

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY



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DTI TO UTILIZE DIGITAL STRATEGIES TO HELP SMALL BUSINESSES RECOVER

The Department of Trade and Industry (DTI) pushed for the adoption of digital strategies and utilization of e-commerce to assist the recovery of small business affected by the COVID-19 pandemic at the virtual Pre-State of the Nation Address (SONA) Forum of the Economic Development and Infrastructure Cabinet Clusters (EDC-IC) on 8 July 2020.

“Micro, small, and medium enterprises (MSMEs) need stronger market and financial access in order to prosper. Our main goal is to not only provide loans and capital, but also help MSMEs migrate online

through the use of digital platforms in marketing their products,” said Trade Secretary Ramon Lopez.

In preparation for the 5th SONA of President Rodrigo Duterte, the country’s chief economic managers and infrastructure officials discussed the Administration’s efforts on regaining momentum and accelerating recovery amid the challenges that the Philippines is facing due to the COVID-19 pandemic.

For DTI’s part, Secretary Lopez highlighted several DTI-initiated programs to support small businesses, especially small online

businesses, which have been growing and thriving during this time of the pandemic.

Among those discussed was “CTRL + Biz Reboot Now!”, a series of free Webinars aimed at providing MSMEs information on transforming their business digitally. Partners across the entire e-commerce ecosystem have provided their expertise and experiences on how to take advantage of the digital space and the utilization of effective financial technology.

DTI has held two series of online seminars for a total of 23 sessions and with a total reach



of 517,300 attendees. In addition, the trade chief mentioned partnerships with major online platforms, such as Shopee and Lazada, to guide online businesses in navigating the

e-commerce platform.

Meanwhile, the COVID-19 Assistance to Restart Enterprises (CARES) microfinancing program of the Small Business Corporation (SB Corp) offers loans at

0% interest rate that are payable in 18-24 months. To date, SB Corp has received a total of 23,448 accounts amounting to Php3.2 B. Of these, 1,994 applications worth

(cont. P.4)

Sen. Revilla, umapela sa NTF sa mga bagong alituntunin ng angkas



Isinaad ni Senador Ramon “Bong” Revilla sa kanyang sulat kay National Task Force (NTF) chairman Sec. Delfin N. Lorenzana na hindi pa ligtas ang pag-install ng DIY o

Do-it-Yourself na pang-harang dahil maaaring makagambala ito sa balanse at engineering ng motorsiklo.

Ayon kay Revilla, isa sa pinakamahalagang aspeto ang balanse sa

pagdidisenyo, pag-engineer, at pagsakay ng motorsiklo bilang isa ring rider.

“When you have a back rider, the weight has to be synchronized. As the rider weighs left, the backrider has to do the same or else there’s a high chance of crashing. A divider between both riders will make this and balance very difficult as there will be no tactile feedback between them. That barrier will also impact aerodynamics greatly, also interfering

(cont. P.3)

Remulla: People need a balance between health and livelihood



“Now is the time for leaders and NOT politicians,” said Governor Jonvic Remulla on Thursday as he expressed his sentiments on the rising toll of coronavirus disease (COVID-19) cases in the country.

The national government has announced recently that Philippines can no longer implement another strict quarantine restriction as the nation needs to revive its economy.

Despite the decision of the Palace regarding the quarantine status amid rising cases of the deadly virus, Remulla emphasized the need to take the right steps for

(cont. P.7)

#BANGON features Singapore's COVID-19 food safety experience



Bayanihan and Technology- recently conquered the CALABARZON international scene. in partnership with Singapore's Department of Science Nanyang Polytechnic

International(NYPi) produced #BANGON's 6th webinar episode entitled, "Sharing of Singapore's experience in ensuring food safety during COVID-19 pandemic, moving towards a new normal". A total of 214 food safety trainers and MSMEs were better equipped with timely and relevant information through an

interactive and insightful sharing of experiences and best practices in the field of food safety and technology led by Mr. Richard Khaw, Deputy Director of Nanyang Polytechnic School of Chemical and Life Sciences.

