

# TEROY COMEX



An Official Publication of Institutional  
Social Responsibility Office (ISRO)



VOL. 1 No. 1 | AY 2013-2014









CAS also had a Seminar on Disaster Preparedness, Drug Prevention, National Security and Community Service last 9 July 2013.

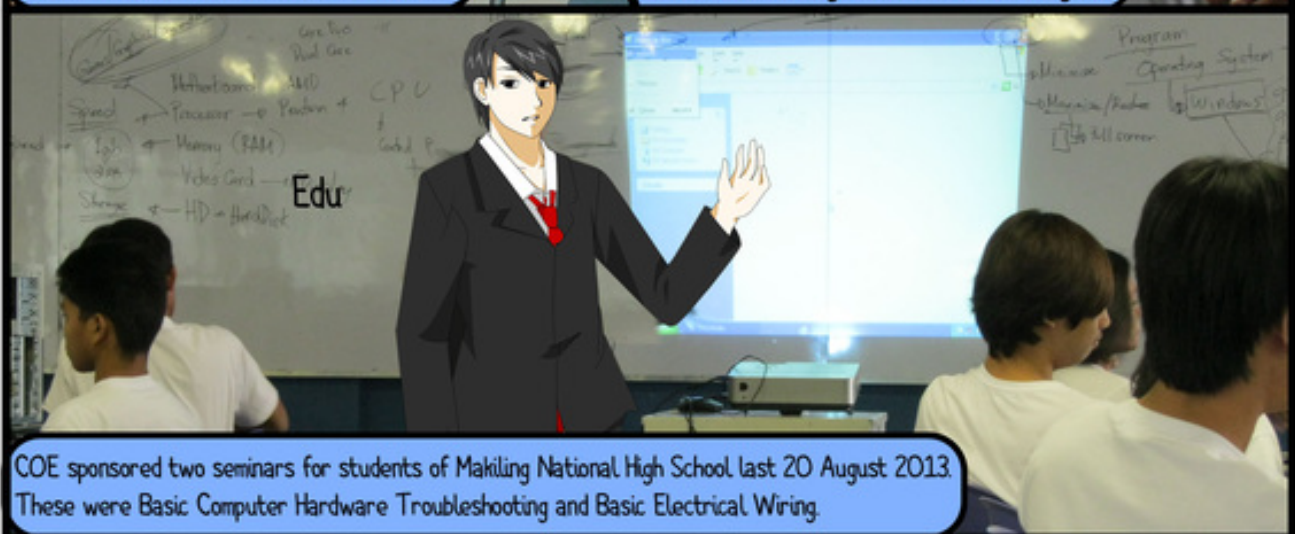
**AUGUST..**



CITHM conducted a Banana Peel Burger Patties Making Seminar last 23 August..



..and Pickle Making Seminar last 17 August.



COE sponsored two seminars for students of Makiling National High School last 20 August 2013. These were Basic Computer Hardware Troubleshooting and Basic Electrical Wiring.





On 28 August 2013, OSS, COMEX, and LPL volunteers had a relief operation for the Typhoon Maring survivors...



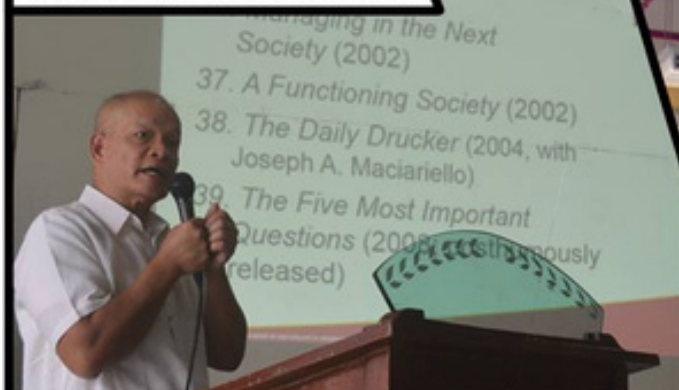
...And I volunteered to help in giving the relief goods.

