

Provides crucial assistance to low-income students

Student Assistantships

A. Provides Students Housing Facility (On and Off Campus)

Mariano Marcos State University (MMSU) demonstrates a **strong commitment to supporting low-income students by providing crucial assistance in various areas, including accommodation**. The university offers a range of **on-campus** housing options, such as student residence halls and dormitories, ensuring safe, secure, and comfortable living spaces for its students. These accommodations are made available exclusively to residents, **aiming to provide a supportive environment conducive to academic success.**

Beyond physical housing, MMSU also provides financial assistance through its Student Assistantship Program. This program offers opportunities for students to work on campus, earning income to help offset their expenses and contribute to their education. The university's dedication to supporting low-income students extends beyond **financial aid, encompassing emotional and social support as well.**

The university's efforts to provide a nurturing and inclusive environment for low-income students are further highlighted by its partnership with **off-campus** housing providers. MMSU has established a list of contracted off-campus housing facilities, ensuring they meet specific standards and provide a safe and comfortable living experience for students. The university's commitment to assisting low-income students in their basic needs, accommodation, and financial and emotional support underscores its dedication to creating an equitable and accessible educational environment for all.

a.1 On Campus



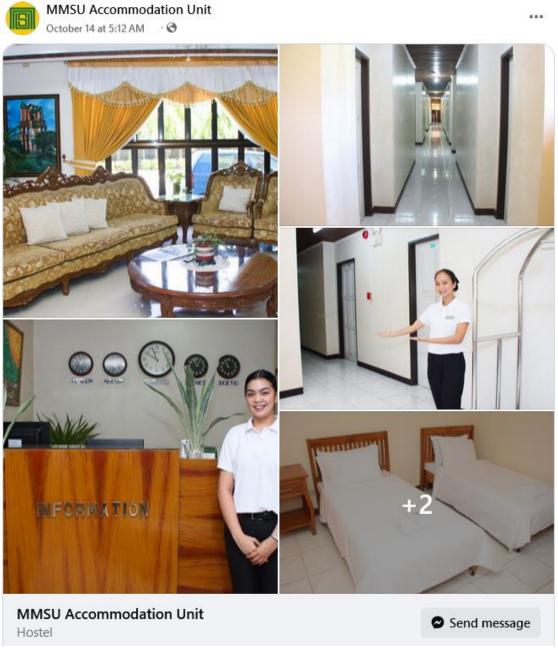




| STUDENT AFFAIRS AND SE | | MMSU Home |
|------------------------|---|--|
| | ABOUT US SERVI | CES GENERAL INFORMATION STUDENT'S ORGANIZATION |
| | CTE Magnolia student residence hall | P600/student/month |
| | CTE Magnolia dorm international wing (for local clients) | P300/head/night |
| | CTE Magnolia dorm international wing (for foreign clients) | |
| | Quadruple (4 pax/room) | P4,800/student/month |
| | Triple (3 pax/room) | P6,300/student/month |
| | Double (2pax/room) | P7,700/student/month |
| | Single (1pax/room) | P9,200/student/month |
| | Dormitory for 4Ps building 1 (for foreign students) | P2,000/student/month |
| | Dormitory for 4Ps building 1 w/common CRs (for Local stud | ents) P700/student/month |
| | Dormitory for IPs building w/ CRs inside the rooms (for Lostudents) | p800/student/month |
| | CoEds dormitory-Batac Campus | P300/student/month plus electricity for appliances/ gadgets |
| | Ladies residence hall-Batac Campus | P300/student/month plus electricity for appliances/ gadgets |
| | Rental Housing building 1 to 4 | P300/unit/month excluding electricity |
| | West Apartments | P540/unit/month excluding electricity |
| | PCAARRD Housing units | P780/unit/month excluding electricity |
| | Duplex Housing Units | P780/unit/month excluding electricity |
| | East Apartments | P840/unit/month excluding electricity |
| | | |

Link: https://sas.mmsu.edu.ph/general-information/student-housing-facilities





Link: https://www.facebook.com/MMSUaccommodation



a.2 Off Campus (Accredited Off Campus Facilities)





