



## Partnership

NVSU marks history  
with first Platinum  
Award in 2025  
ITSO Summit

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## Campus

NVSU Celebrates  
2,449 Graduates in  
21st Commencement  
Exercises

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3  
TOP

Master  
Electricians  
Licensure  
Exam



Engr. PILDE



Saniata ti NV  
KAREN MAE GUIEB

INSPIRING NVSUans story on Page 9

# CONQUERING THE GLOBAL SPACE

NVSU secures spot in THE Impact Rankings 2025 for advancing SDGs;  
marks third straight year of international recognition



2025

SUC IV  
LEVEL

WURI

The WORLD  
UNIVERSITY  
RANKINGS  
for INNOVATION

U Green  
Metric

THE  
IMPACT  
RANKINGS

2024

SUC IV  
LEVEL

WURI

The WORLD  
UNIVERSITY  
RANKINGS  
for INNOVATION

U Green  
Metric

2023

SUC IV  
LEVEL

WURI

The WORLD  
UNIVERSITY  
RANKINGS  
for INNOVATION

## INTERNATIONAL RANKINGS

See THE Impact Rankings on page 2

Nueva Vizcaya State University (NVSU) continues to make its mark globally, as it earns its third consecutive international recognition with its inclusion in the Times Higher Education (THE) Impact Rankings 2025. This follows its successful entries in the World University Rankings in 2023 and the UI GreenMetric World University Rankings in 2024, reflecting the university's growing global presence and commitment to excellence. What makes this recognition even more meaningful is that the ranked indicators align with NVSU's priority

Sustainable Development Goals (SDGs)—goals the university has long embraced through its instruction, research, extension, and governance initiatives.

From environmental stewardship and climate action to quality education, good health and well-being, economic empowerment, strong institutions, and global partnerships—NVSU's commitment to sustainable and inclusive development is now acknowledged on the international stage.

Among the highest distinctions received was in SDG 15: Life on Land, where NVSU was listed in 601-800th band, highlighting the university's dedication to biodiversity conservation,

land restoration and sustainable use of terrestrial ecosystems. This recognition reflects years of effort in ecological research, reforestation programs, and environmental education campaigns spearheaded by the university's faculty and students.

In the area of Climate Action (SDG 13), NVSU was listed in the 801-1000th band, recognizing its initiatives on climate awareness, risk reduction, and resilience-building within the community. From grassroots environmental activities to integrating climate-related topics into instruction and research, the university continues to take strides in addressing the climate crisis.



## NVSU's Third International Ranking



**NVSU**  
Nueva Vizcaya State University

Rank  
**1500+**



### SDG

15

**LIFE ON LAND**   
**Rank 601 - 800<sup>th</sup>**  
in the World

13

**CLIMATE ACTION**   
**Rank 801 - 1000<sup>th</sup>**  
in the World

16

**PEACE, JUSTICE  
AND STRONG INSTITUTIONS**   
**Rank 801 - 1000<sup>th</sup>**  
in the World

8

**DECENT WORK  
AND ECONOMIC GROWTH**   
**Rank  
1001+**  
in the World

3

**GOOD HEALTH  
AND WELL BEING**   
**Rank 1001 -  
1500<sup>th</sup>**  
in the World

4

**QUALITY EDUCATION**   
**Rank  
1501+**  
in the World

17

**PARTNERSHIPS FOR THE GOALS**   
**Rank  
1501+**  
in the World







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## NVSU joins Global Green Wave, plants 150 mulberry seedlings for biodiversity, sericulture

**In support of Nueva Vizcaya State University's celebration of the International Day for Biological Diversity, more than 150 mulberry seedlings were planted during the Organization for Industrial, Spiritual, and Cultural Advancement (OISCA) Furusato Green Wave 2025, a global environmental initiative at Singian Hills, Tuao South, Bagabag, Nueva Vizcaya, June 5.**

Spearheaded by the College of Teacher Education (CTED), in partnership with the College of Forestry, Environment, and Resources Management (CFERM), the Reserve Officers' Training Corps (ROTC) Unit – Bayombong, and the Office of International Affairs (OIA), the activity gathered students, faculty members and staff from NVSU to take part in this global tree-planting campaign organized by OISCA.

The Green Wave, launched by the Secretariat of the Convention on Biological Diversity under the United Nations Environment Programme (SCBD), is an annual campaign

encouraging young people worldwide to take action for the environment.

