

PHILIPPINE REGION

Community Service Projects (October-December, 2021)

Manila Downtown Y's Men's Club

Project: BRIGADA ESKUWELA AND COVID 19 SAFETY PROTOCOL

Venue: Five (5) Secondary Schools in the City of Manila:

Victorino Mapa High School, Ramon, Avancena High School, Esteban Abada High School, Elpidio Quirino High School, C. M. Recto High School

Beneficiaries: more than 6,000 students and faculty members from the above five (5) schools

Date: October 13, 2021



Items donated:

- 100 reams - A4 Hard Copy Bond Paper
- 2,000 pcs - HBW Black Ball pen
- 10,000 pcs - Disposable Face Mask
- 20,000 pcs - Vitamins C Five Units - Thermal Scanner with Automatic Alcohol Dispenser
- 30 gallons - 70% Isopropyl Alcohol





Victorino Mapa High School



Ramon Avancena High School



Esteban Abada High School



Elpidio Quirino High School



C.M. Recto High School

Project: GLORIA IN EXCELSIS DEO – Sharing God’s Love and Gifts

- A Joint Project of Manila Downtown Y’s Men’s and Y’s Menettes’ Club
- in coordination with DUMAGAT TRIBAL CHRISTIAN CHURCH

Venue: Sitio Bagong Silang Barangay Rodriguez Rizal

Beneficiaries: Tribal Group- Sitio Macapicapic, Sitio Bagong Silang, Sitio Macasya Proper and Sitio Makailangan

Purpose: In line with 100 Years Celebration of Y’S MEN INTERNATIONAL (1922 – 2022), Celebrating at the club level distributing 100 sacks of rice (25 kg), 100 sets gift pack (Hand Towels, Pot Holder & Apron), 100 pcs solar powered lantern





Y's Men's Club of Makati Sampiro

Project: Community Outreach - distribution of 2 kilos of rice each to Makati YMCA Staff and Security Guard

Date: December, 2021



Project: *Christmas Caroling December, 2021*



Y's Men's Club of Makati Golden

Project: *Pamaskong Handog Para sa mga Bata (Christmas Gift-giving for Children)*

- Part 1: Book Donation

Beneficiaries: *Meals for 40 children and their families; book donation for the children*

Venue: *Area 17, Brgy. UP Diliman, Quezon City*

Date: *December 16, 2021*

Project description:

The Y's Men's Club of Makati Golden sponsored meals during the Pamaskong Handog Para sa mga Bata in partnership with Supling Sining Inc. Each of the 40 children received a set of 7 assorted Children's books in both Filipino and English.





Project: *Pamaskong Handog Para sa mga Bata (Christmas Gift-giving for Children)*

- Part 2: Slippers' donation

Beneficiaries: 30 children

Venue: Manila South Cemetery, Makati City

Date: December 18, 2021

Project description:

Joint project with Y's Men's Club of Makati Sampiro and Y's Men & Women's Club of TARAS Quezon City conducted a Christmas Party for the regular students of the values formation and feeding program. Each of the 30 children received slippers and family food packs.



Y's Men's Club of RAHA Philippines

Project: DISTRIBUTION OF VITAMINS & FERROSULFATE

Beneficiaries: Residents of Sampaloc Area near Dapitan Health Center, Manila

Venue: Dapitan Health Center in Sampaloc, Manila

Date: October 15, 2021



Project: DISTRIBUTION OF VITAMINS & FERROSULFATE

Beneficiaries: Residents of Sampaloc Area, Manila

Venue: Earnshaw Health Center in Sampaloc, Manila

Date: October 15, 2021



Project: *DISTRIBUTION OF VITAMINS & FERROSULFATE*
Beneficiaries: *Residents of Bacood, Sta. Mesa, Manila*
Venue: *Bacood Health Center. Sta. Mesa, Manila*
Date: *October 15, 2021*



Project: *DISTRIBUTION OF VITAMINS & FERROSULFATE*
Beneficiaries: *Patients and Staff of University of Sto. Tomas Hospital, Manila*
Venue: *University of Sto. Tomas Hospital, Manila*
Date: *October 15, 2021*



Project: *DISTRIBUTION OF CONTRACEPTIVE PILLS & FERROS SULFATE*
Beneficiaries: *Patients and Staff of Jose Fabella Memorial Hospital, Sta. Cruz, Manila*
Venue: *Jose Fabella Memorial Hospital, Lope De Vega St., Sta. Cruz, Manila*
Date: *October 15, 2021 & October 27, 2021*