Mr. Khaw in his discussion proved that experience is indeed the best teacher as he shared the temporary and new measures of food safety in his country. He also shared specific best practices of industries in Singapore and highlighted the impact and different challenges to food regulators in this COVID-19 pandemic 'season'.

Use. Brenda Nazareth-Manzano, DOST Undersecretary for Regional Operations, in her opening remarks stated that unsafe food is detrimental to the economy-"When food is not safe, children cannot learn, adults cannot work, and humans cannot function." She then went on to emphasize that this is precisely the reason why DOST puts premium on the country's food safety needs. Secretary Fortunato T. de la Peña in his inspirational message seconded this by stating



PAGHIHIGANTI

1. Ang mabuting gawa may buting biyaya,
May ganting parusa ang masamang gawa,
Ganyan yaong aral mula pa nang bata,
Sabi'y lahat galing sa ating Bathala.
2. Kung may naapi at nais ay ganti,
Napipinsala rin pag ating namuni,
Ang naghihiganti kahit pa naapi,
Pag lihis sa batas, sama ay dadami.
3. Ang paghihiganti ay uso nang una,
Bahagi nang unang ugaling minana,
Edukasyon itong nagtulak mag-iba,
Kaya't tao'y sunod sa batas ang porma.
4. Pag sinaling itong taong masasaktan,
Sa una ay galit ang mararamdaman,
Sa sulsol ng iba ngitngit makakamtan,
Sa huli'y higanti ang hiyaw ng angkan.
5. Dahil di lang ngitngit nitong isang tao,
Kundi ngitngit ito nitong kanyang grupo,
Ang paghihiganti ang nagiging takbo
Ng mga usapang puno ng silakbo.
6. Nguni't alam natin na paghihiganti,
Lilikha ng higit na samang marami,
Hindi matatapos ang palitang imbi,
Sa dami ng taon di rin bumubuti.
7. Subali't sumapit itong edukasyon,
Mainit na kape'y lumamig sa gayon,
Sa aral nalaman na ang ganting layon,
Hindi ang marapat na balik sa buhong.
8. Kaya sa batas na ipinabahala,
Ang parusang laan sa ginawang sama,
Sa gayon lipunan nagtulong sa gawa
Na tao'y may ugut tungo sa payapa.

that 60% of the MSMEs assisting are under the food sector specifically under food processing. He then went on to note the importance of food safety especially during these times-"We need all the knowledge for keeping food safe... particularly now that we are doing marketing in very different ways than before (as)...there are a lot of logistics involved and many stages where unsafe practices can come in." Dr. Alexander Madrigal, Regional Director of DOST-CALABARZON, also highlighted the importance of the webinar as a means to better equip our frontliners in the field of food safety with timely and relevant information that could help improve and innovate our strategies and practices.

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Also present in the webinar were officials from NYPi led by its Chief Executive Officer, (cont. P.3)



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PGC Launches Botika on Wheels

To uphold its commitment to serve and protect the people, the Provincial Government of Cavite under the leadership of Governor Jonvic Remulla in coordination with the local government units launched Botika on Wheels to give essential medicines to senior citizens on June 5, 2020. The mobile drug store aimed to visit all barangays of the entire province and reach out to the elderly who are not allowed to leave their homes as they are more vulnerable to COVID-19. With its initial offering, Botika on Wheels team visited 27 barangays of the Municipality of Maragondon from June 5 - 11, 2020 and distributed free maintenance medicines to a total of

2,260 senior citizens as well as vitamins to help boost their immune system. On the other hand, the mobile drug store dispensed medicines to 4,364 elderlies of Cavite City on June 16-23, 2020. While on June 25 -26, 2020, one thousand five hundred sixteen (1, 516) senior citizens of the Municipality of Naic also received their prescription medicines.