I am VERY excited to volunteer at COMEX!



But that's not all, here are more...

**SEPTEMBER...**



CBA, headed by Dean Balingit, conducted a seminar on Peter Drucker Management for Makiling National High School last 05 September 2013.



Another seminar on Social Awareness on HIV/AIDS, Gender, Environmental, and Election Issues care of CAS was held last 25 Sept. 2013.





On 2 September 2013, the COMEX Team attended the 3rd Philippine Conference on Research in CSR



Dr. Oscar Bautista and Dr. Merlita Medallon presented their researches that day.

**OCTOBER...**

CAM in coordination with Red Cross and CITHM, headed a Blood Letting project last 3 October 2013.



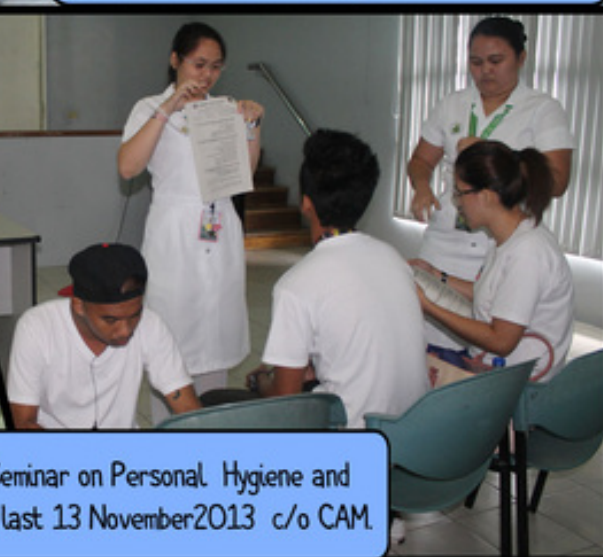


Last 26 October 2013, "GREENeration 2013" (tree planting project) led by Alumni Society, Palaestra Consortio and COMEX in coordination with CENRO and CITHM Events Management Class, was participated by LPL/LPU-SC volunteers.



For Alternative Learning System (ALS) Program, CBA conducted a Bookkeeping and Micro-Entrepreneurship Seminar on 16 October 2013 to out-of-school learners.

**NOVEMBER...**



Followed by a Seminar on Personal Hygiene and Herbal Medicines last 13 November 2013 c/o CAM.





Still under ALS Program, 2 batches of learners finished the Basic Computer Literacy Workshop held last 18-25 November 2013 and 26 November - 3 December 2013 c/o CCS.



And on 27 November 2013, CBA hosted a Bag Making seminar led by faculty/students and Brgy. 3 Sto. Tomas volunteers.

## DECEMBER...



To top it all, every member of LPL/LPU-SC Family shared their time and resources with our Typhoon Yolanda Survivors. Part 1 was the call for donations which ran from 11-22 November 2013. Part 2, headed by Cultural Affairs, CAS, and CITHM consisted of a benefit show, feeding program and psychological services which ran from 23 November - 5 December 2013.

I really want to join! Who can I talk to?  
What will I do?



Well, you can approach your College COMEX Coordinator and sign-up/join in your College COMEX projects. Or why don't we just go at the COMEX Office, 2nd floor of JPL Building. We can also see there the COMEX Monitor Board where the complete list of COMEX activities are posted. Come with me!

## COLLEGE COMEX

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
01 Jul 2013	Plastic ni Juan c/o Eat Bulaga	COE (LPIES)	
04 Jul 2013	Seminar on Disaster Preparedness, Drug Prevention, Nat'l Security & Community Svc	CAS	
04 Jul 2013	Tsinelas ni Lola (Bahay ni Maria)	CBA (CABA)	
06 Aug 2013	COMEX Social Awareness/ Call for Volunteerism	CITHM (LEWA)	
17 Aug 2013	Pickle Making (Makiling National High School and Brgy. 3, Sto. Tomas, Bats.)	CITHM (LEWA, BACCAS, Alumni)	
20 Aug 2013	Basic Electrical Wiring (Makiling National High School)	COE (EE)	
20 Aug 2013	Basic Comp. Hardware Troubleshooting (Makiling National High School)	COE (EE)	
23 Aug 2013	Unusual Extender "Banana Peel Burger Patties" Phase 1	CITHM (HOME, LEWA, LTS)	
05 Sep 2013	Peter Drucker Management Seminar (Makiling National High School)	CBA	
25 Sep 2013	Social Awareness on HIV/AIDS, Gender, Environmental and Election Issues	CAS	