Project: *Y's Youth Comms Content Planning – Batch 1*
Venue: *via Zoom Meeting*
Date: *October 16, 2021*

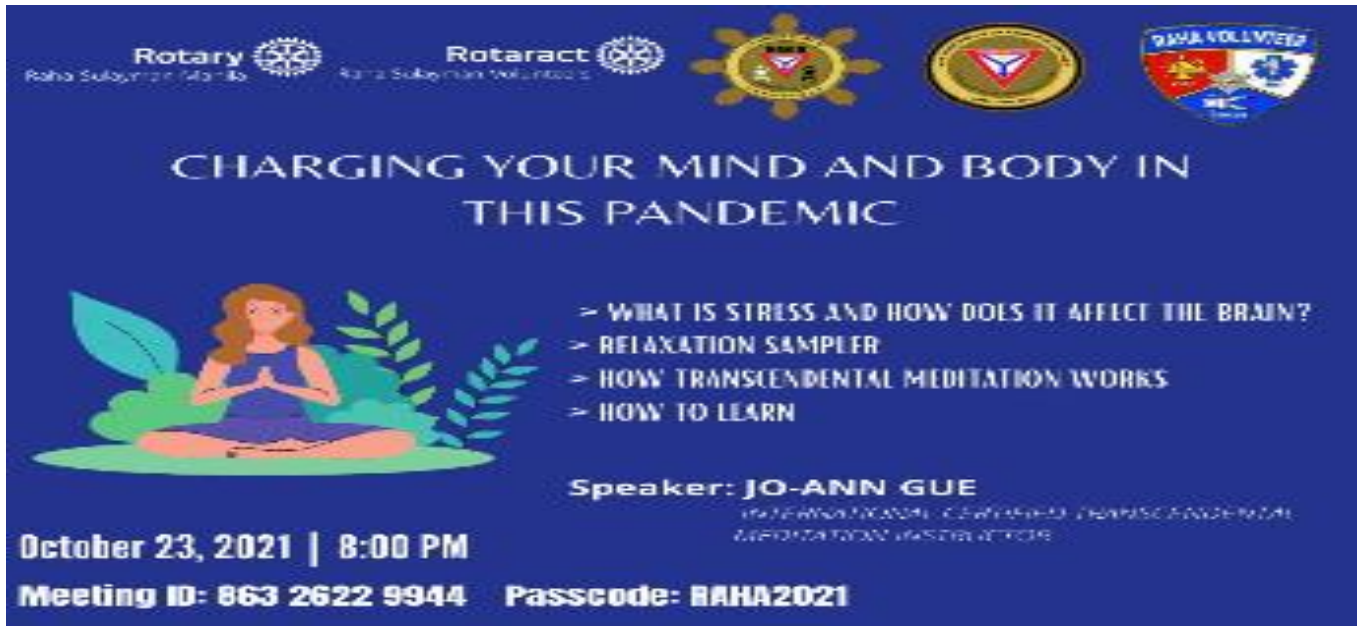
Project Description: A joint project with Y's Men's Club of RAHA Parañaque for communications enhancement driven to promote community service among the youth through digital marketing. Sharing knowledge on how to make the schedules of post, when to post, what are the kinds of ad posts, what to say or put in the visuals.








Project: *Charging Your Mind and Body in this Pandemic*
Speaker: *Ms.Jo-Ann Gue, an Internationally Certified Transcendental Meditation Instructor.*
Date: *October 23, 2021*

Project Description:

During this difficult time, it's important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it. Transcendental meditation technique can also use in avoiding distracting thoughts & promoting a state of relaxed awareness. It aims to achieve an inner peace and bodily calm.



