Health, Wellness, and Heritage

Shaping Minds, Shaping Bodies | 2

A healthy mind in a healthy body. A sound mind in a sound body. Mens sana in corpore sano. This old adage points to the ideal condition of a human being’s health—that a healthy person is one who achieves both intellectual and physical well-being.

In the academy, where intellect and brains take center stage, physical wellness seems to be relegated to the background. It may be recognized as an important pursuit but perhaps not as important as stimulating and cultivating the mind.

Looking at the assertion of “mens sana incorpore sano” in the context of university life begs the question: How can one’s mind truly be sound when the body is not equally healthy?

UP Broadens Its Horizons | 4

While everyone wants a UP in his or her own backyard—the System now has eight constituent universities spread around the country from Baguio to Davao—the national university clearly can’t be as national as it could possibly be, given its limited resources. That said, it’s done its best to serve as many corners of the archipelago as it reasonably could, without compromising the high standards of teaching it’s been known for. Thus were established campuses to serve the major island groups of Luzon, Visayas, Mindanao, and recently, cyberspace.

UP was born in Manila in 1908, but that

UP’s Cultural Landscapes | 6

Lush, green, beautiful, grand, open, free, wild and, perhaps to outsiders, a little bit odd. These are the words that are often used to describe many of UP’s 17 campuses. These are also, in a way, qualities expected of UP faculty, student, staff and alumni: the capacity to think independently and creatively, a beauty of character shaped by the values of honor and excellence, the ability to adapt to the twists and turns of life, an open heart and, much like the stately Oblation common to all UP campuses, a willingness, even eagerness, to offer all to the people we serve.
Arlyn VCD Palisoc Romualdo

At the University of the Philippines, the need to focus on physical health and wellness was officially addressed by the UP System administration in 2013. Then UP President Alfredo Pascual ordered the creation of two committees: one on healthy lifestyle and wellness, and the other on health and medical benefits.

**Physical health for productivity**

Health and wellness programs are an integral component of preventive care, in which one of the main goals is to be physically healthy to reduce the risk of developing common non-communicable diseases associated with a sedentary lifestyle.

The World Health Organization (WHO) in a 2002 report said that the risk of having cardiovascular disease, stroke, Type-2 diabetes, colon cancer, and breast cancer decreases when engaging in physical activity.

The WHO also identified four domains of physical activity in people's everyday lives: at work, in transport, in housework, and in leisure time.

In the Philippines, a comparison of the 2003 and 2008 surveys on physical activity conducted by the Food and Nutrition Research Institute of the Department of Science and Technology showed that in the occupational or at work domain, physical inactivity in Filipino males aged 20 to 65 has increased from 67 percent to 76.3 percent. Filipino females of the same age range, on the other hand, displayed the opposite, with physical inactivity in the occupational domain decreasing from 82.1 percent to 76.2 percent.

Limited physical activity in the workplace may be considered an occupational risk and an organization that provides an enabling environment for physical fitness programs through policies and facilities can maintain and even improve the physical well-being of its workforce to ensure efficiency and productivity.

In UP, the urgency of conducting a needs assessment and developing "appropriate programs and activities for UP faculty and staff to promote wellness and a healthy lifestyle, in support of productive academic and administrative work" was addressed by the creation of the UP Healthy Lifestyle and Wellness Committee in January 2013 through Pascual's issuance of Administrative Order (AO) No. PAEP 13-01, followed by a number of more localized directives.

*From Zumba to bikes*

All constituent university (CU) administrations and their respective committees on health and wellness provide support to wellness initiatives by providing funding, granting the use of facilities and official time, endorsing activities, or spearheading the programs themselves. All CUs are equipped with health care facilities with varying levels of capability—from clinics or infirmaries to a tertiary hospital—that attend to the health needs of their constituents. Across the UP System are basic services like physical examinations of incoming freshmen and annual medical examination of UP employees.

While some health and wellness programs like physical fitness activities are common among CUs, there are some initiatives that are distinct to a CU. UP Manila (UPM), the University's health sciences center and home of the UP-PGH, the country's largest government tertiary hospital, has always been cognizant of the importance of achieving overall health—physical, mental, and social. Its initiatives on health and wellness begin with answering the most basic need: a healthy and safe work environment.

Apart from adhering to standards of health and safety, UPM also emphasizes disaster and emergency preparedness, peace and order, and public safety as crucial to the achievement of a truly safe and healthy workplace. It is in this environment that its employees are enabled to pursue health and wellness. Because of UPM's expertise, its employees are able to access a wealth of information through training programs, lectures, symposia, and available resource materials.

The UPM community enjoys annual free health consultations at the UP-PGH Health Service and a 20 percent discount on selected services during confinement at the UP-PGH. For students in particular, UPM offers discounted immunization every August as it celebrates Immunization Month, free counseling services, free psychosocial services, and monitoring of suicide risks.

Physical fitness programs that promote camaraderie among UPM constituents include Zumba sessions on Tuesdays and Thursdays, and, for faculty and staff, the annual conduct of team-building activities. In a bid to encourage physical activity, UPM Chancellor Carmencita Padilla issued a memorandum in May 2016 encouraging breaks for physical activity from 10:00 am to 10:15 am and from 3:00 pm to 3:15 pm to reduce tension in muscles that have remained in one position for too long.

"A healthy body makes for smarter people, and a healthy mind means better physical health. Academic institutions tend to privilege the mind, and forget the body," UP Diliman (UPD) Chancellor Michael Tan said in an interview with the *UP Forum*, so his administration is using the "integrated approach." He cited three major initiatives to promote wellness: the development of UPD's primary care facility, the University Health Service (UHS), in terms of infrastructure, services, and equipment; the development of sports facilities to ensure improved access to quality facilities; and "from non-existent Diliman-wide psychosocial services," the creation of a team that provides them.

The Health and Wellness Management Committee of UPD (later renamed the UP Diliman Wellness and Healthy Lifestyle Committee) was formed in February 2013. The heads of various units were asked to designate coordinators to act as point persons in the dissemination of information on healthy lifestyle, planning and implementation of wellness programs in their respective units in close coordination with the UPD committee, and regular reporting of possible disease outbreaks or occurrence of disease as well as active participation in implementing public health and infection control measures.

Dr. Jesusa Catabui, UHS Acting Director and committee member, told the *UP Forum* that with the end-goal of achieving a healthy UPD workforce, each unit is encouraged to establish a wellness hub as well as wellness programs. She reported that some units in UPD have already instituted these.

Apart from lectures, symposia, and training workshops on healthy lifestyle promotion and disease awareness, the committee also partnered with other campus organizations like the UP Community Chest in conducting the annual "Walk for Wellness," among other physical fitness activities. It tackled stress management through a seminar titled "Detoxify your Workplace." The committee hopes to eventually institutionalize a program on healthy snacks "especially during staff or committee meetings, [hold] a dance fitness group contest and a 'bike for wellness' event."

In addition to committee initiatives, UPD has policies that prohibit smoking inside buildings, smoke belching, and idling of vehicles. Vice-Chancellor for Community Affairs Castro told the *UP Forum* that the administration has also funded health and wellness activities and the construction of wellness centers in the UHS and Palma Hall. It was also able to secure a donation of 40 pieces of outdoor fitness equipment in 2015.

*The UHS in Diliman and LB*

Integral to UPD's promotion of health and wellness and delivery of services is the UHS, which, Catabui
Health and wellness programs, projects and new infrastructure among the various UP constituent units: UP Visayas (top row, extreme left); UP Cebu (top row, second from left); UP Mindanao (top row, second from right); UP Los Baños (top row, extreme right); UP Baguio (bottom row, left); UP Open University (bottom row, middle); UP Dilliman (bottom row, right).

said, has received enormous support from both the CU and UP System administrations. In the last six years, it was able to purchase upgraded equipment and before President Pascual’s term ended in February this year, received allocations of P125 million from the UP Sys-
tem for building renovation and P11 million to replace aging equipment.

UHS services include, among others, primary emer-
gency care, confinement, medical and dental consulta-
tions, laboratory and diagnostic services, vaccination, psychosocial screening of incoming freshmen, health information campaigns, nutrition counseling, and dance fitness sessions. Like UPD, UP Los Baños (UPLB) also has its own UHS, which, the CU administration said, “has been looking after the overall health of UPLB students, faculty, and staff for more than 100 years.” Unlike UPD, UPLB’s UHS is a secondary hospital with operating rooms, a delivery room for normal and caesarian section cases, a neonatal intensive care unit, a newborn screening unit, a dental clinic, a laboratory service unit, an X-ray and ultrasound service unit, electrocardiography, and endoscopy, among others. Improvements to UHS infrastructure amounting to P40 million are in the pipeline.

It has the Diabetes Education and Nutrition Clinic which offers consultations, counseling, and insulin ther-
apy. It conducts relevant screening procedures at least once a month and layman lectures for diabetes patients every quarter. The UPLB UHS also has the Student Health and Welfare Clinic, which “seeks to improve the psychological and socio-emotional health of the students, especially those who are at risk of self-injury.”

Beyond the UHS, UPLB annually holds its sports fest called “Palarong UPLB,” participated in by members of its community. This year, the previously weekly event ran for two weeks and included a tournament of the online battle game, Defense of the Ancients, more popularly known as Dota. These changes were instituted to make the sports fest even more enjoyable for UPLB’s constituents.

