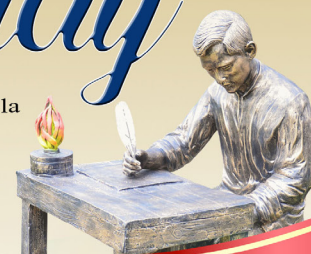




# PLM Today

The Official Newsletter of the Pamantasan ng Lungsod ng Maynila



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Vol. 2, No. 3

Intramuros, Manila

September 2017

## Dynamic US-RP Relations

U.S. Ambassador visits PLM for Golden Anniversary Lecture Series

By Concepcion Erquiaga

THE 19th installment of the Golden Anniversary Lecture Series featured US Ambassador Sung Kim and his talk on the Relations between the United States of America and the Republic of the Philippines held on September 20, 2017 at the Justo Albert Auditorium.

After addressing the University President and the other PLM executives, he spoke of feeling honored to be among the distinguished list of speakers for the Golden Anniversary. He spoke of how important education was and how he felt it helped strengthen our relationship with the US and provided more opportunities for the Filipinos.

On US-Philippine Relations, he spoke of how dynamic and important the Asian-Pacific region is, and how it counts for more than ¼ of the world's GDP (gross domestic product). *Turn to page 6*



US Ambassador to the Republic of the Philippines, His Excellency Honorable Sung Kim, received the token of appreciation after his lecture on the Relationship between the United States of America and the Philippines on September 20, 2017 held at the Justo Albert Auditorium.



Senator Ramon "Jun" Magsaysay delivered his lecture on The Philippine Economy and the Culture of Patronage held on September 18, 2017 at the Justo Albert Auditorium.

## Sen. Magsaysay on Economics

By Concepcion Erquiaga

SENATOR Ramon "Jun" Magsaysay graced us with his presence on September 18, 2017 at the Justo Albert Auditorium when he took part in a dialogue with our students regarding "The Philippine Economy and the Culture of Patronage". He was joined on the stage by a panel of 3 students: John Joseph Battung, Earvin Joelet Arias and Clarissa Joyce Villegas. Discussions included economics and trade, specifically referring to inclusive growth and competitiveness. Senator Magsaysay said that this all could be summarized in a quote from Aristotle "What is the essence of life? To serve other and to do good".

He encouraged everyone to invest in agriculture. He felt that our farmers were getting older and that we needed a fresh batch to assist so that we would not lose that capacity. He spoke about how farms in the US are subsidized. He mentioned that our farms were getting smaller and we were having to import among other products.

Senator Magsaysay was so impressed by our students that he gave 5 students, the 3 on the stage and 2 others who asked meaningful questions (Moises Josh Matibag and Lewings Raye Andaya), his own personal tokens.

Thank you very much Senator Magsaysay for an inspirational afternoon. ■



Meet the College of Law's youngest and first female Dean, Atty. Marisol DL Anenias – Page 8

# Medicine Week

By Dr. Angeline D. Alabastro

THE College of Medicine celebrates Medicine Week every last week of September.

The highlights however are celebrated on Thursday and Friday. For this year, we celebrated on September 21 & 22 with the theme "Health is a Right" which emphasizes health as an important pillar in nation building. Several activities were scheduled for the 2-day celebration which included student and faculty participation. Students not only showcased their talents and artistry in several events but also tackled health issues.

Another significant activity was the Medical Mission which was offered by members of the faculty for PLM employees. This encourages health consciousness not only at home but also in the workplace.

Consultations in the different areas included BP and ECG determination, breast, prostate, eye and ENT examinations, Pap Smear, Pediatrics and Nutrition, Dermatology and Allergology.

Laboratory determination of fasting blood sugar was also offered and blood donation was spearheaded by the Director of the Ospital ng Maynila, Dr. Rachael Marinas. A lay forum on health promotion was also conducted both at PLM and OM. With these activities, the College of Medicine continues to be a guardian of health in the PLM community. ■

# CET Shines Anew in ME Licensure Examination 2017

By Engr. Juan C. Tallara Jr.

