

Addressing student and staff hunger interventions through  
radio program

### **Narrative Wellness on Radio – 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.

## Narrative Wellness on Radio September – December 2021

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The wellness on radio first session has been successfully implemented within the period of September to December 2021.

Date	Topic	Main theme	Guest Speaker	Program Moderator
September 23,2021	Subjective Wellbeing /Psychology of Spending	Importance of the Subjective Wellbeing	Dr. Lida C Landicho	Dr. Lucille Evangelista
September 29,2021	Overcoming Pandemic Fatigue	Ways of overcoming the Pandemic Fatigue	Dr. Myra Bersoto	Ms. Amina Thalia Germino
October 20,2021	Multiple Roles & Being an effective co-worker during pandemic	How to an effective co-worker during pandemic	Mr. John Lloyd Gambalan	Ms. Leonida Falculan
November 3,2021	Dietetics and Nutrition Wellness	Tips on how keep your body healthy	Ms. Rysheer p. Quaitchon	Ms. Chelsie Ross De Chavez
November 3,2021	Dietetics and Nutrition Wellness	Ways to be physically fit and nutritious food to intake	Mrs. Kristia Lei Reyes	Ms. Chelsie Ross De Chavez
November 17,2021	Organizational Excellence Overview	Simple act towards excellence	Ms. Pauline Bondad	Ms. Dianne Cullar
CANCEL SESSION				
September 8 & 15,2021	Medical Health Wellness		Dr. Leila Manalo	Dr. Roldan C. Ragot
October 6&13,2021	Medical Health Wellness		Dr. Leila Manalo	Dr. Roldan C. Ragot
October 27,2021	Multiple Roles & Being an effective co-worker during pandemic		Mr. John Lloyd Gambalan	Ms. Leonida Falculan

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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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

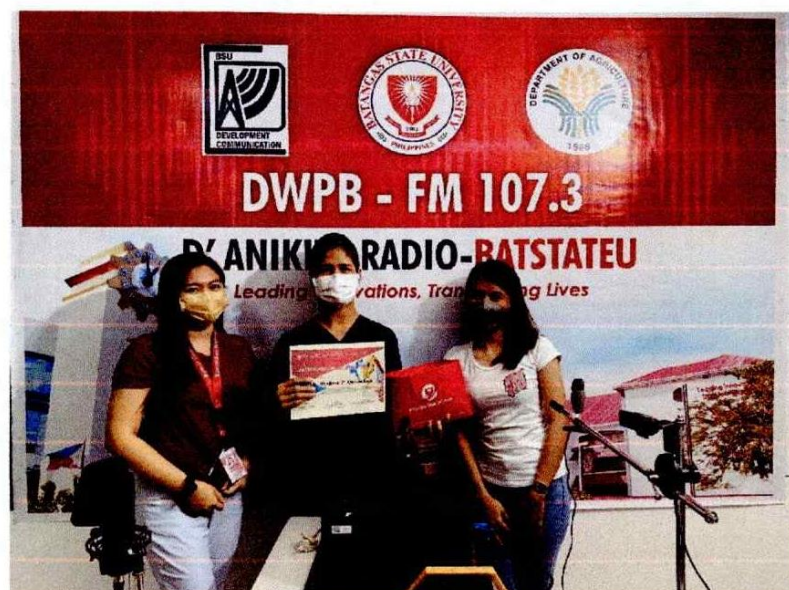
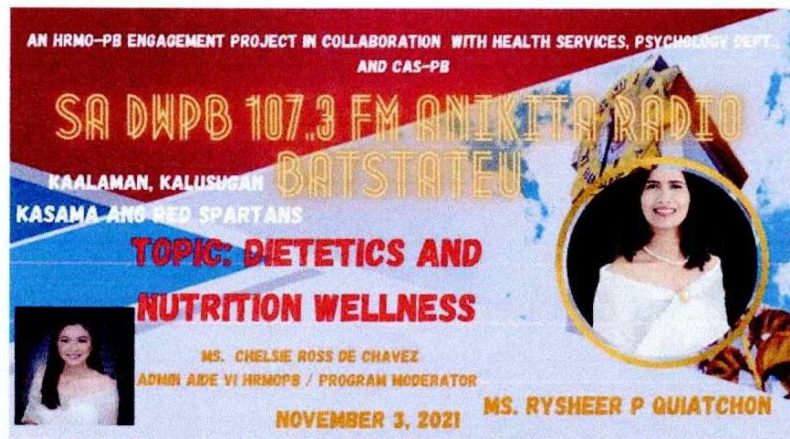
Certified Correct:

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



Pictures during and after the activity

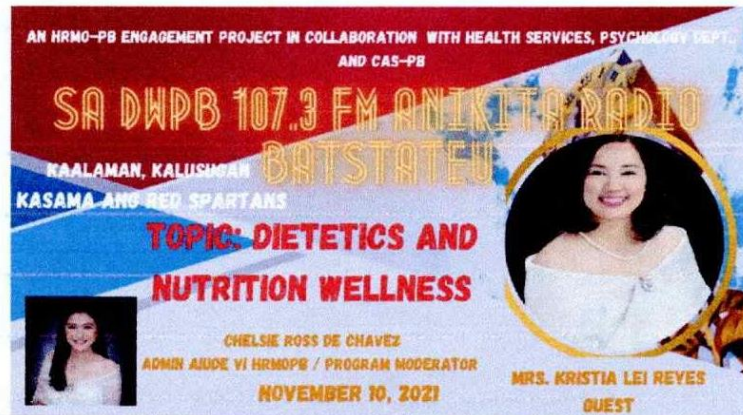
November 3, 2021





Pictures during and after the activity

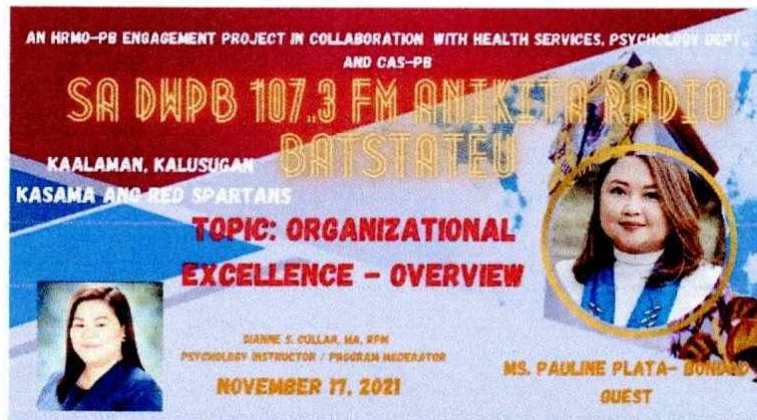
November 10, 2021





## Pictures during and after the activity

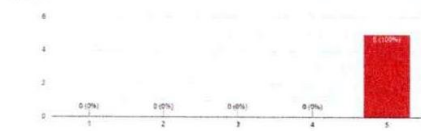
November 26, 2021



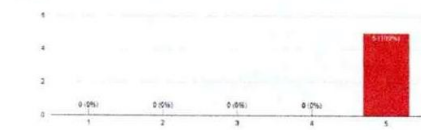


## Engagement Effectives Evaluation Results; November 3,2021

1. Clear definition of the topic  
5 responses

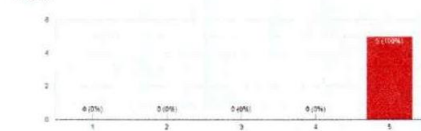


2. Applicability / Relevance to my JCB  
5 responses

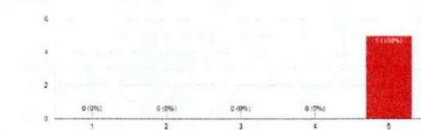


- 1. Clear Definition of the Topic**  
Outstanding – 100%
- 2. Applicability/ Relevance to my Job**  
Outstanding – 100%

3. Preparedness of the Speaker  
5 responses

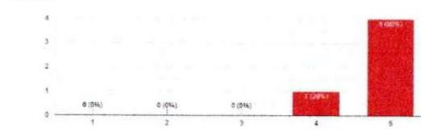


4. Knowledge of the Speaker  
5 responses

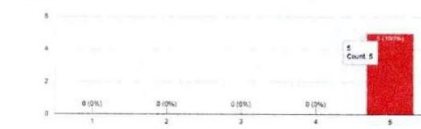


- 3. Preparedness of the Speaker**  
Outstanding – 100%
- 4. Knowledge of the Speaker**  
Outstanding – 100%

