



The Lamp

Igniting New Voices: A Journey of Inspiration and Creativity
THE OFFICIAL STUDENT PUBLICATION OF MANUEL V. GALLEGO FOUNDATION COLLEGES INC.



Zulueta Street, Cabanatuan City, Philippines



/MVGFCI



www.mvgallego.edu.ph



“In unity, we find the strength to face any storm...”

Mastering Safety: A Demonstration of the Hold, Cover, and Duck Technique. (Photo by MVGFC Creatives)

by Nemia De Guzman

Executive Officer Ms. Estenily M. Peralta opened the event with a heartfelt address, welcoming the entire MVGFCI community and emphasizing the importance of disaster resilience in the face of natural calamities. Her words set the stage for a day dedicated to enhancing the disaster preparedness and emergency response capabilities of the college.

The centerpiece of the event was a Disaster Awareness Seminar and Earthquake Drill conducted by the Central Fire Station's Shift B Personnel. This seminar aimed to equip the MVGFCI community with essential knowledge and skills to effectively respond to emergencies. Topics covered included basic earthquake information and disaster management procedures, providing a comprehensive understanding of what to do before, during, and after an earthquake.



Together, we prepare, respond, and rebuild for a safer tomorrow. (Photo by MVGFC Creatives)

Following the seminar, participants took part in a practical earthquake drill, designed to test the implementation of the college's emergency protocols. The drill was a crucial exercise, reinforcing the importance of regular practice in ensuring that students, faculty, and staff are prepared to act swiftly and safely in the event of a real emergency. (continue on the back)

Cabanatuan City, Nueva Ecija- Manuel V. Gallego Foundation Colleges Inc. (MVGFCI) demonstrated its commitment to community safety and disaster preparedness with the annual celebration of National Disaster Resilience Month on August 9, 2024. The event, a significant highlight on the college's calendar, began with a solemn prayer and a stirring rendition of the national anthem, setting a reflective and patriotic tone for the day's activities.



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The school engineer, Engr. Adrian Gabriel, played a pivotal role by providing valuable information about the school's Evacuation Plan, a key component in the institution's overall disaster preparedness strategy. His insights were essential in ensuring that everyone in the MVGFCI community understood their roles and responsibilities during an emergency, further bolstering the college's readiness to face potential disasters.

The event culminated with an inspiring closing speech by Dr. Maricris G. Malamug, the esteemed Director of the Student Affairs Office (SAO). With her extensive experience and deep commitment to community resilience, Dr. Malamug emphasized the vital role of preparedness and unity in confronting natural disasters. She applauded the active participation of the MVGFCI faculty, staff, and students, highlighting their dedication to building a safer, more resilient future. Her words served as both a conclusion and a rallying call for continued action, leaving the audience motivated to foster a culture of preparedness.



Winners of the Slogan Making Contest. (Photo by MVGFC Creatives)



Organizers and winners of the Spoken Word Poetry Contest. (Photo by MVGFC Creatives)

The National Disaster Awareness event at MVGFCI was a resounding success, blending education, creativity, and community spirit. "Together, we are the pillars of resilience. In unity, we find the strength to face any storm, and in preparedness, we secure the future of our community. Let our solidarity be the beacon that guides us through, today and always," Dr. Malamug concluded. ###



Diwa, Panulat, at Pag-asa. (Photo by MVGFC Creatives)

The winners of the contests were announced with great excitement. Kristine P. Flores (INAHS) secured 1st Place in the Spoken Poetry competition with her captivating performance, followed by Darerick B. Lagmay (ITE) in 2nd Place, and Shanelie Matias (INAHS) in 3rd Place. In the Slogan competition, Jackylyn R. Rama (ITE) clinched 1st Place for her impactful message, with Angela Severino (BSBA) taking 2nd Place, and Kristaline Joy Sagaban (ITE) rounding out the top three.