THE College of Engineering and Technology celebrates the success of the Mechanical Engineering Graduates Batch 2017 when they scored a nearly perfect passing percentage of 96.43% with 27 passers out of 28 examinees in the recently concluded ME Licensure Examination conducted by the Professional Regulation Commission on September 28 and 29, 2017. The national passing mark is 69%.

The successful examinees are as follows:

1. Acosta, Eduardo B. Jr.
2. Anastacio, Frank V.
3. Cientes, Danielle H.
4. Concepcion, Matt Javee S.
5. Crisologo, Sophia C.
6. Dapito, Jeffrey L.
7. Dela Cruz, Juan Gabriel A.
8. Delfin, Shaira E.
9. Galima, Jayson C.
10. Lucero, Wilmer A.
11. Manlapaz, Gibson A.
12. Marcelo, Kenneth Tyron Loid S.
13. Matociños, Roselle Emmalou N.
14. Mazo, John Gerald B.
15. Odchigue, Lance Cedric M.
16. Pascua, Alvin Tomas R.
17. Quidric, Michaelmarl C.
18. Ramirez, Eugene Mark J.
19. Rempillo, Juliam B.
20. Reyes, Antoni Carlo M.
21. Rito, Joshua Ezekiel D.
22. Rodriquez, Rey Anthony G.
23. Solibaga, Jonathan David R.
24. Tayag, Christian Roice C.
25. Turingan, Michael H.
26. Umali, Maurice Mae L.
27. Valenzuela, Rhey Niel V.

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## Awareness Can Save PLM's Suicide Prevention and Postvention Protocol

By Rochelle D. Leyesa



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THE Office of Guidance and Testing Services recently published PLM's first Suicide Prevention and Postvention Protocol. This project was made possible by the OGTS counselors and the support of the University President, Dr. Ma. Leonora V. de Jesus, and the PLM Administration. Moreso, Dr. Eleanor L. Ronquillo of the Medical City and PLM's university doctor, Dr. Maria Anna B. Mariano, served as expert reviewers who assisted in making sure the protocol is accurate.

In her message, the President hoped that through the protocol and other initiatives of the university, the students, faculty, and staff will be on the frontline in the campaign to *safeguard the mental health and well being of the whole Pamantasan family*.

The protocol includes facts and symptoms of suicide behavior, warning signs to watch out for such as direct and/or indirect verbal clues, situational clues, and/or behavioral clues such as decline in performance, loss of interest, physical symptoms, and unexplained change in mood or feelings. It also discusses the referral process that the whole community could employ in assisting individuals-at-risk. A list of contact numbers of professionals

who can immediately provide help is also included in the protocol.

In addition, the protocol discusses – prevention, intervention, and postvention activities in managing individuals-at-risk. This aims to **SAVE** these individuals by:

Starting awareness of suicide risk and protective factors among the young; learning about the warning signs, clues, and steps for handling crisis. Accomplishing a protocol for the prevention, intervention and postvention of suicide risk.

Valuing the importance of building connections or linkages for immediate assistance and support.

Educating learners, parents, administrators, faculty and staff about effective prevention and intervention strategies to uphold the value of life.

The OGTS believes that through this protocol, each member of the PLM community could work together in helping one another attain positive mental health. As Vikram Patel, a known psychiatrist, puts it, *"There is no health without mental health; mental health is too important to be left to the professionals alone, and mental health is everyone's business"*. ■

## Suicide Prevention and Postvention Protocol:

### A Guide for the PLM Community

By Bernadette A. Sacop

THE suicide rate among teenagers and young adults is now at a disturbing rate with the 2011 report from the Center for Disease Control and Prevention in the United States, as the leading cause of death among young people and college age youth (with traffic/road injuries as #1 cause). More teenagers and young adults die from suicide than from AIDS, birth defects, cancer and other diseases combined.

In 2012, the estimated number of suicides in the Philippines was 2558 (550 females and 2009 males), while the standardized suicide rate was 2.9 (per 100,000) for both sexes a 13.5% increase from 2.6 in year 2000.