5. Presentation of the TOPIC  
5 responses

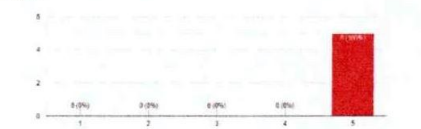


6. Interaction of the speaker to the participants  
5 responses

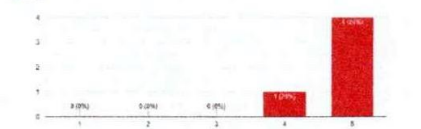


- 5. Presentation of the Topic**  
Outstanding – 80% Very Satisfactory – 20%
- 6. Interaction of the Speaker to the participants**  
Outstanding – 100%

7. Comfortability of the venue and facilities  
5 responses

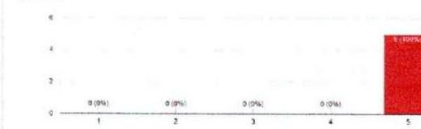


8. Sufficiency and Allotted time  
5 responses

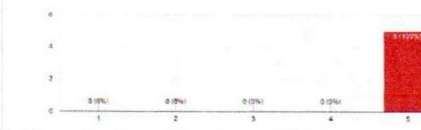


- 7. Comfortability of the venue and facilities**  
Outstanding – 100%
- 8. Sufficiency and Allotted Time**  
Outstanding – 80% Very Satisfactory – 20%

9. Organization of content of the engagement activity  
5 responses



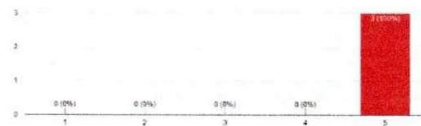
10. Impact of the engagement activity to my knowledge  
5 responses



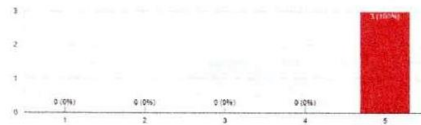
- 9. Organization of content of the engagement activity**  
Outstanding – 100%
- 10. Impact of the engagement activity to my knowledge**  
Outstanding – 100%

## Engagement Effectives Evaluation Results; November 10, 2021

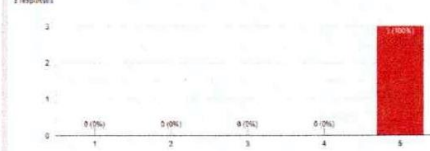
1. Clear definition of the topic  
3 responses



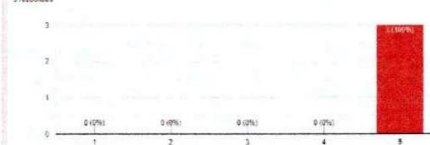
2. Applicability / Relevance to my JOB  
3 responses



3. Preparedness of the Speaker  
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%

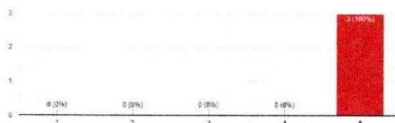
### 3. Preparedness of the Speaker

Outstanding – 100%

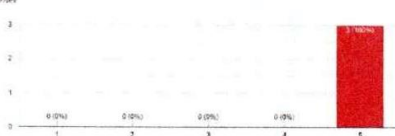
### 4. Knowledge of the Speaker

Outstanding – 100%

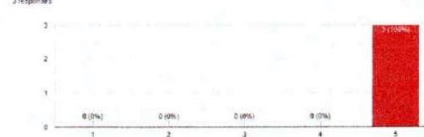
5. Presentation of the TOPIC  
3 responses



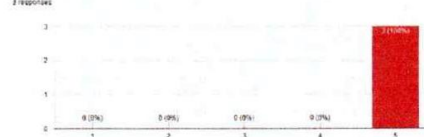
6. Interaction of the speaker to the participants  
3 responses