Rotary  *Raha Sulayman Manila* Rotaract  *Raha Sulayman Volunteers*   

CHARGING YOUR MIND AND BODY IN THIS PANDEMIC

- WHAT IS STRESS AND HOW DOES IT AFFECT THE BRAIN?
- RELAXATION SAMPLER
- HOW TRANSCENDENTAL MEDITATION WORKS
- HOW TO LEARN

Speaker: JO-ANN GUE
INTERNATIONALLY CERTIFIED TRANSCENDENTAL MEDITATION INSTRUCTOR

October 23, 2021 | 8:00 PM
Meeting ID: 863 2622 9944 Passcode: RAHA2021

Project: *REMOTE ISLAND OUTREACH FOR SENIOR CITIZENS & PWD's*

Venue: *PAOMBONG, BULACAN*

Beneficiaries: *Senior Citizens and PWDs of Paombong, Bulacan, where they can only be reached by small bancas (boat)*

Date: *October 23, 2021*

Project Description: *Paombong, a 3rd class municipality in the Province of Bulacan, is practically underwater daily with or without rain and the only way to reach our beneficiaries of this town is through small bancas (boat). Bringing pre-packed goods to the distribution site was extremely challenging.*



ACTUAL SITUATION OF PAOMBONG, BULACAN & THE DIFFICULTIES EXPERIENCED BY Y'S MEN'S CLUB OF RAHA PHILS. MEMBERS AND VOLUNTEERS JUST TO EXTEND THE HELP FOR THE POOR AND SICK ELDERLY



HELP EXTENDED TO THE BEDRIDDEN PATIENTS AND SICK ELDERLY AND THE GOODS DISTRIBUTED FOR EACH FAMILY



The relief pack consists of a pillow, a bucket of biscuits, a box of powdered milk, a bath towel, and sachets of instant congee.



The pillow represents our caring hands, always ready to bring comfort during moments of loneliness. The bath towel symbolizes purity of our intention – never conscious of getting dirty if only to keep others clean and decent. Powdered milk is simplicity. As babies, we get our nutrients from our mother's milk. Arroz caldo (congee) is a combination of Spanish and Chinese influences that reminds us that we are of different races, we are one. The pail of biscuits/cookie remind us that we don't have to take life in a hurry. Enjoy each piece, every bite and thank God for his mercy.

Project: BOOKS DONATION TO DIFFERENT ROTARY CLUBS

Beneficiaries: 300

Venue: Marikina City

Date: October 26, 2021



Project: NUTRISYON I-KUNDISYON WEBINAR COORDINATION MEETING

Venue: via Zoom Meeting

Date: October 27, 2021

Project Description: This was held to give way for the emergency medical responders of the 7 different emergency response association in the Philippines. This is in collaboration with ONE RAHA Family and UP PGH DEM-EMS to improve the health and well-being of our frontlines who volunteered their time to save lives in the community.



maja tindoy



Stephanie Reyes



Stephanie Reyes



LCP Gerard_RA...



LCP Alexis Go ...



Project: NUTRISYON I-KUNDISYON WEBINAR EMS NUTRITION PROGRAM

Venue: via Zoom Meeting

Date: November 10, 2021

Project Description: ONE RAHA sponsored the webinar spearheaded by University of the Philippines, Philippine General Hospital & Department of Emergency Medicine & Emergency Medical Services. This is to promote the proper nutrients to all health professionals and front liners to maintain a healthy body, reduce risk of getting sick or having chronic disease.




Project: RELAY FOR LIFE IN SUPPORT TO THE PHILIPPINE CANCER SOCIETY
Venue: via Zoom Meeting
Date: November 21, 2021

Project Description: The YMC- RAHA Philippines donated PhP10,000 to support the "relay for life" project where each box of face masks purchased costs PhP1,000 and any proceeds will all go to the Philippine Cancer Society.