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for rescheduling

## MONITOR BOARD

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
25 Sep, 2-17 Oct 2013	Info. Campaign on Media Literacy (Gr. 4 Sta. Anastacia Elementary School, Sto. Tomas)	CAS (ABCOMM)	
Sep 2013 - Mar 2014	Peer Counselling	CAS (Psychology Society)	
Sept 2013 - Mar 2014	Counselling, Briefing and Debriefing Services	CAS (Psychology Society)	
03 Oct 2013	Blood Letting among LPL /LPU-SC	CAM, Red Cross, CITHM	
03 Oct 2013	COMEX Social Awareness	CAM, COMEX	
Oct 2013	Workshop on "Ako'y Batang Creative" (Makiling Elementary and High School)	CAS, Cultural Affairs	
Oct 2013	Teacher's Training: Movie Making (Makiling Elementary and High School)	CAS (MMA)	
29 Oct 2013	Feeding Program "Unusual Burger Patties" Phase 2 (Makiling Elem and High School)	CITHM (LEWA, HOME)	
16 Nov 2013	Seminar on Personal Hygiene/Herbal Medicines (Brgy. 3 Sto. Tomas, Bats.)	CAM	

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for rescheduling



## COLLEGE COMEX

DATE	ACTIVITY	COLLEGE/DEPT.	STATUS
23 Nov 2013	Seminar on Dengue Awareness/Waste Mgt. (Brgy. 3, Sto. Tomas, Batangas)	CAM	👍
Nov 2013	COMEX for Center for Abused Woman (Calauan, Laguna)	CAS (Psychology)	📖
01 Dec 2013	Learning Kits for the DSWD Kids	CBA(JMA)	👍
05 Dec 2013	COMEX Social Awareness	CBA	👍
Dec 2013	Simplified Bookkeeping Seminar	CBA	👍
Dec 2013	Savings and Wise Spending Seminar	CBA	👍
Dec 2013	Bag Making (Partner Barangay)	CBA	👍
Jan 2014	COMEX Social Awareness	CAS	👍
10 Jan 2014	COMEX Social Awareness	CCS	👍
10 Jan 2014	COMEX Social Awareness	COE	👍
Jan 2014	Seminar on Sari-sari Store Operations Management	CBA (JMA, CABA)	👍

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## MONITOR BOARD

DATE	ACTIVITY	COLLEGE/DEPT.	STATUS
Jan 2014	Computer Literacy/Numeracy Home Safety	COE	👍
Jan 2014	Ina - Pay "Basic Safety and Sanitation: Baking and Pastry"	CITHM (LEWA, BACCAS)	👍
Feb 2014	Disaster Preparedness Seminar	CBA (CBASCO, CABA)	👍
Feb 2014	Feeding Program "Pride of Cabuyao"	CITHM (LEWA)	👍
Feb 2014	Waitering Course	CITHM (LTS)	👍
Mar 2014	Community Immersion	CAS (AB Comm Faculty)	👍
Mar 2014	Safe sa Street Foods (A Basic Food Safety and Sanitation Seminar for Street Vendors)	CITHM (LEWA, HOME)	👍
Apr 2014	Youth Got Talent (Makiling Elementary and High School)	CAS, Cultural Affairs	👍
Apr 2014	Teacher's Training: English Proficiency (Makiling Elementary and High School)	CAS (English Faculty)	👍
May 2014	Electronics Shop (Partner Barangay)	COE (ECE)	👍

