

SIHNAG

THE OFFICIAL STUDENT PUBLICATION OF SULU STATE COLLEGE

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About the Cover

Merriam-Webster Dictionary defined "differentia" as an element, feature, or factor that distinguishes one entity, state, or class from another. In other words it is something that sets a thing or a person apart from its kinds. This word is the Sulu State College's tagline for 2023 which is dubbed as the "Year of Differentia", a year that not only celebrates but also strengthens what the college distinctly has, its personnel, infrastructures, and its culture.

Meanwhile, this sem's issue is the creative materialization of the said tagline. The cover features an SSC employee who is proudly showcasing his Tausug culture by wearing Lapih and holding the Kalis, a mark of his differentia. This sem's issue also crusades for inclusivity and celebration of diversity.

Model: Mr. Jack Ryan A. Isahac

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Wabi-Sabi: A Concept of Embracing Imperfections

"Imperfections are our differentia, not our defect."



Perfection seems to be the primary goal of people nowadays, so much so that we are all becoming alike. We keep ourselves updated trying the new skincare products to achieve perfect glowing skin; we keep ourselves busy lifting heavy equipment at the gym or doing squats at home to achieve the perfect built; and we keep ourselves focused on drawing lines at both sides of our noses to achieve perfect pointed beak. Not only in physical aspect but even in terms of behavior. In order to join a circle, we adapt their way of behaving, eating, dressing, and even speaking in exchange for our individuality-setting aside our uniqueness and authenticity because it is simply not the "context norm" - what the majority is or does.

To be yourself in a world that is constantly shaping you to be somebody else is really difficult. You will feel terribly insecure. You will painfully see your shortcomings. You will pungently smell your flaws. You will awfully feel different and alone. You will achingly realize that you are truly imperfect and less. And you have a choice on how to accept this fact: either you will go depressed achieving the norm and change yourself, or you will go happy embracing your imperfections. If you choose the former, it will cost you a lot, but if you choose the latter, you can have it for free. Achieving the norm is sometimes expensive, but embracing your imperfection does not have a price. However, while it is free, it is still not a quick therapy to do. However, you will learn to do so especially if you get to know how to internalize the concept called Wabi-Sabi - a Japanese concept of embracing imperfections.

Wabi-Sabi is an eye-opening concept that helps people overcome the feeling of not being good enough or even of being different. It teaches us three things: first, recognizing that nothing in life is perfect; second, finding peace in our imperfections; and third, instead of striving for flawlessness, it is finding joy in our imperfections that makes our life unique. Recognizing that nothing in life is perfect. The world is full of pretense and we always get fooled for believing it. In social media, photos of beautiful faces, happy family, and delicious foods are posted making the whole wide world think of what a perfect life is. And it is sad to know that many people fall victim to this trap. Many feel insecure about not having the same privileges. But little did they know, those pictures might just be a hoax - a fake image the uploaders show to the world to make them feel good about themselves. Who knows that behind those beautiful faces are people having relationship problems? Behind those family pictures are parents who are on the verge of divorcing. Behind those delicious foods are a million pesos debt of the one who ordered? The wisdom behind this is for us to not get fooled by what we see because sometimes, those are not real. No one will let the world see an imperfect being. The imperfect entity is hidden in the closet. But know that no matter how seamless someone or something may seem, they have their fair share of flaws in this world. No one is exempted. There is no perfect person or thing. Perfection is just a phantom of our insecurities.

Finding peace in imperfections. It comes with an unshakable confidence the moment you find peace in your imperfections. No one can drag you down by pointing out your shortcomings and disabilities. No one can make you feel less of a person. But before you can do it, you need to accept first the things you fail to have. There is a different level of ease when you just let things be the way it is - it will no longer bother or frustrate you. In fact, you can use it as your advantage to embellish your life like what Nick Vujicic did with his disabilities. Mr. Vujicic was born with a rare disorder of having no arms and legs from his birth. And like any other disabled person, life was cruel to him. He faced bullying in school due to his condition, and at ages 8 and 10, Vujicic tried

ending his own life. But after years of realization, he began to see that his disability did not have to define him. He learned to swim, surf, and even play golf. He even graduated from a university with a degree in accounting. If you are asking where is he today? Not only Mr. Vujicic a renowned New York Times best-selling author and inspirational speaker, he is also a pastor and the founder of "Life Without Limbs", a nonprofit organization and ministry that has inspired millions of people. You see? Our imperfections can be our strengths, too, only when we learn to be at peace with it. Finding joy in imperfections might sound impossible because who would be happy having say, a disability? But the story of Mr. Rowan

Atkinson or popularly known as Mr. Bean proves us this. Mr. Bean is a guy born with speaking disorder. Aside from this, he was also bullied because of his looks - he was called alien by his bullies. When he went to college, he started to love acting, pursued this dream after getting his degree by enrolling in a comedy group which he soon left because his stammering got in the way. He then ventured into auditioning in TV shows which he received nothing but rejections. But this did not stop him. He started focusing more on his original sketches and soon realized that he could speak fluently whenever he played some characters. He found a way to overcome his stuttering and used this as an inspiration for his acting. He then co-created the strange, surreal, and now speaking character known as Mr. Bean, and now became one of the most loved and respected actors in the world. Mr. Bean's story is a testament that our reaction towards our imperfections matters. If you forever see it as a hindrance, you will go all the way frustrated and sad. But if you see it as a stepping-stone to succeed, you will go all the way joyful for having it. You might thank God for giving it to you.

