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THE LAMP



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SHINING A LIGHT ON HOPE: SUICIDE PREVENTION AWARENESS MONTH



September holds great significance as it is recognized as Suicide Prevention Awareness Month worldwide. It is a time for reflection, education, and action as communities come together to promote mental health, reduce stigma, and provide support to those who may be experiencing thoughts of suicide.

This dedicated month serves as a reminder of the importance of raising awareness and promoting understanding about suicide prevention to save lives.



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OCTOBER-NOVEMBER 2023

SECOND EDITION

The Manuel V. Gallego Foundation Colleges recently held a two-day seminar to raise awareness about suicide prevention among students and parents. Led by highly accomplished experts in psychology, the seminar aimed to shed light on the complexities of mental health and debunk common myths surrounding suicide.

On the first day, attendees heard from Mr. Jay Errol V. Baral, a respected professor with a Ph.D. in Clinical Psychology. Mr. Baral provided valuable insights into depression, a prevalent mental health condition affecting millions of people worldwide. He also discussed the intricacies of suicide, prevention measures, and identifying warning signs of severe depression.



The second day of the seminar was equally insightful, with Mr. Wawie DG. Ruiz, Rpm, an accomplished instructor in psychology, leading the session. He emphasized the importance of creating a supportive environment that promotes academic success, mental well-being, and a sense of belonging. Mr. Ruiz highlighted the challenges faced by students in navigating new academic environments, social landscapes, and personal responsibilities, and encouraged a collaborative effort from students, educators, and parents.

MVGFC is committed to ensuring that everyone has access to the support they need.



Remember, mental health is everyone's responsibility. Together, we can prioritize mental health and work towards preventing suicide, creating a community where everyone feels valued and understood.

BY: MILDRED ANGELA C. BATALLA





Nurses and Teachers Day Celebration: Renew, Relax and Rise

In October 2023, NSO hosted a two-day event to celebrate Nurses Day and Teachers Day. The event brought together students, teachers, and staff from the nursing department for a unique blend of insightful seminars, heartwarming tributes, and engaging activities. The theme of the event, "Renew, Relax, and Rise," was seamlessly woven throughout the two days, inspiring and rejuvenating all participants.



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OCTOBER-NOVEMBER 2023 SECOND EDITION



The first day of the event commenced with a seminar led by Asst. Prof. Mr. Parco F. Culang, RN, LPT, focusing on the nursing students' role and the immeasurable rewards that come with it. Dr. Efreim Louie Ilano followed, praising nurses' dedication and resilience, and reassuring students that their hard work will be worthwhile.

On the second day of the event, the morning session celebrated Teachers Day, with respected professors and staff from the nursing department participating in a series of games aimed at enhancing critical thinking skills and fostering stronger bonds between students. The teachers were recognized for their tireless efforts and commitment to nurturing their students' potential, receiving awards of appreciation.

The afternoon session continued the Nurses Day celebration, promoting solidarity and camaraderie among nursing students from different years. The event culminated in a remarkable two-day experience that left a lasting impression of deep admiration for the nursing profession and the dedicated educators guiding us.

BY: RHENA JHOY C. CANUBAS





BSO'S HEARTFELT SALUTE ON TEACHER'S DAY

October is the month dedicated to celebrating the unwavering passion and dedication of our beloved teachers. Their knowledge and skills have been instrumental in shaping us into better individuals. Recently, the Business Student Organization (BSO) of the Institute of Business Management (IBM) collaborated with their subordinate organizations, Junior Marketing Association (JMA), Junior Financial Executives (JFINEX), and Junior People Management Association (JPMA), to recognize the remarkable work of Dr. Macky C. Herezo, Ms. Mica E. Labe, Dr. Luzviminda Bundoc, and Dr. Luisa S. Zerrudo. With their professors' compassion, dedication, and passion in mind, the BSO and its subordinates prepared a special banner with photos of professors and students, as well as simple gifts such as cake and pillows. Their heartfelt gestures left a lasting impression on the professors, who continue to inspire students with their unwavering dedication.

BY: ANGELO B. CONSTANTINO





A Heartfelt Tribute to Educators: Future Mentor's Society Celebrates Teacher's Month



*May all the joy you have
spread around come back
to you a hundredfold*

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OCTOBER-NOVEMBER 2023

SECOND EDITION

In commemoration of Teacher's Month on October 5, 2023, the Future Mentor's Society, under the leadership of President Ms. Nemia De Guzman, orchestrated a heartfelt gesture to express gratitude towards the dedicated educators of the Institute of Teacher Education.