7. Comfortability of the venue and facilities  
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%

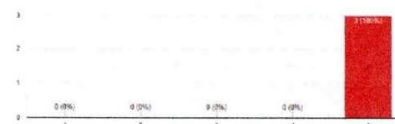
### 7. Comfortability of the venue and facilities

Outstanding – 100%

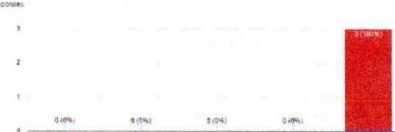
### 8. Sufficiency and Allotted Time

Outstanding – 80% Very Satisfactory – 20%

9. Organization of content of the engagement activity  
2 responses



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



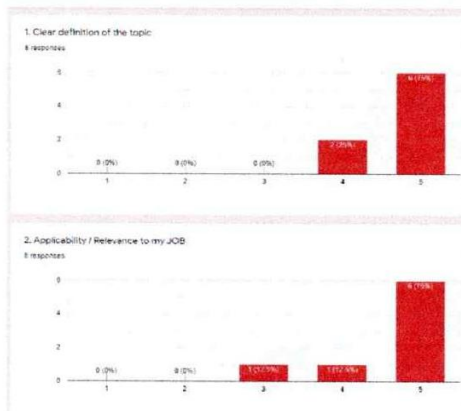
### 9. Organization of content of the engagement activity

Outstanding – 100%

### 10. Impact of the engagement activity to my knowledge



## Engagement Effectives Evaluation Results; November 17, 2021

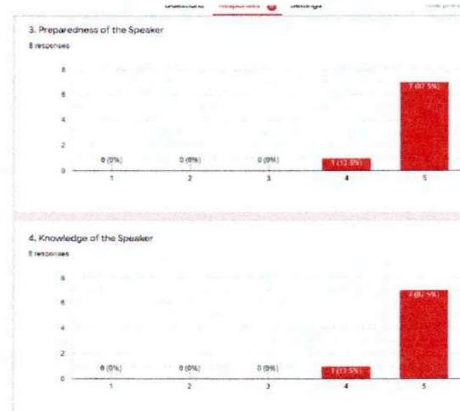


### 1. Clear Definition of the Topic

Outstanding – 75% Very Satisfactory- 25%

### 2. Applicability/ Relevance to my Job

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

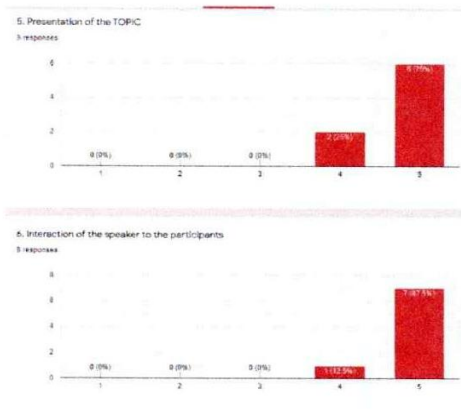


### 3. Preparedness of the Speaker

Outstanding – 87.5% Very Satisfactory- 12.5%

### 4. Knowledge of the Speaker

Outstanding – 87.5% Very Satisfactory- 12.5%

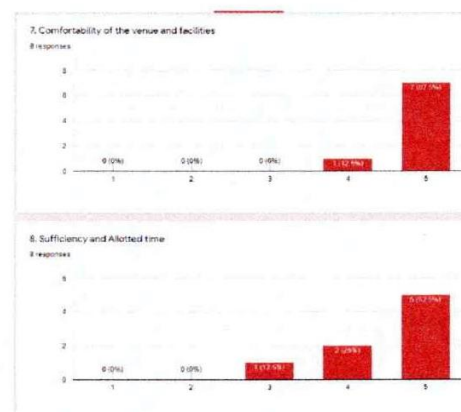


### 5. Presentation of the Topic

Outstanding – 75% Very Satisfactory – 25%

### 6. Interaction of the Speaker to the participants

Outstanding – 87.5 Very Satisfactory- 12.5%

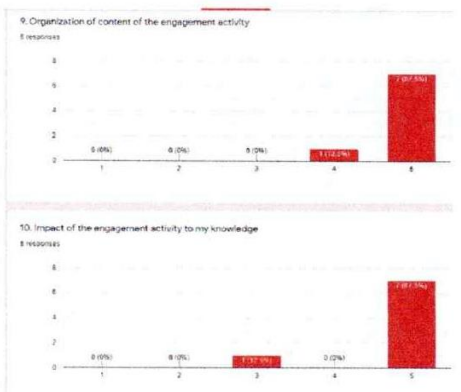


### 7. Comfortability of the venue and facilities

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%

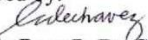
### Evaluation Summary for Wellness on Radio; October 2021

