DE LA SALLE-
COLLEGE
OF SAINT
BENILDE

Sustainable Development Goal #3

GOOD HEALTH AND WELL-BEING



BENILDE
LIKE NO OTHER

SDG 3 Good health and Well-being

3.2 Community Health and Wellbeing Outreach Programmes

The Benilde Well-Being Center (BWC) promotes voluntary involvement or exposure to outreach activities using the Center's specific services or Counselors' competencies relevant to the need or the situation at hand of the partner community or institution. This reflects the sense of social responsibility of the Center which is one of the Benildean Expressions as well as the Lasallian Core Value of Zeal for Service. The university implements community outreach programs that address different aspects of health and wellbeing, including hygiene, sanitation, mental health, and disease prevention. The W.A.S.H. Workshop promotes safe hygiene and sanitation practices, while the Mental Health and Well-Being Seminar/Workshop supports mental health awareness among youth, parents, and community partners. In addition, the free anti-pneumonia vaccination program helps eligible beneficiaries access preventive healthcare services. Collectively, these initiatives demonstrate the university's commitment to promoting health awareness, preventive care, and community wellbeing through educational activities and outreach programs. The University also collaborates with healthcare professionals and partner institutions in the implementations of health promotion initiatives, wellness programs, vaccination campaigns, health education activities, and other services that contribute to improved health outcomes and over all well-being. Through thesr collaborative efforts, the University continues to strengthen its commitment to fostering a healthy, safe and supportive environment for its academic community. The University actively participates in and supports outreach programs and community engagement initiatives taht promote health and well-being among various sectors of society. Through the Center for Social Action (CSA), National Service Training Program (NSTP), student organizations, and academic departments, the University engages students, faculty, and associates in volunteerism, health promotion activities, community education, and wellness-related projects. These initiatives may include health awareness campaigns, nutrition and hygiene education, wellness seminars, physical activity programs, community development activities, and other outreach efforts that contribute to improving the quality of life and well-being of partner communities. The Benilde Antipolo Well-Being Center do Mental Health Talk to the School's Outsource Personnel - the Housekeeping, Security and the Engineering department. Through this talk they know about taking care of their Mental Health and their role in the implementation of the Center's programs and services. Facilitating the bloodletting may be considered an outreach activity since this helps the Benilde Antipolo Community be aware of the benefits of blood donation to one's mental health. BAWC Personnel joins Outreach activities facilitated by the Center for Social Action.

Benilde Well-Being Center SDG Goals AY 2024-2025

Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?

The Benilde Well-Being Center had its outreach activity in Binan, Laguna It is designed to encourage Benilde Well-Being Center (BWC) Associates to promote voluntary involvement or exposure to outreach activities using the Center's specific services or Counselors' competencies relevant to the need or the situation at hand of the partner community or institution. This reflects the sense of social responsibility of the Center which is one of the Benildean Expressions as well as the Lasallian Core Value of Zeal for Service.

For AY 2024-2025, BWC partnered with Biñan Elementary School Special Needs Education in order for BWC Associates to gain a better perspective about the dynamics of the Autism Spectrum Disorder and Intellectual Disability and provide possible psycho-social interventions/assistance to the underprivileged students of the school who have such conditions.



Benilde Antipolo Well-Being Center SDG Goals
Does your university as a body have current collaborations with local, national or global health institutions to improve health & wellbeing outcomes?

The Benilde Antipolo Well-Being Center demonstrates collaboration with private, local and national organizations to promote well-being in the Benilde Antipolo Community.

Collaboration with private companies to promote mental health and well-being by encouraging self-care and care for others.

Benilde Antipolo Well-being Center constantly collaborates with the Philippine Red Cross Rizal Chapter, Province of Rizal and in partnership with the NSTP Classes. BAWC Promotes bloodletting activity as a habit that contributes to good mental health. This Bloodletting activity is part of the Benilde Antipolo NSTP - CWTS that promotes well-being of the community.

World Mental Health Day Celebration_9-11 October 2024

Benilde Antipolo Well-Being Center

World Mental Health Day Celebration_09 October 2024_9am-3pm
Day 1: Wellness Wednesday Booths



World Mental Health Day Celebration_9-11 October 2024

Benilde Antipolo Well-Being Center

World Mental Health Day Celebration_11 October 2024_9am-3pm
Day 3: Carefree Friday Booth and Bloodletting Orientation



Benilde Antipolo Bloodletting Day_5 November 2024

Benilde Antipolo Well-Being Center

World Mental Health Celebration and Benilde Week Celebration
Bloodletting Day_5 November 2024_8:30am-3:30pm_Function Hall



BLOODLETTING DAY

Benilde Antipolo Well-Being Center

BAWC x SHS: Bloodletting_7 April 2025_8am-3pm



BAWC Mentors' AeroDance Workout
24 January 2025_2:30am-4:30pm_Campus Lobby



Question: Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?

Activity 1: [2024-2025] CHMS IN: FLU VACCINATION PROGRAM

In June 2025 The **Center for Health and Medical Services** is delighted to announce the commencement of the annual influenza vaccination program for DLS-CSB students, associates, their family members, and dependents. The **Quadrivalent influenza vaccine** will be administered. The flu vaccine offers numerous benefits to families, including the protection of individual health, prevention of transmission within the household, and support for overall well-being and productivity. It is a proactive measure that promotes the health and safety of all family members, particularly those who are most vulnerable to the effects of influenza.

The **CHMS** aims to protect the health of students, employees, and the community by reducing the risk of flu infection and its complications. The program encourages flu vaccination as a safe and effective way to prevent illness. By increasing vaccination rates, hoping to reduce absenteeism and maintain productivity in schools and workplaces. These efforts also help prevent flu outbreaks and limit transmission. Overall, The CHMS strives to raise awareness about the importance of annual flu shots and support strong community immunity.

The **purpose of the program** is to safeguard health by providing protection against influenza and its possible complications. It aims to reduce the spread of flu in schools, workplaces, and the wider community. The program also helps protect vulnerable groups who are at higher risk of severe illness. Another goal is to increase public awareness about the importance of flu vaccination as a key preventive strategy. Overall, it supports and strengthens ongoing preventive health programs.

CHMS FLU VACCINATION PROGRAM
May – June 2024





The DLS-CSB, Students, Associates and their dependents will be able:

OBJECTIVES:
-To understand the benefits of the Flu Vaccine.
-To assess and raise the awareness of the member about Flu Vaccine intervention in well-being.