Athletic competitions such as UPLB-International Rice Research Institute Dual Meet and the UPLB-
Central Luzon State University Friendship Games are also spearheaded by the UPLB Sports and Recreation Committee, which was constituted in 2013. The UPLB administration described its academic and administra-
tive units as proactive in organizing health and well-
ness activities. The College of Human Ecology has the Elderly Development Program focused on senior citizens and retirees of UPLB and surrounding communities, with monthly and yearly activities and services that address their “biopsychosocial needs” as well as the annual Senior Citizen’s Summit.

The College of Arts and Sciences’ Department of Human Kinetics, through its Move It or Lose It Program, actively promotes health and wellness by organizing regular activities such as community aerobics and cardio fitness, badminton and lawn tennis competitions, swimming sessions, sports clinics, flex-
ibility tests, body mass index measurements, fun runs, summer fitness programs, and dance programs. These activities are aimed at fighting the effects of inactive lifestyles and preventing injuries due to strain from repetitive motions and immobility—the body’s posture when using gadgets, long periods of sitting in front of and typing on the computer, etc.

Similar to UPM’s drive to provide a safe and healthy environment for its constituents, UPLB also focuses on maintaining the campus as a clean, safe, and well-equipped space where health and wellness can be achieved.

Because UPLB is the recognized leader in agriculture and related fields, nutrition is also a critical part of its bid to achieve physical health. UPLB Chancellor Fernando Sanchez issued a memo in January 2016 promoting the use of quality protein maize (QPM) blend among its concessionaries and caterers. This blend consists of 70 percent rice and 30 percent Corn QPM Var 6, a corn variety developed by UPLB’s Institute of Plant Breeding. It is a healthier alternative to pure rice, especially for diabetics and those at risk for diabetes, because of its low glycemic index and high-quality protein.

Across islands and cyberspace

For its part, UP Visayas (UPV) told the UP Forum that its wellness activities are based on the Civil Ser-
vice Commission (CSC) Memorandum Circular (MC) No. 38, issued on 30 September 1992. The CSC memo enjoins government units to implement a physical and mental fitness program for its personnel, authorizing the state agencies to utilize an hour each week, prefer-
ably 4:00 pm to 5:00 pm, for health awareness pro-
grams, and use 20 minutes of each working day, before or after 10:00 am or before or after 3:00 pm to conduct fitness programs.

The creation of the UPV Wellness and Healthy Lifestyle Committee in August 2013 allowed the CU to streamline its health and wellness programs. The committee maintains the UPV’s commitment to physical and mental fitness through activities such as the UPV Chancellor’s Cup, an inter-office basketball tournament, the annual UPV Sports Fest, and the Shape UP Visayas Program. The committee has conducted fitness tests, and organized twice-weekly sessions of flexibility and strength exercises, cardio exercises, and dance/aero-
bic exercises. It held a two-day seminar-workshop called “Awareness to Wellness: For a Healthier and Progressive UPV” and has facilitated the participation of its constituents in events like Run UP, CSC Fun Run, PhilHealth Fun Run, and other similar activities. It even assisted the municipality of Miag-ao in the organization of a Fun Run to commemorate its 300th founding anniversary.

This year, the committee, in partnership with the UPV Department of Physical Education, has lined up the following fitness activities: Zumba, band exer-
cises, body weight exercises, free weight exercises, line dance, basketball, badminton, stretching, walking, social dance, basic tai chi, and basic arnis.

Despite its academic environment being located in a virtual space, the UP Open University (UPOU) has created a Health and Wellness Committee to cater to the needs of its faculty and staff. Since its constitution, the committee has organized various physical activities such as dance exercise and Pilates. This year, it plans to launch different interest groups in dance, music, sports, biking, and the arts.

The UPOU committee has also conducted lay forums such as “Life Begins at 40,” “UsapingPangka-
lusangan sa UPOU,” and “UsapingNutrisyon.” Included in this year’s lineup are activities guided by national and international celebrations such as Philippine Heart Month, International Women’s Month, Head and Neck Cancer Consciousness Week, World Immunization Week, Cervical Cancer Awareness Month, and Hyper-
tension Awareness Month.

This May, UP Mindanao (UPMnP) Chancellor Sylvia Concepcion told the UP Forum that the CU was about to “start gym services since we just had our gym equipment delivered.”

When the CU’s Health and Wellness Committee was formed in early 2013, it undertook baseline studies among UPMnP employees, asking them to answer a survey on healthy lifestyle and looking at anthropomet-
ric and physical fitness levels. Since then, it has initi-
ated various physical activities such as sports, aerobics, dance, walking, jogging, weight training, fun runs, and biking.

It also conducted a physical fitness test two years after its inception. Last year, undertook a survey among UPMnP constituents for their preferred well-
ness activities. Forums on hypertension, mental health, food safety, and diet and nutrition were also organized. continued on page 13
main campus was soon followed by others in Diliman, which then mothered campuses in Baguio City, Olongapo City, and Clark, Pampanga. UP Visayas comprised campuses in Cebu City, Iloilo City, Miag-ao, and Tacloban (UP Cebu is now on its own). UP Mindanao and the UP Open University were both established in 1995. (While “campus” refers to the physical locale, a “constituent university” or CU can cover several campuses.) These CUs and campuses were designed to meet the particular needs of their region. For example, UP Visayas developed fisheries and ocean sciences to serve the major livelihoods of the island group; UP Mindanao developed agricultural supply chain management to facilitate the island’s massive agricultural activity; and UP Baguio developed indigenous studies to document indigenous culture in the Cordilleras.

UP has of course also expanded the basis of academic specialization, as in the case of UP Los Baños, which was established to focus on agriculture, forestry and veterinary medicine, and UP Manila in the health sciences. UP Manila then began establishing schools on a geographical basis to provide health skills where they were lacking. Thus, the schools of health sciences in the remote areas of Baler, Aurora in Luzon; Palo, Leyte in the Visayas; and Koronadal City, South Cotabato in Mindanao.

Recently, with the mandate to aid in national economic development now explicitly in its charter, UP set out to focus on key development areas expected to be growth catalysts through innovations in the professions and in industry. And so the UP Professional Schools were established in Bonifacio Global City and UP Cebu’s campus in the city’s South Road Properties (SRP). Both locations are hubs of booming industries and economic activities with a national economic impact. Either in the final stages of planning or in initial stages of operation are campuses in Vista City in southern Metro Manila; the Agriya agricultural city in Panabo, Davao del Norte; and Clark Green City in Pampanga—all being built under the same academia-industry-community framework for national development. The new campus being built in Sta. Elena, Tacloban City will serve as a relocation site for the UP VisayasTacloban College and the UP Manila School of Health Sciences in Palo, Leyte, offering a safer place than their current locations, where they were laid to waste by Super Typhoon Yolanda. But it will benefit from design and planning guidelines crafted by the University.

UP Vista City

UP Vista City is in the center of the Calabarzon (Cavite, Laguna, Batangas, Rizal, Quezon) industry growth area and its “technology ecosystems.” The UP campus hopes to fill the gap in knowledge capital necessary to catalyze an “ecology” for technology development in the area, says Dr. Aura Matias, the chair of the technical working group developing the campus and former dean of the UP Diliman College of Engineering. The campus is envisioned as the innovation campus of UP. Its curricular and technology business incubation offerings will be suited to the needs of the industrial complexes in the area, particularly the need to level up to local demand and global competition.

The campus began its first phase with the inauguration of its “seed” facility at the Evia Lifestyle Center, Las Piñas on January 27, 2017. Called the UP @Lab Innovation Hub, donated by Vista Land and Lifescapes Inc. of the Villar family, it offers working spaces to start-up technopreneurs and facilitates their linkage with industry and markets. At least four locators were introduced during the inauguration. The innovation hub was established to attract and employ prospective engineering graduate students through technology business start-ups. They can take technology entrepreneurship and design engineering courses in the initial academic zone to be built for the new campus. In this zone, the campus will offer a Professional Engineering and Science master’s program, the first of its kind in the country.

The technical working group consists of experts from the UP Diliman College of Engineering and Vista Land and Lifescapes Inc. It is supported by the Department of Science and Technology, USAID-STRIDE, the UP College of Business Administration Alumni Association, and industry partners.

UP Agriya

UP, Anflo Management and Investment Corp. (Anflocor) and its affiliate Damosaland Inc. (DLI) formally entered into a contract on January 30, 2017 to establish the UP Professional School for Agriculture and the Environment (UP PSAE), an extension of UP Los Baños, in the Agriya mixed-use development area of Panabo City, Davao del Norte. According to the MOA, Anflocor will donate more than three hectares of land, buildings, and facilities to UP, which will offer UPLB graduate courses and short courses through the school. Initially, starting academic year 2017-2018, UPLB faculty will have to fly back and forth between UPLB and Mindanao to teach. The residential phase—when the school will have its own faculty and staff to offer course—is expected to begin in six years.

The UPLB Graduate School and the College of Agriculture are already conducting an off-campus MS Entomology program at the Anflocor Corporate Center in Davao City. The UPLB College of Public Affairs and Development is also offering a PhD in Development Studies program in UP Mindanao in Mintal. With its huge agricultural, fish-
ery, and forestry output, which has gained brighter prospects with new infrastructure and access to ASEAN, Mindanao could use expertise that can be provided by UPLB to manage growth and make it inclusive.