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	
2	5	5	5	5	5	5	5	5	5	5	
3	5	5	5	5	5	5	5	5	5	5	
4	5	5	5	5	5	4	5	5	4	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	
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	
2	5	5	5	5	5	5	5	5	5	5	
3	5	5	5	5	5	5	5	5	5	5	
Total:	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	
2	5	5	5	5	5	5	5	5	5	5	
3	5	5	5	5	5	5	5	5	5	5	
4	5	5	5	5	5	5	5	4	5	5	
5	4	4	5	5	4	4	5	5	5	5	
6	4	3	4	4	4	5	4	3	4	3	
7	5	5	5	5	5	5	5	5	5	5	
8	5	5	5	5	5	5	5	4	5	5	
Total:	4.75	4.625	4.875	4.875	4.75	4.875	4.875	4.5	4.875	4.75	
Total: 4.775 Very Satisfactory											

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Administrative Aide VI

Certified Correct:

  
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Head, HRMO-Pablo Borbon



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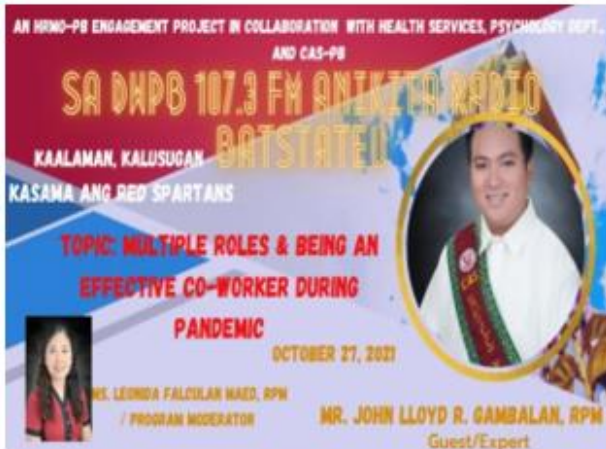
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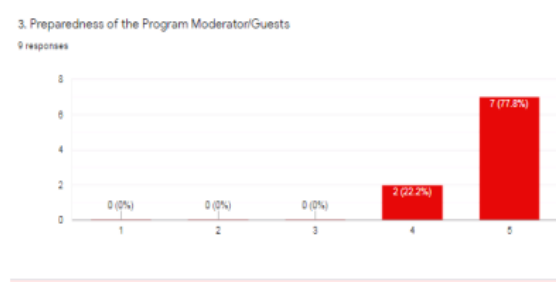
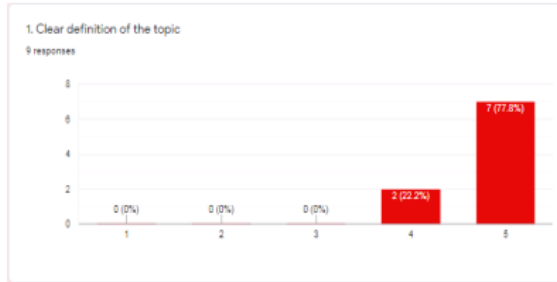
Pictures during and after the activity







## Engagement Effectives Evaluation Results



### 1. Clear Definition of the Topic

Outstanding – 77.8% VS- 22.2%

### 2. Applicability/ Relevance to my Job

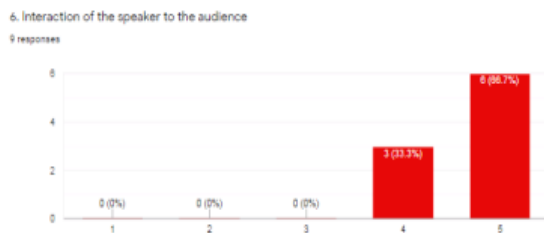
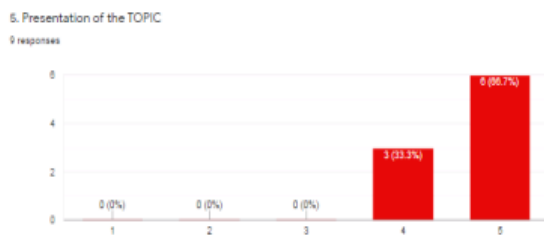
Outstanding – 66.7% VS-22.2% S-11.1%