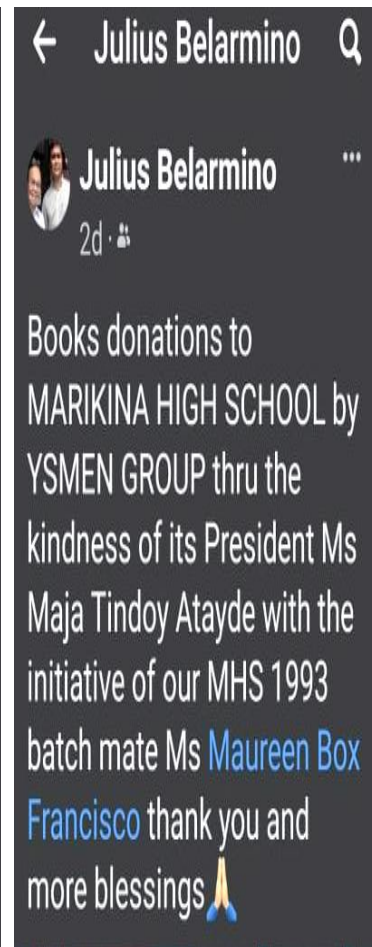
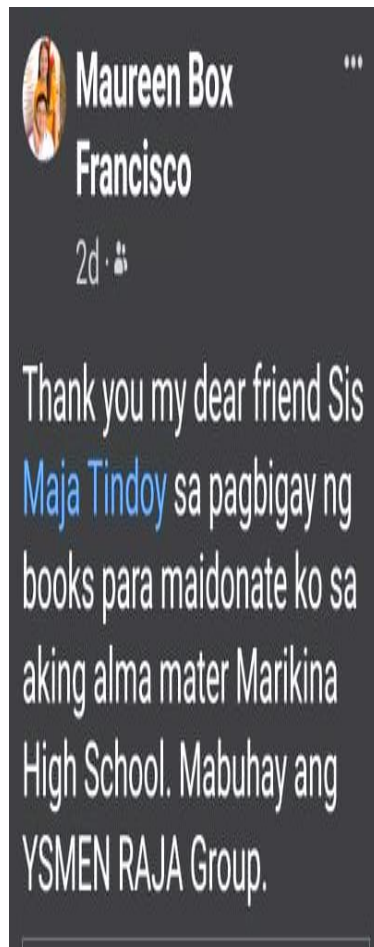


Project: BOOK DONATION IN MARIKINA HIGH SCHOOL

Beneficiaries: Students of Marikina High School

Venue: via Zoom Meeting

Date: November 27, 2021



Project: Christmas in November & Livelihood Project for PWD's and Parents of CBR Smiles, Inc.

Venue: 12 Bicol St. Payatas, Quezon City

Beneficiaries: 150 Families of CBR Smiles, Inc.

Date: November 26, 2021





**PARTICIPANTS IN THE LIVELIHOOD SKILLS & TRAINING PROGRAM
PWD'S & PARENTS OF CBR SMILE, INC. IN ACTIONS**



OUTCOMES OF THE PARTICIPANTS IN THE CREATION OF CHRISTMAS DECORS



Project: DONATION TO TULOY DON BOSCO STREET CHILDREN VILLAGE

Venue: P. Noval corner J. Barlin, Sampaloc, Manila (Turn-Over)

Beneficiaries: 150 Families of CBR Smiles, Inc.

Date: December 08, 2021



Tuloy Don Bosco Street Children Village, a charitable social welfare organization who provide care services for abandoned children and youth from the streets or from abusive family. Y'MC- RAHA Philippines donated assorted vegetables like squash, tomatoes, garlic etc. to the staff of the Don Bosco Street Children Village.



Project: *DISASTER RISK REDUCTION & MANAGEMENT TRAINING*
Venue: *Philippine Malabon Cultural Institute (9:00AM-2:00PM)*
Date: *December 16, 2021*



Project: PACKAGING OF GOODS FOR CHRISTMAS GIFT GIVING
Venue: RAHA Headquarters in P. Noval corner J. Barlin, Sampaloc, Manila
Date: December 24, 2021



Project: MIDNIGHT CHRISTMAS GIFT GIVING OF RAHANS TO STREET CHILDREN and HOMELESS INDIVIDUALS

Venue: Manila Area
Date: December 25, 2021





Project: Joint Club Project – Toys for the Orphans

Venue: Manila Area

Date: December 27, 2021

Project Description:

Endorsed by the Manila Bay District and supported by different clubs. This project aims to give happiness to orphans with people who continue to care and love them.



Y'S MEN INTERNATIONAL

Joint Club Project

Y's Men's Club of Manila Downtown Y's Men's Club of Makati Golden
Y's Men's Club of Makati Sampiro Y's Men's Club of Metro QC
Y's Men's Club of RAHA Parañaque Y's Men's Club of RAHA Philippines
Y's Men's & Women's Club of TARAS

"to acknowledge the duty that accompanies every right"
Y's Men International Motto