According to the project concept paper, accredited postgraduate programs in Mindanao schools comprise mainly basic sciences and engineering. UP PSAE will help address the need for master’s and doctoral programs more focused on agriculture and environmental science.

Initially, these will include Master of Science programs in Agricultural Economics, Agronomy, Animal Science, Development Communication, Entomology, Environmental Science, Food Science, Forestry (Wood Science and Technology), Horticulture, Plant Breeding, and Plant Pathology; Master of Management in Agribusiness Management and Entrepreneurship; Master of Forestry (Forest Resource Management), and Doctor of Philosophy in Development Studies.

The industry demands of the area, together with enrolment data, will be studied further to tailor-fit future education, research, and extension offerings of the professional school.

**UP CGC**

Construction of the Clark Green City (CGC) formally started with the ground-breaking ceremony on April 11, 2016, and UP, through a campus in the master-planned community, is expected to build up human capital to drive the city and Region III’s growth.

According to former UP President Alfredo Pascual, the UP-CGC campus will implement innovations by top world universities, consisting of harmonizing disciplines and seamless academe-government-industry collaboration, in order to build human capital for the country’s development. The construction of CGC is expected to generate employment and increase the local economy.

The UP Board of Regents approved the memorandum of agreement between UP and the Bases Conversion and Development Authority (BCDA), the developer of CGC, on July 22, 2015, through which BCDA allocates 70 hectares in CGC for the use of the University.

If plans push through, UP-CGC will offer one undergraduate Liberal Arts program and professional masters programs in Health Management, Sustainability Science, and Structural Analytics, under a College of Human Sciences, a College of the Natural Environment, and a College of Designed Environments. UP is also planning to broaden its internationalization efforts in CGC through joint programs with top universities in the world, similar to what other national universities in ASEAN countries are doing. They enrich academic offerings through joint degree programs, attract international students, promote faculty exchanges, and facilitate collaborative research.

BCDA envisions the 9,450-hectare Clark Green City as a modern metropolis with mixed residential, commercial, agro-industrial, institutional, and information technology development, as well as a community of residents, workers and business establishments within a balanced, healthy, and safe environment.

All expansion projects of UP are coordinated with the Office of Design and Planning Initiatives under the Office of the Vice President for Development. It is tasked with formulating Master Development Plans for UP System properties and the different CUs, define the distinctive UP character that will be integrated into buildings and landscapes to be designed and constructed within University premises, ensure efficient use of facilities, and move towards the realization of green sources of energy, among others.

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Diversity in art and infrastructure

However, UP is not a homogenous system, and each campus is not quite like the others. Each one has its unique strengths, its unique natural environment and appearance, unique infrastructure, and unique personality. This uniqueness is influenced by a wide range of factors, from the history of the campus and its surroundings, to its geographical location and natural environment, to the cultural and ethnolinguistic communities within and around it, and especially to the constituent unit’s niche and field of specialty.

For instance, UP Baguio, whose niche is in Indigenous/Cordillera and Northern Luzon Studies, has the Museo Kordilyera embodying its role in its contribution to Philippine development. The Museo, which formally opened in January, is an ethnographic museum that serves as a repository of the tangible and intangible culture of the Cordilleran, and features the output of research undertaken by the UP Baguio faculty in the aspects of material culture, visual culture, language and literature, and anthropology. UP Baguio also has the Cordillera Studies Center, also a repository of research outputs by faculty and research affiliates, which also disseminates research through its publications. As another example, UP Visayas, as the country’s premier authority in marine science, fisheries and aquaculture, has the Regional Research Center, inaugurated on August 23, 2016, which aims to be the premier R&D and innovation facility in the region, and to support UP Visayas’ vision as a world-class university especially in the field of fisheries and aquatic sciences.

Fittingly enough, it is located on top of a hill overlooking the Guinaras Strait, and its glass and steel façade is fashioned to resemble the silhouette of a school of fish moving bi-directionally.

Each campus’ uniqueness can be more keenly appreciated through the artistic, architectural and cultural artifacts that are scattered throughout like hidden and not-so-hidden treasures. UP Visayas, for instance, has among others the Divata ng Dagat, a 16-foot sculpture by National Artist Napoleon V. Abueva depicting a strong woman standing upon fishes while pulling a fishnet, symbolizing UP Visayas’ commitment to its role as national center of excellence in marine science, fisheries and aquaculture.

UP Iloilo City also has the neoclassic Main Building designed by National Artist Juan Arellano, with its façade by Francesco Riccardo Monti of two bronze statues representing Law and Order. UP Baguio has Inang Laya, a statue of a woman with open arms, also by National Artist Abueva, and the Four Pillars, four posts that stand for the four pillars of knowledge that UP Baguio started with—Social Sciences, the Natural Sciences and Mathematics, the Humanities and Sports. Physical Education and Recreation. UP Mindanao has buildings that are designed to reflect each ethnolinguistic group in Mindanao, and the sculptures of Mindanao-based artist Kublai Millan in Kanturan.

The UP Open University has its Oblation, cast by former UP Diliman Chancel- lor Dr. Grace J. Alfonso, and rendered distinct among the others, thanks to the ribbon-like flag swirling around its pedestal, giving the effect of lifting the Oblation to greater heights and granting it boundless reach as befits UPOU’s distance and open education mission.

And these are just a few examples from some of the campuses.

Shaping UP communities

In short, there is no better profile for each UP campus than its cultural landscape. The Planning Department of San Francisco City defines a cultural landscape as “a place with many layers of history that evolves through design and use over time. A cultural landscape embodies the associations and uses that evoke a sense of history for a specific place.” Cultural landscapes include physical features such as trees, buildings, site furnishings, pathways and water bodies, and intangible elements such as land uses and associations of people that influenced the development of a landscape.

Simply put, human activity in a natural environment, done over an extended period of time, creates a cultural environment. While it is easy to see how humans alter and influence the natural environment, it is slightly less easy to see how the environment alters and influences humans.

“The environment and the people in the environment actually have a two-way interaction,” says multi-awarded, multi-talented, influential artist Luis “Junyee” Jr. “The environment first influences the people—by their movement, the way they interact. Then through the years, it is the people who influence the environment, because now they have the power and resources to change the environment.” Indeed, humans change the environment so much that they render it unrecognizable, especially in highly urbanized places.

Still, in the beginning it is the environment that shapes its growing human population. “Environment is the one that creates all kinds of culture—Asian culture, African culture, Middle Eastern, Chinese, American. For instance, here we have plenty of bamboo, so we have many objects made of bamboo. Even our houses are made of bamboo. Can the Americans do that? No, not because they cannot do it, but because they do not have the resources—the bamboo,” says Junyee, who is known for articulating the intimate connection between art and the natural world through the use of natural, indigenous and biodegradable materials in his art.

Spirit of place

There is a kind of power in the environment, which can be enhanced by the cultural landscape that emerges from it. There is a concept in architecture and urban design called “spirit of place”, which is the translation of the Latin phrase “genius loci”, something artists, philosophers and storytellers are familiar with. In ancient times, it was believed that certain parts of the world are inhabited by gods or guardian spirits whom humans must appease. Fast forward through the centuries to Wicke- diana’s definition of spirit of place as “the unique, distinctive and cherished aspects of a place…” it is as much in the invisible weave of culture (stories, art, memories, beliefs, histories, etc.) as it is the tangible physical aspects of a place (monuments, boundaries, rivers, woods, architectural style, rural crafts styles, pathways, views, etc.) or its interpersonal aspects (the presence of relatives, friends and
kindred spirits, etc."

Each UP campus possesses a unique spirit of place, whether it is a campus built on a mountain plateau, near the coast on an island, in a woody area at the quiet fringes of an urban center, or in the heart of a dense, bustling metropolis with a history going back centuries. Every person inhabiting these campuses can feel this spirit of place, from the logical scientists to the students trying to survive Hell Week to the vendors selling cigarettes. They move through this spirit everyday, but are often unable to put it into words. "They are unaware of it intellectually, but emotionally, they are. It's just that they don't have the time to express it. Put them in a different place, and they will feel lost. You absorb the environment around you without vocalizing it. But it's there," Junyee says.

Most of the time, this is because our minds are too busy with day-to-day concerns to allow us to be conscious of and actively engage with our environment. But some people are able to be aware, and to translate this sublime awareness in ways we can understand, as Junyee points out: "As an artist, I have an active interaction with the world around me.

The UPLB campus, which he has called home for 40 years, is a good example of a campus with a potent spirit of place. And why not, with Mount Makiling practically embracing it? "This mountain is not just a mere mountain. Before people settled and studied here, the original inhabitants knew that Makiling was a legendary mountain. It's a magical mountain." It even has a genius loci. "It's a magical mountain. "It's even has a Diwata ng Dagat, a sculpture of a fisherman with a plow and his faithful carabao beside him, flanked by two towers showing carabao heads. Down to earth, close to the natural environment, steadfast, hardworking, nurturing and most of all, absolutely essential to our country's future.

