especially important for children who do not have years of life experience to guide them.

Recognizing Symptoms of Family Stress(Sean Brotherson, Family Science Specialist)

According to Family Information Services, families experiencing stress may have symptoms that include:

- little time to spend together
- sense of frustration -- too much to do
- desire for the simpler life
- never time to relax
- infrequent opportunities for conversation
- explosive arguments
- bickering
- conversations centered on time and tasks rather than people and feelings
- meals eaten in haste
- constant rushing from place to place, task to task
- escaping into work or other activities
- isolation in a room
- insufficient one-on-one contact
- sense of guilt

Focusing on the present can help people work through many of life's setbacks, both big and small. Spending time wondering "what could have been" or thinking about "if only" will cause more stress because the situation is in the past and out of their control.

Tips

- Be extra patient.
- Determine what's really important, keeping in mind that your spouse's viewpoint on what should be considered top priority may be different from yours.

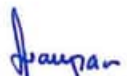
- Don't expect things to instantly restore themselves. Accept that restoration (both physical and emotional) takes time.
- Realize that disaster victims have suffered losses and it's natural for them to express disbelief, anger, sadness, anxiety and depression afterwards.
- Realize that the emotions of victims will roller-coaster and moods can change unexpectedly.
- Don't overlook the feelings of children as you deal with the situation. They need to feel that they can count on you for the extra attention, love and support needed to get through.
- Reassure them, making sure they understand they are not responsible for the problems you face.
- Try to keep your family diet as nourishing as possible under the circumstances.
- Refocusing on the big picture, instead of the little details and the little problems, will give you a sense of competency.
- Talk with friends, family, counselors or members of the clergy. In crisis situations, a supportive network is essential.
- Be aware of the tendency to resort to bad habits when you are under stress.
- Get enough sleep. Being a "sleep cheat" ultimately will backfire. Try to get 7 to 8 hours of sleep every night. Avoid sleeping pills since these pills negatively alter normal sleep patterns.
- Make a list. List the things that need to be done first, second, third and so on. By ranking what needs to be done, the tasks that cannot be put off are taken care of first. Too often, we try to do everything at once with the result that nothing gets done the right way.
- Learn acceptance. So often, we worry about things that we cannot control. Face that fact. If you cannot control a situation or occurrence, then learn to accept that as a reality. Conserve your energies for the things you can control.

(Based on information developed by Clemson Cooperative Extension and revised by Virginia Cooperative Extension.)

Prepared by:


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 Campus Guidance Councilor

Concurred by:


JENNILYN E. ACUPAN
 Campus Extension Coordinator

Gosi Norte



Research for Development and Extension Office

ATTENDANCE SHEET

Activity/Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue: GOSI NORTE, TUG. CITY

Date: NOV. 14, 2020

	Name	Sex	Address	CP Number	Signature
1	Alicia Nak	F	GOSI NORTE		
2	JOVANIE E. MACARUBO	M	GOSI NORTE		
3	Sunny Boy V Cabaldo	M	GOSI NORTE		
4	Quiria T. Exclamador	F	GOSI NORTE		
5	MYNNA D. ABBARADO	M	GOSI NORTE	0975255256	
6	Karen Joy P. Ulin	F	GOSI NORTE	09751457995	
7	Girly B. Blanche	F	GOSI NORTE	09651129781	G. Blanche
8	Rosel U. Saldivar	F	GOSI NORTE	09562605688	R saldivar
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10	ROLANDO S. CATOLLOS	M	GOSI NORTE	09453093029	
11	Ersing L. Taguian	F	GOSI NORTE	09656876828	Etaguian
12	Liza C. Taguian	F	GOSI NORTE	09654974937	Taguian
13	Emilia C. Taguian	F	GOSI NORTE	09654976748	Taguian
14	Regine Langcay	F	GOSI NORTE	09557112626	Langcay
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16	Jackson Langcay	M	GOSI NORTE	09780944362	L.J.
17	RODALYN C. LANGCAY	F	GOSI NORTE	09068605025	Langcay
18	Rosita L. Bucad	F	GOSI NORTE	09970957649	Langcay
19	Reyale Fringier	M	GOSI NORTE	09658491683	
20	Jackielyn F. Batulan	F	GOSI NORTE	09972935723	Batulan
21	Ving L. Langcay	F	GOSI NORTE	09532882053	Vlangcay
22	Viancaflor Langcay	F	GOSI NORTE	09750944362	vlangcay
23	Jerome T. Alicum	M	GOSI NORTE	09970731206	
24	Reynaldo Exclamador Jr	M	GOSI NORTE	0966727549671	reynaldomaden
25	EDIFRANS MACARUBO	M	GOSI NORTE	09058589062	
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3	Racquel Adduna	F	Gosi Norte		<i>Racquel</i>
4	Jennifer Iguin	F	Gosi Norte		<i>Jigim</i>
5	Mary-Jane Delacruz	F	Gosi Norte		<i>Delacruz</i>
6	Jenelyn Batulan	F	Gosi Norte		<i>Jenelyn</i>
7	Jonalyn Danab	F	Gosi Norte		<i>Jonalyn</i>
8	Karen Guzman	F	Gosi Norte		<i>Karen</i>
9	Hazel Tulab	F	Gosi Norte		<i>Hatulan</i>
10	Jayson Batulan	M	Gosi Norte		<i>Jayson</i>
11	Mary-Joy Tulab	F	Gosi Norte		<i>M. Joy</i>
12	Jose Tulab	M	Gosi Norte		<i>Jose</i>
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14	Edgar Calimag Jr.	M	Gosi Norte		<i>Edcalmag</i>
15	Solidad Arago	F	Gosi Norte		<i>Arago</i>
16	Vilma Ilagan	F	Gosi Norte		<i>Vilma</i>
17	Jay-ar Danab	M	Gosi Norte		<i>Jay-ar</i>
18	Dominique Ilagan	F	Gosi Norte		<i>Dominique</i>
19	Ryan Damagan	M	Gosi Norte		<i>Ryan</i>
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22	JOMAR BATULAN	M	Gosi Norte		<i>Jomar</i>
23	REGIE DAMAGAN	M	Gosi Norte		<i>Regie</i>
24	JULIUS A. BATULAN	M	Gosi Norte		<i>Julius</i>
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3	Rita M. Lattao	F	Gosi Norte		
4	Jula L. Macanabbo	F	Gosi Norte		
5	Lolita H. Andaya	F	Gosi Norte		
6	JENIFER D. GANABAY	F	Gosi Norte		
7	Maries T. Gullin	F	Gosi Norte		
8	Marguith B. Biringay	F	Gosi Norte		
9	Concepcion Ewardo	F	Gosi Norte		
10	Shuerina Atabay	F	Gosi Norte		
11	MILDRED B. BASCON	F	Gosi Norte		
12	LIDIA P. DANGAYAN	F	Gosi Norte		
13	Emilyn Macanabbo	F	Gosi Norte		
14	JOE JESUS M. LATAO	M	Gosi Norte		
15	MILAZEL PATTAGUAN	F	Gosi Norte		
16	Celia Lagundi	F	Gosi Norte		
17	JOHN/RY CALABUNG	M	Gosi Norte		
18	Ramil M. TULAB	M	Gosi Norte		
19	RAN/PA MACANABBO	M	Gosi Norte		
20	Texas H. Pater	M	Gosi Norte		
21	Belen Macanabbo	F	Gosi Norte		
22	Dynaldo Jattani	M	Gosi Norte		
23	Wilma Mufon	F	Gosi Norte		
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3	Eufemio Hagan	M	Gosi Norte		<i>Hagan</i>
4	Solifield Arago	M	Gosi Norte		<i>Arago</i>
5	Jose Tulab	M	Gosi Norte		<i>Tulab</i>
6	Pepto Batulan	M	Gosi Norte		<i>Batulan</i>
7	Edgar Calimag	M	Gosi Norte		<i>Calimag</i>
8	Ryan Binalay	M	Gosi Norte		<i>Binalay</i>
9	Quirino Tulanan	M	Gosi Norte		<i>Tulan</i>
10	Elizalde Batulan	M	Gosi Norte	09531129781	<i>Batulan</i>
11	Rohie Uton	M	Gosi Norte		<i>Uton</i>
12	Jose Villana	M	Gosi Norte		<i>Villana</i>
13	Feraval Tumboy	M	Gosi Norte	093451435	<i>Feraval</i>
14	Edgar Binyug	M	Gosi Norte	09154740654	<i>Binyug</i>
15	Herbert Jimenez	M	Gosi Norte		<i>Jimenez</i>
16	Jerald Martinez	M	Gosi Norte		<i>Martinez</i>
17	Jerry Castillo	M	Gosi Norte	09750944381	<i>Castillo</i>
18	Federico Taguam	M	Gosi Norte		<i>Taguam</i>
19	Joel Florentino	M	Gosi Norte		<i>Florentino</i>
20	Reynaldo Tuppa	M	Gosi Norte		<i>Tuppa</i>
21	Pedro Baguiran	M	Gosi Norte		<i>Baguiran</i>
22	Marvin Bucad	M	Gosi Norte		<i>Bucad</i>
23	Kevin Bautista	M	Gosi Norte		<i>Bautista</i>
24	Cristiano Pagulayan	M	Gosi Norte		<i>Pagulayan</i>
25	Alvin Damagan	M	Gosi Norte		<i>Damagan</i>
26	Edgar Allan	M	Gosi Norte		<i>Allan</i>
27	Layla Tapuna	F	Gosi Norte		<i>Tapuna</i>



Research for Development and Extension Office

ATTENDANCE SHEET

Activity/Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue: GOSI NORTE

Date: NOV. 14, 2020

	Name	Sex	Address	CP Number	Signature
1	Randy Maningos	M	GOSI NORTE		
2	Gervacio Gangan	M	GOSI NORTE		
3	Jay-ar Binalay	M	GOSI NORTE		
4	Ronel Iguin	M	GOSI NORTE		
5	Rolly Macarubbo	M	GOSI NORTE		
6	Sergio Guzman	M	GOSI NORTE		
7	Sherwin Pamitan	M	GOSI NORTE		
8	Noel Catanguian	M	GOSI NORTE		
9	Jose Tuppal	M	GOSI NORTE	09273428337	
10	Teresita Cabalza	F	GOSI NORTE	09559263150	
11	Nina Binayug	F	GOSI NORTE		
12	Rico Soriano	M	GOSI NORTE	6975374999	
13	Temo Damil	M	GOSI NORTE		
14	Lloyd Morilla	M	GOSI NORTE		
15	Julian Fungay	M	GOSI NORTE		
16	Tomas Rumbaoa	M	GOSI NORTE		
17	Randy Arzadon	M	GOSI NORTE		
18	Joseph Tulab	M	GOSI NORTE		
19	Arnold Peralta	M	GOSI NORTE		
20	George Doran	M	GOSI NORTE		
21	Porfirio Pagulayan	M	GOSI NORTE		
22	Ronaldo Dela Cruz	M	GOSI NORTE		
23	Vicente Dando	M	GOSI NORTE		
24	Orlando Dando	M	GOSI NORTE		
25	Kenneth Laungan	M	GOSI NORTE		
26	Laura Pagulayan	F	GOSI NORTE		
27	Joshua Calimag	M	GOSI NORTE		



Research for Development and Extension Office

ATTENDANCE SHEET

Activity/Training: Disaster Resiliency and Stress Debriefing cum Relief Operation
Venue: GOSI Norte
Date: Nov. 14, 2020

	Name	Sex	Address	CP Number	Signature
1.	Joseph Allam	M	Gosi Norte	09144987195	<i>[Signature]</i>
2	Dennis Alicum	M	Gosi Norte		<i>[Signature]</i>
3	Ian Macarubbo	M	Gosi Norte	09155799510	<i>[Signature]</i>
4	Benjie Tamayao	M	Gosi Norte		<i>[Signature]</i>
5	Arnold Arago	M	Gosi Norte	09056190365	<i>[Signature]</i>
6	Grace Arago	F	Gosi Norte	09772435461	<i>[Signature]</i>
7	Alfredo Langcay	M	Gosi Norte	0924649809	<i>[Signature]</i>
8	Amiga Domhadok	F	Gosi Norte	09159810123	<i>[Signature]</i>
9	Romulo Danas	M	Gosi Norte	0904757488	<i>[Signature]</i>
10	Enciso Solomen	F	Gosi Norte		<i>[Signature]</i>
11	Randy Catolks	M	Gosi Norte		<i>[Signature]</i>
12	Mano Bulusan	M	Gosi Norte		<i>[Signature]</i>
13	Julian Balanão	M	Gosi Norte		<i>[Signature]</i>
14	Helen Magellano	F	Gosi Norte		<i>[Signature]</i>
15	Eric Pagulayan	M	Gosi Norte		<i>[Signature]</i>
16	Berning Macapulay	M	Gosi Norte	09452453137	<i>[Signature]</i>
17	Joselito Beran	M	Gosi Norte		<i>[Signature]</i>
18	Danilo Adducul	M	Gosi Norte	09352310348	<i>[Signature]</i>
19	Pedro Turaray	M	Gosi Norte		<i>[Signature]</i>
20	Arnold Beran	M	Gosi Norte	09247925300	<i>[Signature]</i>
21	Ruden Magelano	M	Gosi Norte	09057530874	<i>[Signature]</i>
22	Ramona Valdez	F	Gosi Norte	09155425875	<i>[Signature]</i>
23	Reymart Magelano	M	Gosi Norte		<i>[Signature]</i>
24	Marciano Taguam	M	Gosi Norte	09253180379	<i>[Signature]</i>
25	Romulo Igum	M	Gosi Norte		<i>[Signature]</i>
26	Rosel Igum	F	Gosi Norte		<i>[Signature]</i>
27	Sarah Gonzalez	F	Gosi Norte		<i>[Signature]</i>



Republic of the Philippines
CAGAYAN STATE UNIVERSITY
Carig Campus, Tuguegarao City, Cagayan

OFFICE OF THE CAMPUS EXTENSION



SUMMARY OF EVALUATION
Training on **DISASTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF OPERATION**
Gosi Norte, Tuguegarao City
Nov. 14, 2020

Area of Evaluation	Overall Evaluation
A. Course Content	
The training is very relevant to present needs of the community and the country as a whole.	5
The training is very relevant to present needs of the community and the country as a whole.	5
The topics/workshop gave me new insights/ideas about how I should do my work as well as deal with everyday living.	5
The topics/workshop gave me new skills that will improve my efficiency/productivity.	5
The topics/workshop will enhance my dealings with the members of my community	5
A. Training Schedule	
The session/s started and ended according to the set schedule.	5
The schedule for the training was conducive to learning.	5
The time allotted for the topic was sufficient to ensure maximum learning.	5
The time allotted for breaks was sufficient.	5
B. Timeliness	
The topics discussed gave solutions to my present concerns	5
Average mean	5
C. Resource Speakers	
The resource persons showed mastery of the subject matter.	5
The resource person/s spoke clearly.	5
The resource person/s presented the topics in an organized manner.	5
The resource person/s exhibited enthusiasm in delivering their lecture.	5
The resource person/s used various methods to make the presentations interesting and lively.	5
The resource person/s encouraged group participation.	5
Average Mean	5

5 - Outstanding 4 - Very Satisfactory 3 - Satisfactory 2 - Good 1 - Poor

The table reveals the evaluation of the training by the participants. All of them claimed that the content, time schedule and timeliness of the training was **Outstanding** as indicated by the average mean of 5. The resource persons were likewise rated as **Outstanding** as implied by the average mean of 5.