DORMITORY/BOARDING HOUSE/APARTMENT OCULAR VISIT

| DORMITORY/APARTMENT | | | CONTACT | WITH | WITH VALID | With | REMARKS |
|-------------------------|-----------------------|----------------------------------|------------|----------|------------|-------|--------------|
| NAME | OWNER | ADDRESS | NUMBER | CONTRACT | ID | email | |
| Baptista Boarding House | Baptista, Hydee Rhoss | Tabug, Batac, Ilocos Norte | 9959862639 | ٧ | ٧ | ٧ | No picture |
| Beljoms res. Hall | Agres, Benjamin | Tabug, Batac, Ilocos Norte | 9196914900 | ٧ | ٧ | ٧ | With picture |
| bolsbeck Boarding House | Rangcapan, Teofisto | Quiling Sur, Batac, Ilocos Norte | 792-3986 | ٧ | ٧ | ٧ | |
| Cami Dorm | Laud, Avelina P. | Caunayan, Batac, Ilocos Norte | 9478909954 | √ | | ٧ | With picture |
| Doc HAdj Apartment | Pugat, Hadji | Quiling Sur, Batac, Ilocos Norte | 9456044767 | √ | ٧ | ٧ | With picture |
| Elpidio Boarding House | Taal, Elpidio | Acosta, Batac, Ilocos Norte | 9499006235 | | | | |
| Felmars Dormitory | Orcino, Ofelia C. | Tabug, Batac, Ilocos Norte | 9292510126 | √ | ٧ | | With picture |
| JHM Apartment | Fuentes, Jocelyn | Caunayan, Batac, Ilocos Norte | 9175484904 | ٧ | ٧ | ٧ | With picture |
| LVP Dorm | Galacgac, Suerte | Caunayan, Batac, Ilocos Norte | 9563901707 | √ | | | With picture |
| Paulin Boarding House | Flojo, Ferdinand | Caunayan, Batac, Ilocos Norte | 9456056852 | √ | | | With picture |
| Tabaniag Dormitory | Tabaniag, Henry G. | Quiling Sur, Batac, Ilocos Norte | 9952532991 | ٧ | ٧ | ٧ | With picture |
| Tablang Dormitory | Dumlao, Rogelio R. | Tabug, Batac, Ilocos Norte | | √ | ٧ | ٧ | With picture |
| West View | Floio, Maryline | Tabug, Batac, Ilocos Norte | 9268543512 | V | V | ٧ | With picture |



MARIANO MARCOS STATE UNIVERSITY

Office of Student Affairs and Services

LIST OF DORMITORIES CONTRACTED OFF-CAMPUS HOUSING FOR MMSU STUDENTS

| No. | Name of Owner | Address | Contact Number | Email Address |
|-----|---------------------------|--|-------------------|---|
| 1 | Acosta, Jessie James | Sitio Tablang, Brgy. 17 Tabug, City of Batac, Ilocos Norte | 0906-470-0535 | je-cjames@yahoo.com |
| 2 | Baptista, Heidee Rhoss F. | Sitio Tablang, Brgy. 17 Tabug, City of Batac, Ilocos Norte | 0919-073-3349 | bheideerhoss@yahoo.com.ph |
| 3 | Galacgac, Evangeline S. | Brgy. 35, City of Batac, Ilocos Norte | 0919-608-5521 | eva galacgac@yahoo.com |
| 4 | Gamit, Eddit A. | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0905-273-1067 | gamitnivre@gmail.com |
| 5 | Inocente, Aiza A. | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0995-641-1500 | kuletzjhed@gmail.com/patriciainocente@yahoo.com |
| 6 | Malab, Ebenezer S. | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0919-321-2911 | esmalab@mmsu.edu.ph |
| 7 | Mamotos, Diosdado C. | Brgy. 17 Tabug, City of Batac, Ilocos Norte | 0920-430-7937 | mamotosaldrich@gmail.com |
| 8 | Navarrete, Valiant Nestor | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0995-161-4077 | valiant_nestor97@yahoo.com |
| 9 | Perez, Joeann S. | Brgy. 16-5 Quiling Sur, City of Batac, Ilocos Norte | 0928-524-5323 | joeann3sp@gmail.com |
| 10 | Perez, Milagros S. | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0928-524-5323 | joeann3sp@gmail.com |
| 11 | Pugat, Catherine M. | Brgy. 16-S Quiling Sur, City of Batac, Ilocos Norte | 0930-617-2567 | ckathym 02@yahoo.com |