PURPOSE:
- To prevent and control infectious disease.
- To promote well-being for all ages.
- To lower risk of getting flu and serious illness from flu.





CHMS FLU VACCINATION PROGRAM
May – June 2024









Activity 2: [2024-2025] CHMS: HEALTH ADVISORY – MPOX (FORMERLY KNOWN AS MONKEYPOX)

As announced by the DOH that the Philippines now have cases of Mpox, it is best that we are mindful of the conditions that attribute to such disease, consequently helping stop the spread of the infection.

Mpox, formerly known as monkeypox, is a viral disease that can spread from animals to humans. It causes symptoms such as fever, rash, headache, muscle aches, backache, and swollen lymph nodes. The incubation period usually lasts 7 to 14 days, with symptoms appearing 2 to 4 weeks after exposure. Good hygiene and avoiding close contact with infected individuals are important prevention measures. While there is no specific vaccine for Mpox, smallpox vaccines may provide some protection. Management focuses on supportive care to relieve symptoms and antiviral treatments as prescribed. Infected individuals must be strictly isolated to prevent transmission. Early detection and adherence to health protocols are crucial in controlling the spread. Everyone is encouraged to report confirmed or suspected cases to the **Center for Health and Medical Services** for timely contact tracing. The attached infographic provides additional facts and guidance about Mpox for the community.



CATCHING MONKEYPOX



• Skin-to-skin contact



• Face-to-face contact



• Mouth-to-skin contact

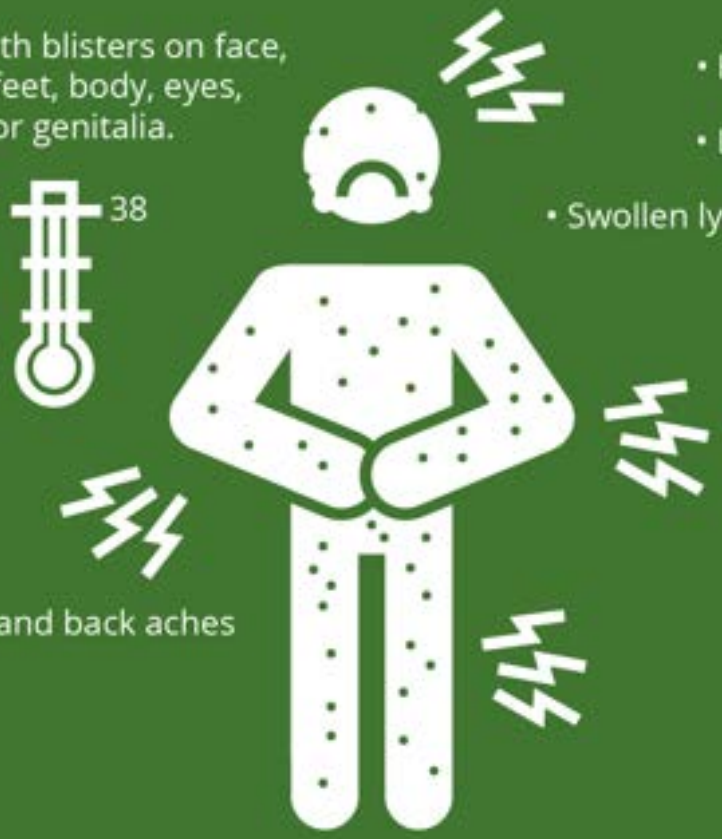


• Touching infected bedding, towels, clothing or objects

Source: World Health Organization

SYMPTOMS OF MONKEYPOX

- Rash with blisters on face, hands, feet, body, eyes, mouth or genitalia.
- Fever
- Muscle and back aches
- Headaches
- Low energy
- Swollen lymph nodes



Source: World Health Organization



The **objective of the program** aims to raise awareness about Mpox, including its symptoms and how it spreads. It promotes safe practices to prevent transmission in homes, schools, and public areas. Early detection and reporting are encouraged so individuals can seek medical attention promptly. The initiative supports infection control by guiding proper hygiene, isolation, and protective measures. It also addresses myths and misinformation to reduce fear and stigma. Clear protocols for isolation, contact tracing, and communication are provided in case of exposure or outbreak. Lastly, the program informs the community about the availability, safety, and importance of Mpox vaccination.

The **purpose of the program** aims to protect public health by preventing the spread of Mpox and reducing the burden on the healthcare system. It empowers communities with accurate information to help individuals and institutions make safe choices. The initiative strengthens preparedness in schools, workplaces, and communities to respond effectively to any cases. It also promotes health equity by ensuring that all members, including vulnerable groups, have access to information and care.

Activity 3: [2024-2025] CHMS & PODO: HEALTH TALK ON – HEALTH AND SAFETY ON DRUG ABUSE

In May 15, 2025 The **CHMS** announced a webinar on drug abuse, organized in partnership and collaboration with the People and Organization Development Office (PODO) and Intellicare.

The session aims to raise awareness about the effects of drug abuse. It provides important insights for understanding this issue. The webinar encourages open discussion in a supportive environment. Participants have the opportunity to learn, reflect, and engage with the topic. By joining, everyone helps build a more informed and proactive school community.

The **objective of the program** aims to help students and associates understand and define drug abuse. It educates the community about the physical, mental, and social effects of using harmful substances. The initiative raises awareness about the risks and consequences of drug use. It promotes preventive strategies and life skills, including decision-making, peer resistance, and self-discipline. The program also informs participants about laws and school policies related to drug use and possession. It encourages help-seeking behavior and provides information on counseling and support services. Parents and educators are highlighted as key partners in creating a supportive, drug-free environment. Overall, the program seeks to reduce the health and social costs associated with illegal drug use.

The **purpose of the program** aims to empower students and the school community with knowledge about drug abuse. It provides strategies to prevent the use of harmful substances. The initiative ensures a safe, healthy, and productive learning environment. It encourages responsible decision-making among students. Overall, it promotes the well-being of everyone in the school community.

