



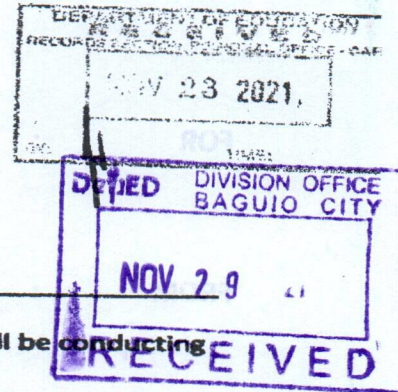
MEMORANDUM

FOR : REGIONAL DIRECTORS
DEPARTMENT OF EDUCATION

FROM : *L. Samarita - Domingo*
LUNINGNING E. SAMARITA-DOMINGO, CESO III
Director IV

DATE : 23 November 2021

SUBJECT : NAST Webinars



The National Academy of Science and Technology, Philippines (NAST PHL) will be conducting the following activities:

1) WEBINAR ON TEACHING LABORATORY COURSES DURING THE PANDEMIC

WHEN: 29 November 2021, 1:30 PM - 4:00 PM via Zoom
REGISTRATION: bit.ly/TeachingLabWebinar

The webinar will feature the sharing of practices and experiences in the teaching of laboratory courses/experiments in different science courses during this time of the pandemic.

2) WEBINAR ON LONG-TERM COVID

WHEN: 01 December 2021, 9:00 AM – 10:30 AM via Zoom
REGISTRATION: bit.ly/LongCOVIDWebinar

For this webinar, an overview of what is currently known about Long-Term COVID or Long COVID, a post-viral illness that may afflict COVID survivors, will be presented. The multi-systemic signs and symptoms and possible predisposing factors will also be discussed. It will include a brief discussion of ongoing efforts to study this emerging global public health problem, mitigation strategies, and possible hypotheses on its etiology.


3) SCIENCE POLICY AND INFORMATION FORUM ON UNDERSTANDING RISK FACTORS FOR CARDIOVASCULAR DISEASE

WHEN: 02 December 2021, 9:00 AM – 12:00 NN via Zoom
REGISTRATION: bit.ly/UnderstandingCVDWebinar

The virtual forum aims to (1) present updated information on cardiovascular disease (CVD) epidemiology, modifiable risk factors, simple prevention strategies, and current population-

3rd Level, Science Heritage Building, Science Community Complex
Gen. Santos Avenue, Bicutan, Taguig City 1631
Website: www.nast.ph; Email: secretariat@nast.dost.gov.ph

Direct Lines: (63 2) 8837-77-38/0002
Trunklines (63 2) 8837-2074 to 82 ext. 2170 to 76
Fax No.: (63 2) 8837-3170



NOV 26 2021

November 25, 2021

To: All Schools Division Superintendents
All Others Concerned

For information and dissemination.

ESTELA LEON-CARIÑO EdD, CESO III
Director IV/ Regional Director

By Authority of the Regional Director:

Florente E. Vergara
FLORENTE E. VERGARA
OIC-Assistant Regional Director

To: School Administrators, Principals & Teachers In-Charge
(Elementary & Secondary)

FOR YOUR INFORMATION & APPROPRIATE ACTION

Federico P. Martin

FEDERICO P. MARTIN, EdD, CEdD, CESO V
Schools Division Superintendent

CLMD/RCA/ scm





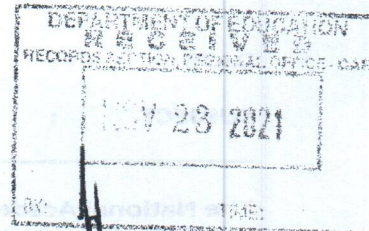
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The virtual forum aims to (1) present updated information on cardiovascular disease (CVD) epidemiology, modifiable risk factors, simple prevention strategies, and current population-

level interventions; (2) review the role of salt on hypertension, fats on heart disease, and excessive caloric intake on diabetes; and (3) provide recommendations to address policy gaps on CVD prevention and improve the implementation of current interventions.

With this, we are pleased to invite you and your staff to the abovementioned NAST PHL webinars. May we also request your assistance in disseminating this information to the network under your supervision.

These activities will also be broadcasted on the NAST PHL Facebook page (<https://www.facebook.com/nastphl>).

Should you have questions or clarifications, please contact us at email address: advisory@nast.dost.gov.ph or call us at (02) 8837-20-71 loc. 2170.

Thank you and stay safe.

		10:00 AM - 10:30 AM
<p>DR. ALONSO RECALA Medical Officer IV Health Promoting Behavior Department of Health DR. AZUCENA M. DAYANGHIRANG, MD Executive Director National Nutrition Council</p>	<p>Diabetes Prevention Beyond Sugar Limitation</p>	10:30 AM - 11:00 AM
<p>DR. IMELDA ANGELIZ-AGUIRRA Director IV and Scientist II Food and Nutrition Research Institute Department of Science and Technology</p>	<p>Creating Settings for Healthier Behaviors</p>	11:00 AM - 11:30 AM
<p>DR. JIMENEZ ALFONSO AMERREZA, MD 2020 Medical Specialist Philippine General Hospital University of the Philippines Manila</p>	<p>Discussion on Policy Perspectives</p>	11:30 AM - 12:00 NN
<p>ACD. JAMES C. MONTOYA Chair, Health Sciences Division NAST Philippines</p>	<p>Discussion on Research Perspectives</p>	12:00 NN - 12:30 AM
<p>ACD. CAMILLO C. RDA, JR. Member, Health Sciences Division NAST Philippines Moderator</p>	<p>Open Forum</p>	12:30 AM - 1:00 AM
<p>ACD. JAMES C. MONTOYA Chair, Health Sciences Division NAST Philippines</p>	<p>Closing Remarks</p>	1:00 AM - 1:30 AM
<p>ACD. JAMES C. MONTOYA Chair, Health Sciences Division NAST Philippines</p>	<p>Synopsis</p>	1:30 AM - 2:00 AM