Prepared by:

JULIET B. CALIGUIRAN

Concurred by:

JENNILYN E. ACUPAN



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue GOBI NORTE, ITUG

DATE: NOV 14, 2020

PARTICIPANTS PROFILE

No.	Name	Sex M/F	Civil Status	Religious Affill.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position/ OCCUPATION	Contact Number	Membership to Org.	Signature
1	Rosita Bucad	F	Married	INC	24	Set 1, 1996	HS level		None	09970957649		<i>Ungay</i>
2	Reynier Tringon	M	S	RC	40	1-9-1981	HS level		laborer			<i>EL</i>
3	Edardo Langcay	M	S	RC	54	12-24, 1966	HS level		None	09367241652		<i>Ungay</i>
4	Jackson Langcay	M	S	RC	21	02-02-2000	Elem grad		None	09350944362		<i>Ungay</i>
5	Jackelyn Batulan	F	Married	INC	29	AUG-11-1991	Elem grad		laborer	09972935723		<i>Ungay</i>
6	Vianca Flor Langcay	F	S	RC	26	12-24, 1994	elem level		None	09750744362		<i>Ungay</i>
7	Jerome Alicum	M	S	RC	25	Sept 04 95	elem level		NGPE	09970731206		<i>Ungay</i>
8	Reynaldo T. Exclamador	M	Married	INC	32	05-14-1988	HS grad		laborer	09295940269		<i>Ungay</i>
9	Edmund Macambbo	M	Married	RC	50	08-12-69	HS grad		laborer	09058589002		<i>Ungay</i>
10	Mary Joy Alicum	F	M	RC	27	05-28-93	HS level		BHW	09940708461		<i>Ungay</i>
11	Meredith M. Alicum	F	M	RC	56	08/23/64	HS grad		laborer			<i>Ungay</i>
12	May-Aime D. Danas	F	M	RC	22	08/19/98	HS level		BHW	092723143		<i>Ungay</i>
13	Joseph Allam	M	M	RC	51	3-24-69	Coll. level		farming	09164987195		<i>Ungay</i>
14	Denis Alicum	M	M	RC	33	5-7-88	HS grad		laborer			<i>Ungay</i>
15	Jan Macambbo	M	M	RC	35	9-28-85	Coll grad		driver	0915579951004		<i>Ungay</i>
16	Cristopher Macambbo	M	M	RC	59	12-20-60	Coll grad		laborer			<i>Ungay</i>
17	Berlye Tamayao	M	M	RC	57	1-9-63	HS grad		laborer	09056190365		<i>Ungay</i>
18	Dennis Tamayao	M	M	RC	45	4-20-75	Coll level		laborer	09792435461		<i>Ungay</i>
19	Arnold Arago	M	M	RC	50	8-16-70	Coll grad		laborer	09260469609		<i>Ungay</i>
20	Grace Arago	F	M	RC	57	1-13-63	Coll level		laborer	09159810428		<i>Ungay</i>
21	Alejo Langcay	M	M	INC	39	11-7-81	Elem grad		laborer	0906757488		<i>Ungay</i>
22	Angela Donador	M	M	INC	23	6-9-97	Coll level		laborer			<i>Ungay</i>
23	Romulo Danas	M	M	RC	40	9-27-80	Coll level		laborer			<i>Ungay</i>
24	Enrico Solomon	M	M	BA	60	11-4-60	Coll level		laborer			<i>Ungay</i>



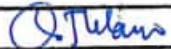
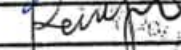
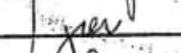
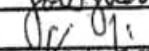
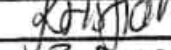
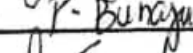
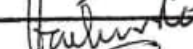
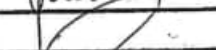
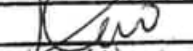
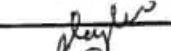
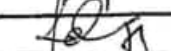
Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue: GOSI NORTE, TUG CITY

DATE: NOV. 14, 2020

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position /	Contact	Membership to	Signature
		M/F	Status	Affill.		(m/d/yy)	Major		Occupation	Number	Org.	
1	Quirino Tulahan	m	m	BQ		3-1-58	Elem grad		laborer			
2	Elizalde Batulan	f	m	RC		11-17-42	HS level		farmer	09531129781		
3	Ronie Utan	m	m	RC		3-5-90	Elem level		farmer			
4	Jose Vilbano	m	m	RC		6-30-90	Elem level		laborer			
5	Ferdal Tumibay	m	m	INC		9-29-78	Coll grad		laborer	093451435		
6	Edgar Binayagan	m	m	INC		12-4-44	Coll grad		laborer	09154740654		
7	Herbert Jimenez	m	m	INC		10-18-87	Coll Grad		laborer			
8	Jerald Martinez	m	m	BQ		9-17-92	HS level		laborer			
9	Jerry Castillo	m	m	RC		5-2-74	Elem level		farmer	09750944281		
10	Federico Taguam	m	m	BQ		2-4-84	HS level		farmer			
11	Joel Florentino	m	s	RC		10-6-99	HS level		farmer			
12	Reynaldo Tuppal	m	m	RC		5-4-68	HS level		farmer			
13	Kristian Tuppal	m	s	RC		12-24-93	HS grad		laborer			
14	Pedro Baguiran	m	s	INC		5-15-88	Elem grad		laborer			
15	Marvin Eucad	m	m	BQ		5-27-87	HS level		laborer			
16	Kelvin Bautista	m	m	BQ		6-8-94	HS level		laborer			
17	Cristiano Pagulayan	m	m	BQ		1-28-82	Elem level		laborer			
18	Alvin Datagan	m	m	INC		8-1-87	HS level		laborer			
19	Edgar Allam	m	s	INC		4-20-73	HS level		farmer			
20	Layla Tapuna	f	m	BQ		8-27-70	HS level		laborer			
21	Randy Maningpas	m	m	RC		9-25-82	HS level		laborer			
22	Cervacio Gangon	m	m	RC		11-7-68	Elem level		farmer			



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUN RELIEF OPERATION

Venue: COST NORTE, TUG CITY

DATE: NOV. 14, 2020

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position/	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major		Occupation	Number	Org.	
1	Jay-an Bhalay	m	m	BA		12-10-84	ITS grad		farmer			Jo
2	Ronal Igum	m	m	RC		6-22-78	Coll grad		laborer			Jo
3	Kelly Macambao	m	m	RC		12-7-76	Coll grad		laborer			Jo
4	Sergio Gutman	m	m	RC		5-9-06	Elem level		farmer			Jo
5	Bernwin Pamitan	m	m	INC		8-24-77	Coll grad		laborer			Jo
6	Pool Carangulan	m	m	INC		5-28-75	Coll grad		laborer			Jo
7	Jose Tuppal	m	m	BA		12-24-67	Coll. grad		laborer	09273428337		Jose Tuppal
8	Teresita Cabalza	f	m	RC		7-22-62	Coll grad		laborer	09554263150		Jo
9	Nina Brayng	f	m	MC		10-11-75	HS grad		laborer			Jo
10	Rio Soriano	m	m	INC		9-16-85	Coll grad		laborer	0975374999		Jo
11	Fenio Damil	m	m	RC		7-4-52	Elem grad		farmer			Jo
12	Loyal Morilla	m	m	BA		4-4-90	Coll. grad		laborer			Jo
13	Julian Furigay	m	m	BA		2-10-61	ITS grad		laborer			Jo
14	Rumbao, Tomas	m	m	BA		10-11-51	ITS grad		farmer			Jo
15	Randy Arzadon	m	m	BA		1-25-75	Coll grad		laborer			Jo
16	Joseph Tulab	m	m	RC		8-10-68	Coll. grad		farmer			Jo
17	Arnold Peralta	m	m	RC		4-18-92	Coll. grad		farmer			Jo
18	George Doran	m	m	INC		7-18-62	Coll. grad		laborer			Jo
19	Portikio Pagulayan	m	m	INC		2-14-82	Coll. grad		laborer			Jo
20	Ronaldo Dela Cruz	m	m	BA		5-8-80	Coll grad		laborer			Jo
21	Nicente Darao	m	m	RC		5-5-45	Elem grad		PWD			Jo
22	Orlando Dahao	m	m	RC		11-7-43	Coll grad		farmer			Jo
23.	Kenneth Liguigan	m	m	BA		5-10-93	Coll. grad		laborer			Jo
24.	Laura Pagulayan	f	m	RC		7-19-85	Coll level		laborer			Jo



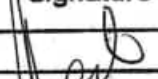
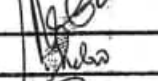
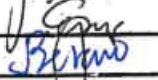
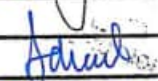
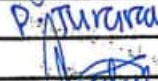
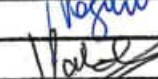
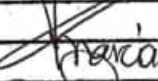
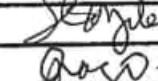
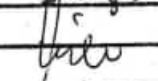
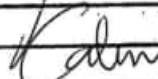
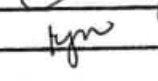
Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY * STRESS DEBRIEFING cum RELIEF OPERATION

Venue GOSS NORTH, TUG CITY

DATE: NOV. 24, 2020

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position /	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major		Occupation	Number	Org.	
1	Mario Bulacan	M	M	RC		7-7-79	Elem grad		laborer			
2	Julyn Balancio	M	M	BQ		5-10-71	Elem level		laborer			
3	Helen Mangellano	F	M	BQ		5-5-69	Elem grad		laborer			
4	Eric Pagubayan	M	M	RC		3-11-94	HS level		laborer			
5	Berning Macapalan	M	M	INC		3-8-83	HS level		laborer	09652453137		
6	Joselito Beron	M	S	INC		2-7-94	Coll level		laborer			
7	Daniela Adducan	M	M	INC		2-8-78	Coll level		farmer	09252310348		
8	Pedro Turarung	M	M	BQ		9-15-75	Elem level		farmer			
9	Arnold Bero	M	M	RC		2-13-87	Elem grad		laborer	09267925300		
10	Reden Magelano	M	S	INC		3-18-99	HS level		laborer	09057530876		
11	Ramona Valdez	F	S	RC		3-15-92	Elem grad		farmer	09155425875		
12	Reymart Mangelana	M	M	RC		6-9-93	HS grad		laborer			
13	Marcelano Taguian	M	M	BQ		8-10-80	Elem grad		farmer	09755030949		
14	Romulo Igum	M	M	RC		2-7-55	Elem level		farmer	09952180374		
15	Rosel Igum	F	S	INC		5-18-81	Coll. Grad		laborer			
16	Sarah Gonzales	F	S	INC		3-21-81	Coll. grad		laborer			
17	Eufriano Flagan	M	M	RC		1-1-60	Coll. grad		laborer			
18	Subfield Frago	M	S	RC		9-23-95	Coll. Grad		laborer			
19	Jose Tulao	M	M	RC		3-23-84	HS Grad		farmer			
20	Pepito Batulan	M	M	RC		9-17-58	Elem Grad		laborer			
21	Edgar Colmag	M	M	BA		9-8-95	HS grad		laborer			
22	Ryan Bhalan	M	S	BA		8-10-89	HS level		laborer			



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUA RELIEF OPERATION

Venue GOSI NORTE, TUG CITY

DATE: Nov 14, 2020

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position/	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major		Work	Number	Org.	
1	RACQUEL D. ADDURU	F	M	RC	33	4-29-87	HS level		laborer			
2	Diana Joy Calimag	F	S	RC	22	10-8-98	HS grad		laborer			
3	Jonalyn Danao	F	M	RC	53	2-14-67	HS grad		laborer			
4	Jenelyn Batulan	F	M	INC	51	8-19-59	Coll grad		laborer			
5	Marisol Batulan	F	S	BA	25	4-28-95	Coll level		laborer			
6	Mary-Dane Delacruz	F	M	BA	41	5-24-79	Coll grad		laborer			
7	Christopher Iguin	F	M	INC	45	5-1-75	Coll grad		laborer			
8	Hazel Tulab	F	M	RC	43	2-29-77	Coll grad		laborer			
9	Keuren Guzman	F	S	RC	20	7-9-00	HS level		laborer			
10	Mary-Joy Tulab	F	M	RC	34	9-5-86	Coll level		farmer			
11	Jayson Batulan	M	M	INC	29	3-27-81	HS grad		farmer			
12	Jose Tulab	M	M	INC	52	3-14-68	HS grad		laborer			
13	Jose Batulan	M	M	RC	30	8-25-90	Coll level		laborer			
14	Edgar Calimag	M	M	BA	46	4-18-74	Coll level		laborer			
15	Soledad Arago	F	M	BA	33	4-30-88	HS grad		farmer			
16	Vilma Ilagan	F	M	INC	59	5-17-61	HS grad		farmer			
17	Jay-Ar Danao	M	M	RC	60	10-7-60	Coll level		laborer			
18	Dominique Ilagan	F	M	RC	45	5-18-75	HS grad		farmer			
19	Ramon Damagan	M	M	RC	55	8-4-65	Coll level		laborer			
20	Storwin Gutman	M	M	RC	42	7-19-78	Coll level		farmer			
21	Marnic Macarubbo	F	M	RC	29	9-2-91	HS grad		laborer			
22	Jonar Batulan	M	M	RC	36	10-1-84	Coll grad		laborer			



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue CASH NORTE, TUG CITY

DATE: Nov. 21, 2020

PARTICIPANTS PROFILE

No.	Name	Sex M/F	Civil Status	Religious Affil.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position / Occupation	Contact Number	Membership to Org.	Signature
1	Regie Damagan	M	M	RC	49	3-10-71	HS grad		laborer			<i>[Signature]</i>
2	Victor A. Batulan	M	M	RC	53	9-18-67	HS level		laborer			<i>[Signature]</i>
3	Vienna J. Ilaam	F	M	INC	75	9-18-45	Elem level		SC			<i>[Signature]</i>
4	JOHN ENFRACE ICAOAM	M	M	INC	37	7-25-83	Elem grad		laborer			<i>[Signature]</i>
5	Ferdinand Macarubbo	M	M	RC	39	2-18-84	HS grad		farmer			<i>[Signature]</i>
6	Karen Macarubbo	F	S	INC	21	9-13-99	HS level		farmer			<i>[Signature]</i>
7	Rita M. Lattao	F	M	BA	39	5-14-81	HS grad		laborer			<i>[Signature]</i>
8	Lila L. Macarubbo	F	S	BA	25	6-2-95	HS level		laborer			<i>[Signature]</i>
9	Lolita K. Ardaya	F	M	BA	67	10-8-53	Coll grad		laborer			<i>[Signature]</i>
10	JEFETER D. GONZALEZ	F	M	RC	60	3-30-60	Coll level		laborer			<i>[Signature]</i>
11	Maries T. Gualan	F	M	RC	45	4-10-75	HS grad		SC			<i>[Signature]</i>
12	Margarita B. Bragay	F	M	BA	70	7-17-50	HS grad		laborer			<i>[Signature]</i>
13	Concepcion Cuatdo	F	M	INC	38	8-2-82	Coll level		laborer			<i>[Signature]</i>
14	Sherena Atabug	F	M	BA	45	5-16-75	Coll grad		laborer			<i>[Signature]</i>
15	MILDRED PASCON	F	M	RC	73	2-17-47	Coll grad		laborer			<i>[Signature]</i>
16	Emilyn Macarubbo	F	M	RC	50	2-19-70	Coll level		laborer			<i>[Signature]</i>
17	JOE JESUS M. LATTAO	M	S	RC	20	4-14-00	Elem level		laborer			<i>[Signature]</i>
18	Celia Legendi	F	M	RC	31	5-27-89	Elem level		laborer			<i>[Signature]</i>
19	Lola Macarubbo	F	M	BA	62	2-28-58	HS grad		laborer			<i>[Signature]</i>
20	JOHANN CALABUROS	M	S	BA	21	5-20-99	HS grad		laborer			<i>[Signature]</i>
21	RAINY MACREL (BPO)	M	M	RC	51	10-3-69	Coll level		laborer			<i>[Signature]</i>
22	RAMIL M. TULAB	M	M	RC	70	4-1-50	Coll grad		SC			<i>[Signature]</i>



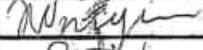
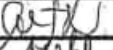
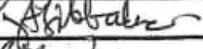
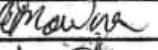
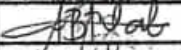
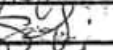
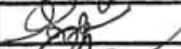
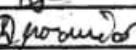
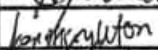
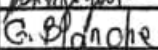
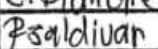
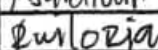
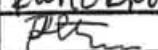
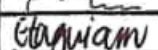
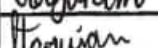
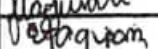
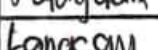
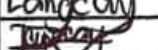
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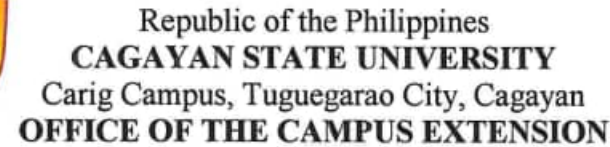
Title of Training: DISASTER RESILIENCY & STRESS DEBRIEFING CUM RELIEF OPERATION