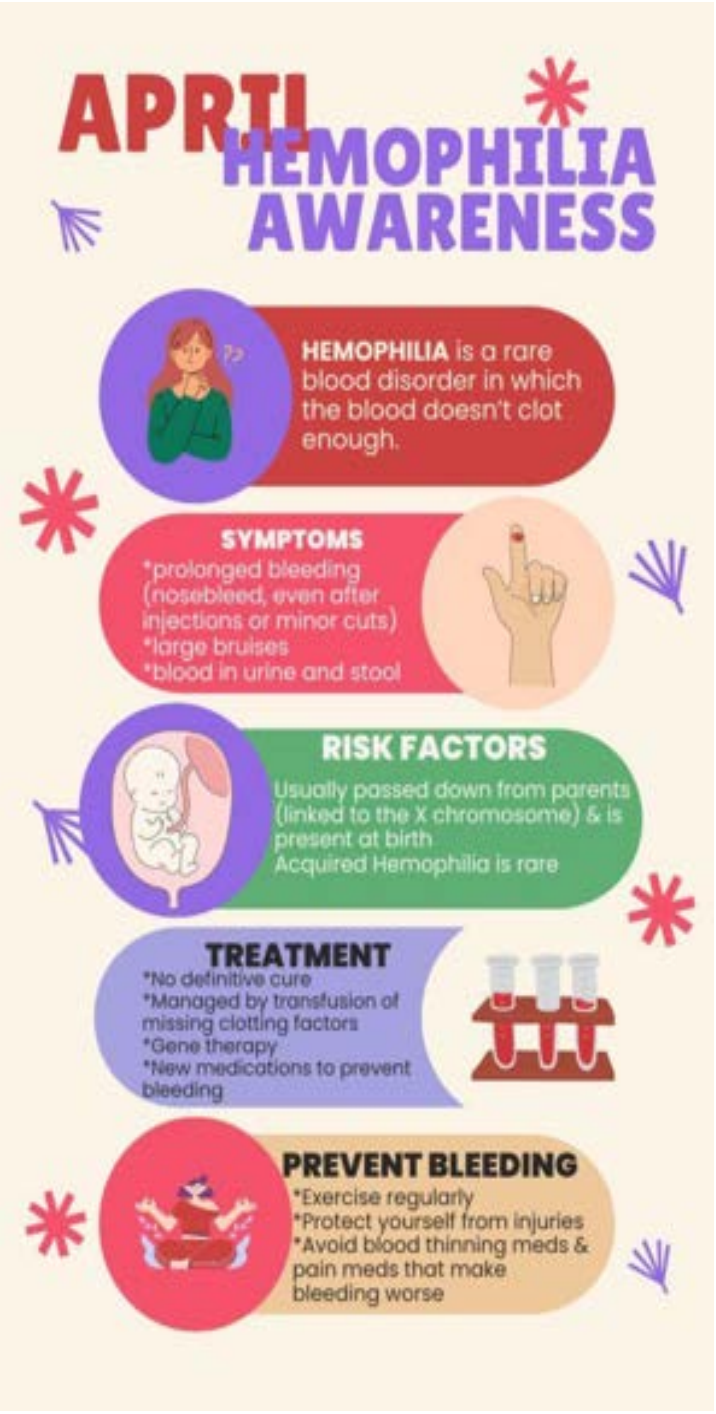



What is the Law?
Prescription Drug Abuse
Stimulants
Depressants
Pain medications
Definition of Dangerous Drug
Understanding Illicit Drugs
Types Of Illicit Drugs
An estimated 23.9 million aged 12 or older approximately 9.2% of the population had used an illicit drug in the month prior to a 2012 study.
Rates of illicit drug use is highest among those aged 18 to 25.
Hallucinogens
Ecstasy
Marijuana
Cocaine



Activity 4: [2024-2025] CHMS: HEALTH ADVISORY – UNDERSTANDING HEMOPHILIA (KNOW THE SIGNS, RISKS, AND MANAGEMENT)

In observance of **Hemophilia Awareness Month**, **The CHMS** aims to share important information about this rare bleeding disorder. Hemophilia affects the blood's ability to clot properly, which can lead to prolonged bleeding. To help everyone understand it better, an infographic has been provided for a quick overview. It explains the causes, symptoms, and available treatments for hemophilia. Raising awareness is important because early diagnosis can greatly improve management of the condition. Although there is currently no cure, people with hemophilia can still live active and fulfilling lives. With proper care, medication, and lifestyle adjustments, many challenges can be managed effectively. We encouraged everyone to take time to review the infographic we shared and to learn more about this condition. Sharing this information can help others understand the importance of early detection. Together, we can help raise awareness and support those living with hemophilia.



Activity 5: [2024-2025] CHMS: HEALTH ADVISORY – RANDOM DRUG TESTING FOR STUDENTS (AKIC, ATRIUM AND DAC CAMPUSES)

The **CHMS RDT program** aims to promote a drug-free school environment by discouraging students from using illegal substances. It seeks to detect and deter those who may be involved in drug use, allowing early intervention. By identifying students who need help, the program supports their health and well-being through counseling or rehabilitation. It also strengthens the school's role in drug prevention and overall health promotion. The initiative encourages responsible behavior and accountability among learners. Finally, it supports national drug prevention efforts in line with DepEd, DOH, and PDEA regulations.

The **purpose of the program** aims to safeguard students' physical, emotional, and mental health. It works to prevent drug use by promoting awareness and responsible decision-making. This initiative also helps create a safe and supportive learning environment for everyone. It also provides guidance to students who may be at risk of substance use. When needed, the program offers early intervention to protect students' well-being. Overall, it ensures that learners receive the support they need to stay healthy and drug-free.



Activity 6: [2024-2025] CHMS: HEALTH ADVISORY – HEAT STROKE PREVENTION AND FIRST AID

At **De La Salle–College of Saint Benilde**, students, faculty, and staff participate in many activities both indoors and outdoors. With rising temperatures caused by climate change, the risk of heat-related illnesses has also increased. One of the most serious conditions is heat stroke, which occurs when the body overheats and can no longer cool down properly. Awareness of this danger is important for maintaining health and productivity. Simple habits like drinking enough water can greatly reduce the risk. Taking breaks in shaded or air-conditioned areas also helps prevent overheating. Wearing light and breathable clothing keeps the body cooler during outdoor activities. Safe cooling activities, such as swimming, provide additional protection. Learning about heat-stroke symptoms and basic first aid strengthens community safety. To support everyone's well-being, we are sharing an informative infographic from Makati Medical Center.