Y's Men & Women's Club of Metro Quezon City

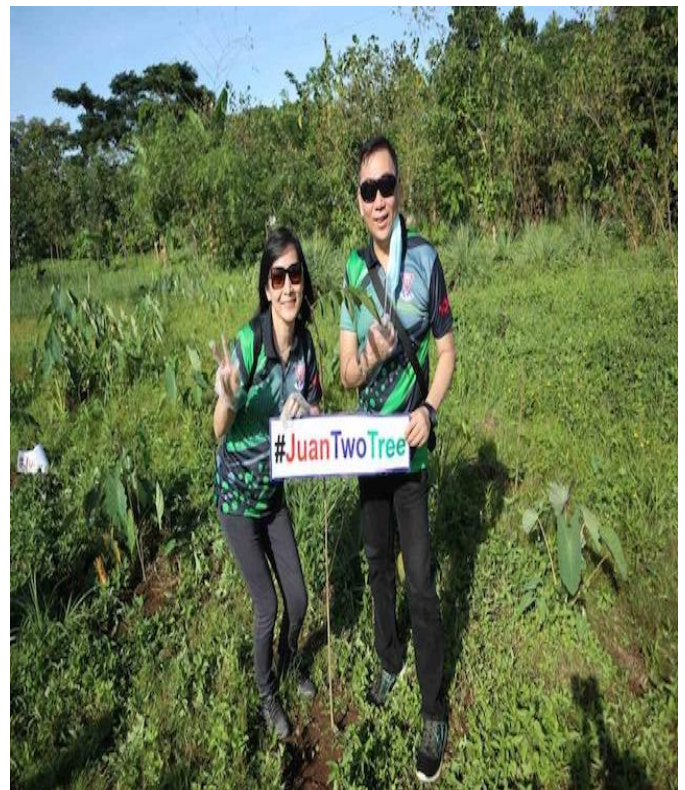
Project: Tree Planting "Juan Two Tree – Joint Project with YWMC TARAS Quezon City

Beneficiaries: Communities San Mateo, Rizal and Upper Marikina

Venue: Pintong Bukawi, San Mateo, Rizal

Date: November 30, 2021





Y's Men & Women's Club of TARAS Quezon City

Project: Tree Planting "Juan Two Tree – Joint Project with YMWC of Metro Quezon City

Beneficiaries: Communities San Mateo, Rizal and Upper Marikina

Venue: Pintong Bukawi, San Mateo, Rizal

Date: November 30, 2021



Project: Christmas Gift Giving

Beneficiaries: 15 Indigent Students of Pantay Integrated High School

Venue: Pantay Integrated High School, Teresa, Rizal

Date: December 18, 2021



Y's Men's Club of RAHA Parañaque

Project: Youth Comms: Advertising & Digital Media

Beneficiaries: Youth Nationwide & Several Students as Pioneer Batch

Venue: via Zoom Meeting

Date: October 9, 2021

Project Description: to provide training regarding Digital Landscape, advertising and a digital advertising including guidelines of Ad Standards Council to familiarize the aspiring students of responsible advertising; to inspire more youth to learn more & serve better,



Project: Donation of Levonorgestrel and Ferrous Fumarate

Beneficiaries: Patients and Staff Jose Fabella Memorial Hospital & UST Hospital

Venue: Jose Fabella Memorial Hospital & UST Hospital, Manila

Date: October 14, 2021



Project: Y's Youth Comms Content Planning – Batch 1

Venue: via Zoom Meeting

Date: October 16, 2021

Project Description: to educate more youth with communication technical skills, with Content Planning as a topic. This aims to teach youth to maximize the power of Digital Media with informing more people and reaching more people with proper content. Techniques, designs and best practices for Content Planning in Digital Advertising were shared during the session.