Venue 601 NORTE, FUC CITY

DATE: NOV 14, 2024

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position /	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major		OCCUPATION	Number	Org.	
1	Tenax U. Pater	M	M	RC	49	7-10-71	Coll grad		laborer			
2	Rynaldo P. Hui	M	M	RC	35	9-15-85	Coll level		laborer			
3	Wibma Nuyon	F	M	BA	42	5-21-58	Coll level		laborer			
4	Jelisa Traraj	F	M	INC	61	6-17-59	Elem grad		farmer			
5	Analyn Sibbaluca	F	M	INC	26	3-18-94	HS grad		farmer			
6	Celso Mearia	F	M	BA	65	7-13-55	HS level		farmer			
7	Medula Dela Cruz	F	M	RC	48	8-17-82	HS grad		laborer			
8	Alicia Trak	F	M	RC	53	4-5-67	HS grad		laborer			
9	JOVANI E. MACAPURDO	M	M	RC	37	2-18-83	HS level		laborer			
10	Sunny Boy V. Cabaldo	M	M	RC	27	9-13-93	Coll grad		laborer			
11	Blanca T. Escobar	F	M	INC	44	5-9-76	Coll grad		laborer			
12	MYNIA D. APPARAY	F	M	INC	52	6-12-68	Elem level		farmer			
13	Karen Joy P. Uton	F	M	BA	24	11-07-96	Elem grad		farmer			
14	Girly B. Blanche	F	M	BA	26	08-12-94	Coll grad		laborer			
15	Rose U. Saldivar	F	M	RC	25	06-30-95	Coll level		laborer			
16	Ronalyn U. Viloria	F	M	BA	28	01-12-93	Coll grad		laborer			
17	Ranaldo S. Catoros	M	M	INC	25	04-27-95	HS grad		laborer			
18	Erasing L. Taguian	F	U	INC	29	05-13-91	HS grad		farmer			
19	Liza C. Taguian	F	M	BA	26	06-11-94	Coll grad		farmer			
20	Ermenio C. Taguian	F	M	RC	34	04-12-87	HS grad		laborer			
21	Regine L. Langcon	F	M	RC	20	06-28-2000	HS level		laborer			
22	RONALYN C. LANGCON	F	M	INC	30	09-21-1994	HS grad		farmer			



Evaluation
Training on DISASTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF OPERATION
Gosi Norte, Tugeugarao City, Cagayan
Nov. 14, 2020

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[illegible]

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DOCUMENTATIONS



The University President and Campus Executive Officer met the group for the conduct of the Disaster Resiliency and Stress Debriefing cum Relief Operation training. It was agreed upon that targets of the said training will be the victims of the recent massive flooding caused by typhoon Ulysses.

Courtesy call was made to the Barangay Chairperson, Hon. Gloria Exclamador who was then waiting for the Team along the road. She already convened her constituents (flood victims) for the activity.



One-on one and small group session was strategized to meet the clients. Prof. Juliet Caliguiran and Prof. Giovanni Morales tackled the explanation and distribution of the Flood Infographics.

Prof. Ferdinand Mercado had a small-group informal session with the clients on "Dealing with Stress after a Disaster"



More clients were reached out in their houses for stress debriefing and food distribution.



The day concluded with feeding operation.



Inga, Enrile



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 Carig Campus, Tuguegarao City, Cagayan

OFFICE OF THE CAMPUS EXTENSION



SUMMARY OF EVALUATION
 Training on DISASTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF OPERATION
 Inga, Enrile, Cagayan
 November 16, 2020

Area of Evaluation	Overall Evaluation
A. Course Content	
The training is very relevant to present needs of the community.	5
The topics/workshop gave me new insights/ideas about how I should deal with the aftermath of flood and move on with life.	5
The topics/workshop gave me new skills that will improve my efficiency/productivity.	5
The topics/workshop will enhance my dealings with the members of my family and community.	5
B. Training Schedule	
The session/s started and ended according to the set schedule.	5
The schedule for the training was conducive to learning.	5
The time allotted for the topic was sufficient to ensure maximum learning.	5
The time allotted for breaks was sufficient.	5
C. Timeliness	
The topics discussed gave solutions to my present concerns	5
Average mean	5
D. Resource Speakers	
The resource persons showed mastery of the subject matter.	5
The resource person/s spoke clearly.	5
The resource person/s presented the topics in an organized manner.	5
The resource person/s exhibited enthusiasm in delivering their lecture.	5
The resource person/s used various methods to make the presentations interesting and lively.	5
The resource person/s encouraged group participation.	5
Average Mean	5

5 - Outstanding

4 - Very Satisfactory

3 - Satisfactory

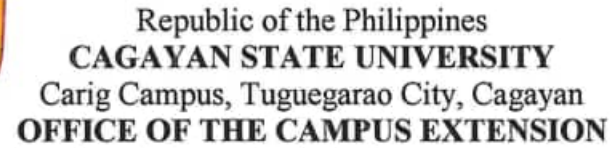
2 - Good

1 - Poor

The table reveals the evaluation of the 200 training participants. All of them claimed that the content, time schedule and timeliness of the training was **Outstanding** as indicated by the average mean of 5. The resource persons were likewise rated as **Outstanding** as implied by the average mean of 5.

Prepared by

JENNILYN E. ACUPAN

[illegible]

[illegible]

[illegible]

[illegible]

DOCUMENTATIONS

Inga, Enrile, Cagayan
November 16, 2020

President Urdujah Alvarado and CEO Arthur Ibanez were inspiration to the Relief Operation Team. Their presence and hands-on involvement even during the packing of foods for our Extension target clients were enough to inspire the team.



The food packs are now loaded to the County Bus as the team prepare for their take off to Inga for the training on Disaster Resiliency and stress debriefing cum Relief Operation.





The CHK Dean with some members of the team made a courtesy call to the Barangay Chairperson in her office while others settled the 200 training participants in the gymnasium. They were grouped into four to facilitate ease in the conduct of the training.

Everything settled, the Campus Director for RDE, Engr. Policarpo Mabborang Jr. started his lecture on Disaster Resiliency with Group 1.



The Director for Admin and Finance, Egr. Roger Rumpon took care of Group 2 with his topic on Flood Safety Rules.

Group three and four were handled by Dr. Sylvia Quigao and Dr. Mac Lagundi for Stress Debriefing.



The resource persons rotated to the four groups To deliver their respective topics.

Relief Operation concluded the activity where each participant was given a relief pack.



.... and they all yelled.... "WE UNITE FOR CAGAYAN"



Namabbalan



COLLEGE of PUBLIC ADMINISTRATION

Narrative Report

Disaster Resiliency and Stress Debriefing Training cum Relief Operation

The Cagayan State University, College of Public Administration- Graduate School Program headed by Dean Dennis M. Bacuyag DPA, conducted a Disaster Resiliency Training last November 20, 2020.

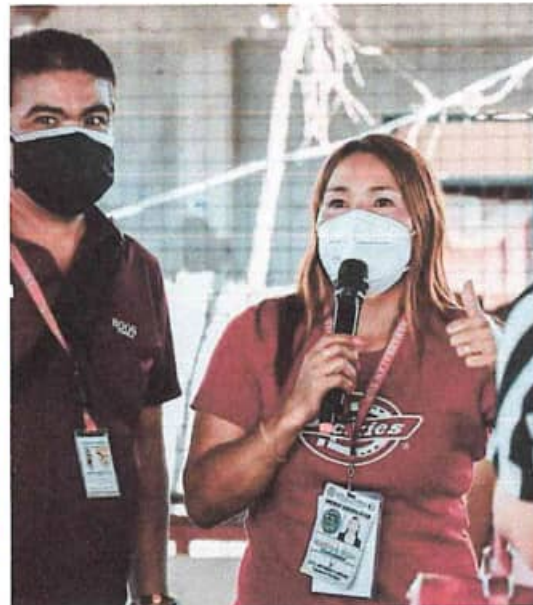
The objectives of the training is to provide them necessary training how to prepare effective disaster and emergency intervention and protect themselves during and after a flood. Preparations to withstand and recover rapidly from floods were tackled. After the training, relief packs sponsored by the Philippine Councillors Legislative Academy (PCLA) were distributed to 150 families of Namabbalan Sur who are affected by the Mega Flood in Cagayan particularly in Tuguegarao City.

The team composed of 3 Resource Speakers and the said training was simultaneously given to the participants who were divided into 3 groups with different resource speakers and talked on the following:

Dean Dennis M. Bacuyag on Disaster Resiliency

Prof. Jennilyn Acupan on Flood Info graphics

Prof. Julie Caliguiran on Mga Pag iingat Habang at Pagkatapos ng Baha



Dean. Bacuyag discussed the overview of different types of natural hazards, Disaster Risk Reduction and Management Concepts, mitigation preparedness and rehabilitation response and presented some alternatives particularly or recovery after the floods that will basically help the community during calamities.

After the presentation Brgy. Chairperson Margita M. Micua expressed her words of thanks to Cagayan State University particularly the College of Public Administration.



COLLEGE of PUBLIC ADMINISTRATION



Prof. Julie Caliguiran demonstrated some alternatives during floods particularly of Food Preparation, Water sanitation that will help the community during flood.



Prof. Jennilyn Acupan illustrated information in Flood Infographics, particularly on Floods safety rules, and demonstrated some important safety measures as alternatives during floods for the safety of the community.



COLLEGE of PUBLIC ADMINISTRATION



Dean Bacuyad assisted by Campus Extension Coordinator Prof . Jennilyn Acupan, Program Chair Dr.Grace Angelito, College extension Coordinator, Graduate School Faculty and students were full force during the relief operation- distribution of relief packs after the training.



The Barangay Officials of Namabbalan Sur and Graduate School faculty and students posed for a photo shoot after the training.



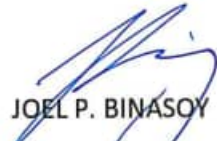
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Prepared by:



JOEL P. BINASOY

College Extension Coordinator

Concurred by:



DENNIS M. BACUYAG, DPA

Dean, College of Public Administration



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CAGAYAN STATE UNIVERSITY
 Carig Campus, Tuguegarao City, Cagayan

OFFICE OF THE CAMPUS EXTENSION



ATTENDANCE

Training on DISTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF
 OPERATION

Namabbalan Sur, Tuguegarao City
 Novemberf 20, 2020

No.	Name	Sex	Civil	Signature
		M/F	Status	
1	Agustin Bangani	M	M	<i>[Signature]</i>
2	Romeo Tumalunan	M	M	<i>[Signature]</i>
3	Felisa Soriano	F	M	F.S.
4	Fa Soriano	F	M	<i>[Signature]</i>
5	Juliana Bunagan	F	W	<i>[Signature]</i>
6	Jocelyn Bayawa	F	M	J. Bayawa
7	Melba Bayawa	F	Solo Parent	<i>[Signature]</i>
8	Jocelyn Lopez	F	M	<i>[Signature]</i>
9	Adoracion Malana	F	M	<i>[Signature]</i>
10	Aurora Bayag	F	M	A.D.
11	Ronald Bayag	M	M	<i>[Signature]</i>
12	Jackson Madlaon	M	S	<i>[Signature]</i>
13	Marnie Cruzat	F	W	M. Cruzat
14	Yolanda Bayag	F	M	<i>[Signature]</i>
15	Segundina Balis	F	W	<i>[Signature]</i>
16	Aida Bayag	F	S	<i>[Signature]</i>
17	Marcial Baria	M	M	<i>[Signature]</i>
18	Jose Bayag, Jr.	M	Solo Parent	<i>[Signature]</i>
19	Maryjane Bayag	F	M	M. Bayag
20	Jay Talay	M	M	<i>[Signature]</i>
21	Madalys Mabborang	F	W	<i>[Signature]</i>
22	Carolyn Baroni	F	M	C. Baroni
23	Erwin Agabin	M	M	<i>[Signature]</i>
24	Vicente Reyes	M	M	V. Reyes
25	Maxima Cabaddu	F	M	M. Cabaddu
26	Jonanie Allag	F	M	<i>[Signature]</i>
27	Loringa Ugaddan	F	S	L. Ugaddan
28	Rogelio Uru	M	W	<i>[Signature]</i>
29	Mardolene Lunga	F	M	M. Lunga
30	Victoria Baggay	F	S	<i>[Signature]</i>
31	Josephine Cabaddu	F	M	J. Cabaddu
32	Lindie Pattung	F	M	<i>[Signature]</i>
33	Margie Ragae	F	M	<i>[Signature]</i>
34	Helen Mabborang	F	M	<i>[Signature]</i>
35	Berlie Cabaddu	F	Solo Parent	<i>[Signature]</i>
36	Milagrosa Salazar	F	W	<i>[Signature]</i>



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 Carig Campus, Tuguegarao City, Cagayan



OFFICE OF THE CAMPUS EXTENSION

ATTENDANCE

Training on DISTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF
 OPERATION

Namabbalan Sur, Tuguegarao City

Novemberf 20, 2020

35	Laila Lalagari	F	M	Baldon
36	Aurora Casamay	F	M	AR Casamay
37	Cedera Macatuggal	F	M	ann
48	Ricky Macatuggal	M	M	John
49	Marygrace Buraga	F	M	Mark
50	Rosita Buraga	F	W	R Buraga
51	Nicole Bazzay	F	M	BEazzay
52	Nolores Cabaddan	F	M	DCabaddan
45	1 Marlon Maltu	M	M	M Maltu
46	2 Estela Marquez	F	M	Estela Marquez
47	3 Claire Robles	F	M	Chloe
48	4 Lucio Buraga	M	W	Lucio
49	5 Jaime Buraga	M	M	Montenegro
50	6 Marcia Montenegro	F	W	maria
51	7 Eduardo Atara	M	M	Eduardo
52	8 Ric Atara	M	M	Ric
53	9 Leo Atara Jr.	M	M	Leo
54	10 Jinky Cabane	F	M	Cabane
55	11 Digna Cuipag	F	M	Cuipag
56	12 Melia Buraga	F	M	Melia
57	13 Ernesto Pascual	M	M	Pascual
58	14 Alicia Montenegro	F	S	Alicia
59	15 Juan Atara Jr.	M	M	Juan
60	16 Melba Atara	F	M	Melba
61	17 Lorena Balubal	F	M	Lorena
62	18 Vilma Paa	F	S	Vilma
63	19 Shirley Mabborang	F	S	Shirley
64	20 Jojoimo Baccay	M	S	Baccay
65	21 Luz Atara	F	M	Luz
66	22 Isidro Usaddan	M	S	Isidro
67	1 Imelda Agabin	F	M	Imelda
68	2 Ma. Angelica Tumalinon	F	M	Ma. Angelica
69	3 Remedios Tumalinon	F	W	Remedios
70	4 George Tumalinon	M	H	George
71	5 Conarnae Pattung	F	M	Conarnae
72	6 Melwin Turaray	F	M	Melwin
73	7 Lina Turaray	F	M	Lina
74	8 Leticia Bono	F	M	Leticia



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CAGAYAN STATE UNIVERSITY
 Carig Campus, Tuguegarao City, Cagayan



OFFICE OF THE CAMPUS EXTENSION

ATTENDANCE

Training on DISTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF
 OPERATION