The **CHMS** aims to raise awareness by educating students and associates about the risks, causes, and symptoms of heat stroke. It promotes prevention by encouraging habits that reduce the chances of heat-related illnesses. Safety measures, such as scheduling activities during cooler hours and providing shaded or ventilated areas, help protect the school community. The initiative also empowers everyone to recognize early signs of heat exhaustion and heat stroke for timely intervention. It also supports a safe learning environment that prioritizes the well-being of all members, especially during high temperatures.

The **Health Advisory on Heat Stroke** aims to protect the health and safety of students, staff, and the entire school community. It seeks to raise awareness about heat-related illnesses and their risks. The advisory promotes preventive measures to reduce the chances of heat stroke. It emphasizes the importance of taking prompt action if symptoms appear. Overall, it ensures a safer and healthier environment for everyone during periods of high heat.

Activity 7: [2024-2025] CHMS: HEALTH ADVISORY – MARCH IS RABIES AWARENESS MONTH

In the **Philippines**, rabies is a serious public health concern that causes around **300 deaths each year**. **March is declared as Rabies Awareness Month** to educate people about the dangers of this deadly disease. Rabies is preventable through vaccination. Most cases come from domestic pets like dogs, cats, and rabbits, and the virus spreads through bites or scratches. Once symptoms appear, rabies is always fatal, making prevention and awareness very important, that is why the CHMS sent information on how to prevent and timely medical intervention for the Benildean community.



The main goal is to inform students and associates about how rabies is transmitted, especially through animal bites. The program promotes safety when interacting with animals. It also encourages responsible pet care at home. People are taught what to do if they are bitten by an animal. Timely medical care after a bite is very important to prevent rabies. Post-exposure actions, like cleaning the wound and seeking treatment, are emphasized. Vaccination of pets is encouraged to reduce the risk of rabies. The program advises avoiding contact with unfamiliar animals. By following these practices, the school community can stay safe from rabies. Overall, education and prevention help stop the spread of this deadly disease.

Together, we can eliminate rabies and create a safer community. Stay alert, stay informed, and spread the word this **March Rabies Awareness Month.**

Activity 8: [2024-2025] CHMS: HEALTH ADVISORY ON WEARING FACE MASK

On January 10, 2025 The **CHMS** released a health advisory **encouraging everyone to wear face masks** in order to maintain a safe and healthy environment for everyone on campus**,** particularly in indoor spaces such as classrooms, hallways, common areas and transportations. This simple measure will help reduce the spread of respiratory droplets and minimize the transmission of germs, and other viral infections.

Why Wear Masks?

Protect Yourself and Others: Masks help reduce the spread of viruses, keeping our school community safe.

Support Vulnerable Individuals: Masks protect those who may be at higher risk of illness.

A Safe Learning Environment: Wearing masks shows respect for everyone's health and helps maintain a comfortable learning space.

Additional Health Practices Hand Hygiene: Wash hands frequently with soap and water or use hand sanitizer.

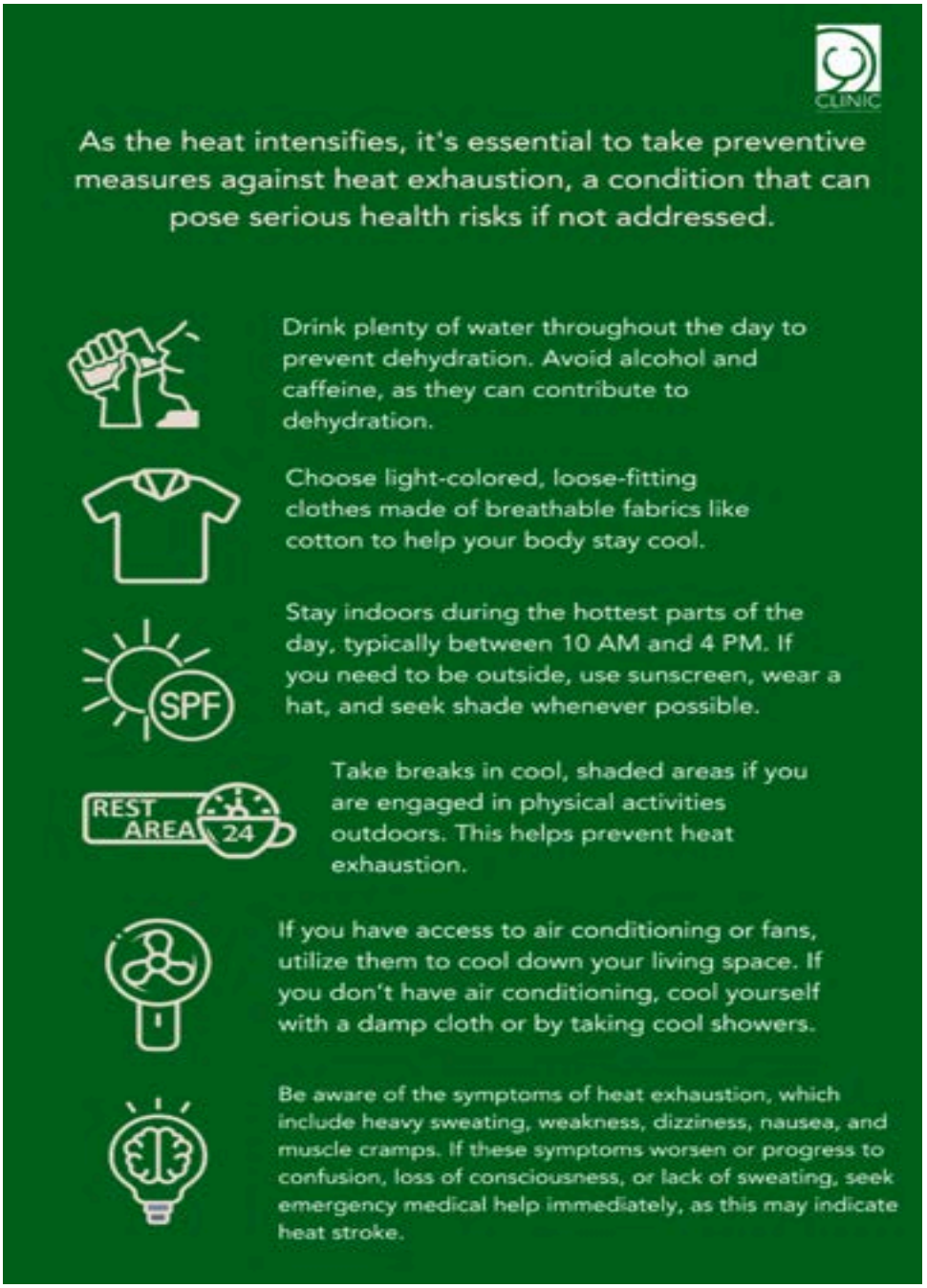
Cover Coughs and Sneezes: Use a tissue or your elbow to cover your mouth and nose when coughing or sneezing.

