



# UP MANILA NEWSLETTER

## UP Law dean is 21st UP President

A lawyer-professor-broadcaster who had served UP and other universities in varied capacities will succeed UP President Alfredo Pascual as its 21st president. He will start his term on February 10, 2017.

Atty. Danilo Concepcion, Dean of the UP College of Law, was elected by the UP Board of Regents in a special meeting held on November 15, 2016. Before the election, all six candidates were interviewed by the Regents before the secret voting was made.

The other five candidates were UP Vice President for Academic Affairs and professor of science Gisela Concepcion, Department of Science and Technology Undersecretary and professor of electrical and electronics engineering Rowena Guevarra, UP Diliman Vice Chancellor for Academic Affairs Benito Pacheco, former UP Diliman Chancellor Caesar Saloma, UP Vice President for Public Affairs and Commission on Higher Education Commissioner J. Prospero de Vera.

In his vision statement, Dean Concepcion stated: "the task of the next president is to ensure that UP remains true to its ideals. The essence of UP, he explained, is not merely to transmit knowledge, but to serve the nation; and this sense of mission should pervade all fronts of the university's functions from educating its students, to caring

for its personnel, to defining its role in nation-building. We need to be organic intellectuals who are willing to immerse ourselves in the concrete challenges being faced by our constituents. Honor and excellence with compassion should be the next UP president's clarion call to encourage the UP community in serving the Filipino people."

During the public forum where all nominees presented their vision-mission, plans, and programs for the next six years, Concepcion espoused the culture of compassion within the university to cultivate and nurture the Iskolar ng Bayan, as UP students, are called. He stated that his leadership will be one of consultation with different sectors to be able to create that culture of critical dialogue in order to address pertinent matters that concern the welfare of the students, academic community, and administrative staff. In order to actualize this, he stated the need to adhere to the tenets of transparency, accountability, and objectivity.

On a question asked during the forum on how to improve the implementation of the UP Charter stipulation, "No qualified student should be denied access to a UP education," the UP president-elect mentioned a program to identify feeder schools in the provinces

as a way to increase quality of education in such schools by providing scholarships to students who, after graduation will be required to teach in these schools. This will increase the quality of education in these schools and make it comparable to those in Metro Manila that will in turn, increase the number of UPCAT passers from the provinces.

He intends to study the possibility of free tuition for students in exchange for the Return Service Agreement and to require more return government service for beneficiaries of free tuition.

"A free UP education is an investment for the country's development," he stated during the forum.

"Every program or project, be it curricular or research, should address the needs and problems of the nation and the Filipinos."

On the proposed RSA implementation in all UP campuses, Concepcion noted its "messy" enforcement and the need for a thorough study of the program. So far, only UP Manila of the UP autonomous campuses is requiring students of its health colleges to render a return service within two years after graduation.

Concepcion plans to strengthen the graduate programs of UP by enticing more foreign students that will, in turn, help reduce the tuition for such programs



UP President-elect Atty. Danilo Concepcion

and attract more enrollees. He plans to revisit the admission process, socialized tuition scheme, and the Revised General Education Program.

"We want to ensure that the education that students get from UP is holistic and relevant, help them appreciate that all branches of knowledge perfectly complement each other and how they can better excel in their fields by being exposed to the techniques, disciplines, and paradigms of their peers in other fields," he explained.

(New UP President/page 2)

## UP Resilience Institute created; needs new research and extension fellows

The Board of Regents approved the establishment of the new UP Resilience Institute (RI) at the University of the Philippines for Disaster Risk Reduction and Management (DRRM) and appointed Professor Benito M. Pacheco as its first Executive Director. It shall have the following functions and programs concerning multi-hazard, multi-disciplinary, multi-sectoral, comprehensive DRRM: (1) Research and Creative Work: undertake policy research, action research, and interdisciplinary or transdisciplinary research or creative work; (2) Knowledge Sharing: disseminate research findings, creative works and innovations; (3) Education: establish non-degree educational programs and support degree programs within the UP System; (4) Institution Building: improve the capability of the UP System as an agent of change for disaster resilience in the Philippines and the Pacific Rim region.

In a memorandum dated Dec. 20,

2016, UP Pres. Alfredo Pascual invited full-time faculty members to become research and extension fellows.

Approximately 20% of the system-wide total number of regular full-time academic staff from all the regular academic units of UP shall be targeted to have additional appointments at the RI as Research and Extension Fellow or Research and Extension Junior Fellow without additional compensation. Within this human resource pool, every semester, each fellow or junior fellow, with commensurate involvement in the activities of the Resilience Institute, shall be devoting on average approximately 25% of his/her regular academic load. Hence, UP shall be devoting about 5% of its combined regular full-time human resource as a constant active pool of scholars for the programs and services of the Resilience Institute.