Namabbalan Sur, Tuguegarao City

November 20, 2020

75	9	Arman Apelado	M	M	Iagabin
76	10	Jerlyn Ume	F	M	~~Ume~~
77	11	Joseph Allam	M	M	Humadum
78	12	Carol Correo	F	M	Chiradur
79	13	Joseph Parra	F	M	~~Parra~~
80	14	May Tabones	F	M	~~Tabones~~
81	15	Rosena Agan	F	M	~~Agan~~
82	16	Ligel Parra	F	M	~~Parra~~
83	17	Lino Lucero	M	M	~~Lucero~~
84	18	Julista Tallud	F	M	~~Tallud~~
85	19	Gonzela Parra	F	W	~~Parra~~
86	20	Fleda Montenegro	F	M	~~Montenegro~~
87	21	Genifer Tumalinan	F	M	~~Tumalinan~~
88	22	Margaret Balao	F	W	~~Balao~~
89	1	Francisco Agabin	M	M	~~Agabin~~
90	2	Nida Agbayani	F	M	~~Agbayani~~
91	3	Emilio Agabin	M	M	~~Agabin~~
92	4	MaryAnn Baldirey	F	M	~~Baldirey~~
93	5	Orlino Agabin	M	M	~~Agabin~~
94	6	Teresta Macatuggal	F	M	~~Macatuggal~~
95	7	Angelita Macatuggal	F	M	~~Macatuggal~~
96	8	Teresta Baranay	F	M	~~Baranay~~
97	9	Calisto Baranay	M	W	~~Baranay~~
98	10	Madel Balinag	F	M	~~Balinag~~
99	11	Maribel Sedano	F	M	~~Sedano~~
100	12	Consolacion Reyes	F	W	~~Reyes~~
101	13	Rosemarie Reyes	F	W	~~Reyes~~
102	14	Cristina Beran	F	M	~~Beran~~
103	15	Maricar Tallud	F	M	~~Tallud~~
104	16	Agnes Caraggayan	F	M	~~Caraggayan~~
105	17	Cherylou Oba-ab	F	M	~~Oba-ab~~
106	18	Letty Agabin	F	M	~~Agabin~~
107	19	Josefina Baranay	F	W	~~Baranay~~
108	20	Maribel Baranay	F	M	~~Baranay~~
109	21	Alfonsa Caraggayan	F	W	~~Caraggayan~~
110	22	Inez Baranay	F	M	~~Baranay~~
	111	Dulce Soriano	F	M	~~Soriano~~
	112	Lanie Lopez	F	M	~~Lopez~~



Republic of the Philippines
CAGAYAN STATE UNIVERSITY
 Carig Campus, Tuguegarao City, Cagayan



OFFICE OF THE CAMPUS EXTENSION

ATTENDANCE

Training on DISTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF
 OPERATION

Namabbalan Sur, Tuguegarao City

November 20, 2020

113	Maria Mindoga	F	W	<i>Mindoga</i>
114	Jose Caragayan	M	M	<i>Caragayan</i>
115	Rebecca Bulan	F	M	<i>Bulan</i>
116	Martina Caragayan	F	W	<i>Caragayan</i>
117	Benerese Divina	F	M	<i>Divina</i>
118	Julista Atara	F	M	<i>Atara</i>
119	Leasmo Atara	M	M	<i>Atara</i>
120	Janita Matatanggal	F	M	<i>Matatanggal</i>
121	Arsenia Soriano	F	M	<i>Soriano</i>
122	Shila Resae	F	M	<i>Resae</i>
123	Rubyjane Badajaz	F	M	<i>Badajaz</i>
124	Joylyne Agatep	F	M	<i>Agatep</i>
125	Antonio Macababab	M	M	<i>Macababab</i>
126	Jayson Soriano	M	M	<i>Soriano</i>
127	Rosita Amparo	F	W	<i>Amparo</i>
128	Romeo Flores	M	M	<i>Flores</i>
132	1 Mila J. Reyes	F	W	<i>Reyes</i>
131	2 Jessie J. Reyes	M	M	<i>Reyes</i>
132	3 Michael J. Reyes	M	M	<i>Reyes</i>
133	4 Fortunato Osalla	M	M	<i>Osalla</i>
134	5 Eduardo Balod	M	M	<i>Balod</i>
135	6 Lucille Mae Malana	F	M	<i>Malana</i>
136	7 Terecita Quizon	F	M	<i>Quizon</i>
137	8 Edilyn Quizon	F	M	<i>Quizon</i>
138	9 Romeo Dadiano	M	S	<i>Dadiano</i>
139	10 Rachelle Guzman	F	M	<i>Guzman</i>
140	11 MaryAnn Guzman	F	M	<i>Guzman</i>
141	12 Letty Limangan	F	W	<i>Limangan</i>
142	13 Allan Asuncion	M	M	<i>Asuncion</i>
143	14 Bernadette Quizon	F	Parent	<i>Quizon</i>
144	15 Christopher Guzman	M	M	<i>Guzman</i>
145	16 Ma. Theresa Baend	F	M	<i>Baend</i>
146	17 Aida Canaya	F	Separate	<i>Canaya</i>
147	18 Ricardo Pamittan	M	M	<i>Pamittan</i>
148	19 Ennel Pamittan	M	M	<i>Pamittan</i>
149	20 Jennifer Dagat	F	M	<i>Dagat</i>
150	21 Anthony Baend	M	Parent	<i>Baend</i>
151	22 Genaida Cabatic	F	M	<i>Cabatic</i>



Republic of the Philippines
CAGAYAN STATE UNIVERSITY
Carig Campus, Tuguegarao City, Cagayan

OFFICE OF THE CAMPUS EXTENSION



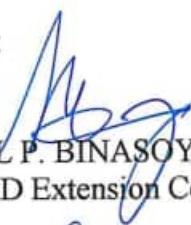
SUMMARY OF EVALUATION
Training on **DISASTER RESILIENCY AND STRESS DEBRIEFING CUM RELIEF OPERATION**
Namabbalan, Tuguegarao City
Nov. 14, 2020

Area of Evaluation	Overall Evaluation
A. Course Content	
The training is very relevant to present needs of the community and the country as a whole.	5
The training is very relevant to present needs of the community and the country as a whole.	5
The topics/workshop gave me new insights/ideas about how I should do my work as well as deal with everyday living.	5
The topics/workshop gave me new skills that will improve my efficiency/productivity.	5
The topics/workshop will enhance my dealings with the members of my community	5
A. Training Schedule	
The session/s started and ended according to the set schedule.	5
The schedule for the training was conducive to learning.	5
The time allotted for the topic was sufficient to ensure maximum learning.	5
The time allotted for breaks was sufficient.	5
B. Timeliness	
The topics discussed gave solutions to my present concerns	5
Average mean	5
C. Resource Speakers	
The resource persons showed mastery of the subject matter.	5
The resource person/s spoke clearly.	5
The resource person/s presented the topics in an organized manner.	5
The resource person/s exhibited enthusiasm in delivering their lecture.	5
The resource person/s used various methods to make the presentations interesting and lively.	5
The resource person/s encouraged group participation.	5
Average Mean	5

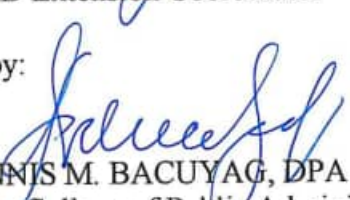
5 - Outstanding 4 - Very Satisfactory 3 - Satisfactory 2 - Good 1 - Poor

The table reveals the evaluation of the training by the participants. All of them claimed that the content, time schedule and timeliness of the training was **Outstanding** as indicated by the average mean of 5. The resource persons were likewise rated as **Outstanding** as implied by the average mean of 5.

Prepared by:


JOEL P. BINASOY
CPAD Extension Coordinator

Concurred by:


DENNIS M. BACUYAG, DPA
Dean, College of Public Administration



Title of Training: DISASTER RESILIENCY + STRESS DEBRIEFING CUM RELIEF OPERATION

Venue NANASBALAN SUR, TUG. CITY

DATE: NOV. 20, 2020

PARTICIPANTS PROFILE

GROUP I

No.	Name	Sex M/F	Civil Status	Religious Affill.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position	Contact Number	Membership to Org.	Signature
1	Agustin Bangani	M	M	R-C	50	8-28-70	Elem. grad.					
2	Romeo Tumalinan	M	M	R-C	54	4-2-66	H.S. grad.					
3	Felisa Soriano	F	M	R-C	34	1-5-86	College level					F.S.
4	Fa Soriano	F	M	R-C	44	1-4-76	H.S. grad.					
5	Juliana Bunagan	F	W	R-C	58	1-10-62	H.S. grad.					
6	Gevelyn Bayawa	F	M	R-C	29	4-16-91	H.S. grad.					J. Bayawa
7	Melba Bayawa	F	Solo Parent	R-C	54	1-9-69	H.S. grad.					
8	Genelyn Lopez	F	M	R-C	34	5-24-86	H.S. grad.					
9	Adoracion Malana	F	M	R-C	90	4-13-30	Elem grad.					A.D.
10	Aurora Dayag	F	M	R-C	52	10-13-68	H.S. grad.					
11	Ronald Dayag	M	M	R-C	51	1-20-69	H.S. grad.					
12	Jackson Maddatu	M	S	R-C	38	9-12-82	College grad.					
13	Marnie Cruzat	F	W	R-C	66	4-8-54	College grad.					
14	Yolanda Dayag	F	M	R-C	58	11-14-62	H.S. grad.					
15	Segundina Balis	F	W	R-C	37	6-18-83	H.S. grad.		S-C			
16	Aida Dayag	F	S	R-C	65	4-12-55	H.S. grad.		S-C			
17	Marcial Laña	M	M	R-C	42	9-21-78	College level		TANOD			
18	Jesse Dayag Jr.	M	Solo Parent	R-C	54	1-2-69	H.S. grad.		FARMER			
19	Maryjane Dayag	F	M	R-C	52	11-28-68	Elem. grade		H.W			
20	Jay Talay	M	M	R-C	34	8-7-86	College grad.		H.W			
21	Shadafaye Mabonang	F	W	R-C	62	12-12-58	Elem. grad.		C.S			
22	Carolyn Baroni	F	M	R-C	19	10-6-01	H.S. level		H.W			



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: Disaster Resiliency & Stress Reducing cum Relief Operation

Venue Hamabalen Sur, Gymnasium

DATE: Nov. 20, 2020

PARTICIPANTS PROFILE

YAN ABDALAN SUR

No.	Name	Sex M/F	Civil Status	Religious Affill.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position	Contact Number	Membership to Org.	Signature
23	Erwin Agabin	M	M	R-C		10-15-1981	A-School GRAD		PWD			<i>E Agabin</i>
24	Vicente Ruyce	M	M	R-C		10-12-1975	A-School GRAD		T- DRIVER			<i>V Ruyce</i>
25	Maxima Cabaddu	F	M	R-C	74	01-07-1931	GRADE - 6		H-WIFE			<i>M Cabaddu</i>
26	Jonanie Allag	F	M	R-C	39	4-1-1981	H. Graduate		H. WIFE	09759366955		<i>J Allag</i>
27	Loringa Ugaddan	F	S	R-C	75	3-10-1946	E-GRADUATE		~~H-WIFE~~			<i>L Ugaddan</i>
28	Rogelio Uru	M	W	R-C	69	11-15-19	VOCATIONAL		me			<i>R Uru</i>
29	Ma. Dolores Lungca	F	M	B.Christian	32	06-18-88	College Grad.		H. WIFE	09174360013		<i>M Lungca</i>
30	Victoria Baggay	F	S	R-C	57	11-08-1963	COL. LEVEL		H. WIFE	09362680866		<i>V Baggay</i>
31	Josephine Cabaddu	F	M	R-C	64	12-20-1956	H-LEVEL		H-WIFE	09970737402		<i>J Cabaddu</i>
32	Linnie Pattung	F	M	R-C	40	01-19-1994	High School		H-WIFE	09361520865		<i>L Pattung</i>
33	Margie Rages	F	M	R-C		11-7-1977						<i>M Rages</i>
34	Helen Mabborang	F	M	R-C	26	01-19-1994	High School grad.		H-WIFE	09067696457		<i>H Mabborang</i>
35	Berlie Cabaddu	F	~~Solo~~ Parent		40	11-13-1977	Elem GRAD					<i>B Cabaddu</i>
36	Milagros Salazar	F	W	R-C	63	3-28-1957	GRADE C		H-WIFE	09975265692		<i>M Salazar</i>
37	Laila Salazar	F	M	R-C	30	10-10-1989	H-School grad.		H-WIFE	09655806886		<i>L Salazar</i>
38	Aurora Casamay	F	M	R-C	57	1-30-1964	GRADE-3		H-WIFE			<i>A Casamay</i>
39	Cedera Macatuggal	F	M	"	60	2-10-1960	GRADE-5		HOUSEWIFE	09353515085		<i>C Macatuggal</i>
40	Ricky Macatuggal	M	M	R-CATHOLIC		7-22-1991	GRADE-SCHOOL GRAD		H-WIFE	0926495785		<i>R Macatuggal</i>
41	Marygrace Buraga	F	M	R-CATHOLIC	48	8-24-1972	A-School GRAD		H-WIFE			<i>M Buraga</i>
42	Rosita Buraga	F	W	R.C	40	9-4-1950	Elem-GRAD		S-Citizen			<i>R Buraga</i>
43	Nicene Baggay	F	M	R-C	60	1-12-61	GRADE-6		H.WIFE			<i>N Baggay</i>
44	Dolores Cabaddu	F	M	R.C.	58	1-25-63	GRADE-5		H.WIFE			<i>D Cabaddu</i>



Title of Training: Disaster Resilience + Stress Debriefing
Venue: _____

DATE: Nov. 20, 2020

PARTICIPANTS PROFILE

Group 2

Namabbalan Sur GROUP 2

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major			Number	Org.	
45	1 Marlon Maltu	M	M	R.C	21	6-25-91	H.S Grad.		labor			M Maltu
46	2 Estela Marquez	F	M	R.C	53	7-12-67	H.S Grad.		H.W			Estela Marquez
47	3 Claire Robles	F	M	R.C	25	8-15-95	H.S Grad.		H.W			Claire Robles
48	4 Lucio Buraga	M	W	R.C	31	10-18-49	H.S Grad.		S.C.			Lucio Buraga
49	5 Jaime Buraga	M	M	R.C	47	11-13-73	H.S Grad.		Driver			Jaime Buraga
50	6 Marcisa Montenegro	F	W	R.C	65	3-18-55	C. Grad.		S.C			Marcisa Montenegro
51	7 Eduardo Atara	M	M	Born Again	61	2-6-59	H.S Grad.		S.C			Eduardo Atara
52	8 Ric Atara	M	M	R.C	50	8-27-70	C. Grad.		Driver			Ric Atara
53	9 Leo Atara Jr.	M	M	R.C	46	3-4-74	C. Grad.		Merchandising			Leo Atara Jr.
54	10 Jinky Cabane	F	M	R.C	48	5-2-72	C. Grad.		H.W			Jinky Cabane
55	11 Digna Cusipag	F	M	Born Again	58	12-11-62	H.S Grad.		H.W			Digna Cusipag
56	12 Delia Buraga	F	M	Born Again	58	12-11-62	H.S Grad.		H.W			Delia Buraga
57	13 Ernesto Pascual	M	M	Born Again	51	2-21-79	H.S Grad.		Labaner			Ernesto Pascual
58	14 Alicia Montenegro	F	S	Born Again	64	5-5-56	Elem. Grad.		S.C			Alicia Montenegro
59	15 Juan Atara JR.	M	M	R.C	50	9-2-70	C. Grad.		Driver			Juan Atara JR.
60	16 Melba Atara	F	M	R.C	48	6-11-72	H.S Grad.		H.W			Melba Atara
61	17 Lorna Balubal	F	M	R.C	52	1-6-68	H.S Grad.		H.W			Lorna Balubal
62	18 Vilma Paa	F	S	R.C	58	1-7-62	H.S Grad.		Store Owner			Vilma Paa
63	19 Shirley Mabborang	F	S	R.C	61	9-25-59	H.S Grad.		Store Owner			Shirley Mabborang
64	20 Gogimo Baccay	M	S	R.C	65	1-3-56	H.S Grad.		Farmer			Gogimo Baccay
65	21 Luz Atara	F	M	R.C	49	12-15-71	H.S Grad.		H.W			Luz Atara
66	22 Guidho Ugaddan	M	S	R.C	58	5-15-64	Elem. Grad.		Labaner			Guidho Ugaddan