Planting mulberry seedlings is a key step in developing NVSU's Sericulture Program and establishing a five-hectare plantation, which is needed for a future Philature facility to process silk cocoons into high-quality fibers. This effort is led by Dr. Regino L. Galate, NVSU Sericulture Program Coordinator, with the strong support of University President Dr. Wilfredo A. Dumale Jr.

Prior to the planting activity, participants received a brief orientation on the proper way to plant mulberry seedlings and the importance of tree care, facilitated by Balik Scientist Dr. Guillermo A. Mendoza.

## About The PODIUM

**The PODIUM newsletter holds significant symbolism for Nueva Vizcaya State University (NVSU). The newsletter is inspired by a podium or rostrum made from an old tree near the old administration building.**

**Symbolic Heritage:** The podium made from an old tree symbolizes resilience. It serves as a metaphor for NVSU's commitment to sustainability, growth, and excellence in education and community engagement.

**Communication Platform:** Just as the podium provides a platform for speakers to address an audience, the newsletter serves as a platform for communication within and outside NVSU. It disseminates university news, administrative updates, academic insights, community engagement and internationalization initiatives.

**Historical Connection:** The presence of the rostrum from an old tree near the administration building underscores NVSU's deep-rooted history and commitment to preserving traditions while embracing progress. The Podium honors this historical connection by showcasing NVSU's journey, milestones, and achievements.

**Community Engagement:** The Podium promotes community engagement by featuring stories of alumni success, student accomplishments, faculty research, and staff contributions.







University President Dr. Wilfredo A. Dumale Jr. engages with the resource speakers during the open forum of the 11th International Lecture Series on Food Innovation, Safety, and Sustainability. The hybrid event gathered students, faculty, and professionals from NVSU, other universities, and partner institutions.

## NVSU, AIT lead int'l lecture series on food innovation, safety, sustainability

Aiming to foster global academic collaboration and promote innovation in food science and public health, the Nueva Vizcaya State University (NVSU), in partnership with the Asian Institute of Technology (AIT) in Thailand, successfully hosted the 11th International Lecture Series titled “International Lecture Series on Food Innovation, Safety, and Sustainability: A Collaborative Online International Learning (COIL) Activity between NVSU and AIT Thailand,” May 5-6.

The two-day lecture series featured interdisciplinary discussions on emerging topics such as nutrition, food safety, biotechnology, and alternative proteins. Organized by various colleges from NVSU's Bayombong and Bambang campuses, the event gathered students, faculty, and professionals from NVSU, other universities, and partner institutions.

On the first day, Prof. Dr. Anil Kumar Anal, Professor and Chair of the Food Innovation, Nutrition and Health and Food Engineering and Bioprocess Technology program at the Department of Food Agriculture and Bioresources at AIT and a globally recognized expert in food innovation, opened the series with his lecture titled “Next-Gen Nutrition: Probiotics, Functional Foods, and Biofortification as Tools for Wellness and Public Health.” Hosted by the College of Arts and Sciences from both campuses, the session explored how microbiota-based technologies and bioengineered foods can help address nutritional deficiencies and promote wellness.

The second day began with Mr. Johnmel A. Valerozo, a professional food technologist and an AIT graduate student, who delivered a talk on “Advancing Food Innovation and Health through Intercultural Collaboration: A Graduate Perspective from AIT.”

His presentation highlighted the critical role of global academic exchange in tackling public health challenges.

Prof. Anal followed with his second lecture, “Understanding Food Safety: Today's Challenges and Tomorrow's Solutions,” offering a comprehensive overview of current food safety practices and emerging threats.

These morning sessions were jointly organized by the College of Forestry, Environmental and Resources Management and the College of Engineering from both campuses.

In the afternoon, Prof. Anal presented a third lecture titled “Exploring the Potential of Alternative Proteins: Innovations, Impact, and Future Directions,” which emphasized sustainable protein sources such as insect- and plant-based alternatives.

He was followed by Mr. Daniel L. Rice, a research associate at AIT, who discussed “Fermentation Frontiers: Exploring Microbial Pathways for Alternative Protein Innovation.” These sessions were spearheaded by the College of Human Ecology and the College of Agriculture.

University President Dr. Wilfredo A. Dumale Jr. expressed his deep gratitude to the speakers and organizing units and urged students and faculty to maximize the knowledge gained from the lecture series and turn it into actionable research, community initiatives, and policy innovations.