Rm. 110, Bldg. #168 Quiling Sur, City of Batac, Ilocos Norte osas@mmsu.edu.ph D +63(935-848-6068) www.mmsu.edu.ph









Brgy. 16-S Quilling Sur, City of Batac, Ilocos Norte 0947-240-4991 lornavega67@gmail.com

Prepared by:

EMIL JAMES P. TANAGON Director, OSAS Date Signed: Recommending Approval:

PRIMA FE R. FRANCO VP for Academic Affairs Date Signed: Approved by

SHIRKEY C. AGRUPIS University President

Rm. 110, Bldg. #168 Quiling Sur, City of Batac, Ilocos Norte $\boxtimes \underline{osas@mmsu.edu.ph} \ \mathfrak{D} + 63(935-848-6068) \ \oplus \ www.mmsu.edu.ph$





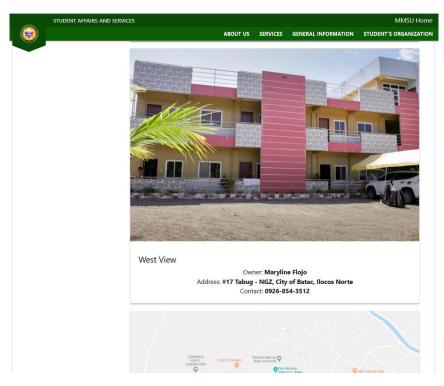
Accredited Off Campus Housing Facilities

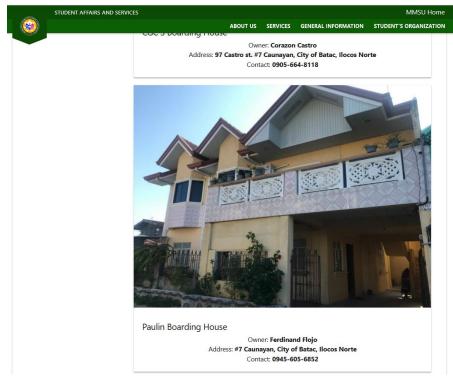


Tabaniag Dormitory

Owner: **Henry G. Tabaniag**Address: **#16-S Quiling Sur - NGZ, City of Batac, Ilocos Norte**Contact: **0995-253-2991**









a.3 Samples Memorandum of Agreement (MOA) for Business Owners

AGREEMENT FOR CONTRACTED OFF-CAMPUS HOUSING FOR MMSU STUDENTS

| I, the undersigned: Aiza A. Inocente | | | Numbers: 0995-641-1500 of |
|---|---|--|---|
| legal age, Filipino citizen and with address | | | |
| A03-07-000058 and | e-mail | address | kuletzihed@gmail.com / |
| patriciainocente@yahoo.com, | | | , |
| hereby apply to the Off-Campus Hous "university") for inclusion of the rental f Campus housing for university students. policies and regulations including the folk | acilities (here I agree to b | inafter "facilit | ies") as contracted university Off- |
| Exercise every reasonable effort to ma residents of these standards, pursue comp of or there is knowledge of or suspicion of be made readily available to the universidated students by the Office of the Student Affa | oliance, and m of a violation. I ity students a | nake a report to By these prese and its provisio | the university when notice isgiven nts, a copy of this agreement shall ons should be made known to the |
| Separate single men students and sing of separating single men and single wom the Office of the Student Affairs and Serv | en requires w | ritten consent | by the parents of the student and |
| Provide information regarding current including tenant course and/or college, e. | | | |
| 4. Allow and give consent to post in the U information and the details pertinent to tall descriptions, advertisements, or professercise good faith, fair dealing, e.g., discriminating based on potential gradual agent's dealings with students or the Off deceptive, dishonest, unfair, or have be immediately. | the housing fa motions of th by refusing ation, and hon fice of the Sta | acilities. In this ne facilities are to rent to st nesty in all rela udent Affairs a | regard the owner shallensure that e accurate and not deceptive and sudents based on year in school, tions with tenants. If anowner's or and Services have beenmisleading, |
| 5. Preserve the quiet enjoyment and pea procedures of notice and entry as stated | | | al unit by the tenant and use lawful |
| Practice no discrimination in the rent origin, or disability. | al of the facili | ities on the ba | sis of race, religion, color, nationa |
| 7. Provide tenants with copies of all rents in cash at the time of any agreement or p | | i, addenda, rule | es, bills, and receipts for moneypaid |
| 8. Respond promptly to emergencies, becoming aware of them and work with | urgent probl | lems, or critic | al repairs on a contracted when complete the repairs or correct the |