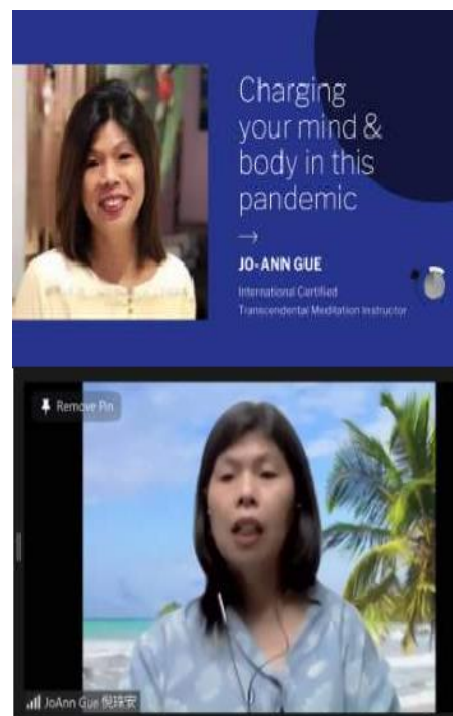
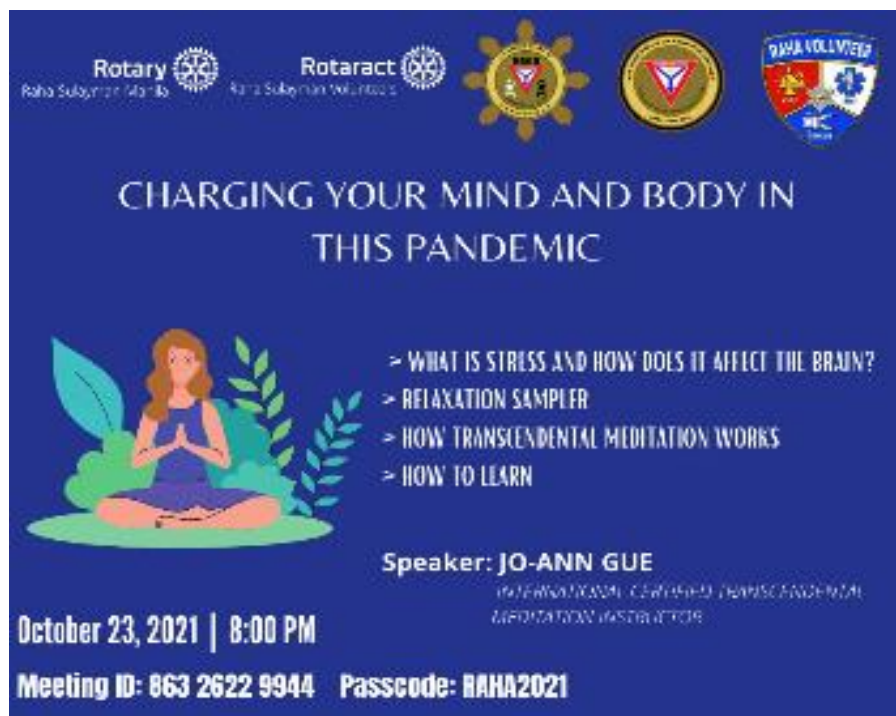


Project: Charging Your Mind and Body in this Pandemic

Speaker: Ms. Jo-Ann Gue, an Internationally Certified Transcendental Meditation Instructor.

