

# Promoting Mental Health



**TOP:** Captive audience listening to expert speaker **Dra. Jennifer Nery** from Medical City during the “Mind Your Health” caravan lectures.

**BOTTOM:** “Mind Your Health” caravan lecture series with our guest speakers and their staff from Medical City and PLM officials, staff and students.

**S**UICIDE, anxiety, depression, internet and social media addiction comprise a global phenomena affecting people all over the world especially the youth.

According to World Health Organization statistics, close to 800,000 die due to suicide every year. Simply put, this means one person dies every 40 seconds. With this, suicide becomes the 2nd leading cause of death among 15-29 year olds globally. This report raised alarm among many global communities most especially in Asia were 78% of suicides happen.

The WHO recommends effective and evidence-based interventions be implemented in these communities hence many non-government and private institutions actively took part in its prevention.

Last Aug.17, 2017, the Department of Psychiatry of The Medical City in partnership with Pamantasan ng Lungsod ng Maynila hosted a seminar entitled, “Mind Your Health: Rolling Out the School Caravan”. It covered three topics: internet and social media addiction; depression and anxiety;

and healthy relationship and the young adult. This partnership was forged to address the increasing cases of depression and suicide in the country.

The first leg of the seminar was discussed by Dr. Mary Daryl Joyce Lindo-Calleja. It focused on the different parameters that characterize an internet addict. Part of Dr. Calleja’s talk was social media addiction which was a new phenomenon. According to Dr. Calleja, one can be considered an addict in the use of social media if one uses it excessively. She mentioned as an example an inordinate number of “selfies” taken and posted in a day.

The next part of the seminar focused on depression and anxiety. This was discussed by Dr. Belle Erika Nubla-Gesturo. During her discussion, she emphasized the importance of being sensitive to other people’s behavior because there are cases when depressed people do not show any sign that they are already suffering from the said emotional disorder, are already suicidal.

The final leg of the program centered on healthy relationships and the young adult. This was presented by Dr. Danice Justine Lanas-Sta Maria. This part of the program was well received by the audience because everyone became excited in discussing tips in keeping a healthy relationship. The talk boiled down to one very basic ingredient which is, learning to listen. ■

## Deserving PLMayers get financial support From page 7

Upon the instructions of President Ma. Leonora V. de Jesus, the OVPPA has also implemented a scholarship program that allows individuals to support deserving PLMayers. Already one foreign business executive, a partner in the Tokyo office of a multinational law firm who visited Manila recently, has signed up for this program. He has signed a commitment form to support 12 PLM students

The OVPPA is also in the process

of finalizing a scholarship program with the Batch 2003 alumni of PLM’s College of Accountancy who have expressed an interest to provide financial assistance to one accountancy student. The office is likewise in talks with an alumnus who runs the AJCR Foundation.

Generous individuals who are interested to take part in this program can contact the OVPPA at (02) 643-2518 and (02) 526-6842 or email it at [vppa@plm.edu.ph](mailto:vppa@plm.edu.ph).

The OVPPA has standardized the application for scholarship grants and has put in place a system that properly documents the process flow for each application to ensure that the most deserving students benefit from the scholarship grants. In this regard, it now closely coordinates with the PLM Alumni Association Scholarship Foundation Inc., which runs a separate scholarship program, to avoid duplications and thereby provide more PLMayers much-needed financial assistance. ■

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## MVP turns over Technology and Innovation Center

**H**E came. He pledged. He delivered. Businessman par excellence Manuel V. Pangilinan officially turned over 20 million pesos’ worth of infrastructure development projects including facilities and equipment collectively known as the Technology and Innovation Center, in fitting ceremonies on August 7, 2017.

Popularly referred to as MVP, Pangilinan made good on his commitment to donate P20 million to the Pamantasan ng Lungsod ng Maynila during its graduation rites at the PICC in April 2015 where he was commencement speaker.