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: _____

Venue: _____

DATE: _____

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position	Contact	Membership to	Signature
		M/F	Status	Affill.		(m/d/yy)	Major			Number	Org.	
67	1 Imelda Agabin	F	M	R.C.	31	4-15-1969			H - WIFE			I Agabin
68	2 Ma. Angelica Tumalisan	F	M	R.C.	30	11-18-1990			H - WIFE			Ma. Angelica
69	3 Remedios Tumalisan	F	W	R.C.	73	9-16-1947			S-CITIZEN			Remedios
70	4 George Tumalisan	M	M	R.C.	48	12-4-1972			T- DRIVER			George
71	5 Anarnae Pattung	F	M	R.C.	24	5-8-1996			S- OWNER			Anarnae
72	6 Melwin Turaray	F	M	R.C.	27	11-20-1993			H- WIFE			Melwin
73	7 Nina Turaray	F	M	R.C.	29	7-5-1991			H- WIFE			Nina
74	8 Liliba Bono	F	M	R.C.	23	4-28-1997			H- WIFE			Liliba
75	9 Arman Apelado	M	M	R.C.	31	4-14-1989			LABORER			Arman
76	10 Jerlyn Uru	F	M	R.C.	43	11-13-1947	11 YEAR High School		H - WIFE	09657003683		Jerlyn
77	11 Joseph Allam	M	M	R.C.	54	2-9-1966	C- GRAD		M- WELDER			Joseph
78	12 Carol Conno	F	M	R.C.	50	6-27-1970			H- W			Carol
79	13 Jocelyn Parna	F	M	R.C.	30	3-31-1990	H - GRAD		TAND			Jocelyn
80	14 May Tabones	F	M	R.C.	41	5-1-1979			H- W			May
81	15 Rowena Lagas	F	M	R.C.	38	1-14-1982			H- W			Rowena
82	16 Ligel Parna	F	M	R.C.	40	2-13-1980			S- OWNER			Ligel
83	17 Lino Lucio	M	M	R.C.	64	12-24-1956			S- CITIZEN			Lino
84	18 Julieta Tallud	F	M	R.C.	48	5-18-1972			H WIFE			Julieta
85	19 Amelia Parna	F	W	R.C.	67	1-8-1953			S- CITIZEN			Amelia
86	20 Freda Montenegro	F	M	R.C.	56	12-14-1964			S- OWNER			Freda
87	21 Jennifer Tumalisan	F	M	R.C.	39	2-8-1981			H- W			Jennifer
88	22 Margaret Balao	F	W	R.C.	49	10-30-1971			LABANDIRA			Margaret



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: Disaster Resiliency + Stress Debriefing

Venue _____

DATE: _____

PARTICIPANTS PROFILE

GROUP 3

GRADUATES

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/ Major	Agency	Position	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)			Number	Org.		
89	1 Francisco Agabin	M	M	R-C	62	4-29-58	Elem. Grad.		Laborer			Fo
90	2 Niela Agabin	F	M	R-C	32	3-27-88	College level		House Wife			N. Agabin
91	3 Emilio Agabin	M	M	R-C	37	1-23-83	H.S. Grad.		Laborer			Emilio
92	4 Marylyn Baldinay	F	M	R-C	30	4-27-90	H.S. GRAD.		H.W.			m. Baldinay
93	5 Danilo Agabin	M	M	R-C	22	9-28-98	H.S. Grad.		Laborer			Agabin
94	6 Teresita Macatuggal	F	M	R-C	52	11-25-58	High School Grad.		H.W.			Macatuggal
95	7 Angelita Macatuggal	F	M	R-C	36	1-9-84	High School Grad.		Store Owner			Angelita
96	8 Teresita Baranay	F	M	R-C	65	5-15-55	College Grad.		H.W.			Baranay
97	9 Calixto Baranay	M	W	R-C	72	8-19-48	Elem. Grad.		S.C.			Baranay
98	10 Madel Dalinay	F	M	R-C	35	5-11-85	College Grad.		H.W.			Madel
99	11 Mariel Sedano	F	M	R-C	40	4-26-80	H.S. Grad.		Vendor			Sedano
100	12 Consolacion Reyes	F	W	R-C	60	12-29-60	Elem. level		H.W.			Reyes
101	13 Rosemarie Reyes	F	W	R-C	37	1-6-83	H.S. Grad.		Vendor			Reyes
102	14 Cristina Baran	F	M	R-C	34	7-26-85	H.S. GRAD.		Store Owner			Baranay
103	15 Maricar Tallud	F	M	R-C	24	7-17-96	H.S. Grad.		H.W.			Tallud
104	16 Agnes Caragayan	F	M	R-C	50	1-10-71	H.S. Grad.		H.W.			Caragayan
105	17 Cherylou Oba-ab	F	M	R-C	34	7-22-86	H.S. Grad.		H.W.			Oba-ab
106	18 Letty Agabin	F	M	R-C	40	12-17-81	H.S. Grad.		Store Owner			Agabin
107	19 Josefina Baranay	F	W	R-C	53	1-9-68	H.S. Grad.		H.W.			Baranay
108	20 Mariel Baranay	F	M	R-C	32	3-19-88	College Grad.		H.W.			Baranay
109	21 Alfonsa Caragayan	F	W	R-C	72	1-23-49	Elem. Grad.		S.C.			Caragayan
110	22 Inez Baranay	F	M	R-C	30	10-9-90	H.S. Grad.		H.W.			Baranay



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: _____

Venue _____

DATE: _____

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/ Major	Agency	Position	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)			Number	Org.		
111	Dulce Soriano	F	M	R-C	54	2-14-67	Elementary Grad		Helper			Dulce
112	Lanie Lopez	F	M	R-C	51	11-18-69	Elementary Grad		H.W			Lanie
113	Maria Mendoza	F	W	R-C	72	12-8-48	Elementary Grad		S-C			Maria
114	Jose Caragayan	M	M	R-C	53	2-5-68	High School Grad		Farmer			Jose
115	Rebecca Bulan	F	M	R-C	33	10-16-87	High School Grad.		H.W			Rebecca
116	Martina Caragayan	F	W	R-C	83	2-2-47	Elementary level		S-C			Martina
117	Benese Divina	F	M	R-C	24	2-22-97	High School Grad.		H.W			Benese
118	Julita Atara	F	M	R-C	59	11-19-61	College level		H.W			Julita
119	Leandro Atara	M	M	R-C	48	4-4-73	High School Grad		Ventur			Leandro
120	Jonita Macabugay	F	M	R-C	43	11-4-77	High School Grad		Business Man			Jonita
121	Arsenia Soriano	F	M	R-C	29	9-7-97	College level		H.W			Arsenia
122	Shila Resae	F	M	R-C	31	3-10-90	College Grad.		Sales Lady			Shila
123	Rubyjane Badajoz	F	M	R-C	34	4-4-86	College Grad.		Teacher			Rubyjane
124	Joylyne Agatep	F	M	R-C	29	10-27-91	College Grad.		H.W			Joylyne
125	Antonio Macababab	M	M	R-C	29	10-14-91	College level		Labor			Antonio
126	Jayson Soriano	M	M	R-C	30	6-21-90	High School level.		Labor			Jayson
127	Julita Amparo	F	W	R-C	64	5-11-56	Elementary Grad		H.W			Julita
128	Romeo Flores	M	M	R-C	29	2-27-92	High School Grad		Labor			Romeo
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Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: Disaster Resiliency and Stress Debriefing

Venue Namabalan Sur

DATE: Nov. 20, 2020

PARTICIPANTS PROFILE

GROUP 4

No.	Name	Sex M/F	Civil Status	Religious Affil.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position	Contact Number	Membership to Org.	Signature
132	1 Mila T. Reyes	F	W	Cristian	58	10-13-62	Elem. Grad.		Homewife			<i>[Signature]</i>
131	2 Jessie T. Reyes	M	M	Cristian	32	3-5-88	H.S. Grad.		Laborer			<i>[Signature]</i>
132	3 Michael T. Reyes	M	M	Cristian	30	5-10-90	Grade V		Laborer			<i>[Signature]</i>
133	4 Fortunato Osalla	M	M	R.C.	56	2-12-64	H.S. Grad.		Laborer			<i>[Signature]</i>
134	5 Eduardo Balod	M	M	R.C.	55	8-10-65	H.S. grad.		Homewife			<i>[Signature]</i>
135	6 Lucille Mae Malana	F	M	R.C.	25	9-25-95	College Under Grad.		T-driver			<i>[Signature]</i>
136	7 Terecita Quizon	F	M	Cristian	58	3-8-62	H.S. grad.		Homewife			<i>[Signature]</i>
137	8 Edilyn Quizon	F	M	Cristian	27	2-25-93	H.S. grad.		Homewife	09757616734		<i>[Signature]</i>
138	9 Romeo Gadiano	M	S	R.C.	38	6-28-82	Grade - V		Laborer			<i>[Signature]</i>
139	10 Rachelle Hugman	F	M	Cristian	31	11-6-89	College Grad.		Homewife			<i>[Signature]</i>
140	11 MaryAnn Hugman	F	M	Cristian	56	2-22-64	College level		Homewife			<i>[Signature]</i>
141	12 Letty Simangan	F	W	R.C.	56	11-4-64	H.S. grade		Homewife			<i>[Signature]</i>
142	13 Allan Asuncion	M	M	R.C.	34	5-11-86	College grad.		Miner			<i>[Signature]</i>
143	14 Bernadette Quizon	F	to Parent	Cristian	34	6-17-86	College grad.		Homewife			<i>[Signature]</i>
144	15 Christopher Hugman	M	M	Cristian	23	12-3-97	College grad.		Laborer			<i>[Signature]</i>
145	16 Ma. Theresa Bacud	F	M	R.C.	48	3-10-72	H.S. grad.		Homewife			<i>[Signature]</i>
146	17 Aida Canaya	F	Separated	R.C.	31	10-1-89	College level		Homewife			<i>[Signature]</i>
147	18 Ricardo Pamittan	M	M	R.C.	63	01-18-52	H.S. grad.		Farmer			<i>[Signature]</i>
148	19 Ennel Pamittan	M	M	R.C.	33	9-13-87	H.S. grad.		Security Guard			<i>[Signature]</i>
149	20 Jennifer Magal	F	M	R.C.	40	12-26-80	H.S. grad.		Homewife			<i>[Signature]</i>
150	21 Anthony Bacud	M	to Parent	R.C.	27	5-22-93	College level		Laborer			<i>[Signature]</i>
151	22 Zenaida Cabatic	F	M	R.C.	44	11-29-76	H.S. grad.		Homewife			<i>[Signature]</i>

Summary of Evaluation Results
Disaster Resiliency and stress Debriefing
Relief Operation
Namabbalan, Tuguegarao City
November 20,2020

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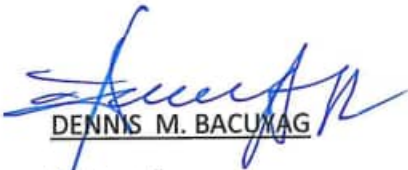
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Total	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

The training as a whole including the three resource persons were unanimously rated as “Outstanding” by all the participants of the seminar as revealed by the weighted mean of 5.

Prepared by:

Concurred by:


JOEL BINASOY
 College Extension Coordinator


DENNIS M. BACUMAG
 College Dean



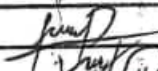
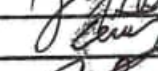
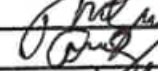
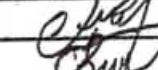
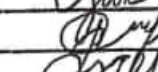
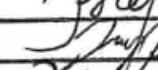
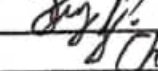
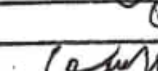
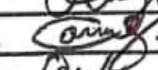
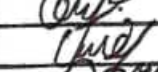
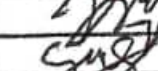
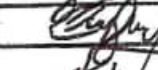
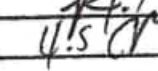
Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: Disaster Resiliency and Stress Debriefing cum Relief Operation

Venue Basao, Gattaran

DATE: Dec. 31, 2020

PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/ Major	Agency	Position	Contact Number	Membership to Org.	Signature
		M/F	Status	Affil.		(m/d/yy)						
1	Fatima Villa	F	M	Rom. Cath	61	Sep. 01, 1960	College		Housewife			
2	Joel Cariaga	M	M	Rom. Cath	64	Mar. 29, 1957	H.S Grad		Farmer			
3	Alfredo Baraga Sr.	M	M	Rom. Cath	56	Oct. 15, 1965	H.S Grad		Farmer			
4	Bren Ulep	M	M	Rom. Cath	56	Mar. 22, 1965	H.S Grad		Farmer			
5	Fe Sava	F	M	Rom. Cath	59	Dec. 21, 1968	Elem. Grad		Housewife			
6	Rene Sava	M	M	Rom. Cath	66	Dec. 01, 1955	Elem. Grad		Farmer			
7	Roland Vicente	M	S	Rom. Cath	63	Aug. 06, 1958	H.S Grad		Farmer			
8	Lucita Mangan	F	S	Rom. Cath	61	Apr. 02, 1960	H.S Grad		Housewife			
9	Irene Rayudo	F	S	Rom. Cath	69	Jan. 30, 1952	H.S Grad		Housewife			
10	Rome Rodillo	M	S	Rom. Cath	61	Nov. 12, 1960	H.S Grad		Farmer			
11	Estelino Lagora	M	M	Rom. Cath	49	Dec. 25, 1972	H.S Grad		Farmer			
12	Cecilio Supast	M	M	Rom. Cath	51	Feb. 02, 1970	College		Farmer			
13	Raynald Vincente	M	M	Rom. Cath	66	Jul. 29, 1955	College		Farmer			
14	Francisco Baraga	M	M	I.N.C	61	Jan. 14, 1960	College		Farmer			
15	Samuel Baraga	M	M	I.N.C	61	Aug. 04, 1960	Elem. Grad		Farmer			
16	Warlito Baraga	M	S	I.N.C	41	Nov. 20, 1980	H.S Grad		Farmer			
17	Zeus Balitaga	M	S	Rom. Cath	51	Jun. 22, 1970	H.S Grad		Farmer			
18	Almonte De la Torre	F	S	Rom. Cath	61	Aug. 16, 1960	H.S Grad		Farmer			
19	Helen Agamata	F	M	Rom. Cath	51	Jan. 22, 1970	H.S Grad		Housewife			
20	Lihat Laddawan	M	M	Rom. Cath	42	Feb. 29, 1979	H.S Grad		Farmer			
21	Tomel Barola	M	M	Rom. Cath	39	Dec. 22, 1984	Elem. Grad		Farmer			
22	Jonel Laddawan	M	M	Rom. Cath	40	Jul. 09, 1981	Elem. Grad		Farmer			

Title of Training: DISASTER RESILIENCE & STRESS DEBRIEFING CDM RELIEF OPERATION

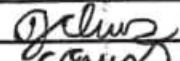
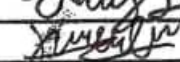
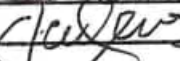
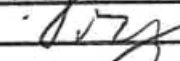
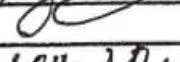
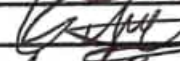
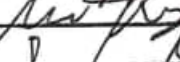
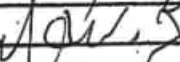
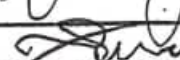
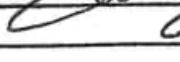
DATE: Dec 28-2020

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Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: Disaster Penitency and Stress Debriefing cum Relief Operation
Venue: Basco, Cebu
DATE: Dec 30, 2020
PARTICIPANTS PROFILE