By wearing masks, we all contribute to a safer and healthier school environment. Let's continue to work together to keep our community safe.



Activity 9: [2024-2025] CHMS: HEALTH ADVISORY- STAY SAFE FROM HEAT EXHAUSTION THIS DRY SEASON

In March 2025 The Philippines entered the dry season, and the weather is becoming hotter each day. As temperatures rise, the heat index also increases and makes the environment more uncomfortable. The intense heat can be dangerous if people are not careful. It is important to take steps to prevent heat exhaustion. Staying prepared can help protect everyone's health during this hot season.



Staying Hydrated: Drinking plenty of water throughout the day may prevent dehydration. Avoid alcohol and caffeine, as they can contribute to dehydration.

Wear Light Clothing: Choose light-colored, loose-fitting clothes made of breathable fabrics like cotton to help your body stay cool.

Avoid Direct Sunlight: Staying indoors during the hottest parts of the day, typically between 10 AM and 4 PM. If you need to be outside, use sunscreen, wear a hat, and seek shade whenever possible.

Rest Regularly: Take breaks in cool, shaded areas if you are engaged in physical activities outdoors. This helps prevent heat exhaustion.

Use Fans or Air Conditioning: If you have access to air conditioning or fans, utilize them to cool down your living space. If you don't have air conditioning, cool yourself with a damp cloth or by taking cool showers.

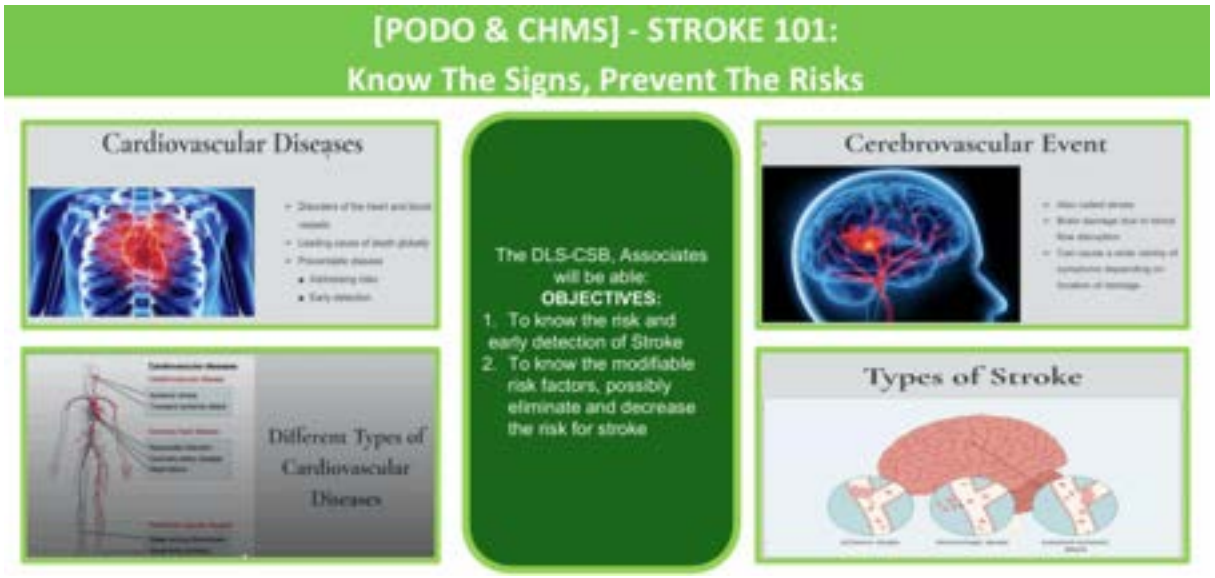
Watch for Signs of Heat Illness: Be aware of the symptoms of heat exhaustion, which include heavy sweating, weakness, dizziness, nausea, and muscle cramps. If these symptoms worsen or progress to confusion, loss of consciousness, or lack of sweating, seek emergency medical help immediately, as this may indicate heat stroke.

The main goal is to raise awareness about the causes, symptoms, and dangers of heat exhaustion during the dry season. The school community will learn preventive measures like drinking enough water, wearing lightweight clothing, and avoiding outdoor activities during the hottest hours. Students and staff will be taught to recognize early signs of heat exhaustion, such as dizziness, nausea, excessive sweating, and weakness. The program aims to prevent heat-related illnesses through proper health practices and timely action. By doing so, the school community can stay safe, healthy, and productive during the dry season.