As of June 29, 2020, eight thousand one hundred forty (8,140) individuals benefitted from the Botika on Wheels program. The activity was made possible with the assistance of Provincial Health Office, Maragondon Mayor Reynaldo Rillo, Cavite City Mayor Bernardo Paredes, ABC President Apple Paredes and Naic



Mayor Jun Dualan as

well as Municipal and City Health Officers, Dr. Aldous Angeles - Sattelite Hospitals Chief, barangay captains

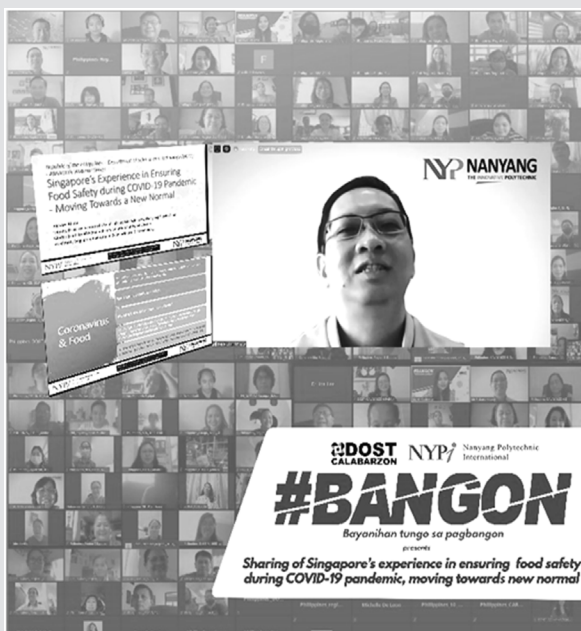
and barangay health workers who helped the team in distributing the medicines. During the activity,

Botika on Wheels team practiced social distancing and wore face mask to ensure the safety of everyone.(PICAD)

#BANGON... (from p. 2)

Dr. Henry Heng, Dr. Joel Lee, Director of Nanyang Polytechnic School of Chemical and Life Sciences, otherNYPi Directors, Ms. Esther Bay and Mr. Lim Choon Guan.

The webinar's participants also have these to say when asked about lessons they have learned. Kathleen Tamayo shared her realization upon the impact that this pandemic may have brought upon the food safety industry as she commented- "Food Safety is heavily affected by the pandemic. But keeping in mind protocols and putting it in place, in the context of food safety, will help us keep up in these times." Meanwhile, ElyssBilledo and Andrew de Los Angeles both agreed of the need to impose and tailor-fit regulations for food establishments. Billedo mentioned that: "There is a new normal in food safety as well. More stringent measures should be applied especially in food establishments. De Los Angeles also agreed on the need for measures but also highlighted the importance of a more flexible set of regulations as he said: "Certain flexibility in relaxing food safety regulations need not compromise safety by having counterpart



random validation in the process."

DOST, NYPi, and Temasek Foundation have been institutional partners on food safety since 2016. Officials and staff of DOST together with other delegates from government agencies like Department of Health, Food and Drug Administration, Department of Agriculture-National Meat Inspection Service and National Food Authority- Food Development Center have been trained under the Food Safety and Technology Program. A total of 160 officials and staff completed the training. To date, DOST

and NYPi's partnership continues to grow through collaboration and networking on food testing and analytical tools. A recent addition to the list is this #BANGON webinar where they shared their experiences and best practices.

B A N G O N : Bayanihan tungo sa pagbangon is a free online seminar series produced by DOST-CALABARZON for DOST-assisted MSMEs. Now on its 6th offering, this seminar series hopes to inspire and encourage MSMEs to bounce back and continue their business journey in this new normal. (DOSTIVA PARCU)

Sen. Revilla... (from p. 1)

will balance," ayon kay Revilla.

Dagdag pa niya, bukod sa mataas na posibilidad na ang makeshift barrier ay maaaring humantong sa higit pang mga aksidente sa motorsiklo, pwede rin itong magdulot ng mas malaking pinsala.