Historic designed landscapes

Cultural landscapes are generally classified into four types: historic sites, historic designed landscapes, historic vernacular landscapes, and ethnographic landscapes. Campuses are considered historic designed landscapes, that is, going by Charles Bernbaum's definition, a "landscape that was consciously designed or laid out by a master gardener, architect, or horticulturist according to design principles... recognized style or tradition." The spirit of place of the UP Diliman campus stems as much from its history as it does from its natural environment. To cope with a growing student population, it was decided that UP had to expand. A 493-hectare property in Diliman was acquired in 1939, and construction began in that same year. The first buildings to rise were Benitez Hall and Malcolm Hall, housing the College of Education and the College of Law respectively, before development of the campus was overtaken by World War II. After the war, thanks to a P13-million grant, the first two buildings were repaired and construction restarted in earnest, with more structures rising within the next decades—Gonzales Hall or the Main Library, Quezon Hall, Palma Hall, and Melchor Hall, followed by a series of other buildings reflecting UP Diliman's expanding role as the country's premier higher education and research institution in science and technology, social sciences, humanities, and policy and governance.

When asked what aspect of UP Diliman's campus best captures UP Diliman's spirit of place, UP Diliman Office of the Campus Architect Director Enrico B. Tabafunda replies: "Actually, it's the diversity of architectural styles within the campus. These architectural styles are indicative of the different stages in the history of UP Diliman. If you look at the oldest buildings, they reflect the early years of UP Diliman, and so here is where our history is rooted."

The buildings built from the 1960s to the 1970s also reflect another period in Philippine contemporary history, as do the buildings built in later years. Still, Tabafunda returns to the first six buildings, with their nooclassical style, their formal north-south, east-west axis, and their mirroring of each other on opposite sides of the Academic Oval. Tabafunda also notes another aspect of the UP Diliman campus that captures its spirit of place: the entire campus itself, with its well-designed Academic Oval, its acacia trees arranged to form majestic arcs over the street, its structures and landmarks, its parks, forests and fields— even the street lights that were chosen not just to provide energy efficient illumination, but to enhance the campus' romantic atmosphere. Each element is a product of planning and landscape designing geared toward what would best serve the UP System's vision of the University as an outstanding regional and global higher education institution, with the UP Diliman Chancellor's vision of a campus that inspires pride of place, and is secure, sustainable, connected and nurturing of the spirit of people.

"The landscape is equally important," Tabafunda says. "It is what gives cohesion to the campus plan." The landscape acts as a gigantic canvas showcasing the myriad colors, shapes, lines and textures of UP Diliman's physical structures. "You can have buildings that look different from one another, but its the campus landscape that brings them together as a whole."

Diliman's heritage trees

Tabafunda knows how much of the details of the Diliman campus' features are planned, all the way down to the kinds of trees that must be planted, and where and how. Yes, even the species of trees matter, thanks to a directive continued on page 12
THE UP FORUM ROUNDTABLE DISCUSSION

HEALTH, WELLNESS, AND HERITAGE

Why are health and wellness important in a university setting? What are the major health and wellness issues being faced by the system or by your constituent university or campus?

What steps are being taken at your level to address these concerns? What more do you think can or should be done to improve health and wellness on campus?

Most people hold health and wellness as an ideal, but in order to truly achieve a state of optimal wellness or well-being, one must first be clear about its meaning. Although there is no universally accepted definition of wellness, below are a few definitions:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” (World Health Organization)

“We view wellness as much more than just a state of physical health. It also encompasses emotional stability, clear thinking, the ability to love, create, embrace change, exercise intuition and experience a continuing sense of spirituality.” (The Alliance Institute for Integrative Medicine)

“Wellness is an active process of becoming aware of and making choices toward a more successful existence.” (National Wellness Institute)

“Wellness is an active, lifelong process of becoming aware of choices and making decisions toward a more balanced and fulfilling life. Wellness involves choices about our lives and our priorities that determine our lifestyles.” (Arizona State University)

Therefore, optimum health and wellness is more than having a sound body and eating adequately. Wellness encompasses all aspects that enable a human being to have a fulfilled and satisfied existence.

Wellness can have a positive impact on work and academic success. By choosing and establishing healthy habits in nutrition, exercise, and other areas of wellness, an individual can set him/herself up to be more successful in academics and work.

In addition, many of the activities that keep a person healthy can also improve mental focus, lower stress, and improve the quality of study/work time. For example, regular physical movement increases mental energy and improves mental performance by providing more oxygen to the brain through increased blood flow. The brain burns energy at ten times the rate of other body tissues and uses 20% of the body’s fuel. It is therefore important to consume enough water and nutrients to optimize brain function. This optimization of brain functions will make an individual’s time spent on thinking more focused and effective.

College campuses are more akin to small communities composed of students and employees ranging from service workers to senior-level faculty and administrators. Therefore, the issues and/or concerns on health and wellness faced by a university/campus are dependent on the concerned subpopulation.

In one of our classroom activities in FN 10 (Food Trip), an MST GE, a significant number of students for the past five years have expressed the need for more stalls around the university that sell more vegetable dishes, fruit varieties, and non-fried and non-processed snack items that are affordable. The students also mentioned the need for nutrition messages or information posted or disseminated throughout the campus.

For faculty and staff, there is probably a need for a regular, sustainable, and administration-supported or endorsed nutrition, health and wellness program at the college or university level. Most of the time, wellness programs initiated by different units are short-lived, and the majority of the programs concentrate on exercise and eating right. Emphasis should also be given to stress management, thinking effectively, and working more productively.

At the Department of Food Science and Nutrition, nutrition lectures and counseling for students and staff are conducted as part of class activities in nutrition education and diet therapy.

The Department also organizes nutrition lectures, aerobics, or zumba activities for the staff. These are small, low-impact activities. However, these lectures, if attended by the staff, and if nutrition counseling is held regularly, are likely to contribute to the nutrition and health quotient of the university. The University Health Service offers dietary/nutrition counseling. However, additional manpower is needed to provide counseling or advise to more than 20,000 students and more than 2,000 faculty members and administrative staff.

The current project at the college or university level is to provide counseling to more than 20,000 students and more than 2,000 faculty members and administrative staff. The current project on the reorientation of the UP Health Service is a laudable effort in increasing the health-seeking behavior of university constituents.

There is so much still to be done to improve the health and wellness on campus. To my knowledge, there has been no genuine study that has looked into the following aspects:

a. The health and wellness needs/concerns of the various university constituents;

b. How these needs/concerns are identified;

c. The expected health outcomes of these needs and concerns which may include healthcare cost reduction, health behavior change, increased productivity, decreased absenteeism, or

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Health and wellness are fundamental concerns in a university setting. There is a need to proactively promote good health and optimum wellness among university constituents—students, faculty, staff, and alumni. Health and wellness programs are important in ensuring the productivity of university employees. They should address health concerns and provide healthy options that could reduce health care costs and increase vitality among university constituents to function productively in the university.

The university creates an environment that supports a healthy way of life. Providing a healthy life in campus involves addressing the states of physical, mental and social well-being of university constituents. It is an evolving process, with the aim of providing an enabling environment for its constituents to achieve total human development. The state of human beings results from the interrelations between them and their social and physical environment. In the context of a university as a healthy community, creating and improving the social and physical environments for people to develop their maximum potential and contribute productively to the university is of prime importance.

Health is a resource for personal and professional goals to be achieved and for the development of the institution. In an effort to provide an enabling environment to achieve these goals, UPLB supports the health and well-being of its constituents and their families in different stages of life through human development programs and is creating a campus environment conducive to learning and boosting health and well-being.

UPLB provides programs for the total development of its constituents—individuals, their families and the community. The programs are anchored on disciplinary thrusts and serve as instructional and research laboratories. UPLB also provides services to the immediate community. In UPLB, most of the health and wellness-related programs are initiated by the College of Human Ecology. As a discipline, Human Ecology promotes the holistic understanding of human development across the life stages in the context of its social, natural and the built environment.

The thrusts of the College of Human Ecology are in the areas of human development, human nutrition, social development, and human settlements planning. The College has four units, the Department of Human and Family Development Studies (DHDFS), Institute of Human Nutrition and Food (IHNF), Department of Social Development Services (DSDS), and the Department of Community and Environmental Resource Planning (DCERP).

The Department of Human and Family Development (DHDFS) has programs that serve as instructional and research laboratories for students and provide services for families of faculty and staff of the university. The Day Care Laboratory is a program to promote developmental experiences to children, ages 2-3 years old, and provide them alternative or supplementary care while their parents are working in the campus. The Child Development Laboratory is a program for early childhood development for children ages 3-5 years old. It has served as a preschool for children of UPLB employees for the last 52 years.

The Elderly Development Program attends to the needs of the elderly members 60 years old and above, of the UPLB community. It caters to the needs of senior faculty members, staff, alumni, and recent retirees of the university. It provides activities for the holistic development of the elderly. The Elderly Development Program provides regular health and wellness seminars, nutrition counseling among others. Moreover, the DHDFS has a Day Care Resource Center, a program that provides capacity building initiatives and technical assistance for child development and day care workers of the community, and neighboring municipalities and provinces.

The Institute for Human Nutrition and Food (IHNF) offers a program for the nutritional well-being of university constituents and nearby communities, continued on page 11.
Your mental health can be affected by many social, psychological, and biological factors.