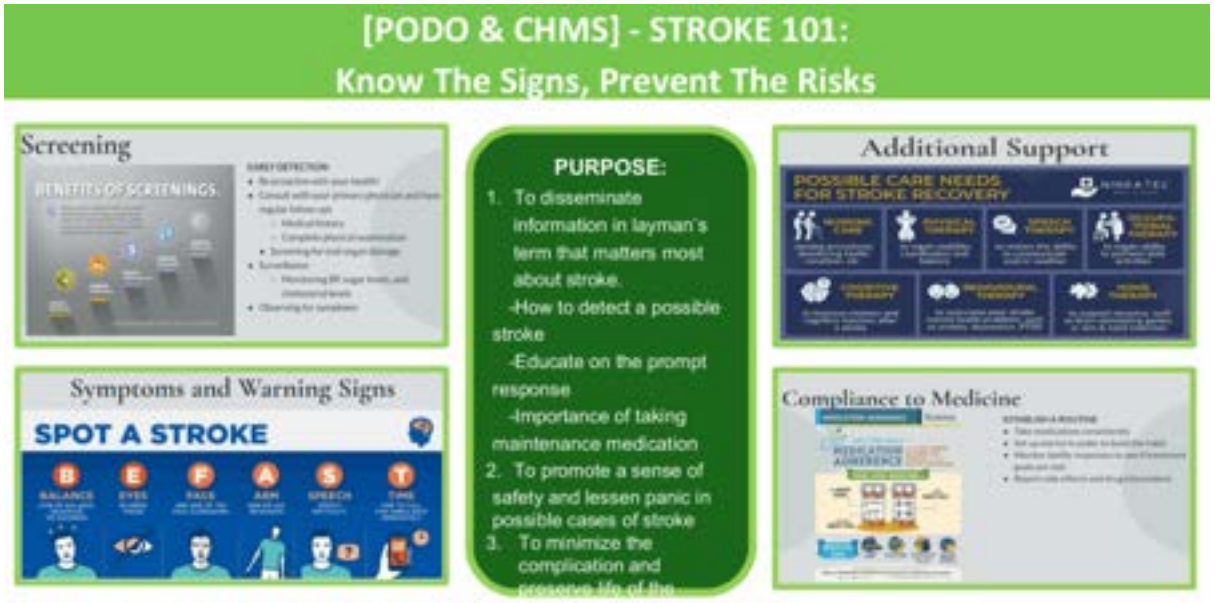
Activity 10: [2024-2025] CHMS AND PODO: HEALTH TALK - KNOW THE SIGNS, PREVENT THE RISKS - STROKE 101

“Stroke 101: Know the Signs, Prevent the Risks” focuses on raising awareness about stroke and cardiovascular health. It explains that cardiovascular diseases affect the heart and blood vessels. These conditions are a leading cause of death worldwide but can often be prevented.

During the webinar the slide highlights the importance of addressing risks and recognizing symptoms early. It also describes cerebrovascular events, which occur when blood flow to the brain is disrupted. This disruption can cause various symptoms depending on the area of the brain affected.



The presentation includes visuals showing different types of cardiovascular diseases. It also shows images of ischemic stroke, hemorrhagic stroke, and transient ischemic attack. In the center, the objectives state that DLS-CSB associates will learn about early detection of stroke and how to manage modifiable risk factors. Overall, the presentation encourages awareness to help reduce the risk of stroke.



The presentation highlights the importance of recognizing stroke symptoms and preventing risks. It explains that regular health screenings can help detect problems early and reduce complications. The slide shows the benefits of screenings, such as improving health outcomes and monitoring vital indicators. Another section outlines the purpose of the program, which includes teaching people how to detect a possible stroke and respond quickly. It also emphasizes the importance of taking maintenance medications. The presentation includes a chart showing common stroke warning signs like balance issues, facial drooping, arm weakness, and speech difficulty.

Additional support for stroke recovery is also shown, including nursing care, physical therapy, and speech therapy. Cognitive and behavioral therapies are mentioned as well to help with mental and emotional recovery. Home therapy is highlighted as a way to support long-term rehabilitation. Finally, the slide encourages proper medicine compliance by building routines, monitoring progress, and reporting any side effects.

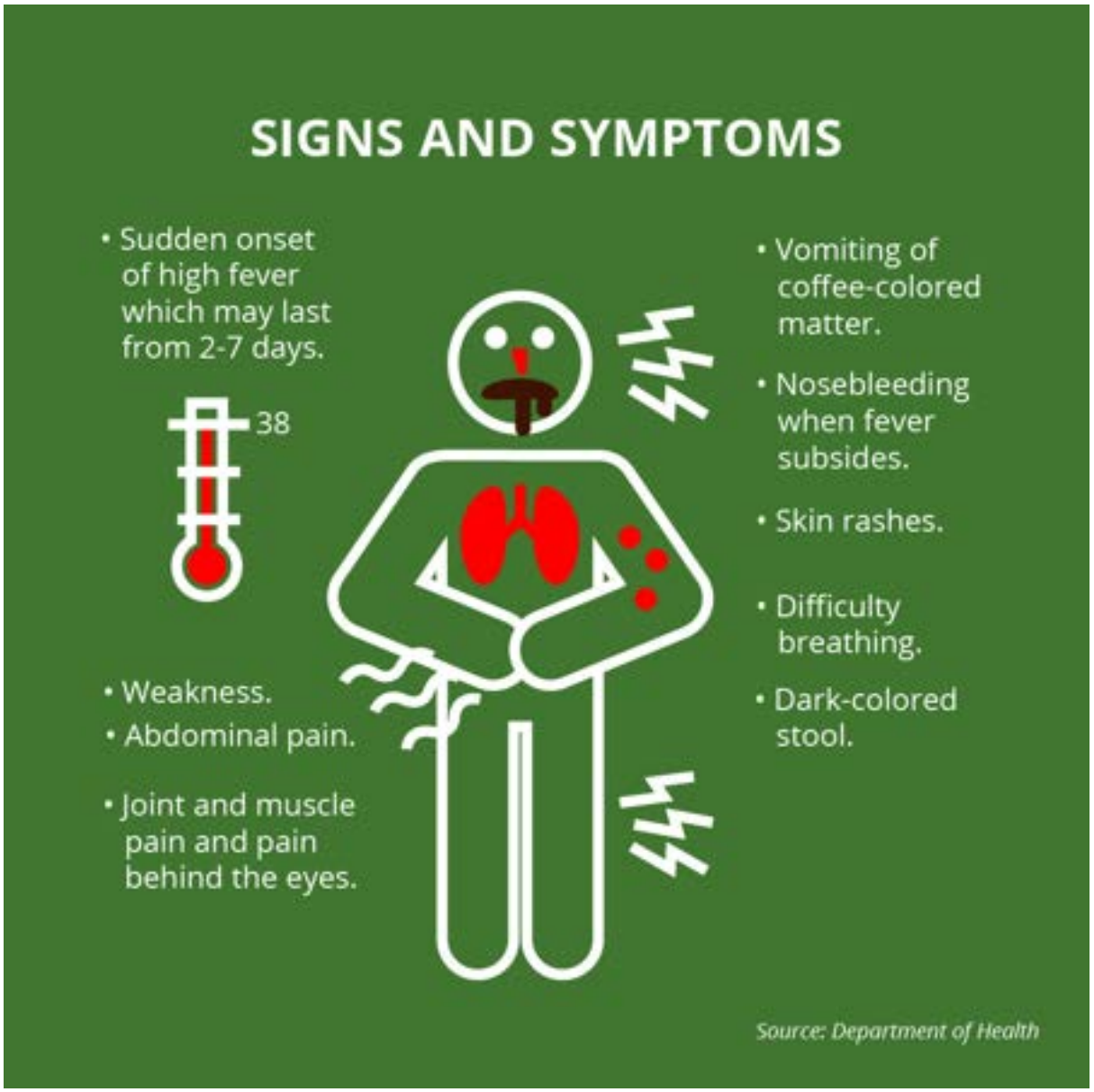


After Discussing the Topic, Benildean associates had a photo in remembrance and for documentation purposes.