I m i n u n g k a h i ni Revilla na gawing requirement ng NTF sa mga rider at backrider ang pagsuot ng guwantes, face mask, at tamang helmet o mga face shield

na hindi makakagambala sa kinakailangang pagmamaneho at balanse ng mga rider.

"After all, both riders live in the same house where they interact in the same space without masks, share utensils, and at the end of day, sleep on the same bed. The installation of a barrier on motorcycles for the purpose of protecting them from each other seems unnecessary," sabi ng senador.

Nauna nang inanunsyo ni Interior

Secretary Eduardo Ano nitong Huwebes, Hulyo 9, na pinapayagan na ang pag-backride sa mga motorsiklo para sa mga mag-asawa, sa kondisyon na ang driver at ang rider ay parehong may suot na face mask at may dalang mga identification card na maaaring magsilbing patunay na sila ay nakatira sa iisang bahay.

Kinakailangan din na may hawakan sa pagitan ng rider at driver ang makeshift barrier sa motorsiklo. (GoCavite)

Pagbati Mula kina:



Coun. Adrian Jay 'AJ' Advincula
Imus City, Cavite



Coun. Tito V. Monzon
Imus City, Cavite



Mayor Nonong Ricafrente
Rosario, Cavite

**ROSARIO,
BAYANG
TAHIMIK,
MASAYAAT
MAUNLAD**



**LET THERE
BE LIGHT!**

By
ENGR. VIR CAMPAÑA BAUTISTA
F & A.M. Luis Olimpo Ferrer Lodge 366

SAHUD-ULAN - Ang Sahud-ulan, Tanza ay isang nayon na ang taniman ay walang patubig kundi tanimang umaasa sa ulan kaya gayon ang naging tawag.

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
BRANCH 15, NAIC, CAVITE

HOME DEVELOPMENT MUTUAL FUND
(Pag-Ibig Fund)
Mortgagee/Petitioner,

FNC-2020-60
For : Extra-Judicial Foreclosure of Real Estate Mortgage under Act 3135, as Amended by Act No. 4118

-versus-

ELIZA ALONZO RIVERO,
Mortgagor/Respondent.

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial petition for sale under Act 3135, as amended by Act 4118 filed by **HOME DEVELOPMENT MUTUAL FUND (Pag-Ibig Fund)** mortgagee/petitioner, a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, which mortgage against **ELIZA ALONZO RIVERO**, with postal address at #0036, Pasong Camachile Uno Subdivision, Gen. Trias, Cavite, to satisfy the mortgage indebtedness which as of December 20, 2019 amounts to **FOUR HUNDRED FIFTY THOUSAND SIX HUNDRED SEVENTY FOUR PESOS & 78/100 (P450,674.78)** Philippine currency, inclusive of interest and other charges, the undersigned Sheriff will sell at public auction on **September 8-15** at 10:00 o'clock in the morning or soon thereafter at the main entrance of the Office of the Ex-Officio Sheriff at the Hall of Justice formerly Mayor Macario B. Pena Memorial Hall, Naic, Cavite, to the highest bidder, for cash and in Philippine currency, the following described property with all the improvements existing thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-057-2018032837

A CERTAIN LAND SITUATED IN BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON, bounded and described as follows: LOT NO : 23. BLOCK NO : 34 PLAN NO : PSD-04-246094 PORTION OF SUBD. OF BLOCK 32, PCS-04-030597 LRC RECORD NO. 8340 LOCATION : BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON TECHNICAL DESCRIPTION BOUNDARIES : LINE DIRECTION, ADJOINING LOT (S) 1-2 NE LOT 9, BLOCK 34, PSD-04 246094, 2-3, SE LOT 24, BLOCK 34, PSD-04 246094 3-4 SW ALLEY LOT 20, PSD-04-24609 NW LOT 22, BLOCK 34, PSD-04 246094.