The memo stipulates that a Fellow or Junior Fellow shall receive funding and logistical support according to the

budget of the Institute program or project where s/he is engaged (e.g., honoraria, professional fees, and other compensation commensurate and applicable to the involvement of the Fellow or Junior Fellow); Research Load Credit may also be applicable.

The first batch shall be given the additional appointment for the 2nd Semester and Midyear of 2016-2017, i.e. January-July 2017, subject to renewal in the following academic year. Every full-time regular faculty member of UP who is eligible and available to affiliate with the Resilience Institute as Fellow or Junior Fellow is encouraged to communicate his/her Expression of Interest by emailing directly to: [resilience.institute@up.edu.ph](mailto:resilience.institute@up.edu.ph) to the attention of Professor Pacheco.

For the guidelines, please go to [www.upm.edu.ph](http://www.upm.edu.ph) on the memorandum on the invitation for research and extension fellows.

## CAMP alumnus a TOYPW awardee

Prof. Abelardo Apollo I. David, Jr., BS Physical Therapy graduate of the UP Manila College of Allied Medical Professions, is one of the 2016 Ten Outstanding Young Persons of the World awardees. He was recognized in the field of Humanitarian and/or Voluntary Leadership.

Admired for his ability to translate theories and principles into action, Professor Abelardo Apollo David, Jr. has demonstrated his strong commitment to providing disabled youth with the most optimal treatment available in a socially inclusive environment. At the age of 26, David pioneered the Independent Living Learning Centre, one of the largest private schools for children with special needs in the Philippines; this school helps students to transition into the job force. Knowing that the majority of disabled Filipino children come from poor families,

(Camp alumnus/page 3)



## Workshop on clinical geriatrics and gerontology for health professionals and educators held



Participants get to see how the Comprehensive Geriatric Assessment tool is actually applied in evaluating and developing a plan of care for elderly patients.

The mandate that all government hospitals must have a Geriatric Ward and the recent approval of Memorandum Order No. 18 that stipulates the inclusion of Geriatrics in the medical curriculum provided the impetus for the conduct of a Training-Workshop on Clinical Geriatrics and Gerontology for Healthcare Professionals and Educators. The workshop was held by the Institute of Aging under the National Institutes of Health on October 24-25, 2016 at the UP Manila Social Hall.

The goal of the training-workshop was to assist healthcare professionals

and educators in the implementation of the required inclusion of geriatrics in the curriculum of medical and nursing schools. At the end of the workshop, the participants were able to recognize the Comprehensive Geriatric Assessment (CGA) as an essential tool in the system-based delivery of healthcare for older persons, understand their role in the general assessment, care coordination, and improvement of quality of care and outcomes of older persons and demonstrate the application of the CGA in developing a plan of care for an elderly patient.

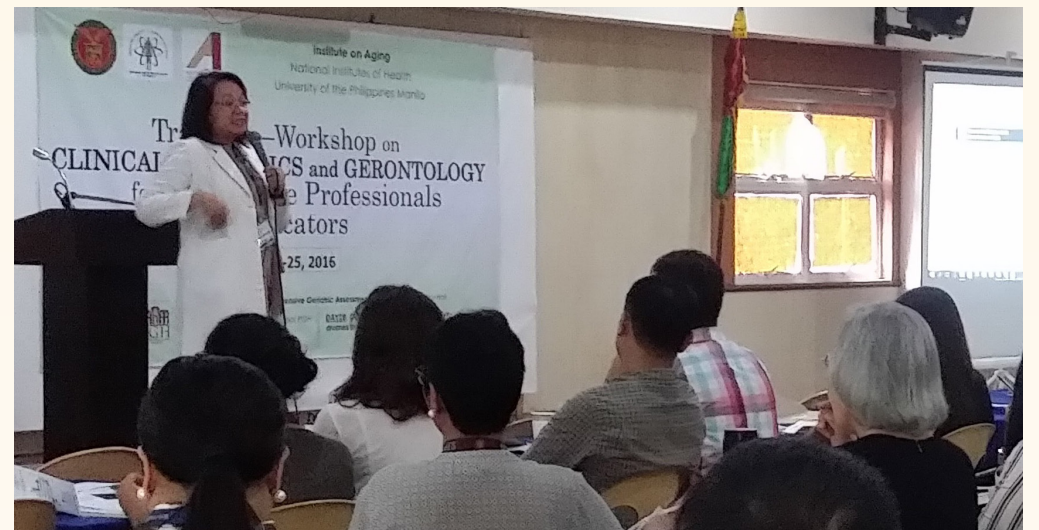
During the first day, the participants took the pretest and were given comprehensive lectures on assessment of older patients using the CGA, their common syndromes and communication problems, nutrition status assessment, gait balance functional status, and physical and neurologic, including environment and socio-economic status. Other topics were anthropometric measurements, CGA as research tool and plan of care, elder abuse as well as management of nutritional problems, dementia and depression and prevention of falls and fractures. All attendees were encouraged to actively participate at the end of each lecture to ensure attainment of training workshop goals. Resource speakers for various topics were all health care professionals with specific expertise in their line of work.