Compared to the annual global age standardized suicide rate of 11.4 per 100,000 population 15.0 for males and 8.0 for females, the figures in the Philippines are lower. Also, Philippines has the lowest rate for suicide among ASEAN member countries, although it is likely to be underreported. *Turn to page 6*

## PLM Red Cross Council Leads Bloodletting Activity

By John Lemuel P. Gardose



Charles O. Pingol, PLM-RCYC Blood Services Chair, said during the course of the activity that to donate blood is to share the gift of life, describing the event as a lifesaving program.

The blood drive is a quarterly project of the university's Red Cross Youth Council that it holds every March, September and December.

THE scene was red on September 5, from eight till five at the Ramon Magsaysay Entrepreneurial Center.

In fact, the scene was bloody.

That's because one-hundred eighty-two students and employees of the Pamantasan ng Lungsod ng Maynila congregated there to donate blood during the quarterly blood drive of the PLM Red Cross Youth Council in partnership with the PRC National Headquarters.

The activity billed "Dugo Ko, Dug-tong sa Buhay ng Iba" is part of the PLM-RCYC's projects for academic year 2017-2018 to help the Red Cross' blood program help those in the PLM community who might find themselves in need of a bag or two at one point or another. The drive also aims to raise awareness about the many benefits of donating blood.

PLM-RCYC President John Lemuel P. Gardose and the event organizers credited the activity's success to the support and advice of various college faculty, deans and officers notably, Prof. Criselle Centeno, former advisers Atty. Nancy Villanueva and Dr. Gilmore Solidum, University President Dr. Lenny de Jesus, consultant Leland Ronquillo, VP for Academic Affairs Gil Evasco, VP for Administration Marlo Dela Cruz, VP for Information and Communication Technology Garry De Gracia, Dean of Student Development and Services Dr. Gina Opiniano and Dr. Mary Pauline Saquing.

Gardose also saw the activity as an opportunity to strengthen the linkage and promotion of the bloodletting advocacy between the PLM and the Red Cross. ■

## PLM Marks Humanitarian Advocacy Day: Empowering the PLMayer as Warrior for Humanity

WHAT do you discuss with impressionable students in a time of war (Marawi), extra-judicial killings (linked to the government's campaign against prohibited drugs) and a recent tragic hazing-death (law fresheie Akio Castillo's)?

A lecture-forum on International Humanitarian Law of Armed Conflict which protects the victims of war and restricts the use of weapons and methods of warfare, that's what.

The Pamantasan ng Lungsod ng Maynila-Red Cross Youth Council together with the Committee for International Humanitarian Law and Emblem got 385 PLM students and faculty together at the Gusaling Katipunan on September 7 to do just that with no less than Atty. Lorna Kapunan as guest lecturer.

This was their third activity in a three-part series to commemorate international humanitarian law day (August 12).

In her lecture, Atty. Kapunan compared Internal Humanitarian Law and International Human Rights Law so

everyone would have a better grasp of both.

She emphasized that knowledge of the laws is important to hold accountable and punish those who violate it.

She said that in times of conflict or disturbance – whether internal or external – knowledge of the do's and don't's empower us to become effective warriors for humanity.

Atty. Kapunan and Red Cross Chairman Richard Gordon are the advocates for International Humanitarian Law in the Philippines.

Supporting Atty. Kapunan at the lecture forum was GM for IHL National Headquarters Manuel Santos, Jr. who underscored the importance of membership in an organization such as the Red Cross/Red Crescent that is guided by the seven fundamental principles of humanity, impartiality, neutrality, independence, voluntary service, unity and universality.

The Panel of reactors for the event meanwhile included PLM supreme student council John Joseph Battung, Chairperson of Humanities and Social



Atty. Lorna Kapunan visited PLM and delivered a lecture on the International Law of Armed Conflict at the Bukod Tanging Bulwagan.

Prof. Liezel Zafra and College of Humanities, Arts and Social Sciences (CHASS) Professor Ludmila Labagnoy.