TIE POINT : MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE LINE, BEARING DISTANCE TO CORNER, 1 S. 40 34' E 2562.43 M. 1-2 s. 29.26. E 3.50 M 2 - 3 8.00 M. 3 - 4 N. 29° 26' 3.50 M 4 - 1 60°. 34 8.00 M. AREA : TWENTY EIGHT SQUARE METERS (28) . x x x x x

All sealed bids must be submitted to the undersigned on the above-stated time and date.

Prospective bidders or buyers are hereby enjoined to investigate for themselves, the title herein above-described and the encumbrances thereon, if any there be.

In case of the absence of any participating bidder on the above-scheduled date, said auction sale will be reset and finally held on April 14, 2020 at the same place and time above-mentioned.

Naic, Cavite, March 7, 2020.

(SGD) JANELLE V. LAGADON, MBA
Sheriff IV

HOME DEVELOPMENT MUTUAL FUND
(Pag-Ibig Fund)
The Petron Mega Plaza Building, No. 358
Sen. Gil Puyat Avenue, Makati City

MARIA VICTORIA D. CAPIRAL
c/o POMPEYO MAYNIGO
Attorney-In-Fact, Vision Credit and
Collection Services Inc., JRDC Building
117 Sen. Gil Puyat, Pasay City

ELIZA ALONZO RIVERO
#0036, Pasong Camachile Uno
Subdivision, Gen. Trias, Cavite/Lot 23,
Block 34, Phase 2 Pasinaya
Homes, Sabang, Naic Cavite

HUMANITY NEWS
JULY 13, 20 & 27, 2020

SHOP SAFE. STAY SAFE. Craving for your favorite meals or need to stock up on some essentials? SM has got you covered! Connect with your fave store and order your favorites through SM Santa Rosa's Connect and Collect program!

Just dial the hotline numbers and place your orders and an SM store staff will have your orders ready for you either by store pick up, through our Pick Up Center at the Ground Level (near Butterfly Garden) or at the Curbside Pick Up at the front parking near Entrance 1 (Breadtalk and Pizza Hut). Experience hassle free shopping only at SM City Santa Rosa! (PAMELA JANE BAUN)

CONNECT & COLLECT

ORDER...
CONFIRMED

FAST AND EASY STORE TRANSACTIONS!

- 1 CUSTOMERS PLACE THEIR ORDERS DIRECTLY TO STORES
- 2 CUSTOMERS SETTLE PAYMENT TO STORES VIA AVAILABLE PAYMENT CHANNELS.
- 3 CUSTOMERS WILL PICK UP ORDERS VIA:
 - STORE
 - PICK UP CORNER AT THE CENTER CONCIERGE
 - CURBSIDE PICK UP**LOOK FOR OUR COLORFUL CURBSIDE MARKER!**

THE SM STORE THRU VIBER COMMUNITY
ACE HARDWARE THRU VIBER COMMUNITY

RAI RAI KEN 0947 608 0430
MAX'S RESTAURANT 0998 967 7284

SARABIA OPTICAL 0917 637 4166

SM CITY SANTA ROSA

DTI... (from p. 1)

Php152.4 M have been approved. DTI expects the release of Php500.0 M loans by mid-July and the full Php1.0 B fund by the end of the month.

"The MSME sector is the backbone of the Philippine economy and comprises 99% of businesses in the country. As such, as we recover from the pandemic,

instead of just adapting to the 'New Normal', we should create a 'Better Normal,'" said Sec. Lopez He reiterated: "We must save MSMEs to save jobs. We must generate income that brings back demand, demand that attracts more production and service activities. This is the way to restart the economy." (dti.gov.ph)



ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

HUMANITY TRIVIA

(IT TELLS THE DATES OF INVENTION, PLACES OF PLANT ORIGIN AND CURES OF DISEASE)

- Radio - 1888
- Reinforced concrete - 1872
- Onion - Asia
- Oregano - Mediterranean
- Labanos - gout

Smart malling experience at SM malls in Laguna

1 CENTER CONCIERGE
YOUR ESSENTIAL NEEDS ACCOMMODATED VIA PERSONAL SHOPPER.

2 GRAB & GO
QUICK TAKEAWAY OF YOUR FAVORITE DISHES FROM RESTAURANTS YOU LOVE.

3 CONNECT & COLLECT
AS EASY AS 1, 2, 3 DIRECT TENANT TRANSACTION FOR YOUR SATISFACTION.

4 SMART MALLING
SCHEDULE AND APPOINTMENT WITH YOUR PREFERRED WELLNESS CENTER.

SMART MALLING IN 4 FAST & EASY WAYS!