During the second day, the participants were divided into two groups. Simultaneous sessions namely CGA workshop (Day 2A) and Common Problems and Geriatric Syndromes in the Community and Outpatient (Day 2B) were conducted. Day 2A participants who were mostly doctors, nurses, and educators were further grouped into five multi-disciplinary teams. Each group practiced the use of the CGA utilizing the official PGH CGA form. The groups had volunteer patients who were retired UP Manila employees and members of Club 20. Informed consent was ensured prior to the assessment. Feedbacks from the volunteers on their experience during the assessment were shared with

participants. The volunteers appreciated the CGA as they felt empowered.

From a total of 156 delegates from various academic health institutions, 40% were from UP Manila, including PGH. The overall rating of the workshop ranged from good to very good with the suggestion that more trainings and workshops like this be conducted to achieve more effective health care delivery for the increasing population of the older sector.

The training workshop was spearheaded by Institute of Aging Director Dr. Shelley Ann V. De la Vega. It was partially funded by the Philippine Council for Health Research and Development and PGH. (Contributed by Josephine D. Agapito)



Institute of Aging Director and workshop overall chairperson Dr. Shelley Ann Dela Vega briefs the participants on the goals and activities of the workshop

## Health inequities tackled by health experts

UP Manila actively participated in the recent workshop jointly undertaken by the National Academy of Science and Technology Philippines, Academy of Sciences Malaysia and Nigerian Academy of Sciences under the InterAcademy Partnership (IAP) for Health (previously known as the InterAcademy Medical Panel) last 3-4 October 2016 at the Manila Hotel. This was attended by participants from several countries.

The two-day workshop provided an opportunity to health leaders, academics, economists, social scientists, educators and policy makers to learn about the review process of social determinants of health and develop a work plan to take the project forward in their own country. The output of the workshop will be presented to IAP for Health for possible dissemination to the other member academies.

The workshop was mainly focused on (1) determining the issues on the social determinants of health (SDH) in light of



UP Manila Chancellor and workshop Organizing Committee Chair Dr. Carmencita Padilla (front row center) with health leaders, educators, economists, social scientists, and policy makers from several countries in the health inequities forum

the social, economic, environmental, and demographic factors within the Association of Southeast Asian Nations region and (2) formulating recommendations and moving forward interventions with intersectoral collaboration. Representatives from the

Academy, national academies of science and medicine in the ASEAN region, private institutions, and government participated in this workshop.

As systematic differences in health and life expectancy between and within

countries are found to be preventable, the workshop provided the participants with strategies and insights on how to document and address health inequities through action on social determinants. It allowed them to explore evidence-based advocacies with government in tackling health challenges and various health effects of systematic social inequities.

Dr. Fely Marilyn E. Lorenzo, professor of Health Policy and Management at UP Manila, synthesized the discussions. National Scientist, Ramon Magsaysay Awardee and UPM University Professor Emeritus Ernesto O. Domingo, member of NAST PHL Health Sciences Division, gave the closing remarks.

The organizing committee was chaired by Academician Carmencita D. Padilla, member of NAST PHL Health Sciences Division and Chancellor of the UP Manila. (Joy Deanon)



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upmanilachannel

### New UP President from page 1...

Recalling his time as associate dean of the UP College of Law, he promised to address the need to regularize contractuels and continue and even explore the expansion of the health maintenance card that UP Pres. Alfredo Pascual had started. He believes that benefits between the academic and administrative employees should be the same.

"There should be an office to prepare faculty members for retirement. Our

faculty should feel proud and dignified even after their service to the university."

He pledged a stronger support for athletics because he considers athletes' victories not only as a source of pride and joy but as an effective way to mobilize alumni support for UP.

The new UP president finished Agricultural Engineering, summa cum laude, at the De La Salle Araneta University in 1979, topping the board examination. He graduated from the UP College of Law, cum laude, in 1983,

passing the Bar Examinations as a topnotcher. He later earned his Master of Laws at the University of London in 1986, as a British government scholar. He hosts a radio program "Usapang Campanilla" over DZMM where he gives free legal advice to listeners.

For more details on Dean Concepcion's vision statement and curriculum vitae as submitted to the Search Committee for the Next UP President, please go to [www.up.edu.ph](http://www.up.edu.ph)



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# CAMP foundation celebration focuses on internationalization programs



University of Sydney Dean Kathryn Refshauge and UP Manila Chancellor Carmencita Padilla exchange copies of the signed memorandum of agreement for an academic partnership that includes the conduct of research workshops, graduate and undergraduate education, and faculty and student exchange.