The grant was used specifically for the following projects: renovation of the engineering and architecture laboratories and purchase of IT equipment and furniture, and the renovation of the Information and Communications Technology Office including the installation of appropriate

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**Grand Opening of the MVP Technology labs donated by Manny V. Pangilinan. Official turning over of the keys for the new facilities with from L to R: Oscar Reyes, Ma. Esther Santos, Manny V. Pangilinan, Maria Teresa Aquino-Oreta, Mayor Joseph (Erap) Ejercito Estrada, Dr. Leonora V. de Jesus, Bienvenido Laguesma.**



**“Whenever we have visitors, investors at the Bangko Sentral ng Pilipinas, we always tell this story of a Philippine economy that has built a lot of resilience, that has a lot of growth momentum especially if you look at the recent years,” Director Zeno Ronald Abenoja of Bangko Sentral ng Pilipinas (BSP) observed in a forum held at the Pamantasan ng Lungsod ng Maynila.**

## PLM discussion on PHL growth tax reform

**F**IVE Hundred students and faculty members gathered at the Justo Albert Auditorium to hear about the recent trends on the economic front at the Pamantasan ng Lungsod ng Maynila Economics Society’s (PLMECOSOC) “Philippines on Progress” forum on August 23, 2017. The theme, “Today’s Economic Reforms and Macroeconomic Outlook,” was aligned with the National Economic Development Authority’s (NEDA) Ambisyon Nation 2040, and the steps undertaken this 2017 to achieve the targets of the Philippine Development Plan 2017 – 2022.

Four speakers from public and private institutions namely, the Department of Economic Research (DER), the principal policy research and technical arm of the BSP; Action for Economic Reforms(AER), a non-government think-tank specializing in public policy reforms; the Department of Finance (DOF)

and the Institute for Labor Studies of the Department of Labor and Employment (ILS-DOLE), spoke about the Philippine’s monetary policy, economic growth history, tax policy and reforms, and the developments in the labor sector. One guest speaker from the University of the Philippines-Economics Towards Consciousness (UP ETC) also shared his advocacy on tax reform.

In the forum, Director Zeno Ronald Abenoja of Bangko Sentral ng Pilipinas, assured that, “The economy is growing quite remarkably, it’s on a sure footing in terms of building momentum, providing stable macroeconomic environment for businesses to continue to prosper over the near to medium-term.” In terms of year-on-year growth, the PH economy

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## Pamantasan collaborates with Intramuros Admin for a free Concert Series

ANOTHER first for Pamantasan is the collaboration between the university and the Intramuros Administration called Para La Musica. This partnership aims to provide cultural performances for the uplifting of the soul which would feature different renowned Philippine artists once a month in different venues within the walled district of Intramuros.

The first leg of the monthly Para La Musica highlighted a vocal, instrumental, and choral concert of beloved Filipino and Classical Music. The repertoire of the concert started with “Hawig-Hawig” a Pampanga folk song variation composed by Francisco Buencamino which was performed by the PLM chairman for arts and culture, Prof. Harold Galang. It was immediately followed by an Italian classical piece, “Sonate” composed by Giuseppe Brescianello which was played on the guitar by Mr. Armand “Tabo” Derecho, one of the PLM mentors in PLM Presidential Committee on Arts, Culture and Sports (PCACS).



**TOP: Para La Musica’s August event featuring the Executive Chorale together with President Leonora V. de Jesus, other PLM officials and Atty. Guiller B. Asido and the Intramuros Administration staff at the Plaza Roma in Intramuros.**

**BOTTOM: Para La Musica’s 1st event of the monthly series, on August 10, 2017, featuring the Executive Chorale at the Plaza Roma in Intramuros.**

It was capped by one of the Philippine music icons on flute, Dr. Santiago “Sonny” Yangco, who gave his interpretations of “Kung Nagsasayaw Kita” by Tony Maiquez.

The next part of the concert introduced two soprano vocals: Ms. Maribel Miguel Ararao, a voice mentor of the PLM-PCACS and choir conductor of PLM Executive Chorale, and Prof. Allan Jay Natividad, director of the Office of the National Service Training Program at PLM. Ms. Ararao impressed the audience with her own interpretation of “Sa Kabukiran” by Manuel Velez while Prof. Natividad serenaded the ladies among the audience with his own version of “O Sole Mio” by Eduardo di Capua.

It was followed a stunning performance by the PLM Executive Chorale who sang “When I Fall In Love” by Victor Young and “Minamahal, Sinasamba Kita” by Tito Arevalo. The PLM Executive Chorale is the brainchild of PLM University President, Dr. Ma. Leonora V. De Jesus.

The chorale is composed of the university president, six vice presidents and deans, and heads of different offices of the university.

The audience felt as if they were transported to a magical world when they heard Ms. Kristelle Herrera, voice mentor in pop music of PLM-PCACS, singing George Canseco’s “Ikaw”. She was accompanied by Mr. Jay Bulatao on keyboards.

Dr. Santiago “Sonny” Yangco showcased his brilliance on flute in performing two of the Philippines’ masterpieces: “Bato sa Buhangin” and “Katakataka” by Suarez. This was immediately followed by a breath-taking performance by Prof. Harold Galang as he displayed his extraordinary gift as pianist when he gave life to Francisco Buencamino’s “Mayon” Fantasia de Concerto.