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## INSTITUTIONAL COMEX

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
13 Jul 2013	MOA w/ Makiling Elementary School & Makiling National High School	COMEX	👍
20 Jul 2013	Revised COMEX Manual	COMEX	👍
14 Aug 2013	COMEX Planning Workshop	COMEX	👍
28 Aug 2013	Relief Operations for Typhoon Maring Survivors	OSS, COMEX	👍
02 Sep 2013	3rd Philippine Conference on Research in CSR	COMEX	👍
19 Sep 2013	Revised Vision/Mission/Values for Institutional Social Responsibility Office (ISRO)	COMEX	👍
29 Sep 2013	Proposed Institutional Social Responsibility Office	COMEX	👍
11 Oct 2013	COMEX General Orientation to Student Organizations	COMEX, OSS	👍
17 Oct 2013	Revised ISRO Organizational Chart	COMEX	👍
26 Oct 2013	GREENeration 2013 (Tree Planting)	Palaestra Consortium Office, Alumni Society, CITHM, CAM, COMEX	👍
Oct - Nov 2013	MOA with DepEd Alternative Learning System (ALS) Calamba City, Laguna	COMEX	👍

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## MONITOR BOARD

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
Nov - Dec 2013	MOA with City Government of Calamba City, Laguna	COMEX, CBA	👍
11 - 22 Nov 2013	Relief Operations for Typhoon Yolanda Survivors Part 1	COMEX, Palaestra Consortium, OSS, all Depts./Colleges	👍
23 Nov-05 Dec 2013	Relief Operations for Typhoon Yolanda Survivors Part 2	Cultural Affairs, CAS, CITHM, COMEX	👍
27 Nov 2013	Benefit Show	Cultural Affairs	👍
05 Dec 2013	Feeding Program	CITHM, COMEX	👍
05 Dec 2013	Psychological Aid	CAS, COMEX	👍
Jan - May 2014	Cooperative	COMEX	👍
Jan, Apr, July 2014	COMEX Update: Pinoy COMEX (quarterly newsletter, facebook, website)	COMEX, Student Volunteers	👍
Jan - May 2014	Paper Recycling Project	COMEX, Property Office	👍
17 Feb 2014	Catch the ISR Spirit (COMEX Social Awareness) on Foundation Week	COMEX, all Colleges/Depts.	👍
Feb 2014	Youth in Action (YIA) COMEX Student Organization	COMEX, Student Volunteers	👍
Mar 2014	Community Extension Research (Institutional Social Responsibility)	COMEX, Research	👍

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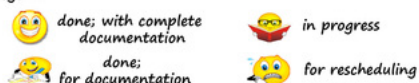
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## INSTITUTIONAL COMEX

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
Oct 2013 Mar 2014	Alternative Learning System (ALS) Program w/ DepEd in collaboration w/ all Colleges	COMEX, all Colleges	
16 Oct 2013	Seminar on Bookkeeping Batch 1	CBA (Faculty/ Student Volunteers)	
16 Oct 2013	Seminar on Micro - Entrepreneurship Batch 1	CBA (Faculty/ Student Volunteers)	
13 Nov 2013	Seminar on Bookkeeping Batch 2	CBA (Faculty/ Student Volunteers)	
13 Nov 2013	Seminar on Micro - Entrepreneurship Batch 2	CBA (Faculty/ Student Volunteers)	
13 Nov 2013	Seminar on Personal Hygiene/ Herbal Medicines	CAM (Faculty/ Student Volunteers)	
13 Nov 2013	Seminar on Dengue/Chikungunya Awareness and Waste Management	CAM (Faculty/ Student Volunteers)	
18 - 25 Nov 2013	Basic Computer Literacy Workshop Batch 1	CCS (Faculty/ Student Volunteers)	
20 Nov 2013	Basic Financial Literacy Batch 1	CBA (Faculty/ Student Volunteers)	
20 Nov 2013	Bag Making: Processing of Raw Materials Batch 1	CBA (Faculty/ Student Volunteers)	
26 Nov-03 Dec 2013	Basic Computer Literacy Workshop Batch 2	CCS (Faculty/ Student Volunteers)	