### 3. Preparedness of the Speaker

Outstanding – 77.8%; VS- 22.2%

### 4. Knowledge of the Speaker

Outstanding – 66.7% VS-22.2% S- 11.1%



### 5. Presentation of the Topic

Outstanding – 66.7% Very Satisfactory – 33.3%

### 6. Interaction of the Speaker to the participants

Outstanding – 66.7% VS-22.2% S- 11.1%

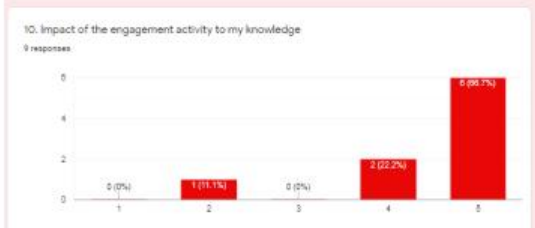
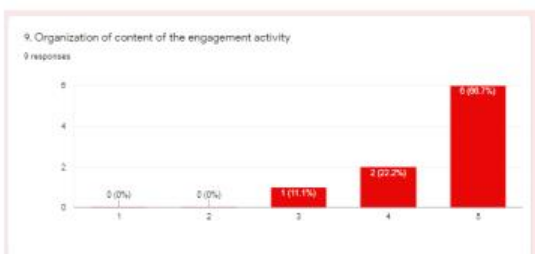
### 7. Comfortability of the venue and facilities

Outstanding – 66.7% VS-22.2% S- 11.1%

### 8. Sufficiency and Allotted Time

Outstanding – 66.7% VS-11.1% S-11.1%



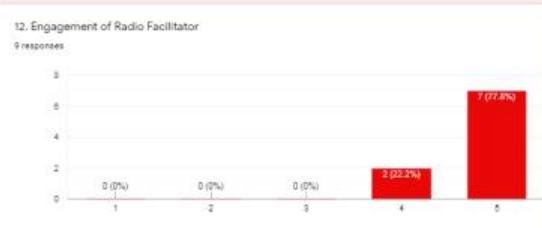
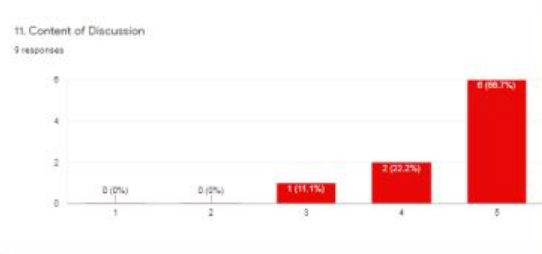


### 9. Organization of content of the engagement activity

Outstanding – 66.7% VS-22.2% S-11.1%

### 10. Impact of the engagement activity to my knowledge

Outstanding – 66.7%, VS-22.2% NS-11.1%



### 11. Content of Discussion

Outstanding – 66.7% VS- 22.2%, S-11.1%


### 12. Engagement of Radio Facilitator

Outstanding – 77.8% VS-22.2%


### Evaluation Summary for Wellness on Radio

RESPONDENTS	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Q12
1	5	3	5	3	4	4	4	2	3	2	3	5
2	5	5	5	5	5	5	5	5	5	5	5	5
3	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	3	3	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5	5
6	5	5	5	5	5	5	5	5	5	5	5	5
7	5	5	5	5	5	5	5	5	5	5	5	5
8	4	4	4	4	4	4	4	4	4	4	4	4
9	5	5	5	5	5	5	5	5	5	5	5	5
	4.3	4.1	4.3	4.1	4.2	4.2	4.1	3.9	4.1	4	4.1	4.3
<b>Total:</b>												<b>4.141667</b>
						Total	4.141667 Very Satisfactory					

Prepared by:

  
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