Project Chair: Past President Stephanie "Honey" Reyes

Date: October 23, 2021

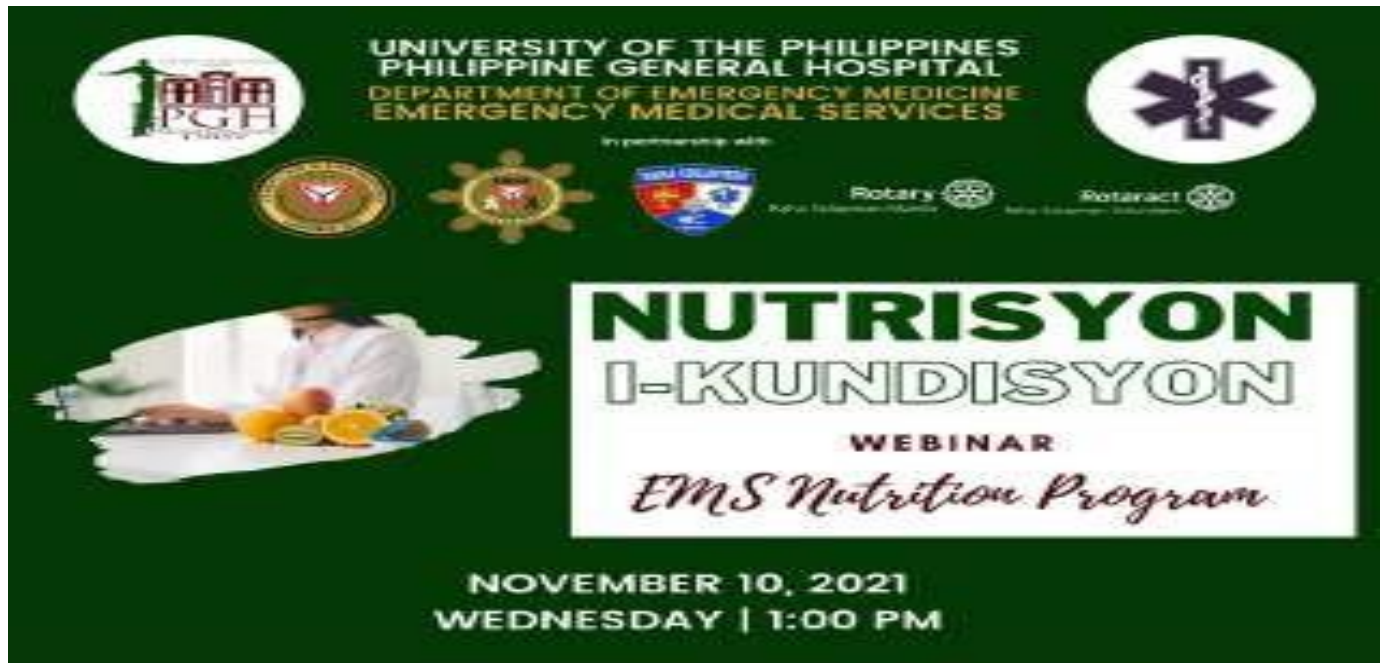


Project: *Nutrisyon I-Kundisyon Webinar EMS Nutrition Program*

Project Chair: *Past President Stephanie "Honey" Reyes, a registered nurse and EMS of PGH in partnership with Philippine General Hospital*

Date: *November 10, 2021*

Project Description: *This nutrition webinar was intended to improve the health and wellbeing of volunteer firefighters from 10 various volunteer firefighters & medics associations in the Philippines including the Bureau of Fire Protection.*



UNIVERSITY OF THE PHILIPPINES
PHILIPPINE GENERAL HOSPITAL
DEPARTMENT OF EMERGENCY MEDICINE
EMERGENCY MEDICAL SERVICES

In partnership with:

Rotary
Rotaract

**NUTRISYON
I-KUNDISYON**
WEBINAR
EMS Nutrition Program

NOVEMBER 10, 2021
WEDNESDAY | 1:00 PM

The banner features a green background with a white circular logo of the Philippine General Hospital (PGH) on the left. The main text is in white and green. A central image shows a person in a white lab coat preparing food on a table. Logos for various partner organizations like Rotary and Rotaract are displayed in the middle. The date and time are at the bottom.



Supported by:

SLIMMERS WORLD

NCDN

A row of logos for supporting organizations, including Slimmers World and NCDN, along with several other emergency and medical service logos.



Workshop

ROMMEL POLICARPIO, EMT
Safety Officer
UP- GH DEM-EMS

NUTRISYON
EMERGENCY MEDICAL SERVICES
EMS Nutrition Program

UP NEXT

The poster has a dark red background with a white circular logo of PGH in the top left. The word 'Workshop' is written in large white letters. Below it, the name and title of the speaker, Rommel Polcarpio, are listed. The Nutrisyon logo is in the bottom left, and the text 'UP NEXT' is in the bottom right.

Project: *DISASTER RISK REDUCTION & MANAGEMENT TRAINING*
Venue: *Philippine Malabon Cultural Institute 9:00AM-2:00PM*
Date: *December 16, 2021*

Project Description: *This training not only aims to equip the attendees with theoretical principles but also provides applications and updates with best practices, additional knowledge and sharing of experience with DRRM Officers from Valenzuela and Malabon.*



Project: *Medical & Dental Mission Service Congressman Yul Servo*

Beneficiaries: *More than 100 people of different age groups*

Date: *December 18, 2021*

Project Description: *to provide assistance to Local Government by providing manpower for Medical and Emergency and participate in Cong. Yul Servo Medical Mission, providing medical and dental checkup and assistance for more than one hundred (100) people from checking their medical situation such as their blood pressure situation, sugar level, eye health, pediatrics and such to providing supplements and medicine for the residents of Manila.*



Project: *Play it Forward*
Beneficiaries: *St. Rita Orphanage*
Venue: *St. Rita Orphanage, Sucat, Parañaque City*
Date: *December 30, 2021*

Project Description: *With play of words and child-like hearts, YMC of RAHA Parañaque initiated the project shared with 7 other clubs of Manila Bay District of donating playsets to different orphanages, pretend plays, imagination and with educational toys appropriate for the age groups within the orphanage assigned.*



**Y'S MEN
INTERNATIONAL**

Joint Club Project

Y's Men's Club of Manila Downtown Y's Men's Club of Makati Golden
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Y's Men's & Women's Club of TARAS

"to acknowledge the duty that accompanies every right"
Y's Men International Motto