“If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl, but by all means, keep moving” – stroke survivor.

Activity 11: [2024-2025] CHMS: HEALTH ADVISORY- ABOUT DENGUE FEVER DURING RAINY SEASON

Dengue Fever remains a significant public health concern, particularly in areas where the **Aedes mosquitos** thrive especially during rainy seasons. This viral illness is primarily transmitted through the bite of an infected **Aedes Aegypti**, and **Aedes Albopictus mosquito**, which can carry any of the four known dengue virus serotypes. As highlighted in our advisory email sent on November 12, 2024, it is crucial for communities to remain vigilant, especially during peak mosquito activity seasons.



TREATMENT



- Do not give aspirin for fever.

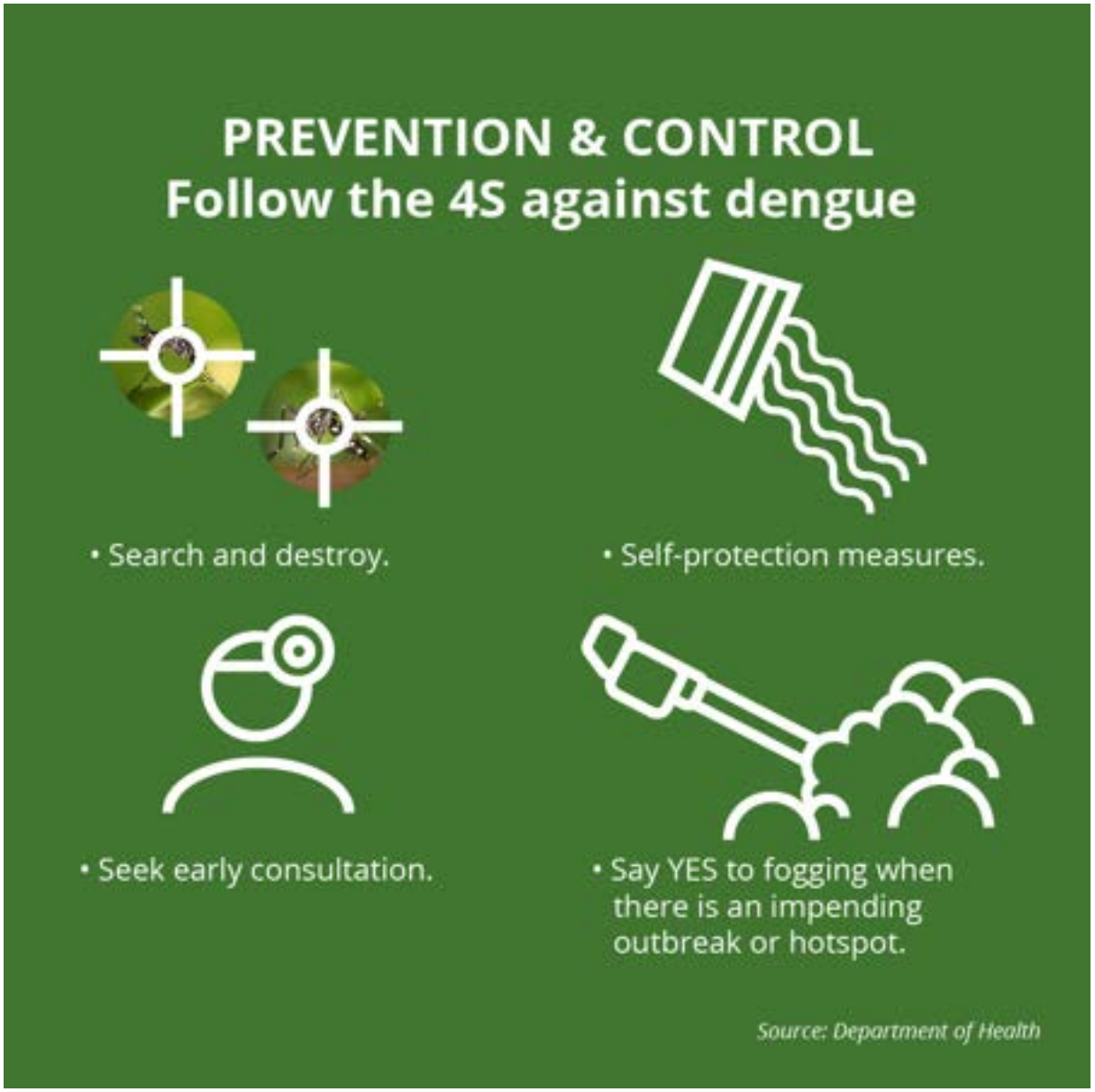


- Give sufficient amount of water or rehydrate a dengue victim.



- If fever or symptoms persist for two or more days, bring the patient to the nearest hospital.

Source: Department of Health



Dengue infection can range from mild to severe, and early recognition of signs and symptoms plays an important role in preventing complications. Common symptoms include sudden high fever, severe headache, pain behind the eyes, muscle and joint pain, rash, nausea, and fatigue. In more serious cases, individuals may develop warning signs such as persistent vomiting, abdominal pain, bleeding gums or nose, or a rapid drop in platelet count.

Although there is no specific antiviral treatment for dengue, supportive care is highly effective. Ensuring prevention remains key to reducing the spread of the virus.

By staying informed and proactive, our community can work together to minimize the impact of dengue fever and protect public health. Let us continue to follow safety guidelines and promote awareness to help prevent further infections.

Activity 12: [2024-2025] CHMS: HEALTH ADVISORY- HOLIDAY HEALTH BREAK ADVISORY

During the holiday season, it is important to be mindful of common health-related illnesses.