The celebration of the 55th year of the College of Allied Medical Professions from November 7-11, 2016 had the theme “CAMP Towards Internationalization.” During the opening program, UP Office of Institutional Linkages Deputy Director Aaron Joseph Villaraza talked on the internationalization programs of OIL and provided a toolkit for the CAMP’s international collaborations.

The kit includes such major areas as vision for the internationalization program (where do you want to go and where do you stand at the moment); national and international benchmarking; enhancement of human resources (MS/PhD scholarships: COOPERATE, FRDP, Balik PhD Program, World Experts Lecture Series); and increase of visibility (for undergraduate students: MOVE UP); for faculty members, through publications, conference participation, and hosting

of international meetings, conferences, and workshops). A report presented by former CAMP Dean and Prof. Maria Concepcion Cabatan on CAMP’s recent internationalization initiatives showed that several memoranda of understanding and agreement were signed. These were with the University of Sydney (US) in Australia, Seton Hall University (SHU) and Saint Louis University (SLU), US, for Academic Year 2015-2016.

A Joint Research Capacity Workshop was held on August 28 to September 2, 2015 with resource persons from the Faculty of Health Sciences from the US and CAMP. Three CAMP faculty members, Profs. Yves Y. Palad, Faith Deanne Mari Caube, and Frances Rom M. Lunar were recipients of the Australia Awards Fellowship and Australian government’s Dept. of Foreign Affairs and Trade. The fellowship with the theme, “Physical

CAMP alumni from page 1...



Prof. Abelardo Apollo-David with child patients and workers of the Rehabilitation and Empowerment of Adults and Children with Handicap Foundation (REACH).

he established the Rehabilitation and Empowerment of Adults and Children with Handicap Foundation (REACH).

In addition, David helped launch TheraFREE, a national volunteer program that sends therapists to remote communities to perform free services. Recognized as both a visionary and as an authority in the field, David’s programs have provided disabled children with

free medicine, therapy, education, thus improving their quality of life.

David is also a 2012 The Outstanding Young Men (TOYM) awardee.

Each year, JCI honors 10 outstanding young people worldwide under the age of 40. These young active citizens exemplify the spirit of the JCI Mission and provide exemplary service to their communities, serving as honorable young active citizens.

Activity and Sports Participation for Improving Health Outcomes” was hosted by the US on Oct. 19 to Nov. 6, 2015.

As of December 31, 2015, three faculty members had obtained or are undertaking graduate degrees abroad: Prof. Mary Grace de la Pena for a Master of Adapted Physical Activity at the University of Leuven, Belgium under the Erasmus Mundus Program; Prof. Maria Eliza Ruiz Aguila for a PhD at the US with expected completion in 2017, and Aila Nica Bandong for a PhD at the US with expected completion in 2019.

Moreover, Dr. Patricia McCabe, Head of Discipline and Associate Professor in Speech Pathology at the US Faculty of Health Sciences, through a grant provided by the Sydney Southeast Asia Center, conducted research capacity workshops for CAMP faculty members from Jan. 18 to 22, 2016.

Under the MOU with SHU, CAMP Speech Pathology Prof. Michael C. Valdez’s visit to SHU from March to April 2016 included a lecture to Master of Speech Pathology students and planning and organizing learning activities for UP BSSP exchange students.

With SLU, an exchange of lectures happened when SLU faculty Prof. Lenin Grajo presented a web-streamed lecture on Occupational Science to BS Occupational Therapy students on August 13, 2015. In turn, Prof. Cabatan delivered a

web-streamed lecture to SLU students on October 7, 2015. A joint research project between Prof. Cabatan and Dr. Grajo forms part of the collaboration.

Another cooperative undertaking was the holding of virtual cross-cultural conversations. CAMP OT students teamed up with partners from SLU, University of Perdana, Malaysia, and Florida State University for such activity from September to November 2015. The focus of the interactions were human occupation and cultural competence perspectives, disability beliefs, and practices. The agreement with Umea University (UU), Sweden had two students coming to CAMP and the latter’s seven students cross-registering at the UU and SHU for fieldwork placement and summer program at the University of British Columbia, Canada.

The faculty exchange program had nine visiting professors of which three had appointments with UP Manila. One is a professor of SLU, two are from UU while three gave lectures to faculty and/or students. In return, two CAMP faculty went to UU funded by the Linneaus Palme International Exchange program and one went to SHU. Six incoming visiting researchers are from US but only four are engaged in projects with CAMP and one from Seton Hall University. (CAlingdas)

## Snap Shooter

Oblation Run | 12.02.2016



Nakedness is a powerful medium to focus attention on a cause. Tie up the nakedness with UP’s iconic Oblation statue, another naked man symbolizing “selfless offering of one’s self to one’s country” and the level of the medium and the message notches up.