In a modest yet profoundly meaningful act, the society distributed adorable and as tokens of appreciation to the deserving teachers. The gesture not only added sweetness to their day but also provided a brief respite from their demanding work, allowing them to engage in a delightful mini-game organized by the society.

As an extension of their appreciation, the Future Mentor's Society launched the "PISO para sa TALA" initiative. This innovative activity allowed students to purchase stars for one peso each, which they could then affix next to the names of their favorite teachers prominently displayed near the institute's gate. This unique endeavor served as a visible manifestation of the students' love and support for their cherished educators.

The culmination of this heartwarming initiative occurred on October 19, 2023, during the Teacher Appreciation Award Ceremony. The event was graced by the presence of the Student Affairs Office Coordinator, Ms. Mutya Longalong, and Doc Ruth C. Alfonso, alongside the dedicated officers of the Future Mentor's Society.

The highlight of the ceremony was the acknowledgment of outstanding teachers who garnered the most stars from their appreciative students. Doc Irene Apolinario emerged as the recipient of the highest number of stars, reflecting the profound impact she has made on her students. Following closely were Mrs. Aida Angeles and Mr. Louis Delos Santos, whose dedication and excellence were duly recognized.



BY: JACKLYN R. RAMA





ENGLISH CLUB AND THE LAMP COLLABORATE TO SPREAD JOY AMONG EDUCATORS

October 6, 2023



In a heartwarming collaboration, the English Club joined hands with The Lamp on October 6, 2023, to express gratitude to the educators of the College Department. Under the esteemed leadership of Ms. Jackylyn Rama and Ms. Rosette Hidalgo, and with the guidance of their adviser, Ms. Lovelyn Enriquez, the clubs embarked on a mission to bring smiles to the faces of the dedicated teaching force.



The focal point of this thoughtful gesture was a delightful jar filled with an assortment of sweets. These jars, carefully prepared and distributed by the English Club and The Lamp, served as tokens of appreciation for the hard work and commitment demonstrated by the teachers in the College Department.

The primary objective of this initiative was to spread happiness and acknowledge the relentless dedication of the educators. It was not just about gifting a jar of sweets; it was a symbolic gesture that aimed to convey the profound gratitude felt by the students towards their teachers.

BY: JACKYLYN R. RAMA





On October 4, 2023, the Institute of Criminal Justice Education held the Criminology Interns Pinning Ceremony for Class Mandala 2023-2024 at the Manuel V. Gallego Foundation Colleges Inc. Gymnasium. The event marked the official initiation of the interns into the realm of crime and justice.

The students' journey towards this milestone was not an easy one, but their hard work and perseverance paid off. They were pinned with pride by their parents and guardians, and the ceremony was a testament to the quality education provided by the ICJE.



PINNING CEREMONY OF CLASS MANDALA 2023-2024



The event was made even more memorable by the heartfelt speeches delivered by the distinguished speakers, who encouraged the students to keep striving for excellence. The ceremony ended with congratulations to the interns and their families for their dedication, perseverance, and hard work.

The pinning ceremony was not just a celebration of the students' achievements, but also a reminder of the responsibility they carry as they enter the realm of crime and justice.



BY: ACEL JOY GONZALES





UNLOCKING LEADERSHIP EXCELLENCE

PART 1



On the 20th of October 2023, the Manuel V. Gallego Foundation Colleges Inc.'s (M.V.G.F.C.) officers gathered at the M.V.G.F.C. nursing amphitheater for their annual leadership training seminar. The atmosphere was electric and filled with excitement as officers from various clubs and organizations in the school arrived at the venue, ready to learn and grow together.



The event kicked off with a powerful and inspiring opening remark from Ms. Lovelyn G. Enriquez, setting the tone for the day's proceedings. Mr. Joseph Christian Gallego, shared his success story of organizing the "zombie fun run" during the session on "How to Facilitate Goal Setting and Planning". His presentation was insightful and informative, leaving the student-leaders feeling energized and ready to take on the world.

Mr. Parco Avoc Culang led the student-leaders through a relaxing Mindfulness Meditation, which showed the importance of self-care, stress release, and energy renewal. As he guided them through the meditation, the room fell into a peaceful and tranquil state, and everyone felt rejuvenated.