The event concluded with the exchange of tokens and the awarding of certificates, symbolizing the mutual appreciation between NVSU and AIT. It also reaffirmed the strong partnership between the two institutions as they look ahead to future COIL activities that will further strengthen research, instruction, and extension work both locally and internationally.

## NVSU hosts Taiwan delegation for Citrus Pest Management collaboration

Nueva Vizcaya State University (NVSU) welcomed a seven-member delegation from Taiwan under the MECO-TECO Bilateral Project, in partnership with the Department of Science and Technology – Philippine Council for Agriculture, Aquatic and Natural Resources Research and Development (DOST-PCAARRD), June 17.

The Taiwan delegation was led by Professor Chia-Lin Chung of the National Taiwan University, who shared their deep interest in the progress and ongoing developments in the field, and conveyed their excitement about exploring more collaborative opportunities with NVSU. Joining the delegation are DOST-PCAARRD representatives Ms. Renelle C. Yebron, Senior Science Research Specialist I; Mr. Joel Norman R. Panganiban, Senior Science Research Specialist II; Ms. Jeri Maia C. Reyes, Senior Science Research Specialist I; and Mr. Eiros Colins R. Penido, Project Technical Assistant IV.

The visit supports two collaborative projects under the MECO-TECO framework:

1. Biological Control Agents Applied in the Integrated Pest Management Strategy for Citrus Foliar Diseases
2. Establishment of Eco-friendly Pest Control Methods for Citrus Aphid and Red Mite

These initiatives align with the Health, Agriculture, and Training (HAT) Initiative—jointly promoted by DOST and the National Science and Technology Council (NSTC) of Taiwan—to promote sustainable and environmentally safe pest management strategies in citrus farming.

Coordinated with the help of Dr. Jonar Yago, Vice President for Research, Extension and Training, the week-long itinerary includes site visits, scientific discussions, and field evaluations designed to facilitate technical exchange and enhance collaborative research between NVSU and its international partners.

Professor Chia-Lin Chung of the National Taiwan University expresses their team's interest in expanding collaborations with NVSU during their courtesy visit with the University President Dr. Wilfredo A. Dumale Jr.





*A message to the NVSU community for the recent success of the university in the 2025 Times Higher Education Impact Rankings.*



We are humbled and thankful as we look back when we “figuratively and literally” changed tire last September 8, 2022.

With **an army of dedicated NVSUans** beside me, we have become formidable, with God’s help, **we changed the landscape and the competitive position of NVSU.**

Thank you, members, of NVSU family who selflessly support and give their hands and brains, and most importantly love, to our institution.

Thank you, God, Almighty.

All glory are Yours alone.

**WILFREDO A. DUMALE JR.**  
Public Servant and University President



## NVSU broadens global network with OISCA, Nevika, Yamato



**Nueva Vizcaya State University (NVSU) continues to pave the way for internationalization and global engagement as it formally signed a Memorandum of Agreement (MOA) with Nevika Human Resource Internationale Inc., Organization for Industrial, Spiritual and Cultural Advancement (OISCA), and the Yamato Educational Foundation on May 23, at the Board Room of the New Administration Building, Bayombong Campus.**

The ceremonial signing, a hybrid event with key partners and witnesses participating both in person and online via Zoom, marked the official launch of the “NVSU Industry Skills Pathway in Japan” under the Technical Internship Training Program, a collaboration aimed at sending selected and qualified NVSU graduates to Japan to undergo skills training and unlock global career opportunities.

During the event, University President Dr. Wilfredo A. Dumale Jr. delivered a message, highlighting the importance of the partnership and extending heartfelt gratitude to the representatives of NEVIKA, OISCA, and Yamato for their presence and support. “This collaboration represents our shared vision of opening more international opportunities for our graduates. Thank you very much for believing in the capabilities of NVSU,” he said.

Dr. Dumale emphasized that one of the university’s key goals is internationalization, which includes strengthening the global presence of NVSU graduates across diverse industries and countries.

“We have a clear direction when it comes to internationalization. Our very first global engagement models were in Thailand and Turkey, mostly involving teacher

deployment. These have become significant collaborations, especially with a major foundation in Thailand that helps procure teaching positions for our graduates,” he shared.

The president also mentioned ongoing efforts in citrus research and development, which is now gaining traction in Japan, benefiting NVSU researchers and students alike.