As we usher in the new normal ways of shopping, SM malls in Laguna brings in fast, easy and a

Smart shopping experience. You can now enjoy specialties from your fa-

vorite restaurants and establishments with a curbside delivery or pick-up, or you can stay at home and have your essentials delivered to you with the mall's Center Concierge. Malls in Laguna partnered with CALEX delivery, Good to go Express, Quick as a Click and RDCM Express to provide dedicated personal shoppers that you can book via online, hotline or walk-in.

Connect and collect offers in-store pick-up, curbside delivery, pick-up at the Concierge Center, or have it delivered to your home via rider. Visit the mall's social media page and choose from the list of establishments. Contact the store directly, place your order and choose mode of pick-up.

Doing multiple errands in the mall? Avail of the Grab and Go service. This offers the convenience of ready to eat food take outs while you shop for other essentials in the mall.

EDITORIAL

Marami tayong magagandang katangian bilang Pilipino, tayo ay mapagk-upkop sa kulang-palad at bukas ang tulong sa mga nangangailangan. Hindi lamang tayo ugma sa pagnenegosyo dahil sa mga nakita natin sa mga nauna sa atin ay di tungo sa pagsasarili kundi sa pangangamuhan. Hindi rin tayo lubos na mapag-impok dahil sa ang ating kalikasan ay hindi tulad sa mga bansang may niyebe at malamig na winter. Mada-li tayong masiyahan sa konti di tulad ng bansang may yelo na pag di ka nag-impok ay maaring mamatay ka sa gutom sa panahon ng taglamig.

Alamin natin ang ating kahinaan at patibayin ito sa hinaharap. Malulusutan din natin ang mga pagsubok kung tayo'y kapit bisig.

ONWARD FORWARD GEN. TRIAS CITY
MAYOR ONY FERRER

Best time to shop at The SM Store

THE **SM** STORE
BEST TIME TO SHOP!
SO MANY MARKDOWNS
JULY

call to THE STORE deliver
CALAMBA
0917 833 3888
0917 835 8599

#SoManyAtSM

Now's the best time to shop at #TheSMStore. Go shopping for your family's must-haves as there are so many markdowns being offered for the whole month of July.

Get 7% Rebate for a minimum single-receipt purchase of P 3,000 (for straight payment) or P 5,000 (for installment purchase) using your BDO credit card from July 7 - 13, 2020. Complete your shopping list with SM Call to Deliver. PM or call The SM Store Calamba at 09178333888 / 09178358599 for your orders and inquiries. (KCHT)

CAVITE HIGHLIGHTS
By: Yna Palparan Bautista

Col. Marcelino Aure was still a Captain when he proved himself in the Battle of Talisay, Batangas and he was promoted to Colonel. He was born in Indang and when Mendez broke away from the mother town of Indang upon the influence of Marcelino's father, he became the Chief Clerk of Mendez at 16 years old. Aure became the Municipal President of Mendez, Alfonso and Bailen when the three places were merged, Aure died in 1930 at age 67.

Congresswoman Dahlia Loyola conducts meeting with the education sector



Fifth District of Cavite Representative Dr. Dahlia Loyola held a meeting

Remulla... (from p. 1)

the country to recover.

“Kailangan ng mga mamamayan na hanapin ang balanse: kalusugan o kabuhayan,” he said in a statement on Thursday in Facebook.