Ms. Mabel Ararao took the center stage again to give her heart-wrenching interpretation of Nicanor Abelardo’s beloved kundiman, “Mutya ng Pasig”.

Concluding the first ever Para La Musica was a performance from the PLM Executive Chorale, “Fill the World with Love” by Leslie Brisusse.

The audience looks forward with great expectation to the next concert series. ■

## El Museo Del Prado en Filipinas visits PLM

PAMANTASAN ng Lungsod ng Maynila opened its doors to thirty vivid European life-sized reproductions of some of the best works of the most prominent painters from Goya, Botticelli to Juan Luna, for the whole month of August.

Together with the Intramuros Administration (IA) led by John Arcilla, Planning Officer II of IA’s planning and management division and the Office of the Vice President for Public Affairs (OVPPA), the Prado Museum was installed at the Tanghalang Bayan Field from Plaza Roma, Intramuros, Manila.

“PLM made me experience an unforgettable moment in the Louvre Museum in Paris, with a little bit of a twist in an open field” said Ms. Rochelle Mae C. Arcata, a 3rd year Economics student.

The exhibit enlightened students, faculty members and the whole PLM community not only about the museum’s art collection but also about the influence of art on European culture and history. It gave PLM the opportunity to see, appreciate and study face to face masterpieces that can only be seen in Madrid, Spain or Paris, France.

The Prado Museum exhibit is in line with the administration’s initiative to make PLM an academic community and a



**Museo del Prado, from Madrid, Spain, in cooperation with the Intramuros Administration, traveling reproduction exhibit featuring paintings by famous artists displayed at the PLM field the entire month of August 2017.**

venue for intellectual inspiration that enlighten and inspire young scholars.

“Exposure to art and history will augment the class discussion in humanities, art and history subjects. This project will broaden the knowledge, exploration and perspective of students about foreign art and history instead of limiting it to local painters”, said Mary Lane Liporada, Public Relation Officer at OVPPA.

The travelling exhibit started on August 1 and will be on display until August 31. Each display has a small waterproof roof and a brief description about the painter and the painting itself.

The El Museo del Prado en Filipinas or the Prado Museum in the Philippines consisting of 53 life-sized photographic print reproductions of European paintings from the 12th to the 19th centuries, has visited many countries like Peru, Cuba, El Salvador since 2011. The exhibit enabled Non-Europeans to glimpse art masterpieces from Museo Nacional del Prado. It is a project of the Spanish Agency for International Development Cooperation, The Embassy of Spain in the Philippines and the Instituto Cervantes Manila with the help of the Intramuros Administration. ■

## Deserving PLMayers get financial support

STUDENTS of the Pamantasan ng Lungsod ng Maynila who are residents of Manila and who are able to maintain a general weighted average (GWA) of 2.25 are exempted from paying tuition. This is in line with what has become PLM’s best known service over the last 50 years: the provision of free quality college education to the city’s poor but talented high school graduates.

In fact, even non-Manila residents who are able to maintain the required GWA are able to study at the Pamantasan under a highly subsidized program.

However, while PLM operates as the country’s first tuition-free university, students still have to pay a few miscellaneous fees. They also, of course, have to spend for books, uniforms, food and other essentials.

This is the reason why PLM, through the Office of the Vice President of Public Affairs, continues to reach out to foundations and corporations, both in government and the private sector, that believe in the importance of education to enjoin them to provide scholarship grants to deserving PLMayers.

As of May 2017, the Pamantasan has 16 scholarship providers that give financial assistance to 191 PLMayers. Together, they extend to these scholars over P6.5 million worth of assistance annually, a much-welcome addition to the yearly subsidy that the city government of Manila provides the university.

These are the AMY Foundation, Charity First Foundation, Chinese-Filipino Business Club, Cosmic Technologies, Department of Science and Technology –

Palawan, Science Education Institute (DOST-SEI), Ginebra San Miguel Foundation, Global B2B Consultancy, JAE Philippines, Luis Co Chi Kiat Foundation Inc., Manila Mt. Lebanon Lodge, Master Rui Miao Bodhisattva Society (MIAO Foundation), Megaworld Foundation, Security Bank Foundation, Simplicio Gamboa Sr. Foundation (SGS), SM Foundation, and the Tzu Chi Foundation.