The Office of the Student Affairs and Services may withdraw the university contract from the owner's rental facilities for failure to respond promptly or reasonably to student-tenant problems involving the

condition of the rental facilities, violations of the Residential Living Standards, rental

problem.



agreements, and conflicts with roommates or other tenants and employees or family members of the owner, or for not working with due diligence to complete repairs or correct such problems.

- 10. Allow representatives of the university and government agencies and all other public safety inspectors to inspect all units of the facilities are reasonable times to determine compliance with this agreement or applicable law.
- 11. Maintain the facilities in accordance with all applicable laws or ordinances and with the applicable Minimum Specifications for university housing.
- 12. No monetary consideration is required from the property owners to be included in the list of off campus housing facilities. The university through the OSAS is likewise required to recommend the facilities in the list to its students.
- 13. Guarantee a safe and conducive facility suitable for an excellent study environment to the students keeping in mind that the university will give due recognition to facilities that housed an honor graduate.
- 14. That by being part of the recognized and accredited off-campus housing facilities grants the property owner the right to seek assistance from the university with respect to violation by the students of the terms of the housing contract subject to data privacy concerns and other existing laws, rules and guidelines.
- 15. Violation of any of the conditions of the contract by the landlord or their agent(s) may constitute sufficient cause for immediate revocation of the contract of the facility. In the event of such contract cancellation or in the event of failure to timely secure a contract, the landlord agrees that any student may elect to terminate the rental agreement with the landlord upon five working (5) days' written notice to the landlord. Student tenants are explicit third-party beneficiaries of this agreement and these provisions apply regardless of the terms of the rental agreement. The owner agrees to remit within five days the balance of any prepaid rental or deposit monies or both to any student electing to terminate tenancy after notification that the contract of the unit has been withdrawn or if the owner fails to finalize the contract by the commencement date of the student-rental agreement.
- 16. A University contract is valid unless withdrawn or revoked, and is not transferable.

Signed this 12th day of November 2021 at Batac City, Ilocos Norte, Philippines.

Property Owner

Conforme:



ACKNOWLEDGEMENT

| 70 | Notary Public a | nd in Batac City, Ilocos Nort | teon |
|-------------|--|---|------------------------------|
| hesses to v | The second secon | ally, appeared the following with the | |
| 1 | Name | Valid ID | Date and Place Issued |
| Alta A. I | mocente | privers License - AD3-D7-000058 | Datac CIM. ILOCOS NORTO |
| c. No. 40 | ESS MY HAND A | NOTAFIAL CHIMISSION NO. ROLL OF ATTORES | 2020-08/VALID UNTIL JUNE 302 |
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B. Provides Tertiary Education Subsidy (TES)

Engr. Alexis Castillo Alegado, a graduate of Mariano Marcos State University (MMSU), has achieved a remarkable feat by topping the April 2023 Civil Engineering Licensure Examination with a score of 92.10%. This accomplishment is even more inspiring considering he is a beneficiary of the Pantawid Pamilyang Pilipino Program (4Ps), a government program designed to uplift families living in poverty.

Alegado's success is a testament to the power of perseverance and the transformative impact of educational opportunities. His achievement serves as an inspiration to other students from underprivileged backgrounds, demonstrating that with dedication and support, they too can achieve their dreams. This story highlights the crucial role of educational programs and social welfare initiatives in empowering individuals and contributing to a brighter future for all.