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OCTOBER-NOVEMBER 2023 SECOND EDITION



The afternoon session started with an inspiring seminar from Ms. Jackilyn Pengson on "The Power of Adaptability and Problem-Solving." She shared her insight that every leader must be adaptable and accountable, inspiring the student-leaders to be more open-minded and flexible in their leadership roles. Ms. Princess Alabag, the Guidance Councilor, followed with her own inspiring talk on "The Courage of 21st Century Leaders," reminding the student-leaders of the qualities of a good leader.

Ms. Ricalyn Felipe then discussed "The Efficiency of Time Management," sharing practical tips on how to manage time effectively to be more productive. The officers then had their "Discussion of Issues/topics and possible solution" followed by the Leadership Pledge and Ceremony, where they pledged to become better leaders for their respective organizations.

BY: PAULINE JANE G. ADORDIONICIO





UNLOCKING LEADERSHIP EXCELLENCE PART 2

On October 21, 2022, Manuel V. Gallego Foundation Colleges Inc. (M.V.G.F.C) hosted a dynamic training seminar at their main library. Officers from various clubs and organizations attended the event, eager to gain new insights and skills.

The seminar began with a lively warm-up exercise to energize the participants, and a delicious breakfast was served to kick off the day. The Students Affairs Office Directress, Mrs. Maricris G. Malamug, delivered a captivating presentation on "Effective Communication: Building Strong Relationships," highlighting the importance of connecting with others to achieve shared goals. Mr. Rene Boy E. Abiva led a thought-provoking recollection on leadership, emphasizing the adage "With great powers comes great responsibility," inspiring attendees to take charge and make a difference in their communities.

The seminar culminated in exciting team-building exercises, testing the student leaders' patience, strength, abilities, and determination. The participants overcame challenges with teamwork and grit, leaving the event feeling accomplished and motivated.

The seminar was a remarkable success, empowering student-leaders to enhance their communication skills, take on leadership roles, and work together towards achieving their goals.

BY: PAULINE JANE G. ADORDIONICIO





BSO.

HALLOWEEN HOPE: BSO'S SWEET NOVEMBER TREAT

On November 07, 2023, the Business Student Organization (BSO) hosted a Halloween Party at Manuel V. Gallego Foundation Colleges, Inc. (MVGFCI) that uplifted the community's spirit.

The BSO members worked together to prepare an assortment of candies, and many students from the Institute of Business Management (IBM) generously donated various sweets as well. The candies were distributed to the students, teachers, and staff of MVGFCI, bringing smiles to their faces. Witnessing the positive impact of their efforts, the BSO team felt a strong sense of purpose and dedication to continue their good work.

BY: ANGELO B. CONSTANTINO





Student's NIGHT

November 24, 2023

MVGFC's Night of Mystique and Recognition

On the 24th of November 2023, the Supreme Student Council organized a fantastic party for the Gallegans. The theme of the night was "Unveil the Mystique: Masquerade Party." Everyone at the event looked splendid, dressed in their finest gowns and adorned with unique masks, concealing their true identities. The masks promised to reveal the beauty hidden beneath once they were taken off.

Ms. Jackylyn Rama and Acel Gonzales played the role of charming hosts, overseeing the event.

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The esteemed faculty, special guests, and the enchanting students of Manuel V. Gallego Foundation Colleges Inc. all came together, transforming the entire gymnasium into a space filled with anticipation. The air was charged with the hope of enjoying the night and strengthening bonds with fellow students.

The event started with a prayer lead by the President of Multi faith Organization Ms, Michaela Samaniego, followed by the singing of Philippine National Anthem and the Vision and Mission of MVGFCI and the hymn.

To formally start the program, SAO Director Mrs. Maricris Malamug sets the mood of the event where she imparted her words of wisdom and has awoken the students by a mini game or motivation.





The next chapter in celebrating the pride of MVGFC unfolded with the acknowledgment of Mr. Christian Timbang, a criminology student who clinched the remarkable 3rd place in the International Multi-stage elite cycling competition held in Malaysia. In recognition of his outstanding achievement, he was bestowed with the royal honor of the Reserve Army Training Corps. Following this, Mr. Timbang graciously shared his inspirational words with the gathered Gallegans, leaving a lasting impact on the audience.



The ceremony also featured the presentation of certificates of recognition to various organizations and leaders. The spotlight shone on the best organizations of the year 2022-2023, with student leaders receiving certificates and solemnly pledging their commitment to serving MVGFC with diligence and integrity.