No.	Name	Sex	Civil	Religious	Age	Date of Birth	Highest Degree/	Agency	Position	Contact	Membership to	Signature
		M/F	Status	Affil.		(m/d/yy)	Major			Number	Org.	
1	Flor Sapa	F	M	I.N.C	66	JAN. 12, 1955	H-S Grad		HOUSEWIFE			
2	Pacalo Peralta	M	M	ROM. CATH	70	MAR. 20, 1950	H-S Grad		FARMER			
3	Nely Agustine	M	M	ROM. CATH	61	MAY. 11, 1960	College		FARMER			
4	Jose Lingaro	M	M	ROM. CATH	80	SEP. 20, 1940	H-S Grad		FARMER			
5	Amendo Solancho	F	M	ROM. CATH	66	JAN. 12, 1954	H-S Grad		HOUSEWIFE			
6	Felimonis Tansuy	F	S	ROM. CATH	61	JUL. 11, 1959	H-S Grad		HOUSEWIFE			
7	Gloria Lopez	F	S	ROM. CATH	58	JUN. 10, 1952	College		HOUSEWIFE			
8	Maryjo Desaspi	F	S	ROM. CATH	18	DEC. 09, 2002	H-S Grad		HOUSEWIFE			
9	Precy Reyes	F	M	ROM. CATH	20	OCT. 05, 2000	Grade - I		HOUSEWIFE			
10	Alvin Castro	M	M	ROM. CATH	28	JAN. 02, 1998	Grade - I		FARMER			
11	Bryan Esteban	M	M	I.N.C	40	OCT. 01, 1980	Grade - IV		FARMER			
12	Alvin Chad	F	M	I.N.C	20	MAY. 29, 2000	H-S Grad		HOUSEWIFE			
13	Arbeno Chad	M	M	I.N.C	60	APR. 25, 1960	Elem. Grad		FARMER			
14	Emily Eland	F	M	I.N.C	70	MAY. 22, 1950	Elem. Grad		HOUSEWIFE			
15	Vincent Paut	M	M	ROM. CATH	50	JUL. 21, 1970	Elem. Grad		FARMER			
16	Arnold Paut	M	M	ROM. CATH	70	JUN. 10, 1940	Elem. Grad		FARMER			
17	Carmin Paut	F	M	ROM. CATH	77	OCT. 19, 1943	Elem. Grad		HOUSEWIFE			
18	Janice Lograda	F	M	P.A	79	NOV. 15, 1941	Grade - IV		HOUSEWIFE			
19	Jose Lograda	M	M	P.A	55	FEB. 12, 1965	Grade - IV		FARMER			
20	Helio Lograda	F	M	P.A	52	MAR. 11, 1968	Grade - III		HOUSEWIFE			
21	Jose Molina	M	M	P.A	80	SEP. 02, 1940	Grade - II		FARMER			
22	Sergio Cavigan	M	M	P.A	80	OCT. 01, 1940	H-S Grad		FARMER			



Republic of the Philippines
Cagayan State University
Carig Campus

Title of Training: DISASTER RESILIENCY and STRESS DEBRIEFING CUM RELIEF OPERATION

Venue Basag, Gattaran

DATE: Dec 30, 2020

PARTICIPANTS PROFILE

No.	Name	Sex M/F	Civil Status	Religious Affill.	Age	Date of Birth (m/d/yy)	Highest Degree/ Major	Agency	Position	Contact Number	Membership to Org.	Signature
1	Jenny Alib	F	W	I.N.C	44	MAY 30, 1937	H.S Grad		HOUSEWIFE			<i>[Signature]</i>
2	Adelva Peralta	M	M	I.N.C	61	AUG. 21, 1960	H.S Grad		FARMER			<i>[Signature]</i>
3	Francis Alatorres	M	M	ROM. CATH	66	NOV. 09, 1955	H.S Grad		FARMER			<i>[Signature]</i>
4	Samuel Belletteros	M	M	ROM. CATH	51	JAN. 01, 1950	College		FARMER			<i>[Signature]</i>
5	Manuel Aquino	M	M	B.A	64	FEB. 12, 1952	College		FARMER			<i>[Signature]</i>
6	Leonar Peralta	M	W	B.A	73	DEC. 28, 1948	Elem. Grad		FARMER			<i>[Signature]</i>
7	Jacob Ferrer	M	S	B.A	65	NOV. 21, 1956	H.S Grad		FARMER			<i>[Signature]</i>
8	Francis Aquino	M	M	I.N.C	71	JUN. 22, 1950	H.S Grad		FARMER			<i>[Signature]</i>
9	Marguila Asuncion	F	M	I.N.C	32	MAR. 02, 1989	H.S Grad		HOUSEWIFE			<i>[Signature]</i>
10	Timmy Navag	M	M	ROM. CATH	37	MAY. 27, 1984	H.S Grad		FARMER			<i>[Signature]</i>
11	Jay Balalao	M	S	ROM. CATH	40	JAN. 21, 1981	H.S Grad		FARMER			<i>[Signature]</i>
12	Rusing Balalao	M	M	ROM. CATH	44	MAR. 17, 1977	Elem. Grad		FARMER			<i>[Signature]</i>
13	Emma Bautista	F	W	ROM. CATH	51	OCT. 21, 1970	Elem. Grad		HOUSEWIFE			<i>[Signature]</i>
14	Lolita Paragua	F	W	ROM. CATH	71	JAN. 02, 1950	College		HOUSEWIFE			<i>[Signature]</i>
15	Sibal Paragua	M	W	ROM. CATH	66	MAY. 01, 1955	College		FARMER			<i>[Signature]</i>
16	Tealyn Basil	F	M	ROM. CATH	37	DEC. 31, 1984	College		HOUSEWIFE			<i>[Signature]</i>
17	Lolita Termino	F	M	ROM. CATH	72	OCT. 02, 1949	H.S Grad		HOUSEWIFE			<i>[Signature]</i>
18	Josephine Abuya	F	M	ROM. CATH	67	FEB. 09, 1954	H.S Grad		HOUSEWIFE			<i>[Signature]</i>
19	Zeus Laura	M	M	I.N.C	66	APR. 11, 1955	H.S Grad		FARMER			<i>[Signature]</i>
20	Melisa Javier	F	M	I.N.C	54	APR. 17, 1967	H.S Grad		HOUSEWIFE			<i>[Signature]</i>
21	Danilo Nura	M	M	ROM. CATH	59	JAN. 02, 1962	Elem. Grad		FARMER			<i>[Signature]</i>
22	Reynaldo Nura	M	M	ROM. CATH	64	DEC. 22, 1952	Elem. Grad		FARMER			<i>[Signature]</i>

Title of Training: Disaster Preparedness and Spill Response and Recovery Operations

DATE: Dec 20, 2020

[illegible]

Title of Training: Disaster Resilience and Stress Debriefing from Relief Operations

DATE: Dec-20, 2020

[illegible]

[illegible]

[illegible]

[illegible]

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Documentations



Cagayan State University - Carig Campus

November 14, 2020 · 🌐

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Relief Op Day 1. CSU responds to Gosi

Later this afternoon, the Barangay Captain of Gosi called the University asking for food assistance for the barangay folks. In response, the CSU Relief Operation Team prepared food and brought the same to the barangay for distribution.

Aside from the food arranged by the university, Mr. Rey Ferrer, CSU graduate school student, accompanied by Councilor Jude Bayona, also provided additional food packs that the residents may partake for their next meals.

[#weuniteforcagayan](#)



DOCUMENTATIONS

Inga, Enrile, Cagayan

November 16, 2020

President Urdujah Alvarado and CEO Arthur Ibanez were inspiration to the Relief Operation Team. Their presence and hands-on involvement even during the packing of foods for our Extension target clients were enough to inspire the team.



The food packs are now loaded to the County Bus as the team prepare for their take off to Inga for the training on Disaster Resiliency and stress debriefing cum Relief Operation.





The CHK Dean with some members of the team made a courtesy call to the Baragay Chairperson in her office while others settled the 200 training participants in the gymnasium. They were grouped into four to facilitate ease in the conduct of the training.

Everything settled, the Campus Director for RDE, Engr. Policarpo Mabborang Jr. started his lecture on Disaster Resiliency with Group 1.



Group three and four were handled by Dr. Sylvia Quigao and Dr. Mac Lagundi for Stress Debriefing.



The Director for Admin and Finance, Egr. Roger Rumpon took care of Group 2 with his topic on Flood Safety Rules.



The resource persons rotated to the four groups to deliver their respective topics.

Relief Operation concluded the activity where each participant was given a relief pack.



.... and they all yelled...."WE UNITE FOR CAGAYAN"



Business



Cagayan State University - Carig Campus
November 22, 2020 · 🌐



November 22, 2020 · 🌐

CSU Carig Relief Operation thru the initiative of CEO Arthur Ibañez in Barangay Bunugan headed by Kap. [German Fabros](#).

Thank you so much.

Bagunot



November 22, 2020 · 🌐

Bagunot relief operation nga insayangkat ti CSU Carig Campus nga indaulwan ti CEO da a ni Sir Arthur Ibañez.

Iti byang ti LGU Baggao ken bumarangay ti Bagunot headed by Kap. [Celia Manding](#) iyebkas mi ti PANAGYAMAN kadakayo

Ibulo



Cagayan State University - Carig Campus

November 22, 2020 · 🌐



November 22, 2020 · 🌐

Indanon pay ti CSU Carig Campus ti ayuda da sadyay Barangay Ibulo nga idadawlwan ni Kap. [Richard Santos Guzman](#).

Babaen ti inisyatiba ti CEO Sir Arthur Ibañez kadwa na dagiti mangisursuro ken staff ti nadumaduma a College Department ket balligi a naisayangkat ti relief operation da.

Thank you CSU Carig Campus

Taguig



Cagayan State University - Carig Campus

November 22, 2020 · 🌐



November 22, 2020 · 🌐

Insayangkat ti CSU Carig Campus ti relief distribution sadyay Barangay Taguig nga idadaulwan ni Kap. Francisco Berbano.

Babaen ti initiatiba ti nasao nga Unibersidad nga indaulwan ni CEO Sir Arthur Ibañez kadwa na da Sir Dennis Policar ken dagiti naduma duma nga College Department, inyeikas dagiti bumarangay ti panagyaman da iti naited nga tulong.

Carig Campus



Cagayan State University - Carig Campus

November 22, 2020 · 🌐



November 22, 2020 · 🌐

CSU CARIG Campus Relief Operation sadyay Barangay Carupian nga idadaulwan ni Kap. Rico Calderon.

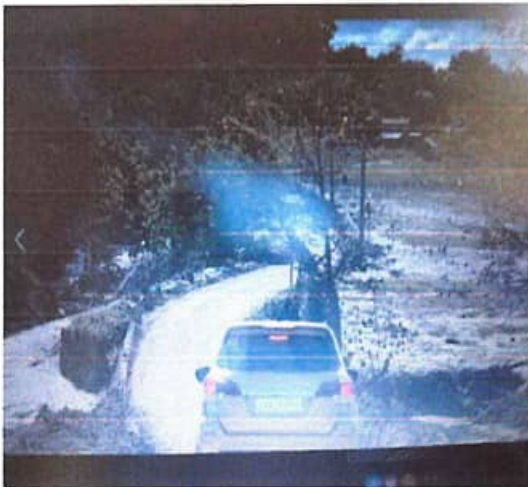
Iti sibubukel nga LGU Baggao, iyabresa mi ti inkam panagyaman kadakayo kangrunaan ti inisyatiba ti CEO da a ni Sir Arthur Ibañez.

God bless CSU...pagadalan a nangdamili kadayo idi adda tayo kolehyo...a paset ti panakatungpal amin nga balligi tayo.

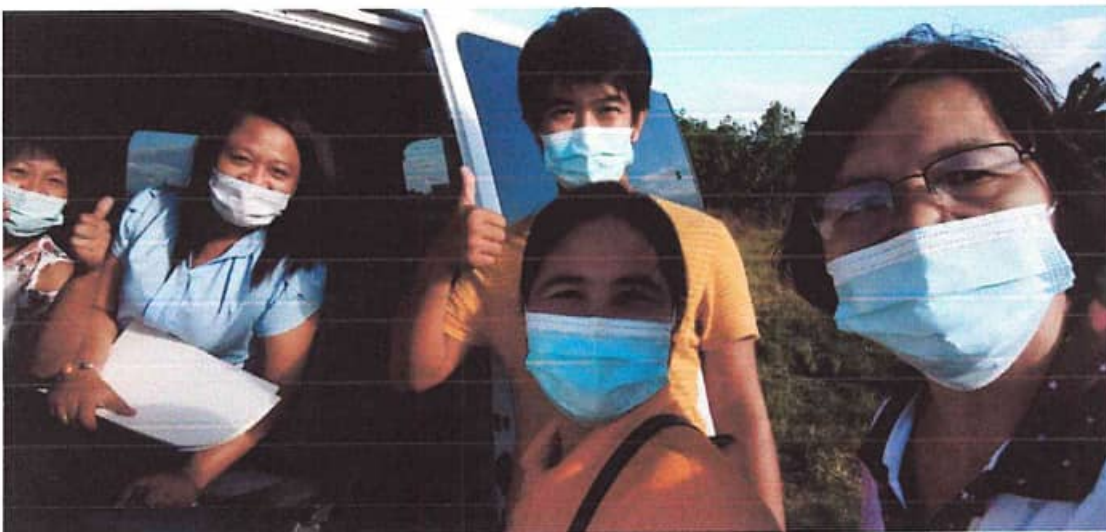
Documentations
Cataggaman Pardo Core Shelter
November 23, 2020



Initial preparation for the day's activity was packing of grocery items led by the Relief Operation Team Leader, Dr. Rosemarie Cabana. Our target clients were the flood victims housed in the Core Shelter of Cataggaman Pardo.



Two Campus Vehicles were used to shuttle the ManCom Extensionists. They passed by some areas still under water and glided the muddy road to the Core Shelter



Prof. Dennis Policar introduced his team members to include the Campus Administrative Staff, Dr. Mac Giovanni Lagundi, Guidance Counselor Doc. Sylvia Quigao, HRO Dr. Jona Cambri, NGP Coordinator Prof. Federica Gonzales, Campus extension Coordinator Prof. Jennilyn Acupan and some Admin staff.



After the resource persons were introduced, Dr. Mac Lagundi started his lecture on Disaster Resiliency



Prof. Jennilyn Acupan and Prof Federica Gonzales followed with their topic on Flood Safety Rules conveyed in the infographics.



A Stress Debriefing session was conducted by Dr. Sylvia Quigao and Dr. Jona Cambri. This provided the participants to talk about the trauma they went through during the flood and helped them recover.





The Session ended with food pack distribution and photo ops with the participants.



DOCUMENTATIONS

The Vice Mayor of Baggao graced the occasion with his words of welcome. He was expressive of how grateful he is to the Cagayan State University for having choosing the devastated barangays of Baggao as recipients of the training and relief operation.



Prof. Dennis Policar commenced the session on his topic about Disaster Resiliency.



The second speaker dealt with flood safety rules.



While the adults were having their sessions, the team headed by the Campus Executive Officer convened the children for a stress debriefing after which they were given snacks.



Another group of men and women were handled by the team of the Guidance Counselor, Dr. Sylvia Quigao with Prof. Fedinand Mercado for a stress debriefing.



Relief packs were distributed to the participants after the training.



Today's training cum relief operation was a collaborative endeavor of the Campus Relief Operation Team, We Unite Team, the Phil Institute of Civil Engineers Inc. and generous donors.

Agaman Sur



Group 1 were attentive to the lecture on Disaster Resiliency.

After his session with Group 1, Prof. Dennis Policar moved to Group 2 and discussed extensively same topic on Disaster Resiliency.



Group 3 were handled by by Dr. Mac Giovani and Federica Gonzales with their topic on “Dealing with Stress after a Disaster”

Agaman Proper

In Agaman Proper, Sir Dennis was still the first speaker with his topic on Disaster Resiliency.



The session progressed with "Mga Pag-iingat sa Kaligtasan Habang at Pagkatapos ng Bagyo". The resource person stressed on the the following:

- kaligtasan ng pagkain
- personal nakalinisan
- ang paglilinis ay dapat isagawa sa lalong madaling panahon



Vice Mayor Gazmen and the Bsrangay Chairperson expressed their words of thanks to Cagayan State University for sharing such blessings in barangay Taguntungan, and Agaman.



As usual, the day's activity culminated with Relief operation led by the Campus Executive Officer. Each participant was given a relief pack.



A final pose with some of the participants and Barangay Officials.