The WHO recommends that national mental health policies be more comprehensive in a manner that not only focuses on the prevention of mental health problems and disorders, but also promotes an environment where people can thrive and maintain healthy lifestyles. These policies must cut through all sectors, across all income brackets and age groups, from early childhood interventions, social support to the elderly, to mental health initiatives in school and work.

In order to address the needs of those afflicted by mental health disorders, awareness is the first key step: knowledge on detecting signs and symptoms of these disorders is important to take action and prevent more complex problems like suicide and substance abuse.

Globally, about 14% of the world’s population are affected by mental, neurological, and substance use disorders with a higher prevalence of 11 to 44% for developing countries such as the Philippines. The stigma is prevalent among people with mental health disorders, who are further driven into poverty either by high costs and inaccessibility of treatment, or by being marginalized and denied opportunities at work or school.

In the Philippines, 20% of adult Filipinos suffer from mental or psychiatric disorders, with an average of 88 reported cases for every 100,000 citizens, according to the Philippine Statistics Authority. In the 2000 National Census, 200,000 Filipinos had a mental disability among 1.4 million Filipinos with disabilities. Currently, only about 500 psychiatrists are licensed in the country, with less than 6,000 hospital beds allocated for people suffering from mental health disorders. In UP, most mental health issues revolve on relationships, family, and financial concerns.

The Department of Health has a proposed National Mental Health Policy as its flagship mental health program headed by a DOH Undersecretary and the Director of the National Center for Disease Prevention and Control. It aims to work with other agencies such as the Philippine Psychiatric Association, the National Center for Mental Health, the Philippine Mental Health Association, and civil society organizations to provide mental health services and to engage in policy and legislation, research and capacity-building, and establish an information system and database.

The National Mental Health Program Strategic Plan for 2017-2022 focuses on “Wellness of Daily Living, Extreme Life Experiences, Substance Abuse and Other Forms of Addiction, Neurotic Disorders and Mental Health Disorders.”

The role of the University

As the national university, UP’s mandate includes the promotion of mental health and wellness, which is spearheaded by the Office of Counseling and Guidance (OCG) in the University of the Philippines Diliman.

Dr. Violeta Bautista serves as Director of the OCG and also teaches with and heads the Clinical Psychology Program of the UP Department of Psychology in the College of Social Sciences and Philosophy. She explains that mental health is the healthy functioning of the different dimensions of one’s psychosocial being by themselves and together.

She laments how mental health problems in the Philippines tend to be associated with issues related to psychiatric problems such as depression and anxiety. As a result, most initiatives such as seminars and workshops are geared towards addressing these narrower issues. In fact, mental health programs must also tackle issues related to wellness in daily living such as enhancing happiness and satisfaction in life, understanding the self and others, marriage enhancement, experiencing wholeness in the workplace, and finding meaning and purpose in one’s studies and work. Name it and it is a concern. These are all mental health problems, according to Dr. Bautista.

“We certainly would like to nurture intellectual giants, but we would also like to nurture the total person among our students,” adds Dr. Bautista. The OCG’s vision is to have self-aware, psychologically healthy students who are clear about their life goals, who can manage the range and depth of their emotions, and are compassionate and caring towards other people. It pleases her that UP is oriented to a more holistic total-person orientation in education, a trend that is being observed worldwide.

Existing mechanisms within the University

Because mental health must not only be concerned with treating those who are already sick, the OCG offers both mainstream and innovative services. Aside from counseling to address personal and school related concerns, it also offers assessments to support career exploration and personality development. Freshmen are encouraged to drop by the OCG for an intake interview, to get to know the OCG’s services and people and to see how they can be helped. Interestingly, finding the intake interview to be most helpful to their students, several colleges are now institutionalizing the practice among their freshmen. With the reported increase of psychiatric and serious psychological problems both here and abroad, the OCG is recruiting psychosocial support specialists, such as graduate students at the tailend of their program, who can provide psychotherapy under the supervision of licensed psychologists.

The OCG is also developing innovative initiatives emphasizing strength and thriving. Modules on stress management, understanding and knowing oneself, nurturing healthy relationships in the campus, and leveling up study habits are offered to address the need for students to thrive and grow. These workshops fall under the Campus Caravan program in which various colleges host roving talks and seminars.

Annual events such as the University Job Fair are also organized by the OCG in partnership with the University Student Council, AdCore, and JPIA to provide students with current and life-giving perspectives on career exploration and job search and to create opportunities for meet-ups between prospective employers and graduating students, which highlights the students' values and aspirations which are integral psychosocial factors.

The annual Celebrate Life event coincides with Suicide Awareness Week. It is a half day of fun and meaningful activities that invite students to discover opportunities for thriving in the Diliman campus. Perspectives and tips on dealing with stress, anxiety, continued on page 11
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depression and even suicidal thoughts are shared. To provide psychosocial support to students, the OCG is putting in place a buddy system, a program that aims to link up naturally friendly students with freshmen and other students who need company and guidance. Another key program of the OCG is the “Learning to be a Lifeline” workshop. This is a one-day competency-building workshop for gatekeepers (teachers, admin staff, dormitory and security staff) designed to equip them to spot vulnerable students and to refer them to competent professionals.

In consultation with other units, the office has also crafted Policies and Guidelines on Mental Health and Psychosocial Support which will guide the provision of such services to the students, with special focus on suicide prevention and post-vention.

The University Health Service (UHS) has also integrated a questionnaire that lists down items as a means to identify incoming freshmen who may be at risk of psychological or psychiatric problems. An appointment with a mental health professional is necessary to get a student’s clearance to enroll.

Psychological first aid

Cassie Deluria, an incoming member of the UP Diliman USC and one of the student leaders who convened the Youth for Mental Health Coalition, started being a mental health advocate when she realized that within just one week, there was an upsurge in her daily conversations with friends involving depression, failing exams, and an overall fatigue towards student life. The trend worried her and she started doing research on whether this was a normal occurrence. This was when she encountered “psychological first aid” which consists of simple questions like asking if someone already had a full meal or a full night’s rest.

Psychological first aid is outlined in the WHO’s Mental Health Gap Action Programme (MHGAP), a handbook of sorts to guide non-specialists in providing support and implementing an intervention guide. The MHGAP lists general principles of care, a master chart of priority conditions, and easy-to-understand flowcharts on assessment and management of various scenarios.

A first in the country, the Youth for Mental Health Coalition is an alliance of student councils, organizations, and individuals who are interested in raising awareness, connecting people to places to get professional support, and push for legislative gains in Congress. The coalition goes from school to school to stage events, with the first one held at the University of Santo Tomas. The coalition seeks to institutionalize psychological first aid in schools and universities.

Other members of the coalition from UP are from the College of Social Sciences and Philosophy, the School of Statistics and the College of Engineering.

What’s next for mental health in UP?

The OCG is developing a Total Inclusive University Environment Project that aims to develop programs that will help students with mental and psychosocial disabilities to do well as students and experience total person growth in the university.

Recruitment of licensed mental health professionals such as guidance counselors and psychologists is also a priority, alongside the call for more psychosocial volunteers. The OCG is building into its programs an evaluation component to gauge the impact and effectiveness of existing services, and to build on the current gains to design new ones. Admittedly, resources are also needed to improve existing psychological structures to create a nurturing ambiance and character in line with the message of the office. On top of everything, a communication strategy is being crafted to make the services of the office more known to the students and the wider Diliman campus community.

For the Youth for Mental Health Coalition, the passage of Senate Bill 1190 is a huge step forward for the cause. Senate Bill 1190, or the Mental Health Act of 2016 sponsored by Senator Risa Hontiveros, aims to uphold the basic right to mental health services and facilities for Filipinos. Its primary objective is for the national government to develop a mental healthcare system responsive to the psychotropic, neuropsychiatric, and psychosocial needs of the Filipino people. A parallel initiative is now being started at the House of Representatives with mental health champions Rep. Tom Villarin and Rep. Kaka Bag-ao.

What can a normal person do to help?

Since lack of awareness is the primary hurdle that mental health advocates seek to overcome, what can an ordinary member of the UP community do to help?

Cassie believes the first step is to remove the cloak of special treatment around mental health problems in relation to other ones. She illustrates this by pointing out the stark difference between reactions on mental health (“I have depression”) which garners glorifying and flattering reactions and physical health (“I broke my arm”) which gets the usual reactions. The fact that a certain amount of bravery is needed to come out and discuss mental health issues may be a barrier to people who need professional help. She envisions a future in which people can speak about psychological pain as openly as they speak about physical pain.

Dr. Bautista, on the other hand, suggests a very basic approach: if you happen to have any psychological or psychiatric problem, there’s no reason to be ashamed of it. She says that it’s not a sign of being any less a person when confronted with these challenges. She adds, “Be confident that there are people and places on campus where you can ask for support in managing these problems. UP is committed to encourage not only to your surviving but also to your thriving and healing.” She ends with an open call for volunteers who wish to contribute directly by helping the OCG in the performance of its work.

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A Physical High from Epsilon Chi

Andre dP. Encarnacion

For those looking to get fit and to sweat it out in Quezon City, there are few destinations more scenic or iconic than the UP Diliman campus.

Every day, thousands of people visit the 493-hectare campus, many with physical fitness in mind. Campus landmarks such as the Academic Oval, the National Science Complex and the Sunken Garden, among many others, have become go-to destinations for everyone from hardened athletes to beginners carrying out their very first exercise routines.