Imperfections are often perceived as defects, but this is only for those who are pessimistic. If you shift your mindset into thinking that your imperfections are your differentia that distinguishes you from any other human beings, you will see it as an asset - something that will make a name for you. After all, what is different always attracts. Just enjoy the attentions.



Displaying Differentia = Retaining Rarity

By Alkhamar L. Saddalani

"God made rainbows with various colors, and we see beauty. God filled the sea with various creatures, and we celebrate. God blessed us with various fruits, and we enjoy. God made people diverse, and we fight."

The history is fraught with stories of indifference because of differences. From racial segregation between black and white during the Great Depression in America. Political feud between red and yellow during Presidential Elections in the Philippines, and bloody fight between black and red during the Wars of the Roses in Great Britain.

The truth is, most of the time, we, humans, hate differences because we feel so entitled of our own being. We try to impose authority over our environment to make it look the way we desire – even if it means damaging our environment. As a result, those who were controlled and deceived felt the need to change because they simply feel alone, inferior and incomplete. They will start questioning their own identity and feel that something is just wrong with them.

Humans are social animals and so, it is our need to feel belong. But in order to do this, there is an unwritten yet strict rule that you should have a common denominator with the group you are trying to be part of. And so, we try cutting, putting and reshaping something on us to fit in the puzzle. Till little did we know, we are slowly losing our core — the important part of us that makes us who we are. We try changing ourselves in exchange of becoming the person who they want us to be – in the name of belongingness.

I have witnessed people who have done this to be accepted for various reasons. There were girls who chose to take off their hijab for good to feel free in their workplace. There were guys who chose to defy their own principle to get the approval of their boss. There were people who even chose to undergo plastic surgery just to earn the love and admiration of everyone. While they reason out that their purpose was for self-fulfillment, they cannot deny the fact that what forced them to do so is their little confidence to flaunt and fight for their unique entity, and just let the wave of the "context norm" drift them away.

I am not going to be hypocrite. I experienced the same pressure several times following the stereotype imposed on me, setting aside my authentic self - my personality and behavior. I was forced to pretend several times and it left me uncomfortable, unhappy, lost and caged. Till I no longer knew who I was. This has something to do with my gender. And since we are in a Muslim-dominated community, people like me are sometimes forced to hide our real gender identity which made us feign to be somebody else. We tried to act stiff when there are familiar people around to make them avoid having speculations on us. We tried controlling our feelings of not falling in love with the same gender because it is labeled wrong. We tried avoiding wearing the color that would make us look feminine in the eyes of people because they might have negative assumptions. We tried being the person who we are not just to please them.

Now, if you have this in mind, "Are we allowed to be outrageous then because we are simply being ourselves?" You probably got it wrong. It is not about being extreme. No matter what we do, and wherever we may go, there is always a repression that our environment instills in us. But what I mean is, never let your environment apprehend you to display your differentia. If you are a Muslim, then you are regardless of whether you are in front of your Muslim friends or Catholic chums. This means if being around Muslim friends can make you wear yourhijab, it should remain wrapped around your hair even when you are with your Catholic friends. It is a part of your uniqueness. No one should deprive of you that differentia just because you are around them. No one should suppress you from illuminating who you are inside. I understand that there are things that we need to keep first before we can proudly flaunt it to the world. I understand that you need first to be subservient to the stereotype because you fear of the indifference people might let you experience. But the moment you are ready, please never try hiding your real identity anywhere you go because trust me, it is truly liberating to be the real you — anytime, anywhere. And liberty always comes with happiness.

I came across this saying once, "I'd rather be hated for who I am than to be loved for who I am not." And I truly believe we need to not just hear but keep this in our hearts. If people around you only love you because you are what they want you to be, their feelings for you are not real. Because only those who have the capability to love you with all your uniqueness and imperfections are the ones who have genuine feelings for you.

If being alone is my only choice because no one can appreciate my rarity, I would gladly accept my fate. I would rather be alone than be with people who only love me "for what they intend or hope that I will be," a line from a song said.

column

A Pen and a Paper: A journey worth to Remember.