Cagayan State University - Carig Campus

December 3, 2020 · 🌐

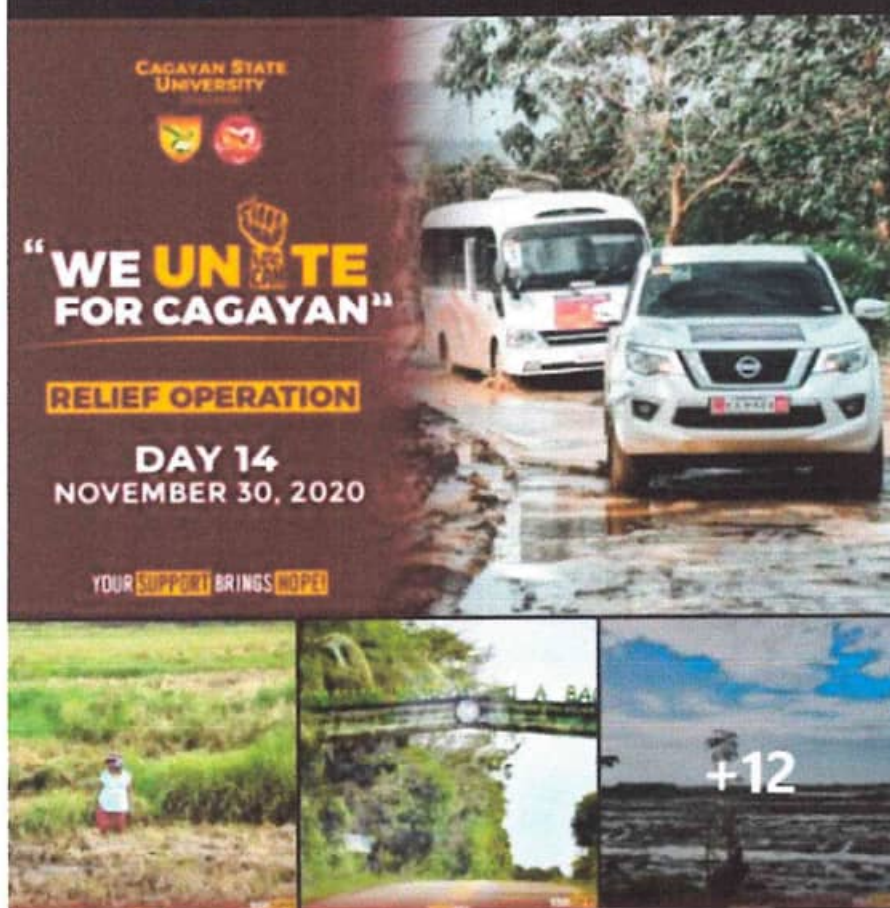
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Relief Op Day 14. CSU Carig reaches out to Baggao

Part 1 of 6

The relief operation team of CSU Carig travelled to Baggao, Cagayan last November 30 for the second leg of its relief operation to the Town.

[#weuniteforcagayan](#) [#tatakcsucarig](#)





Cagayan State University - Carig Campus

December 3, 2020 · 🌐

Relief Op Day 14.

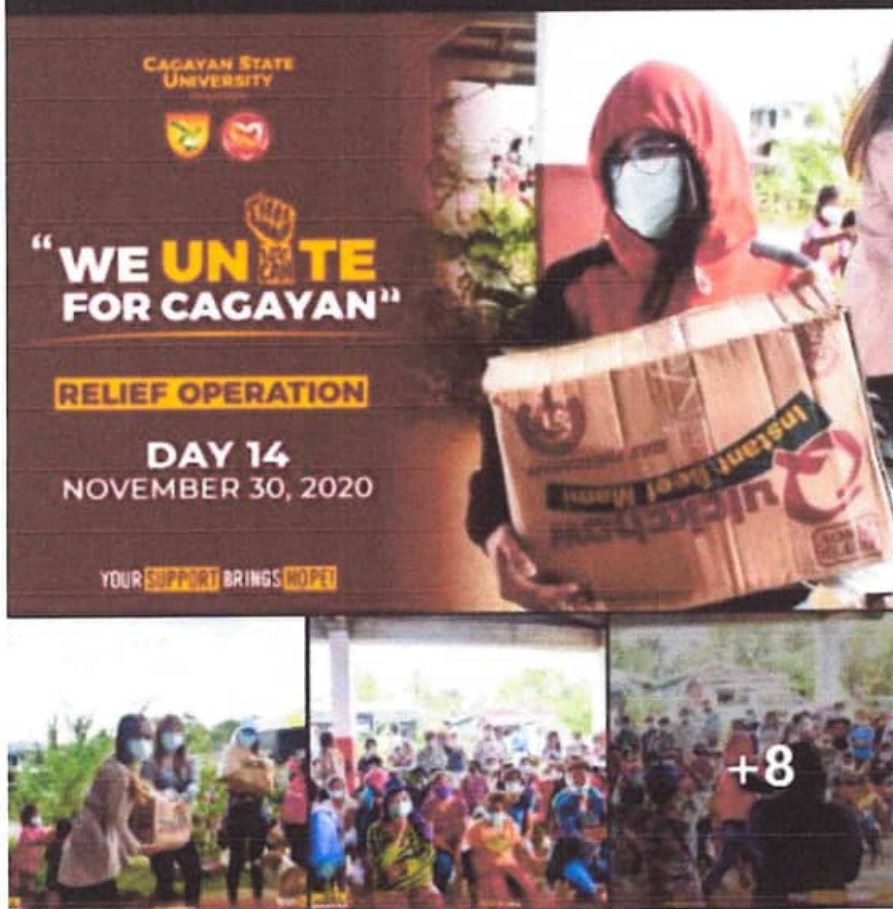
CSU Carig reaches out to Baggao

Part 3 of 6

Brgy. Taguntungan, Baggao, with 156 families also received food packs and hygiene kits, including diapers for babies, from the We Unite Team. The second operation to Baggao was made possible thru the help of SB Members

Oscar Buraga, Mariano Miguel, Lilibeth Ulep and Jaime Ramos.

[#weuniteforcagayan](#) [#tatakcsucarig](#)





Cagayan State University - Carig Campus

December 3, 2020 · 🌐

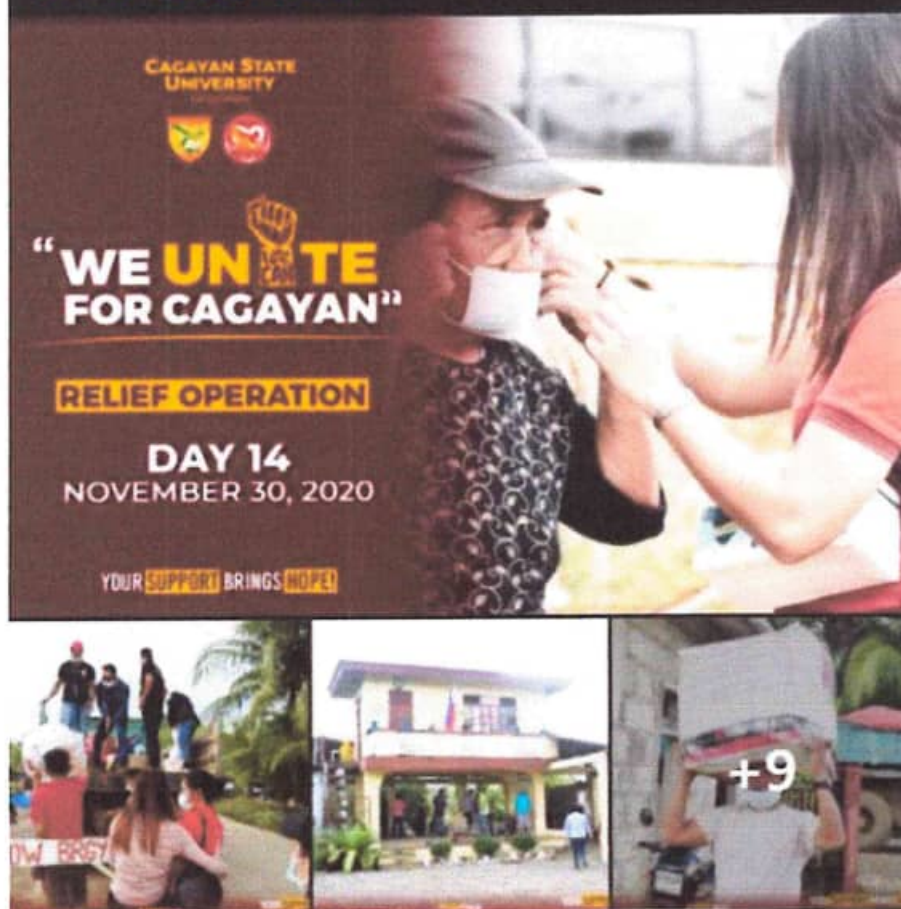
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Relief Op Day 14. CSU Carig reaches out to Baggao

Part 5 of 6

42 families in Brgy. Agaman Proper, Baggao, Cagayan- received food packs, set of towels, blankets, slippers and hygiene kits including diapers. It is the joy of the CSU Carig Relief Op team to see the smile of hope in the faces of our fellow Cagayanos.

#weuniteforcagayan #tata... See More



pinoy sw

**Cagayan State University - Carig Campus**
December 3, 2020 · 🌐

Relief Op Day 14. CSU Carig reaches out to Baggao
Part 6 of 6

200 sets of towels, blankets, slippers and hygiene kits including
diapers were received by family representatives in Brgy. Agaman Sur,
Baggao Cagayan during the We Unite Team's second visit to the town.
The giving of support to... [See More](#)



**"WE UNITE
FOR CAGAYAN"**

RELIEF OPERATION

DAY 14
NOVEMBER 30, 2020

YOUR **SUPPORT** BRINGS **HOPE**

**+6**



Cagayan State University - Carig Campus

December 4, 2020 · 🌐

#ATM

#Relief Op | Day 15

Otw to Caralangan, Alcala West

God bless Us!

May we have a safe trip!

#weuniteforcagayan





Cagayan State University - Carig Campus

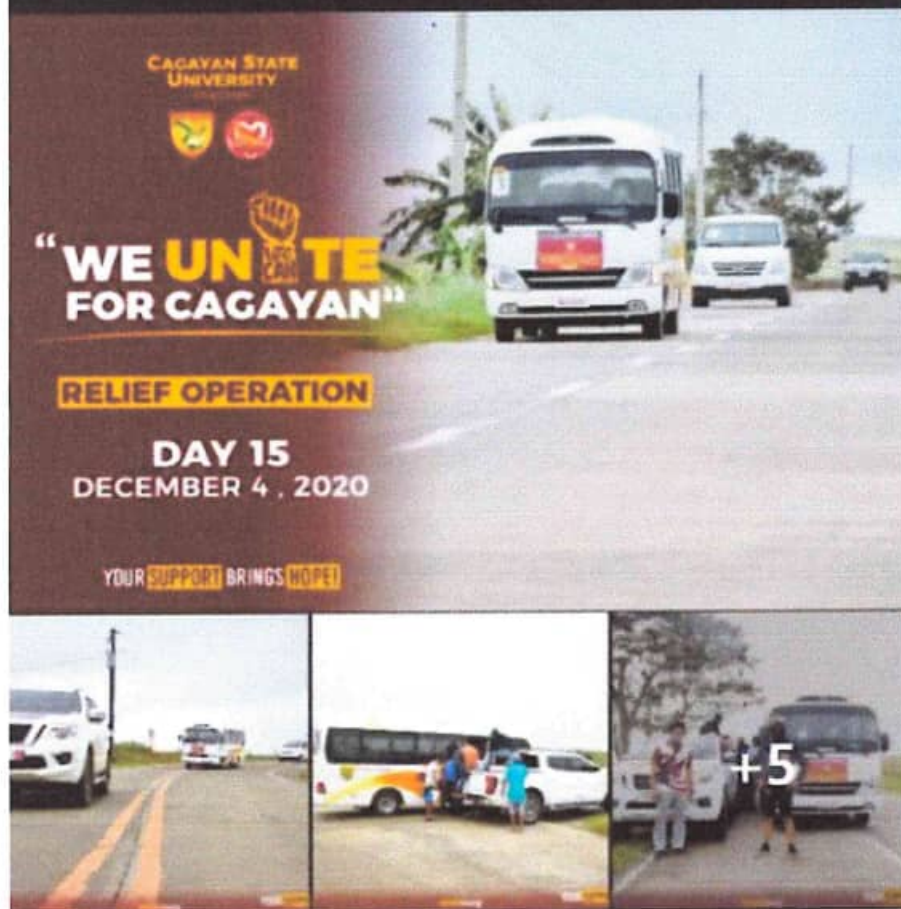
December 6, 2020 · 🌐

Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 1 of 7 - *Travel to Carallangan, Alcala West*

It has been three weeks since Typhoon Ulysses and the release of Magat Dam caused massive flooding in Cagayan and Isabela yet, most of the victims have not yet fully recovered from the aftermath of the flood. Barangays from far flung areas are still surrounded with water and are still isolated.

In its 15th day of relief operat... [See More](#)





Cagayan State University - Carig Campus

December 6, 2020 · 🌐

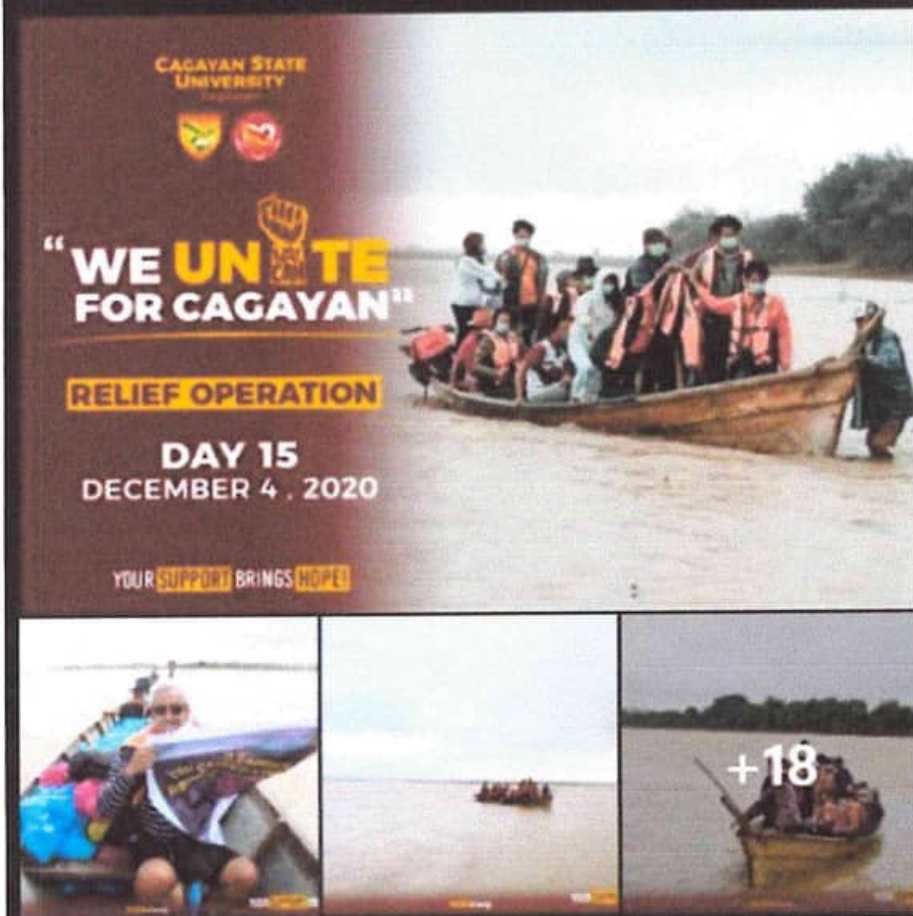
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Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 3 of 7 - *Travelling by boat to Carallangan, Alcala West*

It was risky but very fulfilling experience to travel for almost one hour from the mainland to the isolated barangay of Carallangan West. Many of the we unite volunteers don't know how to swim but have to face their fears just to deliver the food packs as promised to the villagers.