This power and influence is being maximized by the Oblation Run being waged in December annually by the Alpha Phi Omega Fraternity (APO) for many years now to fight for timely and relevant causes and issues affecting Filipinos. In the past, the Oblation was held to advance the campaign against the displacement of the lumads and the protection of their human rights, the fight against corruption in the government, particularly the abolition of the Priority Development Assistance Fund, and increase in the budget for basic services, such as health and education, among others.

In December 2013, the Oblation Run focused on the need to provide assistance for the rebuilding of the damaged School of Health Sciences buildings in Palo, Leyte and relief for the SHS constituents, especially the students.

On December 2, 2016, the Oblation Run waged its campaign in solidarity with the Filipinos expressing objection to the Marcos burial at the Libingan ng mga Bayani and the recognition of Filipino heroes who fought the oppression and tyranny during Martial Law.

### The Grave Thief

Gémino H. Abad  
Nov. 21.2016 (rev. Dec.3)

In secret at mid-morning helicopter-borne  
a refrigerated body or its bones  
from its freezing crypt in Batac  
now stretches out an unseen claw  
through customary guile of its heirs  
to seize a grave among a country’s heroes.

This is most grave matter!  
If his townmates grieve their loss  
of free bounty from his plundered loot,  
let them bury him then in Batac  
where his lies might rest evermore!

O, tyrant seducer of Death,  
are you set to prove your boast,  
“I have no intention to die!” --  
with our country’s heroes, immortal?  
On your black memorial on hollowed  
ground, yes, merely scooped out,  
your name, your supreme lie: “Filipino.”

O, grave insult!  
  
O, mayor of a President,  
O, nine justices of a Supreme Court!  
Behold your “legal” handiwork,  
triumph of the law’s dead alphabet;  
see now your Supermoon landscape,  
bereft of “legal meaning,”  
a country divided, unhealed,  
in the gravity of their memory’s cry:  
“Never again!”  
Tama na, sobra na! Apocalypse now,  
the uncovering, the revelation:  
We are the Spirit in our Constitution,  
This is our Body, this is our Blood:  
We shall prevail!



## Quisumbing-Escandor film contest call for entries

The 3rd Quisumbing - Escandor Film Festival for Health: “Tagu-taguan, maliwanag ang buwan” is a nationwide filmmaking contest and film caravan that aims to promote MENTAL HEALTH AWARENESS.

This event is organized by the Mu Sigma Phi Fraternity of the UP College of Medicine, Department of Health, and University of the Philippines Manila, in partnership with the Pharmaceutical and Healthcare Association of the Philippines, Philippine Association of Communication Educators, and the Philippine Psychiatric Association.

Deadline of entries is on June 30, 2017. A total of Php 250,000 worth of prizes are to be given away!

- Individuals, groups, or organizations are encouraged to submit entries with multiple entries allowed. A group of filmmakers or multimedia artists shall choose one (1) representative who will act as a liaison between the organizers and the participating group for purposes of communications as well as a representative during meetings, events, and other functions.

### THEMES/TOPICS

- The Film Festival is a departure from the conventional approach in discussing health issues. Whereas, a disease might be discussed in the lecture room in terms of its pathophysiology, symptomatology, and management, what we would to emphasize that the participants must focus more on the social, cultural, and



### ENTRY CATEGORIES

- Short Film (Maximum of 45 mins) - work of fiction although they could be inspired by reality, with action and dialogues that are scripted and deliberate.
- Documentary (Maximum of 30 mins - informs and educates people about a certain topic by providing an accurate representation of real people, emotions, events, situations, reactions, or conditions; may contain recorded spontaneous action or can be scripted in advance. However, events or characters are not created.

### QUALIFICATIONS FOR JOINING

- Open to Filipino filmmakers and multimedia artists from all over the country but films that have won at any other local or international motion picture event are not eligible.

personal dimensions – highlighting the humanity in these topics.

- Entries on community efforts in tackling the issue are also welcome. Possible topics include, but are not limited to, the following: Schizophrenia, Substance Abuse, Dementia, Post-traumatic stress disorder, Depression, Bipolar disorder
- By giving a face and a story to all these issues, the filmmaker can convey their importance more provocatively rather than the conventional informative videos. The videos will be used as an eye-opener for the medical professionals and the general public – as a reminder that for every health statistics on mental health are REAL people who are suffering and neglected.

Please email [qeff3.mentalhealth@gmail.com](mailto:qeff3.mentalhealth@gmail.com) for articles, stories, anecdotes



Dean Romeo Quizon, Vice Chancellor Mike Tee, Mr. David Zuellig, UP Pres. Alfredo Pascual, Chancellor Carmencita Padilla and Arch. William Coscolluela during the groundbreaking rites for the CPH building.