Truly, very few other places in the Metro offer fitness opportunities that are quite as scenic, safe and open as the UP System's flagship campus.

This fact, when combined with the respectable annual showings of UP's varsity athletes, might lead one to think that fitness is no serious concern for UP's students in general. This, however, is not necessarily the case, as Dr. Shirley Villosillo-Guevarra, officer-in-charge of the UP Office of Student Housing (OSH) indicates—especially for the University's beloved dormers.

A faculty member from the UP College of Home Economics (CHE) and a proponent of "holistic human development," Guevarra notes that even the healthful atmosphere in UP has not prevented some dormers from dropping out or falling prey to various lifestyle

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dating from the time of the UP President Emerlinda Roman that states that only indigenous trees must be planted on the campus. This means we will be seeing more banahaw trees with their violet blossoms and narra trees with their yellow sprays, but no more caballero trees, butterfly trees, and acacia trees except for what we already have.

Speaking of acacia trees, for Tabafunda, it is the acacia trees that give the campus some of its character; one landscape architecture professor has even proposed declaring the acacia tree UP Diliman’s heritage tree. The trees also help prove one of his points. The Ateneo de Manila University campus also has rows of acacia trees arching over its streets, but the overall impression one gets of the campuses of the AdMU and UP Diliman could not be more different, thanks to their respective landscape designs.

"For me, it’s the landscape architect who provides the image of the campus—the planning, the functions and the visual image and landscape of the campus. That’s why landscape architects are so important." Each campus will have its own image.

Of course, efforts are made to standardize the images of the UP campuses, to a certain extent. "Sometimes though, you will only have common elements, but you cannot achieve the same standard image throughout. They will all have their own images, because their environments are different, and the period when their campus and landscape planning was made are different. There are many factors involved." Tabafunda is even more aware of this now that they are currently developing the site for the upcoming UP campus in Clark Green City. While UP Clark will technically be under UP Diliman, it is impossible to create a miniature Diliman campus there. UP Clark will be UP Clark.

A mixed bag

As a whole, the impression the UP Diliman campus presents is...mixed. We have a beautiful academic core, yet we also have blight sectors. We have buildings whose varied architectural designs span an entire course in modern Philippine history. We have mini-forests, pockets of dense underground growth, construction sites, old structures on the verge of collapse, paths cut through landscaped gardens, traffic rules and pedestrian lanes that are suggested at best, graffiti and street art verging on vandalism.

And therein lies UP Diliman’s spirit of place. "Our campus is very heterogeneous, in my opinion, which means it’s not easy to manage," says Tabafunda.

"Maybe this reflects our desire for freedom. The campus is very diverse, and besides, we dislike being restricted to too many rules. That is why, when you look at our environment, it seems somewhat relaxed. It’s beautiful, but some people might find it dirty or disorganized. But this is our style." Indeed, if one were to transform the campus into a human being, it would likely be a person who is hybrid, expressive, freedom-loving, diversity-welcoming, rule-challenging, open-minded, comfortable going to class in PE shorts and slippers yet equally comfortable dominating in an international competition—in short, a typical UP student.

Tabafunda, when asked which cultural structures he believes could best represent the spirit of UP Diliman, offers the two buildings, Palma Hall and Melchor Hall. "Maybe because of their architectural style—modern, but still old and formal. Not too organized; they are a little bit messy. I think [the buildings] have character, which is reflected in our campus as a whole."

Keeping the UP spirit alive

The work of the campus landscape architect and planner is the same in every UP campus. It is a balancing act among contradicting demands—the need to give space for both the natural and man-made environment; the need for forests, buildings and infrastructure, and open spaces; the impetus to toward development and modernization, and the need to protect and conserve the environment; the need to keep the campus’ inhabitants safe and secure, and the service the campus renders by opening up to the public; the need to preserve the past and to expand into the future, the need to design the campus to serve the overall vision and mission of the University, while enhancing the unique values, qualities and aspirations of the campus, and so on.

But one thing Tabafunda would like to do is to make sure that the campus and all its buildings and physical features, whether new or old, are attractive and, more importantly, functional. "We want the people to have pride in the place because it has aesthetic value, but of course we also want them to love the place because it fits their needs. What good is a building that is pretty if nobody uses it because it is not what people need?"

No matter what it is—a campus, a building, a house—a place only gains spirit through the memories of the people who use it. This is why UP alumni can wax nostalgic about a particular hall, a concrete walkway, a tambayan, or even a single tree. These places feature prominently in their memories of UP, and these memories hold a certain power. Generations of human memories imbue these places with spirit. And through their connection to these places, people who might otherwise have very little in common find a sense of identity, of belonging, and of community.

Freedom of mind

There is, however, another way we can help enhance a spirit of place, and that is to simply be mindful of it. And to be mindful as well of the consequences of our actions upon it. "People tend to be absorbed in their own daily tasks that they forget their other obligation as members of the community," says Junyee. "We all have a responsibility not just to maintain our place and community but to enhance it."

How do we enhance a place? "For me, enhancement is more about freedom of mind, because without freedom of mind, you cannot create beautiful things, you cannot invent things that will benefit the community," Junyee replies. This is wonderful advice for artists and innovators, but even ordinary people have a duty to enhance the place we live in simply by doing what we do to the best of our ability all the time, seeking to add to the beauty around us through deliberation, conscious and compassionate action. And why is this? Junyee’s answer is simple: “Because it might be the last thing you will do in your life.”

And therein lies the spirit of a person—a perfect reflection of the spirit of our beloved UP campus.

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and mental illnesses. While these cases have many causes, experts like Guevarra have been increasingly concerned by the stresses students face when meeting high-pressure academic requirements, as well as the attendant sedentary habits and isolation that can afflict dormers in particular.

It was with great pride and excitement, therefore, that Guevarra and other officials welcomed the decision of UP Baguio to establish one of the leadership of Governor Radian Eugene Ong to donate a legacy project in celebration of the fraternity's 50th anniversary in 2014. The result of that decision is the Epslon Chi Health and Fitness Center, which had its groundbreaking ceremony at the Molave Residence Hall on October 2014, and is expected to open its doors to the UP community in early 2018.

According to Guevarra, the decision to donate a Health and Fitness Center stems from the desire of both the fraternity and the UP administration to provide a "holistic environment for the dormers," and, by extension, the rest of the UP community. It is also envisioned to be a convergence center, drawing people from around the campus and the city in the pursuit of health and community.

The donation of a health and fitness center, while not always intuitive, is a very important one, primarily for its unique attributes. "There had already been a good number of such activities, but none given to the students by our alumni," Guevarra says. Epslon Chi, however, wanted something different. With a good number of them being dormers in the past, the members of the fraternity, Guevarra says, wanted to specifically provide a facility to improve the health of present and future dormers.

As opposed to a single scholarship fund, Guevarra said the construction of the facility would provide a "bigger and greater impact" on the UP community that surrounds it. "If you have a facility, it is there and will be there (virtually) forever, if you maintain it well."

And that, indeed, is the plan. First, the Health and Fitness Center will provide facilities within Molave, in particular the basketball court. The newly refurbished and now-covered court not only can host basketball games, but can be converted for other sports, such as badminton. And one of the most anticipated features is the addition of a mezzanine containing a gym, with exercise equipment and spaces donated by Epslon Chi.

In addition, ancillary spaces and facilities are also being constructed. Bleachers were designed, as well as toilets and shower rooms for players and guests to use. Lastly, some stalls are planned from where the place can generate additional rental income, apart from the small fees that will be charged to outsiders for facility use. The income generated will go into a fund that will be used to pay the center's future staff and repairs, helping to make it self-sufficient.

Guevarra says that there are no plans for the outright commercialization of the center and its services—just enough "to generate funding for maintenance of the place." The center is planned to be free of charge for all UP dormers. Ultimately, for Guevarra, what the center will provide will go above and beyond the benefits of health. It is a sort of compensation for the formation of which the UP Diliman Chancellor Michael Tan calls "Price of Pride" and "Price in People." It is a tangible manifestation, for one, of the will of the UP alumni to give back and "to provide a wholesome place for UP dormers and the community, as well."

"In the CHE, we go for what we call holistic development of people, of Filipino families," notes Guevarra. "The residence halls are considered homes—second homes of students, so we need to address their needs from multiple dimensions and aspects. These are not just dormitories, where you eat and sleep. There are concerns here. That’s why we welcomed this beautiful project. It’s aligned with the private initiatives that provide a nurturing environment, encompassing not only psychological, but physical and social aspects as well."

Like Guevarra, UP Diliman Office of the Campus Ar- chivist (OCA) Director Enrico B. Tabafunda views the project as a success—particularly as it is the first major alumni donation from Chancellor Tan’s first term.

Tabafunda points out that one major advantage of the Health and Fitness Center is that it will give students access to equipment and facilities that they might other- wise have to travel a considerable distance to utilize. Studies show that closing the distance between stu- dents and opportunities for exercise may make a large difference in their capacity and willingness to get fit. A 2005 study of American university students by Julian Reed and D. Allen Phillips found that students exercised more and longer the nearer they were to exercise facilities.

As a personal display of "Pride in People" and since private funds were being used for the project, Tabafun- da had one request—to have a UP architect design the Center, in order to highlight both pride and familiarity with the place, as well as the quality of the UP College of Architecture.