["People need a balance between health and livelihood"]

“The only thing that matters is that we put the country in the right direction to recover. Testing. Tracing. Isolation. Medical Care. Jobs. Transportation. LSI's. OFWs in distress. A rational educational plan.” (GoCavite)

on July 9, 2020 with the Department of Education - Carmona District supervisor and principals of Carmona National High School and Angelo Levardo Loyola Senior High School to discuss the updates and adjustments in the upcoming resumption of classes. (CMITCAO)

Healthcare workers with CoViD-19 fully covered by PhilHealth



The Philippine Health Insurance Corporation (PhilHealth) reiterated anew that medical frontliners and allied workers are entitled to full hospitalization coverage should they contract Covid-19 for the whole duration of the pandemic.

The Agency made the announcement to remind all hospitals in the country that they should not be charging any co-payment against patients whose job is in the medical frontlines. The call is in support of President Rodrigo Roa Duterte's appeal to afford healthcare workers and frontliners with all possible support in recognition of the risks they endure on a day-to-day basis to help treat patients of the dreaded disease.

The call was also in line with its Circular No. 2020-0011 issued on April 14, 2020 which guaranteed “full financial risk for Filipino health workers and patients against coronavirus disease”. The said circular also defined health workers as “persons engaged in health and health-related work, regardless

of employment status, which include doctors, nurses, allied health professionals, administrative and support personnel in health facilities, utility and security personnel working in health facilities, health volunteers deployed in health facilities and staff and personnel working in government health agencies.”

Aside from full coverage, these health workers are also entitled to PhilHealth benefits for SARS-CoV-2 testing package ranging from P901 to P3,409 as stipulated in its Circular No. 2020-0017.

PhilHealth reminded that hospitals face sanctions should they be found to have refused admission or charged any co-payment to any health workers exposed and treated for Covid-19. It also asked for broader public support to invoke this privilege granted by law and to immediately report any information of abuse or negligence on the part of health care providers. (END)

Reference: Dr. Shirley B. Domingo, Vice President for Corporate Affairs and Official Spokesperson | Mobile No: 09171360964

Health Benefits...

Kaalaman tungkol sa Ampalaya bilang halamang gamot

Ang ampalaya ay karaniwang gulay na nakikita sa hapag ng mga Pilipino. Ito ay kilalang-kilala dahil sa kulubot at mapait nitong bunga. Ang dahon din ay ginagamit na sangkap sa ilang mga lutuin. Tumutubo ito sa maraming lugar sa Pilipinas at sa mga bansang nasa rehiyong tropiko.

Ano ang mga sustansya at

kemikal na maaaring makuha sa Ampalaya?

Ang iba't ibang bahagi ng halamang ampalaya ay maaaring makuhanan ng maraming uri ng kemikal at sustansya na maaaring may benepisyo sa kalusugan:

Kilalang taglay ng halamang ito ang ilang mga kemikal gaya ng alkaloids, glycosides, aglycone, tannin, sterol, phenol at protein.

Ang mga dahon at bunga ay may taglay na momordicin, ang kemikal na nagdadala ng mapait na lasa sa ampalaya.

Anong bahagi ng halaman ang ginagamit bilang gamot, at paano ginagamit ang mga ito?

Maaaring gamitin bilang gamot ang ilang bahagi ng halaman tulad ng:

Dahon. Ang dahon ay kadalasang kinakatasan o kaya ay nilalaga upang ipang-gamot.

Bunga. Ang katas ng berdeng bunga ng ampalaya ay karaniwang ginagamit na panggamot sa maraming uri ng karamdaman. Maaari itong durugin at gawing inumin o kaya ay kainin mismo ang bunga bilang gulay.

Ugat. Ang ugat ay kadalasang pinakukuluan at pinapainom din upang ipanggamot.

Ano ang mga sakit na maaaring magamot ng Ampalaya?