By Nurmela Fahma H. Pandi



Year 2020 was a year full of what ifs, hows and whys. What if the pandemic never happened? How would we live if the Covid 19 did not exist? Why am I in this specific situation? It was hard but we found comforts and solutions in many ways. I was lost, how would I continue to live after this chaos? A question that I was eager to answer. I was really beyond devastated, I have no inspiration, no motivation and no thoughts on how to cope with the situation, but when I entered Sulu State College, there I found my new home and my second family, my Sihnag family. Iremember being excited when I saw a post at the Sihnag Publication page about the qualifying exam, not because I aspire to be a writer but because I wanted to follow my mother's footsteps. My mother was a member of the Sihnag family when she was in college. I remember her telling me stories about how she loved writing and how Sihnag changed her life as a college student. Because of her, I also dreamt of being a part of the Sihnag Family.

I remember having doubts when I messaged the Sihnag Page for registration. What if I'm not qualified? What if I'm not good in writing? Do I really want this? These are questions that were running through my head that day, it actually took me a lot of time thinking if I should register, and I'm glad I did. I was very happy when I received amessage saying that I can take the Qualifying exam. I couldn't sleep the night before the qualifying exam. I was doubting myself and my decision, but still when the day finally arrived I chose to face my what ifs and took the exam. I was anxious, excited and thrilled, I went alone with doubt and only a pen as my friend. I was sitting there for a long time holding a pen and staring at a paper. I started writing. I wrote everything that comes to my mind, so many thoughts and a river full of words. I was smiling and found myself lost between reality and fantasy of writing. I was over the moon when I found out that I passed the written qualifying exam and is a candidate for interview. I felt happy at the same time scared for the interview.

The day came running and it was the day of the interview, we were called one by one into the office of the Sihnag adviser, Ma'am Ada. Upon entering I felt my body shiver with excitement and anxiety, I sat there facing Ma'am Ada as she asked me about myself and finally about my thoughts on this specific words "A Pen and A Paper". I froze for a minute and while looking at her, words just came out of my mouth freely, my unconscious mind answered for itself like it was waiting to be asked. I was satisfied with my answers. I went home smiling and saying 'Alhamdulillah'. The results weren't out yet but I was happy that I decided to try. After receiving a text message saying that I am Officially a part of the Sihnag Family, I was overjoyed, I made it! Alhamdulillah and thankfully I chose to conquer those what ifs. Now I am beyond happy and motivated, I learned and is still learning. I am out my comfort zone and having fun, I met people that became my family and I am now a writer who loves writing. This is me telling you to believe in yourself and that there is no harm in trying.



Being Different is Good

By Aldimar D. Taha

column

There are so many people in the world, yet each has his/her unique characteristics, beliefs, and values which shape him/her into who he/she is today. Some of the things that make youdifferent is by the way you are raised by your parents. Criticisms from your surrounding as well as your peers, or simply you are in a different boat of experience, or perhaps, with your religion which you chose to follow.

Challenges are going to be part of life. Everyone bumps into them at some point. And most, if not all, great achievements often arise from turning these challenges into opportunities of a lifetime. You may be facing hardship in the form of unemployment or poverty; you may be obese and have been struggling with your weight for a long time; you may be blind or without limbs putting you in a more difficult situation than majority of people; you may be acollege dropout just like so many successful people like how Bill Gates, Steve Jobs and Mark Zuckerberg were once; or you may think you were born at the wrong place, at the wrong time in the wrong family. In any circumstance, the reality remains that challenges will always be there.

I've been dealing with so many difficulties throughout life. For some, they take life challenges as something that push them to their limit, however, I chose to be different from the social norms where quitting is the new trend. I am not like others–living their daily life with parent figure, achieving stars easily that they find fascinating, or with the hundred percent support from those people surrounding them. I always envy others.

However, as I am always a firm believer that challenges are a part of everyday life, they made me stronger and without them, life becomes somewhat meaningless because we have nothing to compare the good times to. But, regardless of the challenge, facing up to it is key. Doing so made me feel diverse to others. It also made me understood the value of what I have now.

Indeed, it is truly fascinating how successful people approach problems. What others see impenetrable barriers, they see challenges as something to embrace and overcome. Their confidence in the face of hardship is driven by the ability to let go of the negativity that holds so many otherwise sensible people back. Success isn't the only thing determined by your mindset. Optimists fare better; they treat failure as learning experiences and believe they can do better in the future.

column

It's All You Ever Need



By Marly Sabtuli

In your silent contemplation, have you ever asked yourself about how to be unforgettable? How to be accepted? How to be appreciated? How to fit in? How to be perfect? How to shine?

Too many questions, right? But will you be able to answer those just by changing a thing about yourself? By following the safe path in life: go to school, find a stable job, then wait till we're find the stable job to decide for our own? By taking the initiatives to hunt for opportunities? Why don't you try to be yourself to be unique from everyone? Because that is when you will know how rare you are. The word rareness is all about showing you are unique and irreplaceable—the "real deal" to find better ways to achieve our goals in life - shining a spotlight on your best traits and qualities.