UNDERSTANDING RISK FACTORS FOR CARDIOVASCULAR DISEASES

2 December 2021 | 9:00 AM – 12:00 NN via Zoom

PROVISIONAL PROGRAM

9:00 – 9:05 AM	Welcome Remarks	ACD. RHODORA V. AZANZA President NAST Philippines
9:05 – 9:20 AM	Cardiovascular Epidemiology in the Philippines and southeast Asia	ACD. RODY G. SY Member, Health Sciences Division NAST Philippines
9:20 – 9:40 AM	Salt intake and Hypertension	DR. DEBORRAH ONA Hypertension Specialist President, Philippine Society of Hypertension
9:40 – 10:00 AM	Fats and Heart Disease	DR. LOURDES ELLA SANTOS Lipidologist Vice President, Philippine Lipid and Atherosclerosis Society
10:00 – 10:20 AM	Diabetes Prevention Beyond Sugar Limitation	DR. CECILE JIMENO Endocrinologist Past President, Philippine Society of Endocrinology, Diabetes, and Metabolism
10:20 – 10:40 AM	Creating Settings for Healthier Behaviors	DR. ALFONSO REGALA Medical Officer IV Health Promotion Bureau Department of Health
10:40 – 10:50 AM	Discussant on Policy Perspectives	DR. AZUCENA M. DAYANGHIRANG, MCH Executive Director National Nutrition Council
10:50 – 11:00 AM	Discussant on Research Perspectives	DR. IMELDA ANGELES-AGDEPPA Director IV and Scientist II Food and Nutrition Research Institute Department of Science and Technology
11:00 – 11:40 AM	Open Forum	
11:40 – 11:50 AM	Synthesis	DR. JAIME ALFONSO AHERRERA, OYS 2020 Medical Specialist Philippine General Hospital University of the Philippines Manila
11:50 – 12:00 NN	Closing Remarks	ACD. JAIME C. MONTOYA Chair, Health Sciences Division NAST Philippines
ACD. CAMILO C. ROA, JR. Member, Health Sciences Division NAST Philippines Moderator		

WEBINAR ON LONG-TERM COVID
1 December 2021, 9:00 – 10:30 AM via Zoom

PROVISIONAL PROGRAM

9:00 – 9:05 AM	Welcome Remarks	ACD. RHODORA V. AZANZA President NAST Philippines
9:05 – 9:10 AM	Background and Introduction	ACD. GISELA P. CONCEPCION Member, Biological Sciences Division NAST Philippines
9:10 – 9:40 AM	Emerging Data on Long COVID-19 and Impact on our COVID-19 Survivors	DR. ANNA KRISTINA P. SERQUIÑA Staff Scientist National Cancer Institute National Institutes of Health
9:40 – 10:10 AM	Open Forum	ACD. WINDELL L. RIVERA Member, Biological Sciences Division NAST Philippines
10:10 – 10:20 AM	Synthesis	<i>[to be confirmed]</i>
10:20 – 10:30 AM	Closing Remarks	ACD. GISELA P. CONCEPCION Member, Biological Sciences Division NAST Philippines
ACD. WINDELL L. RIVERA Moderator		

TEACHING LABORATORY COURSES DURING THE PANDEMIC

29 November 2021 | 1:30 – 4:00 PM

via Zoom and Facebook Live

PROVISIONAL PROGRAM

1:30 – 1:45 PM	Opening Remarks	ACD. FABIAN M. DAYRIT Vice President NAST Philippines
	Introduction to the Webinar	ACD. ARNEL A. SALVADOR Member, Mathematical and Physical Sciences Division NAST Philippines
1:45 – 2:05 PM	Teaching a laboratory course in senior high school	MRS. BHAZEL ANNE R. PELICANO Philippine Science High School System
2:05 – 2:15 PM	Open Forum	
2:15 – 2:35 PM	Teaching a laboratory course in chemistry	DR. ARMANDO JEROME DE JESUS JR. Chair, Department of Chemistry Ateneo de Manila University
2:35 – 2:45 PM	Open Forum	
2:45 – 3:05 PM	Teaching a laboratory course in physics	MS. RITZ ANN P. AGUILAR Instructor, National Institute of Physics University of the Philippines Diliman
3:05 – 3:15 PM	Open Forum	
3:15 – 3:35	Teaching a laboratory course in biology	MS. HAO WEI C. HSU and MR. ELFRITZSON M. PERALTA Department of Biological Sciences University of Santo Tomas
3:35 – 3:45 PM	Open Forum	
3:45 – 3:55 PM	Synthesis	DR. REY DONNE S. PAPA, OYS 2021 Dean, College of Science University of Santo Tomas
3:55 – 4:00 PM	Closing Remarks	ACD. FORTUNATO B. SEVILLA III Member, Mathematical and Physical Sciences Division NAST Philippines
ACD. MARIBEL G. NONATO Member, Mathematical and Physical Sciences Division NAST Philippines <i>Moderator</i>		