Ayon sa mga pag-aaral at nakagawian ng ilan, ang ilan sa mga sakit na maaaring malunasan sa pamamagitan ng paggamit sa halamang ampalaya ay ang sumusunod:

1. Pananakit sa katawan. Ang pag-inom sa katas ng dahon ampalaya ay sinasabing may epektong analgesic o nakapagpapawala ng pananakit sa katawan.

2. Pamamaga o pamamanas. May kakayahan din daw ang katas ng dahon ng ampalaya na alisin ang pamamanas o pamamaga sa katawan.

3. Diabetes. Ang katas mula sa dahon at bunga ng ampalaya ay may malaking tulong daw sa pagsasaayos ng lebel ng asukal sa katawan lalo na sa mga may sakit na diabetes. Ang bunga rin ay tumutulong sa pagpapalakas ng produksyon ng insulin sa pancreas o lapay.

4. Ulcer. Nakatutulong din daw sa mas mabilis na pagpapagaling ng ulcer sa sikmura ang pag-inom ng katas ng dahon ng ampalaya.

5. Sobrang timbang. Sinasabing ang katas mula sa bunga ng ampalaya ay makatutulong daw sa pagbabawas ng sobrang timbang at bilbil sa katawan.

6. Dengue. Ang katas ng dahon ng ampalaya ay maaaring makapagpabuti sa pakiramdam ng taong may sakit na dengue.

7. Impeksyon ng fungi. May ilang pag-aaral ang nagsasabing may epekto ang pag-inom at pagpahid ng katas ng ampalaya sa bahagi ng katawan na apektado ng impeksyon ng fungi.

8. Pagtatae o disinterya. Ang pinaglagaan ng dahon ng ampalaya ay karaniwang ginagamit bilang gamot sa pagtatae o disinterya.

9. Pagtatagihawat. Ang pinaglagaan ng ugat ng ampalaya o kaya ay pinaglagaan ng dahon ng ampalaya ay makatutulong daw sa pagbabawas ng tagihawat sa katawan.

10. Impeksyon ng bulate. Ang katas ng mismong prutas ay makatutulong upang tanggalin ang mga bulateng naninirahan sa sikmura.



Scientific name: *Cucumis argyl H. Lev.; Mormodica balsamina Blanco; Momordica charantia Linn.;*

Common name: *Ampalaya (Tagalog), Bitter Melon o Bitter Gourd (Ingles)*



Silang Mayor Corie Poblete Ground Breaking Ceremony of Proposed Pumping Stations at Pinoy Village, Brgy Sabutan and Sitio Banaba, Brgy San Miguel 2, July 8.

LGU Imus pumps up support for New Normal set up in education



IMUS CITY, Cavite -- The local government here thru the Department of Education-Imus have been preparing for the School Year 2020-2021 which opens August 24, 2020 with the

New Normal setting. In a video presentation of the Schools Division Office Imus City Eskwela Serye episode 1: Ang Edukasyon sa "New Normal," Schools Division Superintendent Dr. Rosemarie D. Torres CESO-V June 1, 2020 clarified the main issues and concerns raised by parents with regards to the education of their children amid the COVID-19 pandemic. The three modes of learning were discussed namely online or modular, blended, and home schooling which are all supported and endorsed by

the Department of Education. With the face-to-face classroom set up not allowed due to the threat of the COVID-19 pandemic, teacher-rider members of the DepEd Imus City Eagle Riders (DICER) will bring the learning modules to the houses of all students to ensure they have the materials needed for their lessons. Meanwhile, the LGU Imus distributed 2,500 radios with

flash drive to assist teachers in their review of recorded lessons. In addition, the city government is also currently planning to establish and accelerate internet connection in every school and barangays to help give better internet access to students and teachers for their learning. "With our cooperation and unity, we can do everything," Mayor Emmanuel Maliksi said. **(PIA)**

DO YOU KNOW?

Fireflies glow in the dark because of an enzyme that they produce called luciferase.

(Shared by Fellowship with Humanity)



Province of Cavite

PRESIDENT: AURELIO PAREDES BAUTISTA

Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.



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