## New CPH building to rise in 2018

“The realization of the new College of Public Health (CPH) building forms part of the plan to provide a more conducive environment for academic pursuits that are satisfying. As the oldest public health school in Asia which is now 89 years old, the CPH provides the leadership in public health education, research, and training.”

Thus stated UP President Alfredo Pascual during the groundbreaking for the new CPH building on November 29, 2016. UP Manila Chancellor Carmencita Padilla affirmed the top recognition for CPH in the same event, saying that “having successfully assisted in crafting and passing two legislations, I credited the skills I learned as a CPH student. The CPH is an important partner of the Department of Health in solving the health problems of the country.”

CPH Dean Romeo Quizon expressed optimism that the CPH is a step closer to

realizing its vision of becoming a center of excellence and leadership in Public Health, strategically responsive to the national and global development. He thanked the Zuellig Family Foundation for donating funds for the construction of the building that will house two innovative extension services: the UP-CPH Center for Equity in Health and the Center for Health Leadership and Governance, as well as classrooms and laboratories.

In 2014, CPH started a partnership with DOH and the Zuellig Family Foundation, through the Health, Leadership, and Governance Program, that will enable the provincial governors and mayors to strengthen their health systems. To date, hundreds of DOH local executives and health officials have been trained under the program. (Charmaine A. Lingdas)

and assistance in making your film.

The Gawad Quisumbing-Escandor will be awarded to the film entry that embodies to the fullest the advocacy of the Film Festival, having effectively depicted the most pressing, stirring and most controversial health issue. A prize money of Php 100,000.00 and a trophy goes with the award. An award for the Best

Documentary and Best Short Film will be given. A prize money of Php 75,000.00 will be awarded to each of the winners. Other special awards to be given are yet to be announced.

For inquiries on how to submit an entry, please go to: <http://bit.ly/2gDMbW2> (From the Quisumbing Escandor Film Festival for Health Facebook account)

## UPM chancellor orients WHO on newborn screening



Chancellor Carmencita Padilla briefs WHO officials on the status of the Philippines' newborn screening program in the Asia Pacific

UP Manila Chancellor Dr. Carmencita Padilla, upon the invitation of WHO Regional Director for the Western Pacific Dr. Shin Young-soo during a recent visit to UP Manila, briefed staff members

of the WHO Regional Office for the Western Pacific (WPRO) on the current status of Newborn Screening in Asia Pacific.

In attendance at the brown bag session held on October 25, 2016 at the

WPRO Office were Dr. Shin Young-soo and Dr. Susan P. Mercado, Director for Non-communicable Diseases and Health through the Life-Course.

Chancellor Padilla presented the latest facts and figures on how newborn screening – particularly newborn bloodspot screening (NBS) – is being piloted and rolled out in countries across the region from as far North as Mongolia to South as New Zealand. Almost half of all babies born worldwide are delivered in the Asia Pacific region, with 14 out of the 24 countries and areas listed being part of the WHO Western Pacific Region.

The founder of newborn screening in the Philippines also discussed the coverage of NBS in the country estimated at 82%. More comprehensive follow-up and treatment centers are being added and a broader range of conditions are being screened.

“The Philippines is a model for

developing NBS programs. For such programs to be sustainable, we need prioritization and financing by the government, education and acceptance of the public, participation by healthcare providers, and broad stakeholder support for program institutionalization,” Chancellor Padilla stated. Asked about the criteria for prioritization of conditions that governments may use, she noted that it will depend on a careful evaluation of a condition's local epidemiology, natural history, and the local health system's capacity to manage the condition and its complications.

In closing, Chancellor Padilla shared how she has had many screened patients who are now successful young adults with promising futures, particularly how newborn screening caught conditions like congenital hypothyroidism in them at the right time to allow for intervention.

Dr. Mercado bared that the NBS will be included in the work of WPRO on the NCD Child. (Culled from the PAC Report ) Joy Deanon)



# Christmas Celebration 2016: COLORFUL, CHEERFUL, & CORDIAL!



The top winner in the Lantern Parade – College of Public Health lantern



A production number at the Tao Rin Pala – a reenactment of police atrocities in the administration's ongoing war on drugs



Chancellor Padilla with the College of Public Health constituents after the lantern parade.



Chancellor Padilla, PGH Director Dr. Gap Legaspi and 2016 UPM Christmas Celebration Committee Chair Dr. Eric Berberabe with constituents after the kick-off/lighting ceremony



A sea of lights against the backdrop of the Oblation Plaza Christmas tree and with the figure of the Oblation in one of the lanterns in the foreground exemplifies the offering of one's self and services to improve life much like the birth of Jesus Christ as our Lord and Savior.

The three C words aptly describe the Christmas celebration this year at UP Manila. The events were organized by a committee that was headed anew by 2015's committee chairperson Dr. Eric Berberabe, PGH Coordinator for Flagship Programs.