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## MONITOR BOARD

DATE	ACTIVITY	COLLEGE/ DEPT.	STATUS
Oct 2013 Mar 2014	Alternative Learning System (ALS) Program w/ DepEd in collaboration w/ all Colleges	COMEX, all Colleges	
27 Nov 2013	Bag Making Proper	CBA (Bgg. 3, Faculty/ Student Volunteers)	
04 Dec 2013	Banana Peel Burger Making Batch 1	CITHM (Faculty/ Student Volunteers)	
04 Dec 2013	Pickle Making Batch 1	CITHM (Faculty/ Student Volunteers)	
07 Dec 2013	Waitering Course	CITHM (Faculty/ Student Volunteers)	
13 Or 14 Jan 2013	Teacher's Training: English Proficiency	CAS (Faculty/ Student Volunteers)	
15 Jan 2013	Personality Development	CAS (Faculty/ Student Volunteers)	
24 Jan 2014	Basic Electrical Wiring Batch 1	COE (Faculty/ Student Volunteers)	
24 Jan 2014	Basic Computer Hardware Troubleshooting Batch 1	COE (Faculty/ Student Volunteers)	
08 Mar 2014	Basic Electrical Wiring Batch 2	COE (Faculty/ Student Volunteers)	
08 Mar 2014	Basic Computer Hardware Troubleshooting Batch 2	COE (Faculty/ Student Volunteers)	

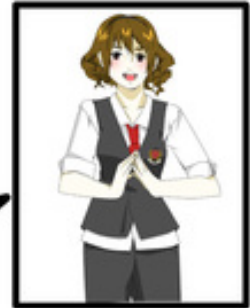
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# COMEXHARING

How was your experience in the GREENeration Project?



"The tree planting activity last 26 October 2013 has been a great experience. We should encourage more Lyceans to attend these activities next time because it will help round them up into a better individual."

-Crisostomo M. Malabuyoc  
VP for Administration



"I did enjoy the tree planting activity. Many people from different departments participated that's why we easily finished the tree planting activity."

-Katrina P. Pabilonia  
CAS, Lyceum Kalikasan

# COMEXHARING



"The tree planting program is a very wonderful experience. I am happy to know that my small act of planting is a way of helping Mother Nature."

-Merly H. Dolot

Maintenance Personnel

HOW WAS YOUR EXPERIENCE IN THE RELIEF OPERATION FOR TYPHOON YOLANDA SURVIVORS?




"The activity was heart warming. We all know that typhoon Yolanda had really devastated most of the places here in the Philippines. Giving the victims something to eat maybe a small thing but it indeed feels great inside to help them, especially in time of crisis".

- Chef Abram Emmanuel R. Peralta

COMEX College Coordinator, CITHM



The background of the slide is a faded, high-angle photograph of a modern, multi-story building with a glass facade. In the foreground, there are lush green palm trees and other tropical vegetation. A paved area with some parked cars is visible in the middle ground. The entire scene is framed by a thin black border.

At COMEX, we offer YOU . . .

A chance to make a **DIFFERENCE**

**A chance to create**, use your talents

**A chance to share**, time and resources

One helping hand, an act of kindness

**A chance to grow**, learn new things

Share ideas, continuous learnings

**A chance to lead**, work with people

Inspire them and be an example.

**A chance to experience life – the real meaning**

Cherish the happiness in your heart, the joy of giving.

# ANNOUNCEMENTS

Community Extension Office (COMEX) is heading on a broader direction and now has a new name, Institutional Social Responsibility Office (ISRO).

Ask yourself "Y I Act?" If you want to know the answer, join the Youth In Action (Y I Act) Student Organization.

For more information about COMEX you can visit the following sites:  
- [lpucomex.weebly.com](http://lpucomex.weebly.com)  
- [facebook.com/Community.Extension](https://facebook.com/Community.Extension)

Watch out for more of TEROY COMEX this April!

# CREATIVE BOARD

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