Respiratory infections like the flu and COVID-19 tend to increase, so regular handwashing and proper coughing etiquette are essential. Gastrointestinal illnesses also become more common, making it important to avoid overeating and limit spicy or greasy foods.

Eating healthy and well-balanced meals can help you stay energized throughout the week. Choose nutritious options that are rich in protein, fiber, and essential vitamins.

Getting enough rest and sleep is also necessary to keep both your mind and body functioning well. Taking short breaks during the day can help you recharge.

Managing stress is equally important, so remember to pause, breathe, and use positive self-affirmations.

Taking daily multivitamins and your maintenance medications can support your overall health.

Lastly, spend time with family and friends, whether in person or through online conversations, to stay connected and emotionally well.

CLINIC

Since Holiday Season is the time for gathering, here are some of the things we can do to stay in shape and have a healthy and merry holiday!



Be mindful of Health related Illnesses



Eat healthy and well-balanced meal



Get enough rest and sleep



Manage stress



Take Multivitamin Supplements and Maintenance Medications

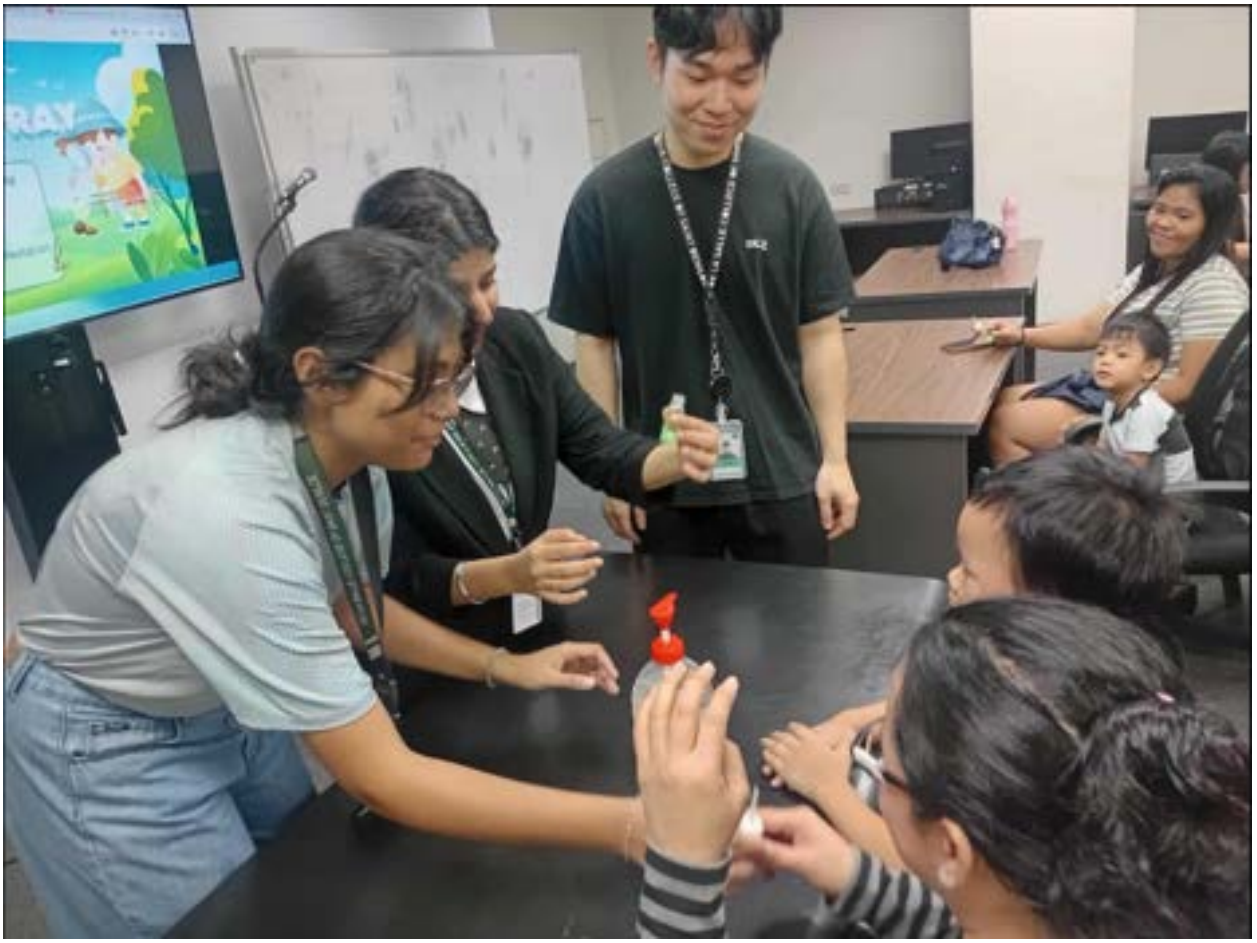


Spend time with family and friends



Question: Does your university as a body deliver outreach programmes and projects in the local community (which can include student volunteering programmes) to improve or promote health & wellbeing including hygiene, nutrition, family planning, sports, exercise, aging well, and other health and wellbeing related topics?

Activity: W.A.S.H. Workshop
Write up: in collaboration with barangay 46 located in pasay city as well as other programs (BS-REM | BS-IHM | AB-DIA | BS-HRIM) under the Center for Institutional Communications, the Project is a workshop developed to provide meaningful lessons and practical knowledge regarding water sanitation and hygiene practices.
Public link:



Activity: Mental Health and Well-Being Seminar/Workshop
Write up: the Mental Health and Well-Being Seminar/Workshop is a hybrid seminar and workshop organized by the CSA where our partners Sun for All Children Foundation (SFAC) and beneficiaries composed of Representatives, Parent Volunteers and Youth/Scholars participated to attain knowledge regarding mental health and address interpersonal issues that may arise during their formative years.

Public link: (no access :( )

Activity: Seal It with A Shot, Stay Safe on the Spot: A Free Anti-Pneumonia Vaccination Program

Write up: The Programs aims to provide free vaccinations to a range of beneficiaries, including senior citizens, individuals with comorbidities, cancer patients, housekeeping personnel, security staff, administrators, faculty, administrative staff, and some dependents. It is spearheaded by the School of Multidisciplinary Studies (COMLIT) under Mr. Rafael Leal Santiago and was conducted at the Taft Campus of Benilde.

Public link:

