



**HUMAN RESOURCE MANAGEMENT OFFICE
PABLO BORBON**

WELLNESS ON RADIO for the Month of November 2021

As part of the Human Resource Management Office Pablo Borbon (HRMO-PB) operation plan, HRMO-PB continue the implementation of facilitating an engagement activity for the personnel. Wellness on Radio is the new engagement program of the HRMO-PB in partnership of the Health Services, College of Arts and Science and the Psychology Department. This activity will be aired by radio station at BatstateUAnikita Radio Station and via Facebook live.

The wellness on radio first session is on November 3, 2021 with topic: Dietetics and Nutrition Wellness with Ms. Chelsie of HRMO-Pb as the moderator for this activity with the invited guest Ms. Rysheer Quaitchon. Like on the first session on radio, it was started with giving some current news followed by the e-kumustahan with listeners and audience from Facebook live and as well to the invited guest speaker. The e-interview with Ms. Rysheer started after ekumustahan. As to start of the radio session, Ms. Ry define the dietetics and nutrition wellness. Followed by the open-ended questions. The speaker shared some nutritional tips on how keep our lifestyle healthy, like eating healthy foods, have a proper exercise and avoid food with high cholesterol. This is duly a good reminder for us for specially on time of pandemic that we take care of our health and this session. The session starts at 11:10am and adjourned at 12:10pm which rendered 1 hour session.

The second session for wellness on radio held on November 10, 2021 with the same topic Dietetics and Nutrition Wellness with Ms. Chelsie of HRMO-Pb as the moderator for this activity with the invited guest Mrs. Kristia Lei Reyes. The session starts with briefing of the activity details, narrating current news and ekumustahan with the wellness community. After the ekumustahan, the e-interview was started with Mrs. Kei, she started on defining the term wellness. The guest speaker shared in this session the ways on maintain a healthy lifestyle, the proper food to be take and to avoid. Ms. Kei always stated in the session the importance of nutrition to our lifestyle. The session start at 11:15am and adjourned at 12:00 noon.

The third session for wellness on radio held on November 17, 2021 with the topic Organizational Excellence with Ms. Dianne Cullar of College of Arts and Sciences as the moderator for this activity with the invited guest Ms. Pauline Bondad. The session starts with briefing of the activity details, narrating current news and ekumustahan with the wellness community. After the ekumustahan, the e-interview was started with Ms. Pauline, she first introduce herself. The session start at 11:15am and adjourned at 12:00 noon.



Republic of the Philippines
BATANGAS STATE UNIVERSITY

Batangas City
Tel. Nos. (043) 980-0385 loc. 1804
E-mail Address: hrmo.pb@g.batstate-u.edu.ph • Website Address: <http://www.batstate-u.edu.ph>

HUMAN RESOURCE MANAGEMENT OFFICE
PABLO BORBON

| THEMES for WELLNESS ON RADIO | | |
|------------------------------|----------------------------------|---------------------------|
| Date | Topic | Guest Speaker |
| November 3,2021 | Dietetics and Nutrition Wellness | Ms. RysheerQuiatchon |
| November 10,2021 | Dietetics and Nutrition Wellness | Mrs. Kristia Lei A. Reyes |
| November 17,2021 | Organizational Excellence | Ms. Pauline Bondad |
| November 27,2021 | Organizational Excellence | Cancelled |

Prepared by:


Chelsie Ross P. De Chavez, CHRA
Admin Aide VI

Certified Correct:


DR. ROLDAN C. RAGOT, CHRA, Rpm
Head, HRMO-Pablo Borbon



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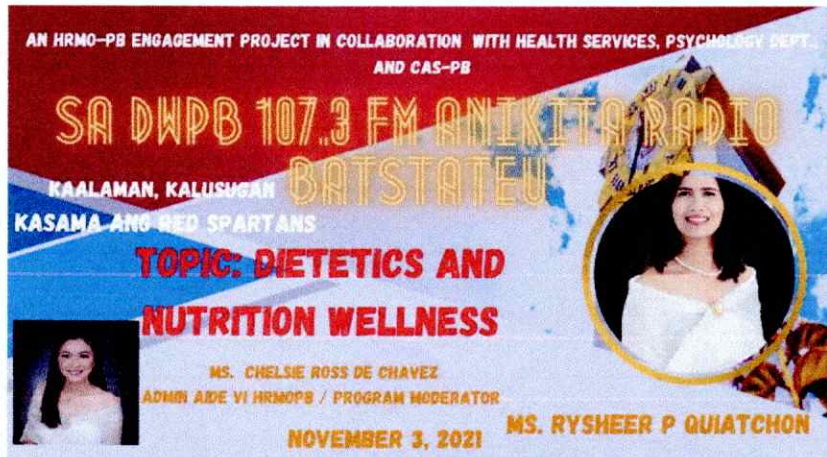
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Tel. Nos. (043) 980-0385 loc. 1804

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**HUMAN RESOURCE MANAGEMENT OFFICE
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Pictures during and after the activity

November 3, 2021





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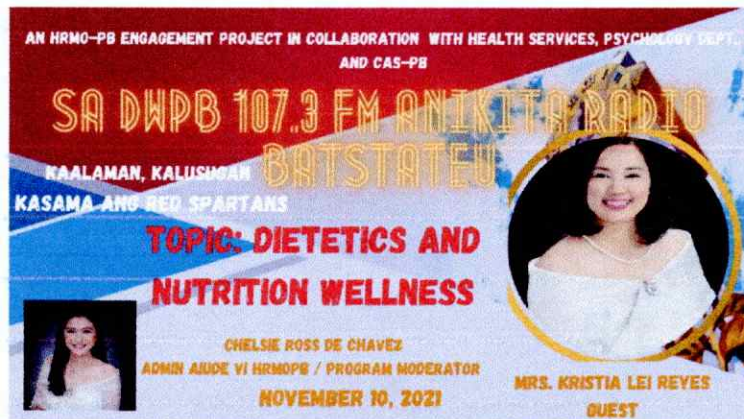
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**HUMAN RESOURCE MANAGEMENT OFFICE
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Pictures during and after the activity

November 10, 2021





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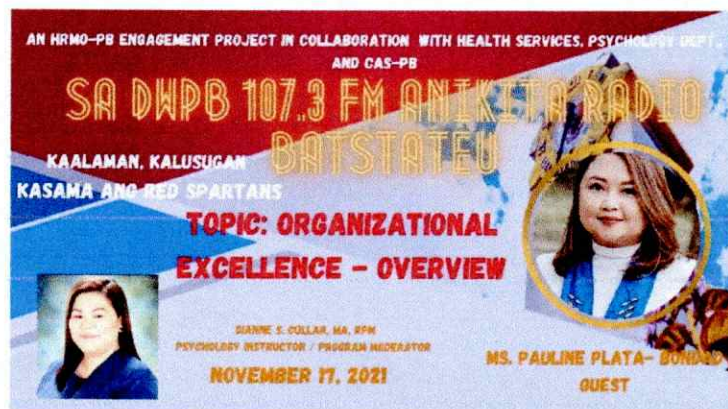
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**HUMAN RESOURCE MANAGEMENT OFFICE
PABLO BORBON**

Pictures during and after the activity

November 26, 2021

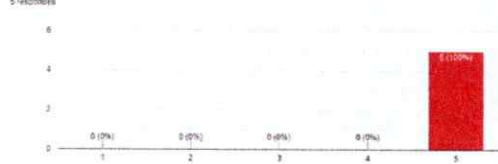




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Engagement Effectives Evaluation Results; November 3,2021

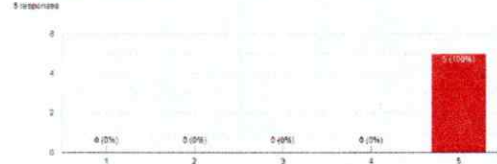
1. Clear definition of the topic
5 responses



2. Applicability / Relevance to my JCB
5 responses



3. Preparedness of the Speaker
5 responses



4. Knowledge of the Speaker
5 responses



1. Clear Definition of the Topic

Outstanding – 100%

2. Applicability/ Relevance to my Job

Outstanding – 100%

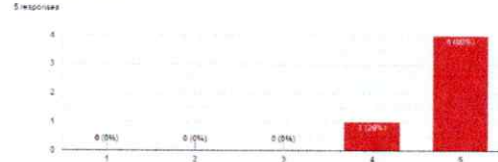
3. Preparedness of the Speaker

Outstanding – 100%

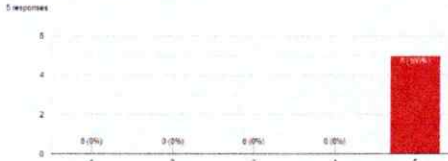
4. Knowledge of the Speaker

Outstanding – 100%

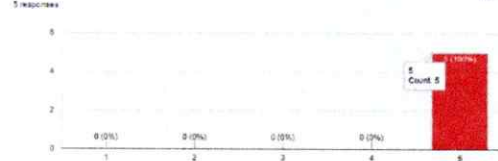
5. Presentation of the TOPIC
5 responses



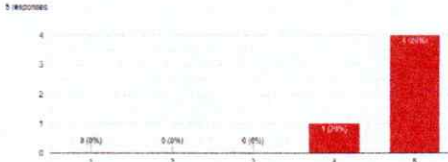
7. Comfortability of the venue and facilities
5 responses



6. Interaction of the speaker to the participants
5 responses



8. Sufficiency and Allotted time
5 responses



5. Presentation of the Topic

Outstanding – 80% Very Satisfactory – 20%

6. Interaction of the Speaker to the participants

Outstanding – 100%

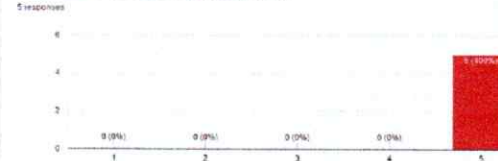
7. Comfortability of the venue and facilities

Outstanding – 100%

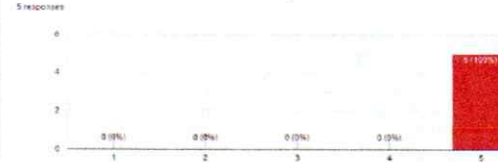
8. Sufficiency and Allotted Time

Outstanding – 80% Very Satisfactory – 20%

9. Organization of content of the engagement activity
5 responses



10. Impact of the engagement activity to my knowledge
5 responses



9. Organization of content of the engagement activity

Outstanding – 100%

10. Impact of the engagement activity to my knowledge

Outstanding – 100%



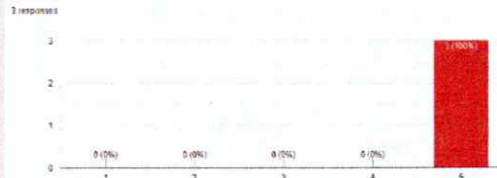
HUMAN RESOURCE MANAGEMENT OFFICE PABLO BORBON

Engagement Effectives Evaluation Results; November 10, 2021

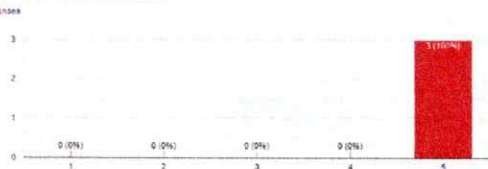
1. Clear definition of the topic
3 responses



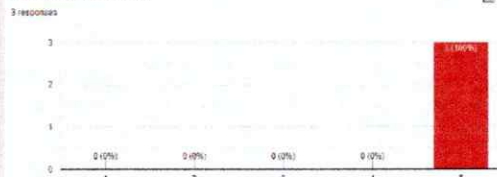
3. Preparedness of the Speaker
3 responses



2. Applicability / Relevance to my JOB
3 responses



4. Knowledge of the Speaker
3 responses



1. Clear Definition of the Topic

Outstanding – 100%

2. Applicability/ Relevance to my Job

Outstanding – 100%

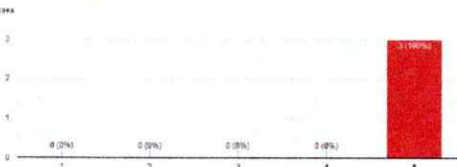
3. Preparedness of the Speaker

Outstanding – 100%

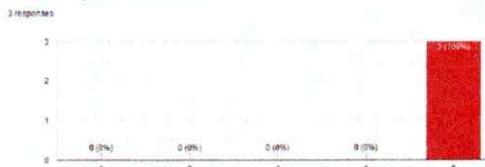
4. Knowledge of the Speaker

Outstanding – 100%

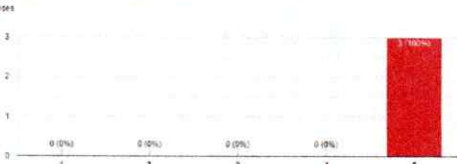
5. Presentation of the TOPIC
3 responses



7. Comfortability of the venue and facilities
3 responses



6. Interaction of the speaker to the participants
3 responses



8. Sufficiency and Allotted time:
3 responses



5. Presentation of the Topic

Outstanding – 80% Very Satisfactory – 20%

6. Interaction of the Speaker to the participants

Outstanding – 100%

7. Comfortability of the venue and facilities

Outstanding – 100%

8. Sufficiency and Allotted Time

Outstanding – 80% Very Satisfactory – 20%

9. Organization of content of the engagement activity
3 responses



10. Impact of the engagement activity to my knowledge
3 responses



9. Organization of content of the engagement activity

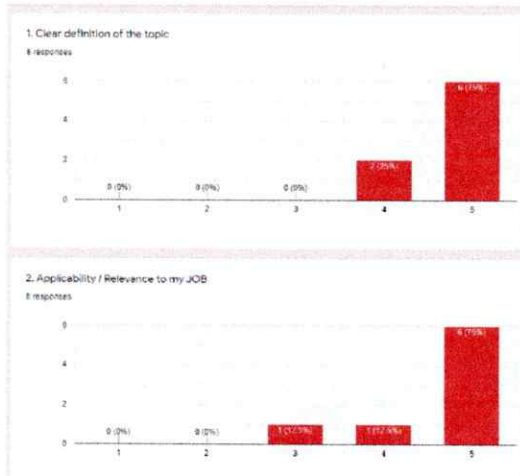
Outstanding – 100%

10. Impact of the engagement activity to my knowledge



HUMAN RESOURCE MANAGEMENT OFFICE PABLO BORBON

Engagement Effectives Evaluation Results; November 17, 2021



1. Clear Definition of the Topic

Outstanding – 75% Very Satisfactory- 25%

2. Applicability/ Relevance to my Job

Outstanding – 75% Very Satisfactory- 25% Satisfactory- 12.5%

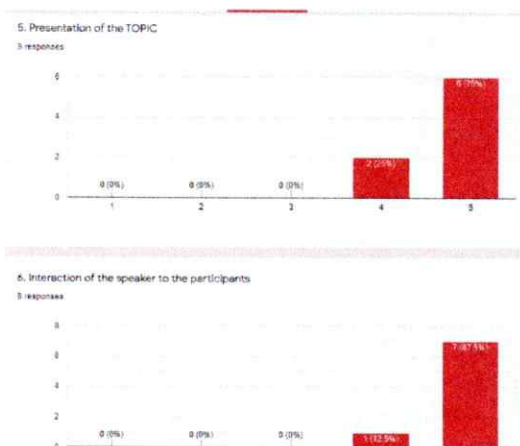


3. Preparedness of the Speaker

Outstanding – 87.5% Very Satisfactory- 12.5%

4. Knowledge of the Speaker

Outstanding – 87.5% Very Satisfactory- 12.5%

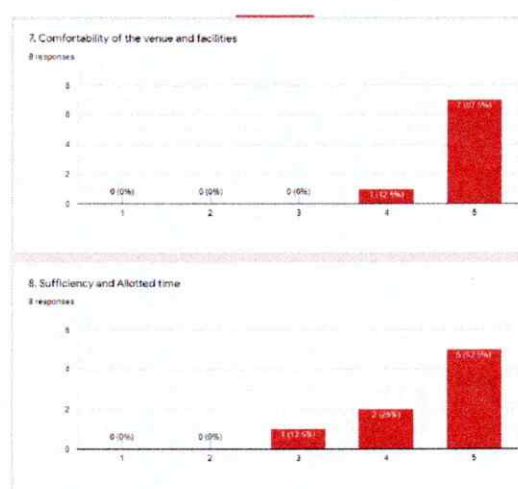


5. Presentation of the Topic

Outstanding – 75% Very Satisfactory – 25%

6. Interaction of the Speaker to the participants

Outstanding – 87.5 Very Satisfactory- 12.5%

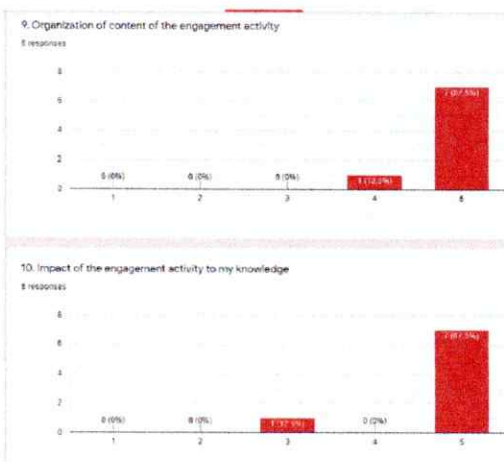


7. Comfortability of the venue and facilities

Outstanding – 87.5 Very Satisfactory- 12.5%

8. Sufficiency and Allotted Time

Outstanding – 62.5% Very Satisfactory – 25% Satisfactory – 12.5%



9. Organization of content of the engagement activity

Outstanding – 87.5 Very Satisfactory- 12.5%

10. Impact of the engagement activity to my knowledge

Outstanding – 87.5 Satisfactory- 12.5%



**HUMAN RESOURCE MANAGEMENT OFFICE
PABLO BORBON**

Evaluation Summary for Wellness on Radio; October 2021

| November 3,2021 | | | | | | | | | | | |
|-----------------|----|----|----|----|-----|-------------------------------|----|-----|----|-----|---|
| RESPONDENTS | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | |
| 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 4 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 |
| 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Total: | 5 | 5 | 5 | 5 | 4.8 | 5 | 5 | 4.8 | 5 | 5 | 5 |
| | | | | | | Total: 4.96 Very Satisfactory | | | | | |

| November 10,2021 | | | | | | | | | | | |
|------------------|----|----|----|----|----|----------------------|----|----|----|-----|---|
| RESPONDENTS | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | |
| 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Total: | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| | | | | | | Total: 5 Outstanding | | | | | |

| November 17,2021 | | | | | | | | | | | |
|------------------|------|-------|-------|-------|------|--------------------------------|-------|-----|-------|------|------|
| RESPONDENTS | Q1 | Q2 | Q3 | Q4 | Q5 | Q6 | Q7 | Q8 | Q9 | Q10 | |
| 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 |
| 5 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 |
| 6 | 4 | 3 | 4 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 |
| 7 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 8 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 |
| Total: | 4.75 | 4.625 | 4.875 | 4.875 | 4.75 | 4.875 | 4.875 | 4.5 | 4.875 | 4.75 | 4.75 |
| | | | | | | Total: 4.775 Very Satisfactory | | | | | |

Prepared by:
Chelsie Ross P. De Chavez
Chelsie Ross P. De Chavez, CHRA
Administrative Aide VI

Certified Correct:
Roland C. Ragot
Dr. Roldan C. Ragot, CHRA, Rpm
Head, HRMO-Pablo Borbon