Link: https://www.facebook.com/photo/?fbid=617567883728170&set=a.224758283009134

The Mariano Marcos State University (MMSU) Office of Student Affairs and Services (OSAS) is responsible for the annual distribution of stipends to qualified students under the Tertiary Education Subsidy (TES) program, as mandated by Republic Act 10931. This program aims to provide financial assistance to students from low-income families, enabling them to pursue higher education.



The OSAS meticulously conducts the distribution process, ensuring that only eligible students, who have been identified as **belonging to the lower income bracket**, **receive their stipends**. The distribution event typically involves a thorough **verification** of student documents, including certificates of registration, enrollment, and identification, to ensure transparency and accountability.

This initiative highlights MMSU's commitment to promoting **social equity and accessibility in higher education**. By providing financial support to students from underprivileged backgrounds, the TES program, overseen by the OSAS, empowers them to achieve their academic goals and contribute to a brighter future.



MMSU Office of Student Affairs and Services

December 21, 2023 ⋅ 🚱

CHED Tertiary Education Subsidy (TES) Stipend Distribution

MMSU graduates and students who are beneficiaries of the CHED TES Grant S.Y. a received their stipends today, December 21, 2023 at the Student Center Activity F Campus, Batac City.

CHED Region I Office personnel facilitated and hand-in the checks to the recipien 660 expected recipients in the said distribution.

The activity was supervised by Mr. Ericson R. Agcaoili, CHED TES.TDP Focal persor Emil James P. Tanagon, Director of OSAS; and Dr. Jahnese D. Asuncion, Chief of IS

The TES Program is a government initiative aimed at providing financial assistance students in tertiary education. It is part of the Republic Act 10931 or the Universal Quality Tertiary Education Act, which was signed into law in 2017. The TES Program higher education more accessible to Filipino students by offering subsidies to covincluding tuition and other fees.



Link: https://www.facebook.com/photo?fbid=660890196205737&set=a.399603772334382























MMSU Office of Student Affairs and Services

December 17, 2023 · 🕙

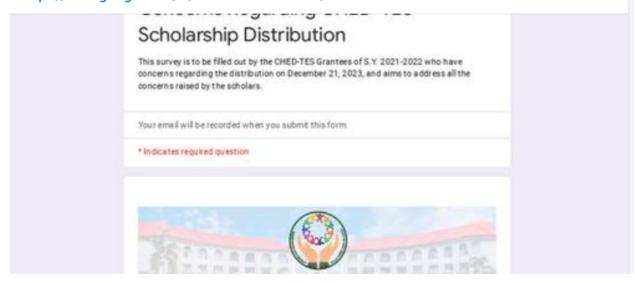
ATTENTION ALL CHED TES Grantees, especially those stipend recipients on December 21, 2023: If you have concerns regarding the scholarship or the distribution of stipend on Dec 21, FILL-OUT this survey.

This survey is important for addressing your questions and concerns efficiently. It helps us work closely with the right agency to improve scholarship services. The collected data will be used to send well-informed inquiries to government agencies, aiding in issue resolution.

The survey also prevents poorly worded complaints from being posted online, reducing the impact of negative comments from scholars and maintaining a positive image for MMSU students. Hence, if you have questions and complaints, best to fill out this form rather than posting online.

Thank you very much. Your cooperation is highly anticipated.

https://docs.google.com/.../1-xPl9tBLhEmof5Zi.../viewform...



Link: https://l.facebook.com/l.php?u=https%3A%2F%2Fdocs.google.com%2Fforms%2Fd%2F1-

xPl9tBLhEmof5ZiMf79cYpuO12ivME4C1vVjy3hoV0%2Fviewform%3Fedit_requested%3Dtrue%26fbclid%3DlwZXh0bgNhZW0CMTEAAR0YCsYu3v CPs5Hr f-Ot-6TCxTstxa1Bd 3Q6YMuQ7uXl-aX0B4Es8V22o aem V7699eys517F4iHWzUPZug&h=AT1y-

EJk2U9n0MvUWs5d& tn =H-R&c[0]=AT0EEcBlt6kDTr-

LNH9ea6MnZQvCVYuXwuo7SKHKxJzAcQ8 frj1wn6WO290Bgvx8BEWb03HDJfQuB-20sZ1Gb-7t8SBiTFOxGAEvApxkEg





MMSU Office of Student Affairs and Services

December 16, 2023 · 🚱

Attention ALL TES Grantees of S.Y.2021-2022 (1st and 2nd Semesters):

The long wait is over!

