

# TRICEP OVERHEAD EXTENSION



Office for Social Orientation and  
Community Involvement Programs

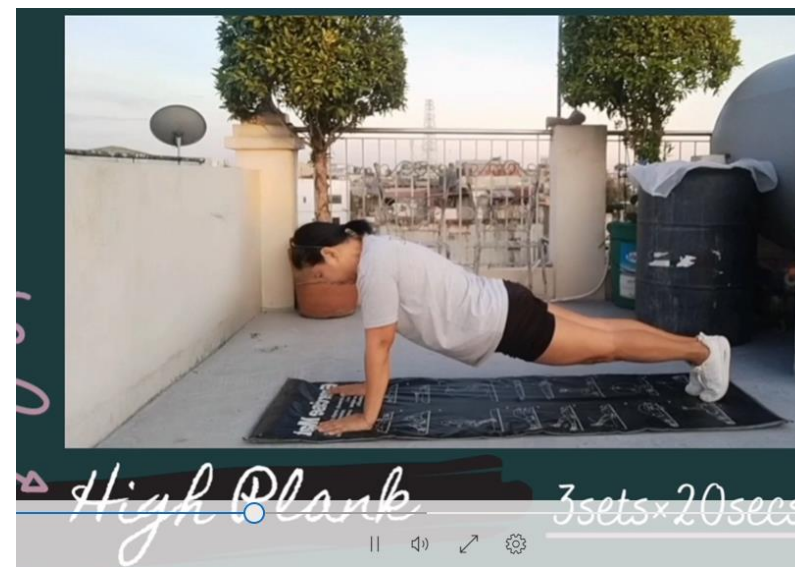
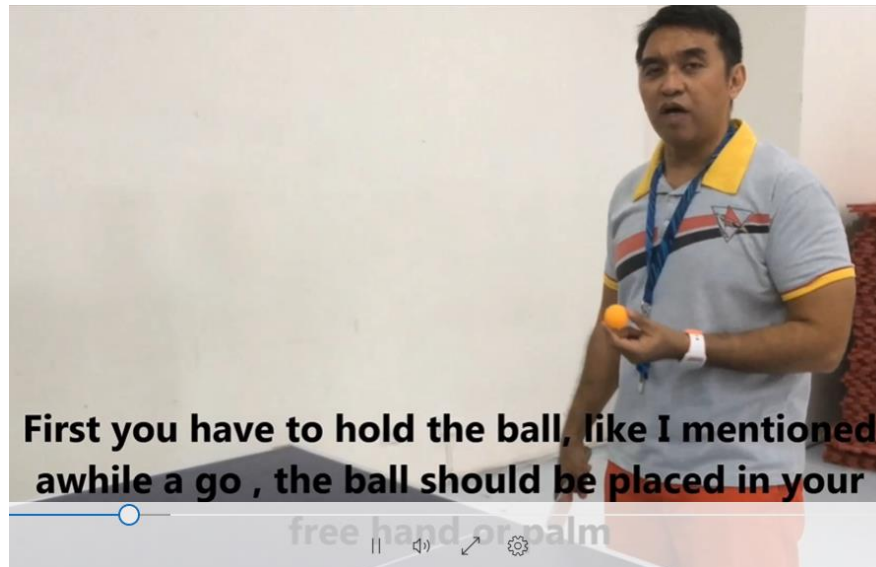


## Free Online Wellness Exercises via Dunong Lingkod Website

Promoting Good Health and Well-Being, Mapua University created micro-lecture videos on several Fitness Workouts and Exercises last October 6-13, 2020 to create a way for people to do fitness exercises at the comforts of their home or workspace. This is in response to the limited movement outside residences and offices due to the pandemic.

The micro-lecture videos can be accessed for free anytime via Dunong Lingkod website of Mapua University.

<https://dunonglingkod.mapua.edu.ph/>



Full report is available upon request at [socip@mapua.edu.ph](mailto:socip@mapua.edu.ph)



## Bandaging Technique Videos for First Aid.

Students from the National Training Service Program (NSTP) created instructional videos for the community showcasing different bandaging techniques to educate and to foster life security especially in times of emergency. Each student submitted three (3) bandaging technique videos wherein they demonstrated the step-by-step procedure. They were assisted by their family members who played the injured individual. Students demonstrated bandaging techniques such as Ear, cheek and jaw bandaging, shoulder bandaging, arm sling and forehead bandaging. Instructional videos were made available free online for the wider community for reference. This activity is on its second year which started in August 2020.





## Promoting health and well-being: Blood Donation Drive.

Faculty, students and employees voluntarily participated on the blood donation drive to help sustain blood bank of government hospitals. Collected blood units were thoroughly screened by the hospital facilities and are made available for free for anyone in need. Requests are accommodated 24/7 to address emergency situations. Photo shown was taken last January 2020, where total blood volume donated was 29000 cc. The blood donation program traces its implementation since 2004, where the pool of donors are from faculty, students and staff . Since then, people from the University's partner communities adds up to the pool of volunteer donors.