Luckily, Governor Eugene Ong took his request seriously and got in touch with UP alumnus and Miss Universe 2011 3rd-runner up Aracely Arambula. Jim lovingly designed the project. "She really is the architect-of-record in this project," Tabafunda says proudly.

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The committee also encouraged participation in annual events like blood-letting for the Philippine Red Cross, CSC Fun Run, parades for Araw ng Dagat and Inter- national Women’s Day, and the Kayadayan Festival.

UPMin also has its annual sports fest called DULA (game), which began in 2013 and is held from September to October. No event is left behind in the games and sports events which include men’s basketball, men’s and women’s volleyball, chess, lawn tennis, table tennis, and running. There are also exhibition games in football, scrabble, and DotA. Prior to the holding of DULA, "warm-up games" are held in some of the games and sports events which include men’s basketball, men’s and women’s volleyball, chess, lawn tennis, table tennis, and running. There are also exhibition games in football, scrabble, and DotA. Prior to the holding of DULA, "warm-up games" are held in some

While health and wellness programs move to pre- vent the onset of diseases, curative or rehabilitative care aims to cure or manage an existing illness. The University also addresses this need. It has a program to help its employees undergo curative care, a new version of which was implemented at the beginning of this year.

The Enhanced Hospitalization Program (eHOPE), approved by the UP Board of Regents (BOR) in November 2016, replaced the Financial Assistance Pro- gram for Hospitalization Expenses (FAPHE), which the Board approved in May 2010.

FAPHE provided a maximum of P5,000 fund for each employee who has exhausted his/her health cards. A new annual hospitalization fund of P80,000 with P10,000 medicine allowance for prescribed medications during confinement and upon discharge.

The eHOPE guidelines were released in January 2017 via Memorandum No. 94-PAG 2016. Under the enhanced pro- gram, UP employees are still processed as reimbursements and granted after deducting for PhilHealth and other medi- cal health cards have been exhausted. The guidelines also state that “partnerships through agreements with the nearest government and private hospitals shall be initiated by each of the [CU’s] to include a ‘no-cash- out’ arrangement for the patient.”

UPOU has also strengthened the implementation of eHOPE for its employees. In May 2017, it reported the signing of memorandum of agreement with the Los BañosDoctor’s Hospital and Medical Center, and HealthServ Los Baños Medical Center to allow UP employees admission without the need for any initial deposit. They just need to present their valid identification to the hospital, which will be forwarded to the UP Employees’ Medical Fund (UP-EZF), which will provide medical benefits for the patient. The agreement is anticipated to help UP employees gain access to medical facilities nearby. The agreement is currently under negotiation with the UP Employees’ Medical Fund (UP-EZF), which will provide medical benefits for the patient. The agreement is anticipated to help UP employees gain access to medical facilities nearby.

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Did you know?

There are physical activity prescriptions for different age groups in the Philippines. The Department of Health published the Philippine National Guidelines on Physical Activity (PNGPA) in 2010. The PNGPA was formulated by experts from the World Health Organization, DOH, UP Diliman College of Human Kinetics, and Strength and Conditioning, Inc. It was benchmarked against existing guidelines from other countries then modified to suit local situations and settings.

For the majority, the increasing prevalence of a sedentary lifestyle poses many major health risks, while “for a very small minority, physical or sporting activity may be life threatening,” said the DOH. The PNGPA was developed with those considerations in mind. Apart from suggestions for achieving physical health, the PNGPA also addresses the needs of Filipinos aiming for physical fitness or “physical capabilities beyond health.”

According to the DOH, the PNGPA provides simple rules that will allow individuals to pursue a physically-active lifestyle. Its promotion and adoption, however, “should also be encouraged at an institutional level.”

The implementing guidelines of the PNGPA are meant for people at the forefront of promoting and implementing the program: health professionals; fitness trainers; barangay health workers; physical education, health, and sports coordinators and teachers; and human resource department officers in the workplace.

The ten guidelines

1. An evaluation of physical activity readiness must be made before engaging in any physical activity and clearance from a physician is recommended if you want to engage in more rigorous physical activity;

2. To ensure safety, clearance from a physician is also needed for people with illnesses that may contraindicate exercise;

3. If deemed healthy, exercise should progress slowly and within comfortable effort levels—overexertion is not recommended;

4. Stop if dizziness, nausea, shortness of breath, and chest pains occur;

5. Reduce the intensity of the exercise or stop totally if there are physical or verbal manifestations of severe fatigue, cramps, and joint and muscle pains;

6. Keep a daily record of physical activity for monitoring;

7. For implementing personnel, allow the participant to stop when he requests at any point to do so;

8. Drink 250 ml of fluid every 15 to 20 minutes of activity to ensure proper hydration;

9. Wear proper attire and footwear for thermal stress and endurance as well as gentle stretches such as those prescribed for adults, any rhythmic and continuous physical activity that uses large muscle groups with emphasis on load bearing activities to reduce rate of osteoporosis and to maintain bone density, or for more active people with no risk factors, low to moderate aerobic activity for a minimum of 30 minutes three to five times per week;

10. Allow ample recovery time after physical activities.

The prescribed activities

Children aged five to 12 years old should get at least 60 minutes of daily physical activity. It could be any one or a combination of the following:

• Active daily tasks such as active travel (walking, cycling, stair climbing) and household and school chores;

• Programmed physical activities such as exercise, dance, or sports;

• Unstructured spontaneous play or high impact play such as running, jumping, skipping, and other movements involved in children’s games or play-ground activities such as those on bars and ropes.

Adolescents to young adults aged 13 to 20 years old should also get at least 60 minutes of daily physical activity. It could be any one or a combination of the following:

• Active daily tasks similar to those mentioned previously;

• At least 40 minutes of programmed physical activities and for those who have fitness goals, a minimum of 20 to 30 minutes of continuous movement three to five times a week;

• At least 20 minutes of sustained moderate to vigorous physical activities resulting in rapid breathing like brisk walking, jogging, indigenous games, and dancing; and

• Two to three times a week of muscle strengthening and flexibility activities which involve weight or load bearing exercises that build muscle and bone strength, and flexibility.

Adults aged 21 to 45 years old should get between 30 to 60 minutes of daily physical activity through the following:

• Active daily tasks such as active travel and household chores;

• Moderate aerobic activity done continuously for a minimum of 30 minutes or in increments of 10 minutes or longer resulting in a noticeable increase in heart rate and breathing, and for fitness purposes, 20 to 30 minutes of continuous activity at least three days per week, or for more active people with no risk factors, vigorous aerobic activity resulting in fast breathing and substantial increase in heart rate done at least three times a week with the goal of being able to do it five to six times per week;

• Activities using all major muscles to increase strength and endurance like weight training, weight bearing calisthenics, or stair climbing at least twice per week but on non-consecutive days, using a light load for a set of ten to 15 repetitions resulting in momentary muscle fatigue and performing at least four times a week, gentle stretches to the point of tension after aerobic exercises or at cool down, giving at least 20 seconds per position per muscle group; and

• Two minutes of physical activity for every hour of sitting in the workplace.

Older adults aged 46 to 59 years old should get at least 30 minutes of daily physical activity through the following:

• Active daily tasks for adults;

• Moderate aerobic activity and prescription for more active people with no risk factors similar to those prescribed for adults;

• Activities using all major muscles to increase strength and endurance as well as gentle stretches similar to those prescribed for adults, with the only difference being the set of eight to 12 repetitions;

• Physical activity in the workplace similar to those prescribed for adults;

• Activities for balance and coordination such as walking, gentle yoga, tai chi, dance, and aquatic activities two to four days per week.

Senior citizens should get at least 30 minutes of daily physical activity. There are three sub-age groups in this category.

For the young old or those aged 60 to 69, physical activity can come from the following:

• Active daily tasks for adults;

• Moderate aerobic activity similar to those prescribed for adults, any rhythmic and continuous physical activity that uses large muscle groups with emphasis on load bearing activities to reduce rate of osteoporosis and to maintain bone density, or for more active people with no risk factors, low to moderate aerobic activity for a minimum of 30 minutes three to five times per week;

• Activities using all major muscles to increase strength and endurance as well as gentle stretches similar those prescribed for adults, with the only difference being the set of ten to 20 repetitions;

• Physical activity in the workplace similar to those prescribed for adults; and

• Activities for balance and coordination similar to those prescribed for older adults, with recommendations for performing simple yet dynamic movements that challenge postural and positional stability such as single-leg stand or supports, exercise ball-sitting, and weight shifting.

For the middle old or those aged 70 to 79, the following activities are recommended:

• Active travel and mild or easy household chores like gardening, sweeping, folding clothes, etc.;

• Light physical activities such as leisurely walks and any rhythmic and continuous physical activity that uses large muscle groups while standing independently or assisted, seated, or reclinable con-

• For the middle old, done for 20 minutes continuously for at least 30 minutes or in increments of 10 minutes or longer three times per week, or for more active people with no risk factors, low to moderate aerobic activity done continuously for 30 minutes, three times per week on non-consecutive days;

• Activities using all major muscles to increase strength and endurance such as mild calisthenics, elastic band training, or light weight training for a set of ten to 20 repetitions resulting in light challenge to the muscle, and gentle stretches to the point of tension done after aerobic exercises or at cool down for at least eight times per direction, three times per week; and

• Activities for balance and coordination similar to those prescribed for the young old, but with support or spotting.