Check your name on the list attached to the link below:

https://drive.google.com/.../1wAxeWHbNnsveYVfq11l.../view...

If your name is included in the list, you are advised to be in the stipend distribution on DECEMBER 21, 2023 (8:00 AM onwards) at the STUDENT CENTER ACTIVITY HALL, STUDENT CENTER BUILDING, back of the MMSU Covered Court, MMSU Main Campus City of Batac.

Bring the following:

- 1. Certificates of Registration/Enrollment (S.Y.2021-2022 -1st and 2nd Semesters), duly signed by the University Registrar.
- 2. MMSU Student I.D.
- 3. Photocopy of MMSU I.D. (back-to-back)

If the scholar cannot personally get his/her stipend, he/she may send a representative (parent, relative, close friend, classmate).

In addendum to the document requirements listed above, the representative should bring:

- 4. his/her ID, photocopy of the ID (back-to-back); and
- 5. authorization letter duly signed by the scholar. In the letter, the beneficiary should indicate his/her relation to the representative.

MMSU students are advised to go to the distribution during their free time only.

Spend your stipends wisely! Have a Merry Christmas!

Link: https://www.facebook.com/photo?fbid=657921369835953&set=a.399603772334382









Link: https://drive.google.com/file/d/1wAxeWHbNnsveYVfq11l9ABctPiu7 8mv/view



C. Provides CHED Tulong Dunong Program (TDP)

The Mariano Marcos State University (MMSU) Office of Student Affairs and Services (OSAS) administers the **CHED Tulong Dunong Program**, a financial assistance program designed to support students from low-income families. This program provides crucial financial aid to help these students pursue their higher education goals, ensuring that socioeconomic background does not hinder their academic aspirations. By providing this assistance, MMSU OSAS demonstrates its commitment to promoting social equity and inclusivity within the university, ensuring that all students have a fair chance to succeed in their academic pursuits.



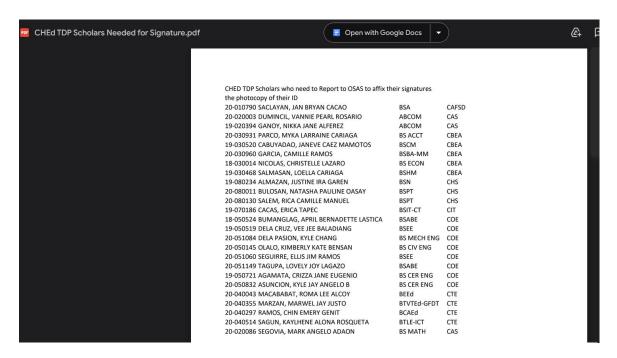
Attention CHED TDP Scholars!

Please check the list of names in the link below.

If your name appears in the said list, report to the OSAS Office tomorrow, December 22, 2023 to sign important documents.

For strict compliance.

https://drive.google.com/.../1DG0jR_0BP93_Krun.../view...



Link: https://drive.google.com/file/d/1DG0jR 0BP93 Krun HriOCssswsjwrdv/view





ATTENTION CHED Tulong Dunong Scholars!

Please find attached list of names of scholars in the link below. If your name is included in the said list, your stipend for the S.Y. 2022-2023 is available at the OSAS Office.

You can claim your stipend starting today until December 15, 2023.

Bring the following:

- 1. School I.D.
- 2. photocopy of the School I.D. (back-to-back)
- 3. Form 5 First and Second Semester of the S.Y. 2022-2023 duly signed and certified by the University Registrar

If you cannot get your stipend personally, you may send an authorized representative.