Capping the event was the oath-taking of the 37 new student leaders of the PLM-Red Cross Youth Council Executive Office with Atty. Kapunan reminding the officers that the way to become warriors of humanity is to first become volunteers in organizations like the Red Cross and the Red Crescent. ■ *By John Lemuel P. Gardose*





# Dynamic US-RP Relations

From page 1



He mentioned that relations between the US and the Philippines are very strong and that the largest employers of Filipinos in the Philippines are American companies, the Philippines being its oldest ally in Asia, proof of which trade between our countries totaled more than 900 million pesos last year alone.

Referring to US Aid, Ambassador Kim mentioned that the US government has committed to providing 730 million pesos to help Marawi get back on its feet following the close

to 6 month maute siege. The US also offered more than 65 billion pesos in long term military assistance in the past 6 years.

Ambassador Kim then welcomed any and all questions from PLM students with no restrictions. The school was informed ahead of time, that even controversial questions were welcome. Our students then proceeded with questions such as: What would be the US' position should Duterte declare a nationwide Martial Law? How does the embassy handle or neutralize the pressures brought on by Duterte's harsh comments about the US? How does Ambassador Kim's Asian heritage play a role in being an Ambassador to the Philippines? How does the US feel about Duterte's "War on Drugs" and so called EJKs (extra judicial killings)?

Ambassador Kim ended by saying that there is a deep commitment from both sides to maintain the strongest possible relationship between our two countries. ■

## Suicide Prevention and Postvention Protocol: A Guide for the PLM Community

From page 3

According to the world health organization, "raising awareness and breaking down taboos are important for countries making efforts to prevent suicide"; as it is noted that because of the stigma attached to suicide, it is not easy for many people to seek help.

A study conducted by Yuvienco, as cited in the Suicide Prevention and Postvention Protocol (2017) revealed that 50% of students who experienced depression felt lack of understanding from family and friends. They find no empathy from people close to them. It is an important observation as the lack of empathy aggravates depression which may lead to suicide.

With these and recent news about incidents of suicide around the globe, Pamantasan ng Lungsod ng Maynila has been conducting a series of seminars that would instill awareness and prevention of suicide among PLM students and other stakeholders. The Office of Guidance and Testing Services has also been conducting group enrichment activities on mental health to help the students become more aware of the problem and be able to deal with academic and environmental pressures and stress in order to take care of their physical and mental health and

prevent mental disorders.

With the passing of Senate Bill No. 1354 also known as the Philippine Mental Health Law which seeks to integrate mental health services into the national health care system to make it more accessible, affordable and equitable, government has been mandated to put up mental health services at the community level. The Pamantasan has come up with the Suicide Prevention and Postvention Protocol as its project designed to help all members of the PLM community to become aware, be vigilant and knowledgeable about suicide prevention and be able also to help people at risk.

The creation of the protocol is spearheaded by the Office of Guidance and Testing Services (OGTS) which is composed of registered guidance counselors and guidance advocates. It is highly supported by the PLM administration, headed by the University President Dr. Leonora V. De Jesus, who pushed for its publication. Arch. Gil C. Evasco, the Acting VP for Academic Affairs, constantly provided motivation and moral support for the accomplishment of the project. It is also reviewed by medical practitioners and experts, Dr. Eleonor L. Ronquillo and Dr.

## PLM-Thomson Reuters Link Up

By Concepcion Erquiaga

THEY call themselves The Answer Company. And what they do is offer jobs and career opportunities on a global scale. So, when this Canadian multinational mass media and information firm partnered up with the Pamantasan ng Lungsod ng Maynila in September, 2016 – it saw the first batch of thirty-seven PLM students heading off to McKinley Hill, Taguig for a free 5-day training on legal and market research training from February 26 to March 2 and are now working with us to provide another batch of students the same training package in November 2017.

The partnership also includes the internship, job posting, job fair, syllabi/curriculum enhancement and faculty immersion. Thomson Reuters not only trains our students but they also hire them. They have taken in more than 60 PLM of our graduates so far.