This school year, five new scholarship providers signed memorandums of agreements (MOAs) with PLM. These are the Alfonso Yunchengco (AY) Foundation, Andres Tamayo Foundation, International Container Terminal Services Inc. (ICTSI) Foundation, Lamudi Philippines, and the provincial government of Palawan.

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## An Art Lecture from the Director of Instituto Cervantes de Madrid - Dr. Carlos Madrid Álvarez-Piñer

THE Intramuros Administration (IA) in collaboration with the Pamantasan ng Lungsod ng Maynila (PLM) presented Dr. Carlos Madrid Álvarez-Piñer, Director of Instituto Cervantes de Madrid, in an art lecture entitled “From Luna to the World: An Overview of European and Philippine Art Connections” held last August 25, 2017 at the PLM Bukod Tanging Bulwagan.

The lecture was organized as a result of the Memorandum of Agreement (MOA) between the Intramuros Administration and Pamantasan ng Lungsod ng Maynila in regards to the lending and installation of 53 life-size reproductions of masterpieces from Prado Museum in Madrid at the open field of PLM from August 1-31, 2017. The exhibit, entitled *El Museo del Prado en Filipinas (English: The Prado Museum in The Philippines)* gave PLM students the chance to appreciate and see important paintings by the great Francisco

de Joya, Albrecht Durer and Juan Luna among others.

Dr. Álvarez-Piñer, holder of both a doctorate in Contemporary History and a master’s degree in History from the Universidad Complutense de Madrid, lectured on the social, political and artistic context of the national hero and famous painter Juan Luna.

He outlined two characteristics of Juan Luna’s paintings derived from big influences by the Spanish and Italian masters. First is the usage of Renaissance linear perspective which results to a dramatic sense of realism, depth and three dimensional effect. Second is the concept of art as a visual representation of the nation. Hidden in Luna’s paintings of literary and historical scenes are nationalistic longings and sentiments.

Dr. Martin’s positive insight of the role of Spain in Juan Luna’s art is quite noticeable. He traced Juan Luna’s



early painting lessons in Manila with a Spanish artist Agustin Saez, to traveling abroad and studying with the best art academies in Madrid, to becoming a pensionado (pension) scholarship at 600 pesos annually through the Ayuntamiento of Manila, and even Spain shouldering all legal expenses in connection with his acquittal of murder charges against his wife Paz Pardo de Tavera.

After the lecture, an open forum followed with Assistant Vice President Concepcion Erquiaga as moderator. ■

## PLM discussion on PHL growth with tax reform *From page 1*

has been growing for the past 74 quarters. According to DER, this means that despite challenges of external and domestic shocks, the economy has trudged on in terms of positive growth and has never experienced contraction since 80 percent of the audience were born.

He attributed the present 6.2 percent average economic growth rate to the country’s strong domestic demand and growing capital investments. Furthermore, he observed that the capital to intermediate imports are dramatically increasing, which means that raw materials are increasingly being acquired to finance or support future investments and production. The BSP sees that in the long-term, this will translate to future exports—a reflection of the growth momentum we are seeing for the past few quarters.

Professor Ivan Cassidy Villena of ILS-DOLE also lectured on the Philippine macroeconomy. In his “Philippine Employment Projection Model and Key Indicators of the Labor Market” speech he showed that by 2020, the number of youth in the labor force will hit the 10 million mark. Today, the demand for labor

is largely driven by the services sector, while employment in the agricultural sector remains stagnant.

He also observed that the increasing number of workers employed in elementary occupation is a signal that the skills requirement for these occupations is relaxed; the low share of professionals and technicians and associates professional denotes the need for higher educational attainment. Employees’ purchasing power is diminishing, as demonstrated by the descending path of the employees’ monthly real average wages. Overall, the diminishing purchasing power of workers have caused nominal average wages to be adjusted multiple times.

The DOF and AER on the other hand emphasized the importance of the Tax Reform for Acceleration and Inclusion (TRAIN), as a tool to significantly lower the poverty rate of the Philippines from 22 to 14 percent. The TRAIN aims to make the Philippine’s current tax system simpler, fairer, and more efficient. The bill seeks to bridge the infrastructure gap, increase access to universal healthcare and quality education, and mitigate the risk of the burden that climate change

and disaster inflict on the poor—through an increased revenue pool, necessary to finance this spending in place of incurring substantial foreign debt.

Director Mark David Ablang of the DOF and Asian Development Bank Researcher Madeiline Joy Aloria pointed out the need to holistically view tax reform as a package. They cautioned the University’s business students to be wary of computations being posted and discussed both online and offline, which does not accurately reflect the economic impact of the tax reform bill.