#weuniteforcagayan #tataksucang





Cagayan State University - Carig Campus

December 6, 2020 · 🌐

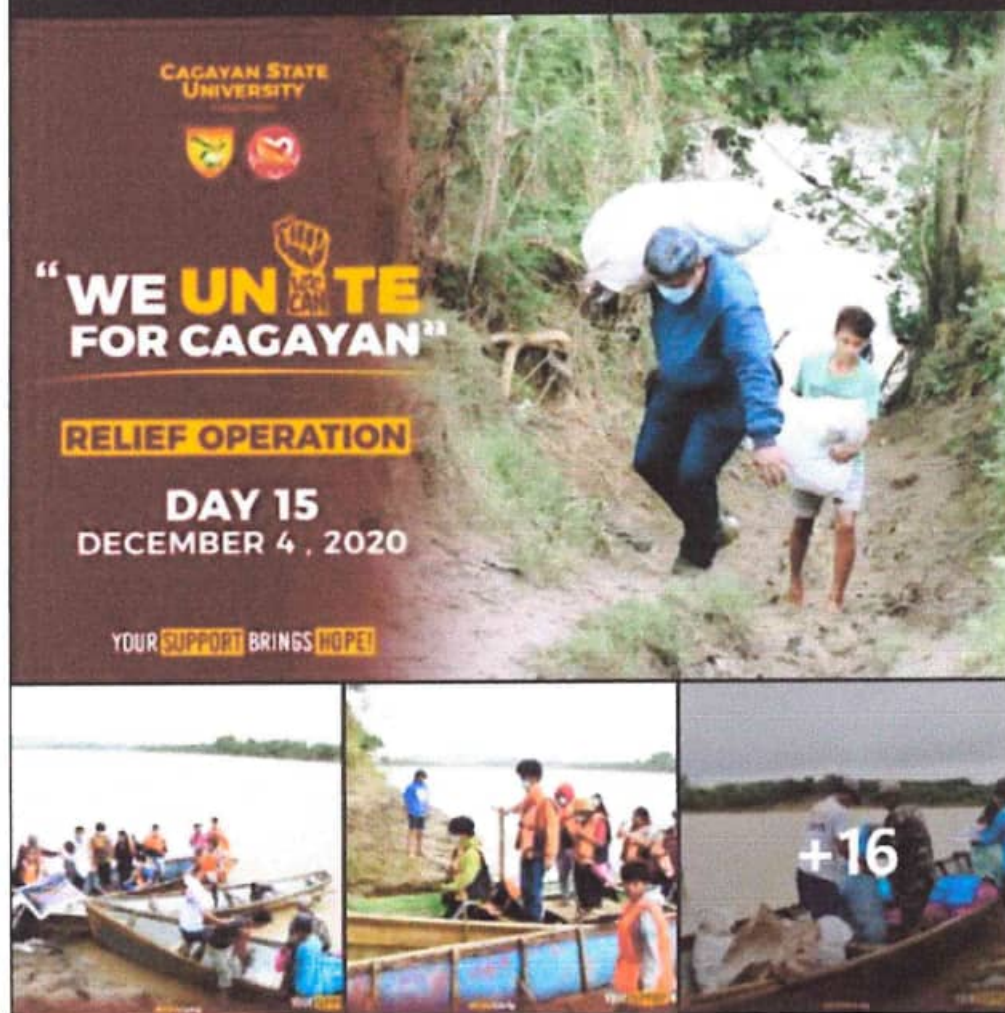
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Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 4 of 7 - *Touch down Carallangan, Alcala West*

After an almost 1 hour of travel, *We Unite* Team was warmly welcomed by the people of Carallangan and happily helped the group to carry the relief goods to the barangay hall which is almost 300 meters away from the riverbanks.

Probably, this is one of the most unforgettable moments of the *We Unite* volunteers because one of the... [See More](#)





Cagayan State University - Carig Campus

December 6, 2020 · 🌐

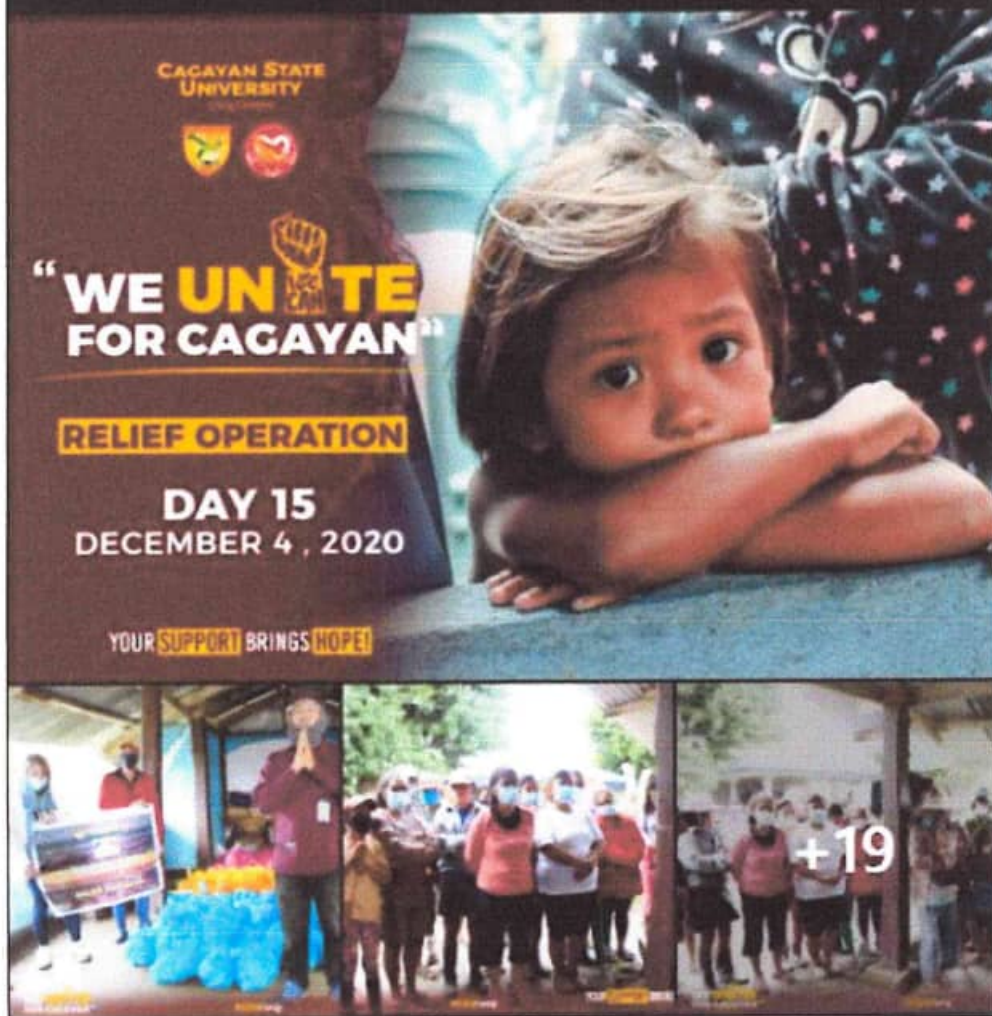
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Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 5 of 7 - *Distribution of relief goods and travel back to the mainland*

After a sumptuous lunch shared by the We Unite volunteers and Carallangan officials, the goods were distributed.

Seeing the happy faces and listening to the words of gratitude of the people of Callangan through their Punong Bara... [See More](#)





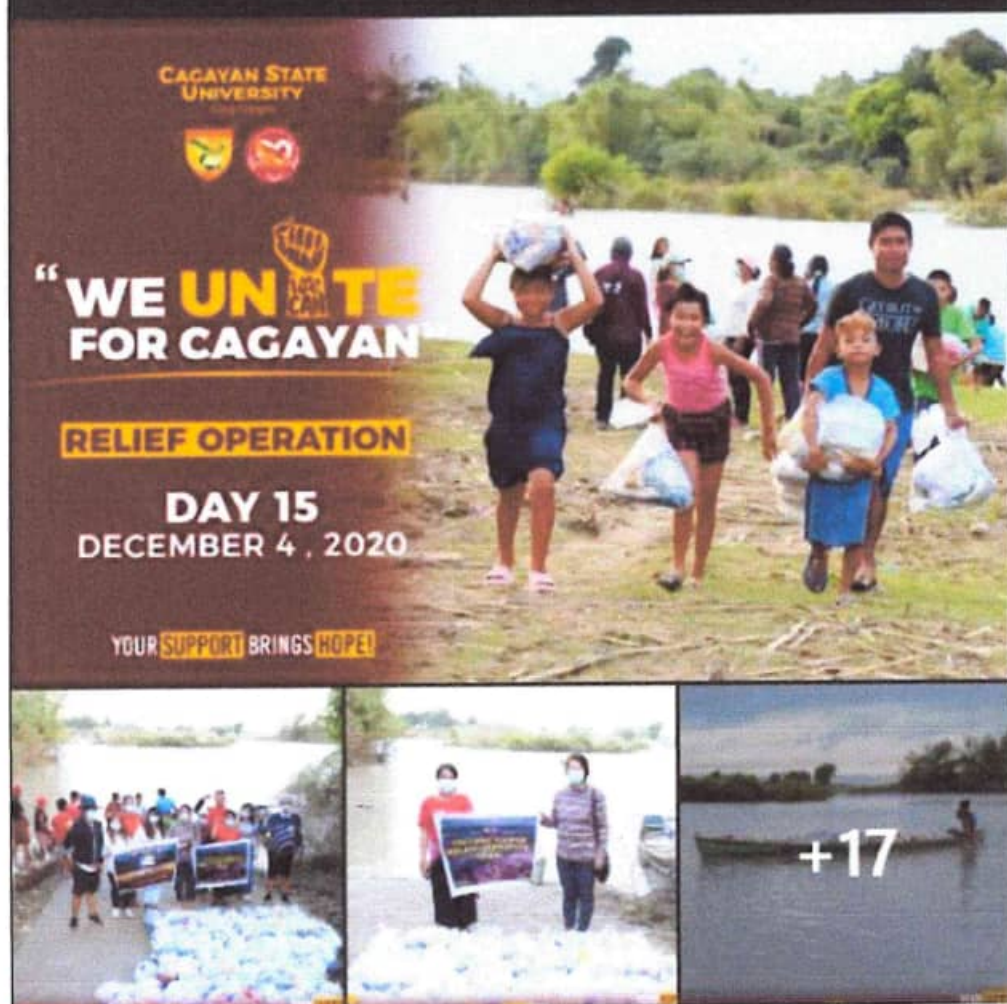
Cagayan State University - Carig Campus

December 6, 2020 · 🌐

Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 6 of 7 - *To Goran, Amulung West*

#weuniteforcagayan #tatakcsucarig





Cagayan State University - Carig Campus

December 7, 2020 · 43

Relief Op Day 15. CSU Carig *We Unite* Team continues to be a Channel of Blessing to Ulysses victims

Part 7 of 7 ·     

After a tiring day in Carallangan and Goran, the *We Unite* team ended up having dinner on the road, just beside the flooded area of Goran.

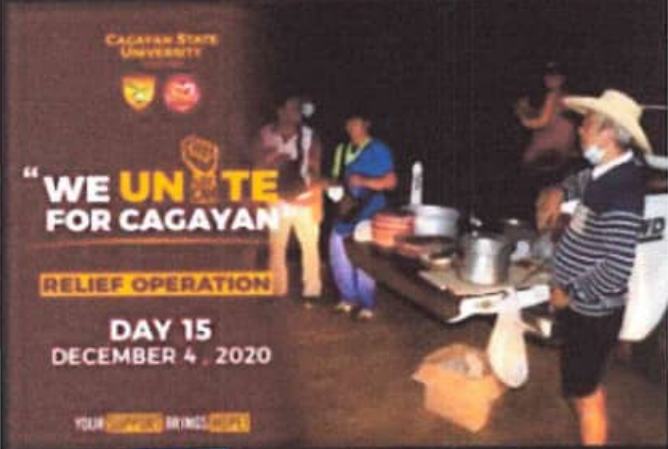
CEO Ibanez took this opportunity to thank the people behind the success of the 15-day relief op of CSU Carig for without them, Carig would have not managed, nor the CEO would have not managed to put though the activity. 🙏

Director Polcar likewise expressed his gratitude to the volunteers and how fulfilling to have become a part of this group and instrument of God's blessings to the Ulysses victims.

While having dinner, the we unite team had a short dance competition and they were grouped based on the vehicle they rode in.

The group left the place with their faces painted with a smile and a touch of sadness. Smile for completing the 15-day relief op and have extended help to the Cagayanos and a touch of sadness for they are about to part with the team in which they have already developed a different kind of friendship bonds. 🥰

#weuniteforcagayan #patakocucaring






Cagayan State University - Carig Campus

December 30, 2020 · 🌐

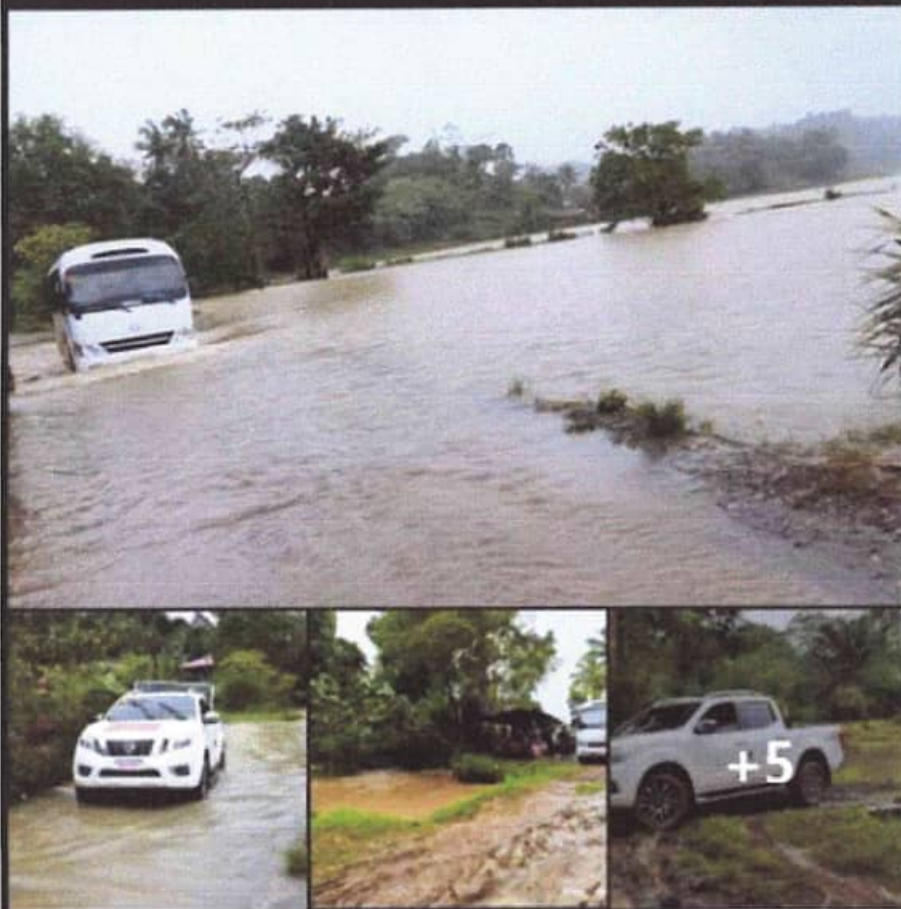
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CSU CARIG CAMPUS ENDS 2020 WITH A BANG!

PART 1 OF 5 | OTW to the Agta Community

As CEO Ibanez said, "rain or shine, we'll push through!" Indeed, today, the Campus managed to deliver its last extension activity and relief operation for this year to the Indigenous peoples of Barangay Basao, Gattaran.

As part of the extension activity of the Campus du... [See More](#)





Cagayan State University - Carig Campus

December 30, 2020 · 🌐

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CSU CARIG CAMPUS ENDS 2020 WITH A BANG!

PART 2 OF 5 | Lecture Series on Disaster Risk Management and Function of Solar Panels

As CEO Ibanez said, "rain or shine, we'll push through!" Indeed, today, the Campus managed to deliver its last extension activity and relief operation for this year to the Indigenous peoples of Barangay Basao, Gattaran.

As part of the extension program of the Campus dubbed as, *"Integrated Rural Community Deve... See More*





Cagayan State University - Carig Campus

December 30, 2020 · 🌐

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CSU CARIG CAMPUS ENDS 2020 WITH A BANG!

PART 3 OF 5 | **Media noche food packs and Small lunch shared with the Agtas**

The group happily shared a lunch with the Agtas beside the Burayok falls and after which, media noche food packs were distributed to the head of the households and cash gift to the children.

#tataksucang

#CSUCangsigningoffFor2020





Cagayan State University - Carig Campus added 6 new photos from December 30, 2020.

December 30, 2020 · 🌐 · 📷

CSU CARIG CAMPUS ENDS 2020 WITH A BANG!

PART 5 OF 5 | Distribution of Relief Goods to the Basao Community

After the extension activity with the Agtas, the We unite team proceeded to the Barangay Hall of Basao and distributed 200 food packs to the identified victims of the recent flood and some poor families in the barangay.

This relief operation is in collaboration with the PNP Regional Office No. 02 and the Beta Sigma Fraternity.