They profess to provide "professionals with the intelligence, technology and human expertise" so aside from the training they offer our students, PLM is now working with Thomson Reuters on a training program for our faculty as well.

Thomson Reuters' latest offering to PLM is a donation of 2 terminals that can be used to access both their financial and their legal databases. This would provide our students with live, current data that they could use to further their knowledge when doing market and financial analysis and when studying law cases.

Our partnership with Thomson Reuters shows how beneficial good relationships with corporate entities can bring enhanced knowledge to our students and faculty. ■

Maria Ana B. Mariano. Dr. Mariano is the Pamantasan's Chief Physician at the University Health Services. Dr. Ronquillo is a staff-physician-psychiatrist at the US Department of Veterans Affairs' Out-Patient Clinic and a training officer at the Department of Psychiatry of the Medical City Hospital. Dr. Heherson M. Angel, the Acting Director of the University Center for Research and Extension Services, while the office of the VP for Public Affairs provided assistance in editing and proofreading. Mr. Leland Ronquillo, university consultant, provided coordination and support in promoting mental health awareness.

Further, with the distribution of the copies of the Protocol, the OGTS' next plan is to conduct a series of orientations with the stakeholders on how to assist people at risk and how to go about the referral process. ■

# “Para La Musica” (PLM) presents An Afternoon of Jazz Music featuring Mr. Archie Lacorte and the Brass Munkeys

By Prof. Harold Perfecto R. Galang



**PLM Para La Musica concert series September event: Featuring Archie Lacorte (Saxophonist) and the Brass Munkeys Band as they rocked our hearts with their classical and instrumental music**

“*PARA La Musica*” (PLM), a new series created by the Intramuros Administration (IA) and Department of Tourism (DOT) in collaboration with Pamantasan ng Lungsod ng Maynila (PLM), featured Mr. Archie Lacorte, international saxophonist and the Brass Munkeys in an “*Afternoon of Jazz Music*” held last September 14, 2017 at the PLM Justo Albert Auditorium.

This is the second featured concert based on Intramuros Administration and Pamantasan ng Lungsod ng Maynila Memorandum of Agreement (MOA) to promote Intramuros as a center for culture and arts.

The concert started with the singing of the Philippine National Anthem and an opening number “You and I” from the movie “Goodbye, Mr. Chips” by the PLM Executive Chorale conducted by Prof. Mabel Miguel-Ararao. Prof. Harold Galang, Vice Chair for Arts and Culture of the Presidential Committee for Arts, Culture and

Sports (PCACS) gave the opening remarks.

Performing in front of a jam-packed theater consisting of tourists, guests, Intramuros Administration officials, administrators, faculty and students of PLM, the featured jazz band “Brass Munkeys” regaled the audience with their powerful and lively performance of standards and jazz music.

The band performed with cool improvisations of Fly Me to the Moon, The Way You Look Tonight, Love, Sway, Wanna be Just Like You and Feeling good among others.

Featured members of the band are top professional jazz musicians in the country. They are: Archie Lacorte alto sax, Leo Emnil tenor sax, Pardis Tupas trombone, Jay Alviar drums, Jemuel Victorino vocalist, Glenn Bondoc bass guitar, and Tim Cada trumpet.

Truly, it was an afternoon of great jazz music with the audience leaving in high spirits and renewed energies! ■

## CET Shines Anew...

From page 2

The ME/Mfg faculty members include Engr. Juan C. Tallara Jr. (Department Chairman), Engr. Edilberto Q. Lazaro, Engr. Arnel Q. Lucas, Engr. Eleuterio L. Magsino, Engr. Aristotle M. Zabala, Engr. Albert Francis dela Cruz, Engr. Reynaldo C. Sanchez and Engr. Celso Pagsuguiron.

Dean Clydelle M. Rondaris congratulated the passers during their courtesy call on the CET office. She told them that the college is proud of them for bringing honor and prestige to the college and PLM.