Amid the anticipation of the masquerade party, students adorned themselves in glamorous attire, and their efforts were duly rewarded. The night saw the selection of two Faces of the Night, two Best Dressed, two Mystique Mask awardees, and two Best Dressed Faculty Members. The chosen winners not only received certificates but also walked away with well-deserved cash prizes.

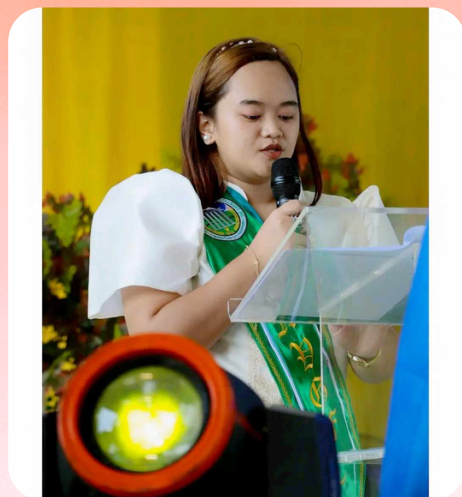
BY: JACKLYN R. RAMA





FEATURE

RISING BEYOND HORIZONS: ASCENDING TOWARD YOUR DREAMS



College life can be a daunting and overwhelming experience for students, especially those who struggle with financial pressures, busy schedules, and various challenges that can hinder their path toward success. However, Patricia Nicole's story is a testament to the power of perseverance and determination in the face of adversity. Despite being the child of overseas Filipino workers (OFWs), she managed to become an independent woman who not only supported herself but also her brother.

Patricia's journey was far from easy, as she had to balance her studies with her job as a BPO agent. This required her to put in long hours, work tirelessly, and push through numerous doubts and challenges. Nevertheless, she never gave up and was always determined to succeed. What helped her the most was the supportive community of family and friends who were always there to encourage and motivate her.

Through her journey, Patricia learned that taking risks and pursuing her dreams was worth it in the end. She discovered that with determination, perseverance, and the support of those around us, anything is possible

BY: ROSETTE HIDALGO





FEATURE

REMINISCENCE

As I take small sips from my cup of tea, I find myself immersed in deep contemplation about the journey of my life. I look back at all the experiences that have shaped me into the person I am today. Memories of the tough challenges I have faced come flooding back, and I am filled with a sense of gratitude for the strength that I have found within me to overcome them all.

Lost in thought, my eyes wander to a distant point, and I can't help but feel a sense of pride welling up inside me. I know that every challenge I faced was an opportunity to grow and become a better version of myself. I am grateful for the lessons learned and the resilience I've gained along the way.

With a smile on my face, I acknowledge the fact that I have faced each challenge head-on, without seeking help from anyone. The realization that I have the strength and determination to overcome any obstacle is empowering, and it fills me with a sense of confidence and hope for the future.

BY: ROSETTE HIDALGO





LITERARY

ASCEND THE LADDER OF SUCCESS

By: Nemia F. De Guzman

Ascend to new heights, reach for the sky,
With determination, let your dreams fly.

In this journey of life, let your spirit soar,
Embrace challenges, and strive for more.

With each step you take, let your passion
ignite,

Unleash your potential, shine ever so
bright.

Ascend the ladder of success, one rung at
a time,

With hard work and perseverance, your
star will shine.

Believe in yourself, let self-doubt fade
away,

For you have the power to conquer any
day.

Keep your focus steady, never lose sight,
Of the goals you set, with all your might.

Ascend to greatness, let your talents
bloom,

In this vast world, create your own room.

With every achievement, let joy fill your
heart,

For you've come so far, it's just the start.

So, ascend and keep climbing, never give
in,

For the sky's the limit, let your journey
begin!

SOAR HIGH

By: Jackylyn R. Rama

Triumph doesn't come without a fight,
Through the gloomiest hours and the
lankiest night.

It's born from the struggles, and
challenges we face, In the backlashes, we
find our place.

Triumph's not handed on a silver tray,
It's the result of effort, come what may.

In each lapse, we learn and grow,
Triumph's the pilgrimage, not the final
glow.

Through storms that rage, we stand so tall,
In the gloomiest period, we'll give our all.

Triumph is the fire that fuels our souls,
Turning broken pieces into something
whole.

The road may seem to be bumpy,
But, the edge will bring a glorious victory.

So carry on, don't ever give in,
The fire within, it's bound to win.



OCTOBER-NOVEMBER 2023 SECOND EDITION



The Lamp



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PUBLICATION OF MVGFCI

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