The representative should bring the documents stated above and his/her government-issued I.D. and duly signed authorization letter.

LINK:

DRIVE.GOOGLE.COM

CHED TDP List of Scholars --- Unclaimed Stipends Checks Available @ OSAS Dec 2023.pdf

Link:

https://www.facebook.com/mmsuosas/posts/pfbid02iG2khi5nbqmgPv4JB2tEpiUSTNXy 1tuUEF9jU7p6brhXuBBceK3x1icPspsVDLMWl





Unclaimed Stipends (CHED-TDP) No. NAME AIRA LEIGH C. LAZO ALWIN CHARLES A. FLOJO 2 ANGELIKA P. CADIZ ARSHARINA GRACE E. BALAIS AYENNA BIANCA M. ARCANGEL CARL ANGELO R. BULANDRES CHARLES ERICKSON T. PACLIBON CINDYS V. TIBURCIO CZARINA YENTL R. ACOSTA DESEREE L. TOLENTINO ERICA D. ALFEREZ 12 GAYLE ANTOINETTE A. RAGUSANTE 13 JAIMELEEN ROSE A. CACAYORIN JANDERIK JESSEM Y. DANCEL 14 15 JESSA MAE L. YAGIN JESSE CHRISTINE ANGEL A. GROSPE 17 JOECANER R. ORAP, JR. 18 JOHN LLOYD A. SAMPAYAN 19 JUSTIN JAY R. ASUNCION 20 KYLE C. DELA PASION 21 LOELLA C. SALMASAN LORENZO N. AQUINO 23 MARA TRICIA L. AGUDELO MARC NEL JENS G. GABION 24 MARJORIE ANN P. FLORES 26 MARVIN DREECK M. NACURAY 27 MARY CLAIRE U. UDAUNDO MICHELLE JOY P. TABAY MIKE A. CORPUZ PATRICIA DOROTHY L. MAGNO 31 RACEL JOHN LURIAN ROMA LEE A. MACABABAT TONY LLOYD ARMANN A. DOMINGO 33

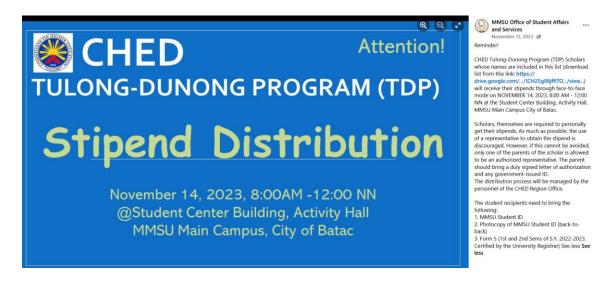




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VIVIAN KAYE M. ASUNCION





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D. Provides Mental Health Awareness

The University is actively promoting mental health awareness through various initiatives. The university's Psychology program actively participates in World Mental Health Day, emphasizing the importance of accessible and culturally appropriate mental health care. MMSU also organizes virtual sessions and workshops, such as "Project Pag-asa," to educate students on mental health wellness, coping mechanisms for anxiety and depression, and suicide prevention. The university encourages self-care and provides a day for employees to work offsite for mental health reflection.

The university's efforts to promote mental health awareness extend beyond these specific events. MMSU has a dedicated Health and Wellness Services Unit and the Office of Student Affairs and Services (OSAS) that work together to provide resources and support to students. These units offer counseling services, workshops, and other programs designed to help students address mental health concerns and build resilience.

Through these initiatives, MMSU demonstrates a strong commitment to fostering a supportive and inclusive environment that prioritizes the mental well-being of its students and staff. The university recognizes the importance of mental health for academic success, personal growth, and overall well-being. By promoting mental health awareness and providing resources, MMSU is creating a culture where students feel comfortable seeking help and support when they need it.





MMSU BS Psychology · Follow

October 10, 2023 · 🔇

The MMSU Psychology program joins the world in celebrating Mental Health Day. This awareness aims to protect the rights of all to attain mental health and access to available, affordable, and culturally acceptable professional care.

Having mental health conditions does not mean one cannot make decisions for himself. More often than not, people suffering from such disorders experience severe stigma from the community, making it difficult to seek help.