As an investment in the future, Student Advocates for Reforming Tax (START NOW) represented by UP ETC Vice President for Liaison Rio Dayao calls for the youth to support the bill. To date, the coalition pushes for a Sin Tax Law reform; the PLM ECOSOC together with the UP ETC, Sigaw ng Kabataan Coalition and PNU UNESCO and Social Science Club among others, consistently represent the Bawas Bisyo Youth For Sin Tax Movement in the aim of including the increase in tobacco excise tax in the trimmed Senate version of the tax reform package. ■

## MVP turns over Technology... *From page 1*

equipment, CCTV, cooling and fire alarm systems.

The grant was undertaken by the two foundations of the MVP Group of Companies – PLDT-Smart Communications, Inc. (PSF), and One Meralco Foundation, Inc. (OMF) – via a memorandum of agreement with the University signed in August 2016.

The two foundations had the authority and prerogative in the selection and engagement of services of accredited contractors, suppliers, and other service providers for the completion of the projects, following the University’s recommendation for the donors to handle the management of the funds instead of channeling the cash donation directly to PLM.

The latter provided assistance in ensuring the prompt and efficient completion of the projects.

The donation, according to Dr. Leonora V. De Jesus, University President is considered “a gift to the PLM scholars for them to excel even more with better facilities.”

The infrastructure program is a significant contribution to the University administration’s efforts to comply with CHED requirements for appropriate laboratories for the degree programs of engineering and architecture.

Mr. Pangilinan earlier expressed his admiration the PLM university officials’ initiatives and the students’ impressive performance in various competitions and board examinations. ■

## New Licensed Social Workers

POSTING a passing rate of 98.06%, PLM is ranked the No.3 performing school in the July 2017 Social Worker Licensure Examination.

The University made the mark following its 98.06% passing percentage. One hundred (101) of the one hundred three examinees from the Department of Social Work, College of Humanities, Arts, and Social Sciences are now new licensed social workers.

The University was officially recognized and awarded by the Professional Regulatory Board (PRB) for Social Workers during Oath-taking ceremonies on Aug. 20 at the Manila Hotel.

Records from the PRB show that PLM is one of only three universities in Metro Manila that landed among the top ten schools with 50 or more examinees with a passing rate of at least 87%. ■

## PLM consistently ranks among the top Medical and Engineering schools in the country

THE Pamantasan ng Lungsod ng Maynila continues to hold its superb record in three national licensure examinations for September 2017. It was recognized by the Professional Regulation Commission (PRC) as one of the best Medical and Engineering schools in the Philippines.

The College of Medicine (CM) continues to live up to the PLM’s tradition of academic excellence by ranking 3rd place in the Top 10 best Medical Schools nationwide after registering a 98.15% passing rate in the Physician Licensure Examination.

CM successfully produced 106

new doctors out of the 108 examinees. According to PRC, a total of 3,340 passed the said Licensure Examination given by the Board of Medicine.

The results show that the PLM is still one of the country’s top performing Medical schools along with the Cebu Institute of Medicine, St. Luke’s College of Medicine and the West Visayas State University at La Paz.

Not to be outdone, the College of Engineering and Technology (CET) yielded a 100% passing rate in the Registered Master Electrician licensure examination, way above the national passing rate of 68.40%.

One of the CET’s Master Electrician graduates, Wesnny Charles G. Tana, brought honor to the university by ranking 5th among the Top 10 Registered Master Electricians with a 91% rating.

On the other hand, CET once again proved that PLM deserves to be acknowledged as one of the top schools in the country after registering an overall passing rate of 93.33% in the 2017 Registered Electrical Engineer licensure exam. PLM successfully registered a 100% rating for first-time takers.

Congratulations, everyone! ■

## PLM has 35 new architects; CAUP alumnus is second in architecture board exam

THE College of Architecture and Urban Planning continues to strengthen its foothold as one of the best architecture schools in the country after its impressive performance in the 2017 Architect Licensure Examination.

PLM is proud of its 35 new registered licensed architects led by Arch. Aldous Yabot Olbes who clinched the second place among the Top Ten passers. He obtained a rating of 84.30%, just a few points lower than Saint Louis University’s Jefferson Sabiano Ventura, board topnotcher, with a grade of 84.70. PLM registered a 70% overall passing rate, way above the 55.62% national passing rate.

Except for one repeater, the recent crop of PLM architecture passers are first time takers. They were among 1,490 board takers last June.

Last January, CAUP posted a 72.22% overall passing rate to keep a track record to reckon with. ■



**TURN-OVER**

**CEREMONY**