The celebration kicked off on November 23, 2016 with the lighting of the huge Christmas tree at the Oblation Plaza and the Christmas trees at the UP Manila Museum of a History of Ideas and the PGH Atrium. Faculty, staff, and students converged at the plaza to witness the formal opening of the commemoration and take selfies and photos with fellow members of the UPM-PGH community.

Earlier that day, the constituents were treated to free ice cream with a cartful of ice cream flavors stationed at the 8th floor of the PGH Central Block, PGH Atrium, National Institutes of Health, College of Arts and Sciences, and the Padre Faura area. The free treat was repeated the following two Fridays with free taho and pandesal given to the long queues of employees in the above designated locations.

The highlight of the Christmas celebration was the Lantern Parade held on December 9 that started in the PGH grounds. The brief parade took the route to Taft Avenue, Padre Faura and to the entrance

gate beside the UP Manila Museum of a History of Ideas, winding up in the original starting point at the PGH grounds.

Each college, NIH, and other participating units, including PGH, showcased their original designs for their respective lanterns that used mostly recycled materials, cheered and yelled to their hearts' content, with students of other colleges who danced and performed during and after the parade in the spirit of clean fun and joyful celebration. In keeping with UPM being a health university, stand out images during the parade were the CPH's depiction of bacteria as a public health scourge, College of Dentistry's tooth-shaped lantern complete with a toothbrush, and College of Medicine's placenta image as its lantern's focus.

The big winners during the parade were the College of Public Health for the Best Lantern, with the College of Allied Medical Professions and College of Dentistry as runners-up.

Other regular activities were aimed to cheer up and lift the spirits of PGH indigent patients, such as the ward gift giving where each college and groups of offices distributed gift packs to the different charity wards and Misa de Aguinaldo held from Dec. 16 to Dec 24. The Family Day was held on Dec. 19 at the Tipunan area beside the CPH building. (CM Villamor)



The free ice cream was a blockbuster, also during the Lantern Parade and the Family Day



It's free taho day at the PGH Atrium as one of the stations



Queue of Central Administration employees at the 8th floor during the free pandesal day



## UP Med Choir's Uncharted Journey

A journey does not merely begin with a single idea. It starts with a collection of thoughts and dreams that build upon each other and assemble to become a single vision that seeks to be fulfilled. For the UP Medicine Choir, its vision was to be able to display the members' talents on a bigger international stage. For years now, the Med Choir has graced the stages here and abroad with their talent and passion, winning numerous accolades along the way. However, with their love for singing and desire for excellence, the choir naturally sought higher and newer horizons. This was the beginning of their uncharted journey towards their 2016 Europe Tour.

The preparations for the tour started as early as mid-2015, after participating in a competition in Singapore, when Jasper Cubias, choirmaster then, pitched the idea of a Europe tour to Med Choir's heads. Soon after, the members began assembling working committees to begin the long journey towards their Europe tour. It was no joke to prepare a massive tour by themselves. Sacrifice was the name of the game, and these members embodied it.

It was very tiring and time-consuming," one member said, and, indeed, it was. Daily rehearsals, including Saturday sessions, were a norm in the first half of 2016 for the choir. Numerous sectionals, quartet exams, and choir practices were part of their vocal training. "Throughout the year, we had to make a lot of sacrifices. We had to sacrifice one month of June – one month of vacation, to practice the whole day. *Nakakapagod*, but we needed it," Ged Llanes said. Shanaia Daguit added that "You had to balance between being a med student and [the] chorale. There was a lot of balancing. Sometimes, you had to sacrifice the nights before exams. *Habang lahat nagsa-study na, kami piece pa rin.*"

The choir had to prepare not only their sound and vocals, but also for the trip itself. Accommodations, transportation, food, and travel documents had to be accounted for. Duties needed to be done in advance and make-up duties had to be set up for the clerks and interns of the choir. Huge efforts were also made to gather enough resources, through sponsorships and solicitations, to get Med Choir to Europe. They also organized *Viva La Vida*, their year-end concert for Uncharted. All these sacrifices paid off when they finally got on the plane to London on July 1st.

In London, the choir was able to visit various sights and destinations including the Tower Bridge, London Bridge, the Big Ben. They also participated in a concert



Members of the UP Medicine Choir in their European tour

hosted by the Philippine Embassy in London. More sights were seen and songs sung as they traversed the United Kingdom via Birmingham and on to Llangollen, Wales for their first competition, the 59th Llangollen International Musical Eisteddfod. It was especially important because it was one of the most prestigious choir competitions in the world, with the general winner being named the "Choir of the World."

"It was amazing to have sang there and it was fulfilling to sing it on the international stage and [to have] the opportunity to sing with other choirs of other countries," Shanaia Daguit said. It was a pressure on the choir to win, given that they were the only choir coming from a medical background, while all their competitors came from hugely musical backgrounds and were devoted to the craft of choir singing. Although they did not win in this competition, UP MedChoir's drive to win the other two remaining competitions intensified.