Every individual needs to be heard and included.

Know your rights. Protect your mental health. W



PRIORITIZE MENTAL WELLNESS EVERY DAY, NOT JUST TODAY.

#MentalHealthisaUniversalHumanRight #WMHD2023 #EnhancingWellBeing



Link: https://www.facebook.com/photo/?fbid=296270466516515&set=a.119295720880658





To cultivate hope among students amid these challenging times, Mariano Marcos State University (MMSU) held a virtual session about mental health awareness and suicide prevention today, November 17.

Dubbed "Project Pag-asa: Ang Pagsalimbay sa Himpapawid ng Liwanag," the online session taught the students on how to maintain mental health wellness, to cope with suicidal tendencies, and overcome anxiety and depression.

READ MORE HERE: https://www.mmsu.edu.ph/.../mmsu-intensifies-mental...— with EM Gagni and Shirley C. Agrupis.

#ProjectPagasa #MentalHealthWellness #WeHealAsOne #MMSUCares #MMSUACHIEVE



MMSU intensifies mental health wellness among students

To cultivate hope among students amid these challenging times, Mariano Marcos State Univer...

Link: https://www.mmsu.edu.ph/news/mmsu-intensifies-mental-health-wellness-among-students?fbclid=lwY2xjawGeajNleHRuA2FlbQlxMQABHcBlXQ4Oc3dPe5iFjsWu2z48MvGgC

YfccJPYfiRMU4ipWIrno2i-Mp3CVw aem I5ep6JdRuung68A5r3iE A





Mariano Marcos State University ○ is with EM Gagni and Shirley C. Agrupis.

November 16, 2020 · ⑤

Sino dito ang gustong huminto, huminga at lumanghap ulit ng bagong pag-asa?

The University's Health and Wellness Services Unit and the MMSU Office of Student Affairs and Services (OSAS) bring you the PROJECT PAG-ASA: Ang Pagsalimbay sa Himpapawid ng Liwanag (A Virtual Celebration of Mental Health Wellness).

All MMSU students are invited to join the event composed of webinar sessions which shall uphold mental health. It will be held on November 18 / Wednesday (9:00Am to 12NN) via the MMSU Students Facebook Closed Group. (Note: Students who are not yet members of the Closed Group shall contact their respective guidance counselors to be admitted to the group.)

The following will be tackled:

I. SINAG: Bukang-liwayway ng Kalusugang Pangkaisipan (A Lecture-presentation on Mental Health Awareness)

Speaker: Dr. Elizabeth Marfel F. Gagni (Director, OSAS)

II. AGOS: Bagong Umaga, Bagong Pag-asa (A Discussion on Suicide Prevention)
Speaker: Ms. Shareid Shundy B. Aguilar (Chief, University Psychological Testing Center)

III. BUHOS: Kalasag sa Panahon ng Lunos (A Panel Discussion on Anxiety and Depression)

Panel Members: Dr. Ricardo Guanzon (Dean, College of Medicine)

Dr. Elizabeth Marfel F. Gagni

Dr. Geraldeen B. Pascua (Chief, Student Welfare)

Ms. Shareid Shundy B. Aguilar (Chief, University Psychological Testing Center)

Come one, come all!

#ProjectPAGASA #MMSUACHIEVE



A Virtual Celebration of Mental Health Wellness

on NOVEMBER 18, 2020
at 9:00 AM TO 12: 00 NN
via MMSU STUDENTS FB CLOSED GROUP

#MMSUCares
#HintoMuna
#WeHealAsOne

Link: https://www.facebook.com/photo/?fbid=3636428223085776&set=a.469438266451470





Mariano Marcos State University

November 5, 2020 · 🚱

In observance of the Mental Health Awareness and Values Formation Week, MMSU employees will be given one day to work offsite on November 6, 2020, for them to include self-care and reflection as part of their day.

Always remember that **#MMSUCares** for you, especially in these trying times. You deserve a break too!

#HintoMuna #WeHealAsOne



Link: https://www.facebook.com/photo/?fbid=3604292079632724&set=a.469438266451470