“We are committed to helping our students who are going to Japan for internship work. This is a great opportunity not just for employment but also for growth, exposure, and empowerment,” he added.

Furthermore, Dr. Dumale highlighted the importance of empowering NVSU faculty to embrace international experiences.

“Our faculty members must see what’s happening globally—only then can they educate students in ways that prepare them for the international stage,” he said.

Adding to the significance of the event, messages of support were delivered by representatives from the partner organizations.

### by the numbers

## International Linkages

Quarter 2

**TOTAL NO.**  
of Partners

**MEMORANDUM**  
of Understanding / Agreement

2025

22

22

2024

16

16



## A First for Cagayan Valley

### NVSU marks history with first Platinum Award in 2025 ITSO Summit

Strengthening its position as a powerhouse in innovation and intellectual property (IP) development, Nueva Vizcaya State University (NVSU) bagged its first-ever Platinum Award during the Innovation and Technology Support Office (ITSO) Presidents' Summit and General Assembly held at the Sequoia Hotel Manila Bay, Parañaque City, April 10.

Significantly, NVSU is the only state university and college in the Cagayan Valley region to receive this prestigious recognition.

The Platinum Award is the highest award given by the Intellectual Property Office of the Philippines (IPOPHL) to top-performing ITSOs across the country that have demonstrated excellence in patent generation, IP commercialization, capacity-building, and active participation in the country's innovation ecosystem.

The university, through its Intellectual Property and Technology Business Management (IPTBM), demonstrated a steadfast commitment to knowledge dissemination and IP awareness with 14 dynamic Intellectual Property awareness seminars, four specialized patent drafting trainings, and four targeted prior art search trainings, all designed to empower researchers, faculty, students, and local inventors with the knowledge and tools to protect and commercialize their creations.

### NVSU bags double win at '25 North Luzon Tech Pitch

Nueva Vizcaya State University (NVSU) proudly showcased its research excellence and innovation prowess during the 2025 North Luzon Innovation and Technology Transfer Summit, earning top recognitions in the North Luzon Tech Pitch Competition held at the Newtown Hotel Convention Center, Baguio City, April 23 to 25.



In support of these efforts, NVSU also provided 24 prior art search report, ensuring the quality and novelty of potential IP applications.

Moreover, NVSU successfully filed 11 IP applications, which included six patent applications and five utility models.

In 2024, two technologies have already been commercialized, reinforcing the university's goal of turning innovative ideas into market-ready solutions. Notably, one patent was also granted (Groundwater Recharge Structure by Dr. Aquino and Engr. June C. Quipo), further elevating NVSU's growing IP portfolio and solidifying its position as a leading driver

of innovation.

This achievement is strongly aligned with NVSU's Development Goal 3: Technology Commercialization, which focuses on transforming academic research into market-ready solutions that can contribute to industry development and societal advancement.

Representing University President Dr. Wilfredo A. Dumale Jr., the award was received by NVSU ITSO Manager Dr. Sony P. Aquino and Project Technical Assistant II Mr. Eduard P. Bragado.



Two projects from NVSU bagged awards under key development categories. The "Universi Tea: NVSU Premium Mandarin Tea," presented and exhibited by Dr. Elbert A. Sana, College of Agriculture (CA) Faculty and Director of the Citrus Resources for Research and Development Center and Mr. Ronald M. Gapuz, CA Faculty, emerged victorious in the Agriculture, Aquatic, and Natural Resources category, securing a PHP 20,000.00 prize.

Meanwhile, the "Development of Microfluid Paper- Based Analytical Devices (uPADs) for the Detection of Diarrhea-causing Pathogens in Water" project, presented by Ms. Kristine Jane P. De Leon, College of Arts and Sciences (CAS) Faculty, also claimed Php 20,000.00 under the Health category.

The summit was organized under the TechGrow Program of the Department of Science and Technology (DOST).



## NVSU holds 2025 Management Review to strengthen QMS, Strategic Alignment

With its aim to ensure the continuing suitability, adequacy, and effectiveness of the university's Quality Management System (QMS) in alignment with its strategic direction, as required by ISO 9001:2015 Clause 9.3. Nueva Vizcaya State University (NVSU), led by NVSU President Wilfredo A. Dumale, Jr., conducted its first Management Review for 2025 at Disadeco Hotel, Resort and Events Center, April 24-25.