This recent achievement is another testimony to the ME/Mfg department’s exemplary performance and its unwavering commitment to quality mechanical engineering education. It may be recalled that the department obtained 100% passing rates for three consecutive times licensure exams; the September 2015, February 2016 and September 2016, respectively. ■

*Happy Birthday!*



**SEPTEMBER 10**  
MR. BENJAMIN I. ESPIRITU  
*Chairman, Board of Regents*

**SEPTEMBER 1**  
ARCH. GIL C. EVASCO  
*VP for Academic Affairs*

**SEPTEMBER 8**  
ATTY. MARISOL DL. ANENIAS  
*Dean, College of Law*

**SEPTEMBER 26**  
MS. ANGELINE D. ALABASTRO  
*Dean, College of Medicine*

# CAMPUS STANDOUT

## Supreme Student Council President, John Joseph R. Battung

By Kelly Vergel De Dios

HE comes across like the boy next door out for a friendly game of soccer: this gangly boy of twenty with an easy smile and air of mischief about him.

But once he opens his mouth to speak, you find yourself nodding to the aphorisms pouring out of him.

So young and yet, so wise!

John Joseph R. Battung is the current President of the Supreme Student Council (SSC), head honcho of the Pamantasan ng Lungsod ng Maynila's lead student organization of which there are about sixty to seventy in the campus total.

Mean feat that.

He hails from Tondo and so is resilient, vibrant, a born leader.

One of six members of the SSC elected at large (the 16 other executive officers are elected by their respective colleges), JJ is on his last year of a bachelor of secondary education degree with social studies as his major. And all throughout his school life, it's been his main occupation to involve himself and his peers in everything from policy-making to what he calls "collaborative action towards national progress."

Big words but you can believe that he is sincere in pursuing these goals. The SSC's mandate, after all, is to "represent the whole PLM studentry in any assembly and preserve their rights and welfare and provide them with programs that will spur holistic development."

For JJ, this means acting as the conduit between the students and the administration in addressing their concerns, making sure they are represented in policy-making dialogues on such things as the zero-based grading system, initiating



surveys on issues that concern them like gender development and environmental action as well as providing them with basic services like free printing or photocopying of academic requirements and research materials.

But it's not all work and no play for this senior: for PLM's weeklong 50th anniversary celebration in July, his organization was at the helm (jointly with the Office of the VPPA) of student activities like the University Night (Candle Lighting and Battle of the Bands), the University Fair at the Tanghalang Bayan, Dance Battle, Musicapella, the gala performance of the stage play Lilli (on the life of PLM graduate Lilosa Hilao, the first Martial

Law martyr) at the Justo Albert Auditorium and the Ginoo at Binibining Pamantasan pageant.

His body of work thus far begs the question: are all these preparation for public office after graduation? Does the sweet-faced boy have political ambitions?

His serious face breaks into a smile: No, Ma'am, he assures me, that's when I give back to the community. Return of service dahil pinaaral nila ako.

JJ plans to join an academic institution after college, to teach. He is very interested in politics but not the kind that's synonymous to "dirty" as the old cliché goes. He means to be part of the change that he wants to see. He feels young people nowadays easily lose faith in the system because of what they hear and read but JJ thinks that if they aren't active and are not represented, they cannot effect the kind of mass mobilization that can compel the system to change in a positive way.

Like his mom and an uncle before him (educators both), JJ is committed to empowering the youth and asserting their rights.

In Tondo, he says, the culture is – if you want to better your situation – you go abroad to work.

But not him.

As SSC president, his main concern was to train individuals to succeed in whatever situation or location they find themselves in – a vocation he intends to continue once he graduates from the PLM.

The University now.  
Tomorrow, the world.



Clubs Collective Action Towards a Peaceful and Just Society held at Icon Hotel, Quezon City on September 1.

3rd year public relations student Czieloh Jomea Villajin wins first place in an international Assembly of Youth for UNESCO on-the-spot essay writing contest on the topic: UNESCO



Communication students Trisha Gonzales, Jendy del Prado, Jhastine Punongbayan and Janis Diaz place second at the 2017 COMGUILD TV Commercial contest held at the ADMU Henry Lee Irwin Theater on September 10 (student produced ad was on the essence of being masscom students in the PLM).

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