They then proceeded to Ghent, Belgium and the Netherlands, where they sang at many locations, including two Homes for the Aged, and visited various churches and castles. Their second competition was in Elsenfeld, Germany, at the 11th Internationaler Chorwettbewerb. Participating in this particular competition was an honor for the choir, since only six groups are chosen every year to participate. Med Choir was the only one chosen from Asia. Although the choir didn't win in this competition as well, many members felt that they gave it their all and that Germany was their best performance.

The choir's next stop was Innsbruck, Austria, where they rode a cable car to the top of the Alps and saw snow for the very first time. They then proceeded to Rome where they saw the Colosseum, among many sights there, and the Vatican. The pressure was on in their last competition,

the 5th International Choir Festival. The choir knew that they had to win. It was their last chance to bring home something from the tour. In the most surreal fashion, they did win, although they weren't in Florence to receive the award.

The choir was already in the airport, on their way back to the Philippines, when they discovered that they won the competition in Florence. Members fondly recalled the moment when their fellow choir member called them on the phone to relay the good news. "*Nung sinabi na nanalo na kami, ang daming sumigaw,*" one said. "*Worth it naman ang paghihirap ng mga tao... nagbunga rin sya. Sobrang fulfilling,*" Ian Macinas added. The choir won First Place in the Adult Mixed Category, Third Place in the Sacred Music Category, and their member, Ged Llanes, won the award for Best Male Soloist.

Overall, the three-week tour was a success for the UP Medicine Choir. It was

not only an exposure on the international stage and a discovery of other people's cultures and norms, but it was also an opportunity for the choir to bond and strengthen their relationships with each other. "It gave us a glimpse of what it feels like to compete on a stage that big and for something that merits a lot of recognition," Camille Cruzada said. "Traveling as a choir gives you a different perspective because besides seeing the sights as a large group, being able to perform in different spaces and having random people to come up to you and say good things about your sound or just commend you because you are singing - I don't think you can get that from any other experience travelling," she added.

Med Choir's journey serves as an example to all of us to always venture outside our comfort zone and explore uncharted territories. The choir engaged in an extraordinary journey towards the unknown and they came back as victors of circumstance. That is a hugely commendable and admirable undertaking. With their journey, this line in a prayer by Sir Francis Drake comes to mind:

*"Disturb us, Lord, to dare more boldly,  
To venture on wilder seas  
Where storms will show Your mastery;  
Where losing sight of land,  
We shall find the stars."*

Through all their experiences, Med Choir did find the stars. Congratulations, MedChoir! The entire UPCM Community is looking forward to your next venture into the uncharted.

Regiel Christian Q. Mag-usara

## 3 UPM alumni among 2016 TOYM awardees



Pres. Rodrigo Duterte with the 2016 TOYM awardees in Malacanang after the conferment of the awards; Dr. Ryan Guinanan, Mr. Ronivin Pagtakhan, and Dr. Geraldine Racaza are in the front row, 4th, 5th and 6th, respectively, from left

Two medical alumni and a nursing alumnus of UP Manila were among the 11 awardees of the The Outstanding Young Men and Women (TOYM) for 2016 who were conferred the recognition by Pres. Rodrigo Duterte in rites held recently at the Heroes Hall, Malacanang Palace.

The 2016 TOYM awardees from UPM were Dr. Geraldine Racaza (UPCM Class 2004), for medicine, Dr. Ryan Guinanan (UPCM Class 2002), for indigenous people's rights, and Mr. Ronivin Pagtakhan (UPCN Class 2004) for youth leadership.

Dr. Racaza, a rheumatologist, has been active in various humanitarian advocacies aside from her work as a doctor. She spearheaded concerts, shows and other fundraising activities for the benefit of patients and volunteered in Sagip Buhay Medical Foundation, among others. She helped in the creation of the Rheumatology Bridging Lupus Fund.

Meanwhile, Dr. Guinanan, who hails from Benguet, was cited for engaging his fellow Ibalays to create a positive change in their community while engaging in postgraduate studies.

Apart from his medical degree, Guinanan finished a Diploma in Training Management and a Master in Community Development, postgraduate courses in the US, Australia, and Thailand, and obtained a Diploma on Global Health and a Master of Development Management.

Pagtakhan is the founder of LoveYourself, a leading organization in HIV awareness, testing and treatment in the Philippines. Under his leadership, LoveYourself has established two clinics that are most visited in the country for HIV screening. In 2015, the organization helped screen 30,000 clients. About half of newly diagnosed persons with HIV in Metro Manila, and 20 percent in the Philippines, come from LoveYourself clinics.



UP Medicine choir in a church in Europe