The review covered key performance indicators, audit results, customer satisfaction, nonconformities, and improvement opportunities. With inputs such as the status of past actions, internal and external changes, QMS performance, and resource adequacy, the event highlighted NVSU's commitment to continual improvement and stakeholder satisfaction.

In his address during the President's Time, Dr. Dumale emphasized the importance of self-assessment and accountability.

"Mga kasama, tignan nating mabuti, ipakita ninyo ang mukha ng inyong mga unit. Tayo dito ang mga responsible because we lead our respective units. How far have we come in achieving our targets? Only when we have that mindset

will the management review become successful. While we celebrate our gains, while we celebrate our winnings, we should not fail to understand our shortcomings," he said.

Decisions from the review focused on enhancing process effectiveness, identifying resource needs, and proposing changes to the QMS.

All results were documented in the Management Review Report (MRR) to guide future actions and compliance.

Participants of this event included President Dumale, Vice Presidents, QMS Management representatives, unit heads, internal quality auditors, and other stakeholders.



## NVSU faculty, staff trained to lead transformative change in Higher Education

Guided by strategic foresight and futures thinking, NVSU continues to prepare its faculty and staff to lead transformative change in higher education.

Through the intensive University Futures Masterclass, participants engaged in a rigorous training designed to strengthen their capacity to anticipate and respond to the evolving academic landscape.

As a continuation of the Regional Futures Consortium Workshop, the University Futures Masterclass served as a forward-thinking initiative for higher education leaders. It aimed to equip participants with essential tools, insights, and strategies to craft future-aligned project proposals and institutional priorities. The program featured lectures, workshops, and interactive sessions that emphasized SDG integration and peer learning for lasting impact.

Dr. Ma. Oliva Z. Domingo led several sessions, including Foresight and Futures Thinking: A Briefer, Refining the Focal Agenda for Higher Education, and two workshop components: Framing and Causal-Layered Analysis and Environmental Scanning.

Dr. Reginald G. Ugaddan facilitated the session on Blueprints of the Future through Scenario Development and the accompanying Scenario Development and Backcasting workshop.

A special lecture on Futures Thinking and Foresight on the Localization of SDGs in the Higher Education Landscape was delivered by Dr. Aldrin A. Darilag.

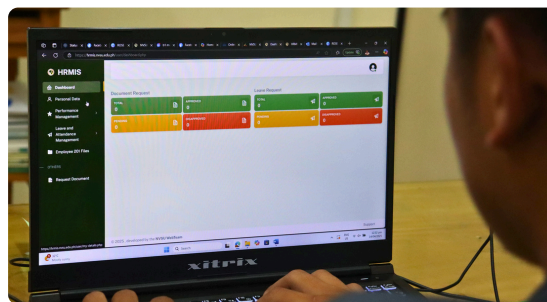
To conclude the training, Dr. Ruperto S. Sangalang presented Vision to Reality: Architecting the University Futures Project Proposal, guiding participants in translating their insights into actionable plans.

## NVSU strengthens digitalization drive through its HRMIS, DokTracer systems

Nueva Vizcaya State University (NVSU) is accelerating its digital transformation by officially rolling out two key systems, the Human Resource Management Information System (HRMIS) and DokTracer, as part of its efforts to modernize and streamline institutional processes.

Spearheaded by University President Dr. Wilfredo A. Dumale Jr., the initiative supports NVSU's commitment to building a more efficient, transparent, and service-oriented environment by shifting from manual to digital operations.

HRMIS is an integrated online platform designed to manage human resource functions



such as employee records, leave applications, and personnel data. Effective immediately, all employees are required to update their Personal Data Sheet (PDS) through the HRMIS using their Uconnect login credentials, in line with University Memorandum No. 172.

The system also now serves as the exclusive platform for filing leave applications

using the Application for Leave (CS Form 6) module, as stated in University Memorandum No. 173).

Complementing this system is DokTracer, an electronic document tracking and transmission platform that enables secure and efficient processing of official papers. According to University Memorandum No. 174, all travel orders, leave applications, and finance-related documents must now be processed through DokTracer.

Together, HRMIS and DokTracer form the backbone of NVSU's digitalization thrust, marking a significant leap toward a fully digital administrative framework.