For the middle old or those aged 80 and above, the prescribed amount of physical activity can come from the following:

• Active travel and mild or easy household chores similar to those prescribed for the middle old;

• Light physical activities similar to those prescribed for the middle old, done for 20 minutes continuously or in increments of 10 minutes or longer;

• Activities using all major muscles to increase strength and endurance similar to those prescribed to the middle old, for a set of ten to 15 repetitions resulting in light challenge to the muscle at least twice per week on non-consecutive days, and gentle full range of motion exercises done after aerobic exercises or at cool down for at least eight times per direction, two to three times per week on non-consecutive days; and

• Activities for balance and coordination similar to those prescribed for the middle old, at least three days a week.

Due to length considerations, the PNGPA implementing guidelines and prescriptions of physical activities were condensed. The PNGPA can be viewed at http://www.doh.gov.ph/sites/default/files/publications/HBEA- T58a.pdf.

Photo by the UPS-MPRO
as its track oval is now being laid out for the installation of a FIFA-certified artificial turf including an IAAF-accredited synthetic track oval.

Construction of the P150-million sports complex—P70 million for the football field and track oval, and P80 million for the Aquatics Center Phase 1—is expected to begin within 2017. Upon completion, the Aquatics Center is expected to have a 25 x 10m warm-up/warm-down pool that can be converted into a children’s pool and a 20-foot deep diving pool. Its design is inspired by the cultural and economic significance of water in Mindanao, taking the form of the Badjaos’ sama dilatn (tribal houseboat) and employing the patterns of ‘nasak and bwasnghel (crocodile).

UP Mindanao and the Davao City Local Government expect this “Mecca of Sports” to be completed by 2018.

Wellness in Manila

As the University’s leading institution in the field of medicine and public health, UP Manila’s promotion of sports and wellness among its constituents comes as no surprise. To create an active and holistic healthy environment, UP Manila has installed regular programs of pocket sports activities and social exercises, as well as regular physical education classes for its students and other constituents. It’s been limited, however, by a small and outdated two-storey Sports Sciences and Wellness Center (SSWC) formerly occupied by the Environment Management Bureau. Otherwise, physical exercises and group activities are held in tiny pockets or halls on campus, or outside the campus.

Faceted with this challenge, then Chancellor Marita V. Reyes and then Dean of the College of Arts and Sciences Marliou G. Nicolas envisioned a sports and wellness gymnasium in 2000. It wasn’t until 2015 when the money for this gymnasium came through. Headed by Chancellor Carmencita D. Padilla, the construction of a sports and wellness facility amounting to P45 million began. Expected to be completed this year, the three-storey SWC is UP Manila’s first fully integrated gym that will serve the needs of the Department of Physical Education as well as being the sports venue of the UP Manila community.

Its ground floor, with a 4-meter floor-to-ceiling clearance, will have subdivisions for indoor sports activities like dancing, badminton, artis, and weightlifting. The second floor will be reserved for classrooms, while the top floor will have the basketball court and volleyball court. Shower rooms will be provided. The Department of PE will also have its faculty rooms onsite.

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SHAPING MINDS, SHAPING BODIES...

in Laguna, and in Quezon City, Metro Manila.

Challenges remain

Despite these health and wellness initiatives, the University is still faced with challenges in the continued and successful implementation of these activities. According to Catabui, some of the factors that affect physical health and wellness in the UPD campus, for example, include the physical environment—air pollutants coming from the exhaust of vehicles, uncollected garbage, peddling of unsanitary food, stray dogs and cats, stagnant canals—as well as stress and workload, enforcement of the smoking ban, etc. She added that financial and other means of support are needed by underprivileged sectors on campus such as indigent students who lack dorm accommodations or cheap but healthy food. Support for them means their need to seek employment may be averted so their energy and focus remain on their studies.

Catabui also mentioned giving more health privileges to contractual and outsourced personnel. One challenge he saw was the discrepancy of joggers, walkers, and people playing football and physical exercises and group activities. She also said that annual physical examinations for employees should be compulsory and that the University should strongly act against the abuse of substances such as illegal drugs, tobacco, and alcohol.

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As of head of the committee that proposed eHOP, Mapa informed the UP Forum that he hoped the separate study on student medical benefits will push through, following the implementation of eHOP for employees. One challenge he saw was the discrepancy in capability of each CU’s health care facility. He also said that the committee noted in its meetings that the UP-PGH does not have a flat rate discount for UP employees across the UP System.

As a whole, the University can still do more when it comes to strict compliance with CSC memos on physical and mental fitness and nutrition. One memo, for example, prescribes that government canteens serve low-cost and nutritious recipes, using only iodized salt to prevent iodine deficiency; ensure that fruits and vegetables, eggs, milk and fruit juices are served during office meetings; provide iron supplements to employees, particularly women; and coordinate with the National Food Authority and the National Agricultural and Fishery Council “for the fielding of a rolling store or a cooperative marketing unit selling basic food commodities at low prices in the agency premises.”

The Duterte administration’s no-smoking policy also has to be applied more strictly in all UP campuses, and Executive Vice President Teodoro Herbosa—himself a surgeon and former DOH undersecretary—has directed the creation of designated smoking areas in the larger campuses.

But all told, all you have to do is look at the scores of joggers, walkers, and people playing football and throwing Frisbees at the Sunken Garden on any afternoon or weekend to see how deeply the fitness bug has bitten UP, for good. Shaping minds that shape the nation, as UP likes to describe its mission, means shaping up as well.

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New Homes for Sports and Wellness

Stephanie S. Cabigao

B oth on the line, on the lanes, at the nets, on the courts, on the fields or on the floor, UP’s athletes have made history and a name in sports. While they may be struggling today to recover lost luster in some areas, the University’s Maroons were not named “Fighting” for nothing.

New blood, new coaches, and new management with a new game plan will make that happen. After all, UP is a university like no other. Its distinctive social, cultural, indigenous heritage and identity of the University need to provide its athletes—and anyone else interested in sports—and Wellness have been arising else where across the System.

Mindanao’s “Mecca of Sports”

One of these bright new spots can be found in UP Mindanao, which has worked closely with the City Government of Davao to put up a sports complex aimed at serving as “a unifying venue to showcase the common and distinct social, cultural, indigenous heritage and identity of the students of Mindanao through the development of sports and human kinetics.”

According to Cherrylyn F. De Leon-Cabrera of UP Mindanao, the idea for the DC-UP Sports Complex began in 1998 with the creation of the Mayor Elias B. Lopez Sports Foundation, Inc. (MELSF) to oversee the planning and management of a sports complex inside the UPM campus as well as the administration and sustainability of the city’s sports programs.

But things really took off only in 2013 when then Mayor Rodrigo R. Duterte revived the plan for a sports complex in Davao, spurring meetings between the city government and UP. In April 2015, the Davao City Council authorized Mayor Duterte to sign an MOU with UP, and in July, the BOR authorized President Alfredo E. Pascual to do the same for UP. The MOU was then signed on August 6, 2015. Under the MOU, UP Mindanao will provide a 20-hectare site for the complex, while the City of Davao will provide and develop the infrastructure facilities at par with international standards.

This so-called “Mecca of Sports” draws on many inspirations: the Canberra Stadium in Australia; the Yankee Stadium in New York, USA; and Camp Nou in Barcelona, Spain. Its Human Kinetics Center looks back on the Australian Institute of Sports, the National Institute of Sports in India, and the Institute of Sports of the Heidelberg University in Germany. According to its site development plan, the DC-UP Sports Complex envision a sports venue that will have a training gym; a football stadium; a football field; a track oval; an aquatics center; a sports arena/coliseum; a medical center and athletes’ dormitory; open and public areas for hiking, skateboarding, among others; a multi-level public transportation terminal and parking areas; as well as a tree-road network.

Working closely with the University’s Office of the Vice President for Development, the construction of the following facilities is underway:

Training gym. The basket-like structure is taken from the handy container that the indigenous people of Mindanao use for food and goods. This functions as a sun-shade to the building, with its façade and windows in triangular shapes symbolizing the IP’s dominant symbol.

Concreting/Improvement of the Football Field Phase 1)

The P50-million construction of a two-lane road along the upper perimeter of the sports complex is ongoing, being handled by the 2nd District Engineer’s Office (2DEO).

Multi-Purpose Building (Football Stadium Phase 1). The football stadium is being constructed in phases based on the available budget allotment for this site. Its initial budget of P50 million will build a 1,300-seater facility, which will house two locker rooms with bath and comfort rooms for the playing teams; office spaces for the FIFA as well as the local organizing committee (LCO); medical and doping rooms; VIP rooms; a sports commentators’ room; public restrooms; and viewing areas especially made for PWDs and the like.

Multi-Purpose Building (Football Stadium Phase 2). Another P50-million endowment from the 2016 Local Infrastructure Program (LIP) of the DPWH XI-2DEO has enabled the Multi-Purpose Building (Football Stadium Phase 2) to be constructed, and it will extend Phase 1’s seating capacity by around 2,000. This will also house the “mixed zone” area, where it will hold the meet-and-greet between spectators and athletes, as well as provide a media holding area.

Sports Complex. The Sports Complex will host international football matches. Its civil works are well continued on page 15