## NVSU Celebrates 2,449 Graduates in 21st Commencement Exercises

**Nueva Vizcaya State University (NVSU) conferred degrees to 2,449 graduates during its 21st Commencement Exercises held at the NVSU Gymnasium Bayombong Campus.**

Of these, 1,340 students are the first college graduates among their siblings, 553 of whom are also members of Indigenous Peoples (IP) groups. In total, 1,067 (46.3%) graduates belong to IP communities, reflecting NVSU's role in promoting inclusive and equitable education.

The milestone was marked by two ceremonies: July 1 for the Bambang Campus with Department of Budget and Management (DBM) Secretary Amenah "Mina" F. Pangandaman as Guest of Honor, and July 3 for the Bayombong Campus graced by Commission on Higher Education (CHED) Chairperson Hon. Shirley C. Agrupis.

University President Dr. Wilfredo A. Dumale Jr. congratulated the graduates and shared NVSU's notable achievements over the past three years, including its improved global and national standing in World University Rankings for Innovation (WURI), UI GreenMetric, and Times Higher Education (THE), as well as its recognition with the Philippine Quality Award.

"Kami ay nakikigalak sa inyong lahat sa malaking tagumpay sa inyong pagtatapos... kami ay buong pusong nagsisikap upang lalong tumaas ang antas ng kalidad ng edukasyon sa NVSU," he stated.

In her video message, Sec. Pangandaman encouraged graduates to embody resilience, compassion, and leadership, saying, "Not everything that gets interrupted must end. Some dreams may be delayed but they're never forgotten. Be the light in dark spaces. Be the hope in uncertain times."

Meanwhile, Chairperson Agrupis, through CHED Regional Director Dr. Julieta M. Paras, urged graduates to "carry on the legacy of this university with pride, and go forth to build a future that is bright, inclusive, and sustainable for all."

Leading the Class of 2024 were Abdul Salam B. Almerol, summa cum laude, Bachelor of Science in Computer Science (Bayombong Campus), and Hans C. Bangyad, magna cum laude, Bachelor of Science in Computer Science (Bambang Campus). This year's theme, "Anchoring on Our Strengths, Embodying the SDGs," highlights NVSU's commitment to sustainable development and global competitiveness.



University President Dr. Wilfredo A. Dumale Jr.



CHED Reg'l Director Dr. Julieta M. Paras



Hans C. Bangyad



Abdul Salam B. Almerol

### by the numbers

No. of graduates  
with latin honors

206



## Saniata ti Nueva Vizcaya 2025: Karen Mae Guieb's Story of Purpose and Power Beyond the Crown

Nueva Vizcaya State University (NVSU) is more than just a home for future educators and leaders — it is also the training ground and a home for queens with purpose. Among its shining students is Karen Mae Garcia Guieb, a third-year Bachelor of Secondary Education major in English, who was recently crowned Saniata ti Nueva Vizcaya 2025. Hailing from Lantap, Bagabag, Karen not only brought home the province's most coveted crown, but also made history as the first ever from her municipality to do so.

Behind her morena beauty, graceful walk and radiant smile is a story shaped by perseverance, purpose, and a passion for education — a story that continues to inspire many.

### From Campus Queen to Provincial Icon

Karen's journey in pageantry began within the very halls of NVSU. She was crowned Ms. College of Teacher Education (CTE) Sportsfest 2022 and later went on to earn the title of Ms. NVSU PASUC 2023, representing the university with poise and brilliance. Each crown she wore was not just a title, but a responsibility — one that she embraced wholeheartedly.

Now, with the Saniata ti Nueva Vizcaya 2025 crown on her head, Karen looks back at her most unforgettable moment: the final Q&A. "As I stood up to answer, I felt a sense of pride and gratitude. It gave me the opportunity to showcase not

only my intellect but also my capacity to inspire and touch the lives of every Novo Vizcayano," she recalled. When her name echoed through the venue as the winner, her heart leapt with joy.

"It would be a history in my municipality of Bagabag — finally bringing home the first ever Saniata ti Nueva Vizcaya crown," she shared.

### Molded by NVSU, Inspired to Lead

Karen's growth as a beauty queen is deeply rooted in her NVSU experience. "Being a student of NVSU and being hailed as Ms. NVSU PASUC 2023 molded me to become a queen who values education and determination. It taught me that pageantry is more than just a title—it's a platform to inspire and lead," she said.

To young women dreaming of the same path, Karen offers this advice: "Prioritize compassion and authenticity. Stand out by embracing your story. Be resilient, be real, and let your light shine."



## Faith and Focus: Engr. Mae Joy Pilde's Journey to RME Top 3

*Here are some expert tips from Engr. Pilde on how to ace your board exam.*

1. **Hindi kailangang basahin niyo lahat kasi ang tao may limit/hangganang ang ating kakayanan.** Always remember, GOD is ENOUGH. As long as you do your best/part during the review, then si God na bahala sa mga 'di mo nabasa at na-review dahil sa kakulangan ng oras.
2. **Always pray to God** before starting your review.
3. **During the exam, take your time.** Check your answers. Make sure every number has an answer. Read the instructions. If possible, answer first before shading to avoid erasures. Sometimes questions repeat—compare the choices and use elimination if you're unsure.
4. **After exam, huwag isipin ang mga maling sagot.** Isipin mo yung mga tamang naisagot mo para iwas stress at kung ano-anong iniisip."
5. **You need good time management.** Budget your 24 hours. Don't cut down on sleep —health is important. Your brain won't function well if your body is weak. It's okay to go on social media, just be mindful of your time—15–20 minutes is fine. Cooking and eating take 1–2 hours.

”

To all the young girls who dream of becoming both beauty queens and academic achievers - continue chasing your dreams.

**Achieving dual success requires passion, hard work, and time management. Don't give up on one for the sake of the other. You can shine in both worlds.**

Saniata Ti Nueva Vizcaya 2025  
KAREN MAE GUIEB'S STORY  
OF PURPOSE AND POWER  
BEYOND THE CROWN



*This is an excerpt from the full article found here. Please scan*





NVSU's Mr. Dario Santos and Ms. Rev Lorenzo-Marcos showcase skill and strength at the Philippine Masters Athletics Championship in Pasig City. | Photos from PMAC

ON TRACK



## NVSU faculty score multi-medal triumph PH Masters Athletics Championship

Faculty members of the Nueva Vizcaya State University (NVSU) proved that excellence goes beyond the classroom as they clinched multiple medals during the Philippine Masters Athletics Championship held at the PhilSport Track and Field Oval, Pasig City, June 7-8.

Mr. Dario Santos of the College of Teacher Education, showcasing his athletic prowess, brought home an impressive five medals- silver in discus throw, javelin throw, 4x100m relay, and 4x400m mixed relay and bronze in triple jump.

Meanwhile, Ms. Rev Lorenzo-Marcos of the College of Business Education, competing in the 40-44 women's category, demonstrated her versatility and endurance across multiple events- bronze in the 100m, 200m, 400m, and long jump. silver in pole vault and 4x100m mixed relay and gold in the women's 4x400m relay.

## PRIDE AND PODIUM

## NVSU student- athletes excel in SCUAA Games

Bringing home pride and medals, 34 NVSU student-athletes were recognized for their outstanding performance in the National SCUAA Games last April, with several earning podium finishes in various events.

Leading the roster of achievers were Rowen Jay C. Ballesteros, who secured a silver medal in the Archery Team Competition; Edward W. Dulnuan and Venzon A. Ramos, who both earned bronze medals in Boxing; Donner M. Batungbakal, who brought home a bronze in Taekwondo; and Dexter Miranda, who clinched a bronze in Arnis. Also recognized were Romel Lagmay, who finished 4th in the

5,000-meter run and 7th in the 7,000-meter run; and Regine Aragon, who claimed 7th place in the 1,500-meter run.

Hosted by Camiguin Polytechnic State College, this sports event ran from April 22 to 27, 2025, uniting over 7,000 athletes and delegates from State Universities and Colleges (SUCs) across the nation in an exciting showdown of strength, skill, and school pride.

by the numbers

**34** Athletes

**14** Coaches



## Healthy workforce in focus as NVSU starts Biggest Loser Challenge

To champion employee wellness, Nueva Vizcaya State University (NVSU) through its Health Services officially launched "The Biggest Loser Challenge: Employees Edition" through an initial weigh-in and orientation held on May 13 at the University Library.

A total of thirty-nine (39) qualified employees participated in the event, which included a comprehensive briefing on their 12-week fitness journey by Ms. Joy April P. Gajitos, Nurse II, and a discussion on nutritional planning and diet computation using "My Diet Plan," facilitated by Ms. Maria Teresa A. Fulgencio, Associate Professor III of the College of Human Ecology (CHE). Running until Aug. 4, 2025, the challenge highlights NVSU's strong commitment to fostering a healthy and productive workforce.