It was midnight while watching some series, I came up with this title "It's All You Ever Need". Not everyone will stay. Not everyone will like us. Not everyone will accept us. That's a fact because everyone is living with insecurities, naturally. Life is very difficult, sometimes we want to be someone else or to live in someone's life. Moreover, understand that life is not a race. Patience is a virtue. Our decision can either be good or bring us danger. We all want to achieve success quickly. But there is no timeline for success that need to be reached by a certain age. Everyone's journey is different and unique, and that is what makes our life beautiful despite the fact that it is difficult.

This world if full of people who pointed out their own insecurities. You learned how to be accepted and frowned upon. You discovered beauty standards through social media, TV, etc. then all of a sudden, you wanted to change in appearance, personality, and career that can make you more likable, just like the person you saw on social media. You compare yourself to others and it feels like you are never enough. You believed that once you acquired the perfect appearance, personality, and career, you would finally be happy and confident in yourself. That is not true! Happiness is the true meaning of success; success is easier to get just by being ourselves.

If you are not in the place where you want to be, there is a lesson you are still learning. This may mean that it is not the right time. It is allowing you to build all the things you need for your success. There is no need to rush everything. You are unique, talented, and filled with potential. Embrace your authenticity and let your light shine, regardless of what others may think. This implies that you are already moving in the direction you want to go. The progress may not be as fast as you would like, but it does not mean it is not happening. There is no model or design on how to live your unique and successful life except happiness. You can have all the mentors and guidance in this wide world, but they are not you. They give you advice based on their lived experiences but you still have to decide how these fit into the context of your life.

To those whoever is reading this, to reach where you want to be, you don't have to be perfect or rich or good looking or even influential. You just have to be you. Stay true to yourself and your values, and know that success is not just measured by external accomplishments but also by the way you live your life and the impact you have on those people around you. Believe in yourself, surround yourself with positivity, and create your own path to success. Remember, someone else's opinion does not shape who you are or who you can become. You are incredible, and nothing can hold you back.

Groundbreaking Ceremony of Nursing Laboratory

By Marly M. Sabtuli



The attendees during the Nursing Laboratory Groundbreaking Ceremony



L-R: Project Engineers from AA.P Construction, Eng. Yunus and Engr. Jamri, College President Prof. Ututalum, CESE, Dean of School of Nursing Asst. Prof. Jalilul, and Vice President for Academic Affair Prof. Darkis

For a new set of building for future nurses, the Sulu State College held a groundbreaking ceremony of the nursing laboratory on Jan. 16, 2023 under the leadership of the College President, Prof. Charisma S. Ututalum, CESE.

The said ceremony was graced by Commission on Higher Education Region 9 Director, Dr. Rody P. Garcia and his team. Also present during the ceremony were Prof. Ututalum, College Auditor Ms. Zoralinda Tibing, Dean of School of Nursing Asst. Prof. Alijandrina T. Jalilul, College Officials, School of Nursing Clinical Instructors, and AA.P Construction represented by Engr. Abdul Wadoud Yunus and Engr. Mohammad Ishmael Jamri, Project Engineers.

Blue Leopards Celebrate AS Week

By Adzrina Sadikal and Nurbina Halid

On Feb. 13-15, 2023, Sulu State College School of Arts and Sciences celebrated its 9th Art and Sciences (AS) Week with the theme: "Discovering Potentials and Nurturing Capabilities" held at SSC Main Campus, Capitol Site, Patikul, Sulu.



Volleyball players having their game on the SSC ground

The celebration kicked-off with the parade from AS ground to SSC covered court. Contest such as Qur-an Reading, Quiz Bowl, Picture Identification, Essay Writing, Extemporaneous, Oration, Storytelling, Pagsulat ng Sanaysay, Dagliang Talumpati, and Masining na Pagkukwento for Academic; Chess (male and female), Table Tennis (mixed double), Pickle Ball (mixed double), Badminton (mixed double), Volleyball (girls and boys), and Basketball for Sports; and Song Solo, Song Duet, Native Pangalay and Modern Ethnic Dance for Socio-cultural were held.

The success of the event was made possible with the help and support of Asso. Prof. Patricia I. Amilhusin, Ed.D., Dean of School of Arts and Sciences, faculty member, CSG Officers, and of the College President Prof. Charisma S. Ututalum, CESE

3-Day NSTP, DRRM Training Workshop

By Marly M. Sabtuli

To equip the concerned employees with proper knowledge and skills, the Sulu State College conducted a 3-day National Service Training Program (NSTP) and Disaster Risk Reduction Management (DRRM) Training Workshop held on Jan. 30 – Feb. 1, 2023 at SSC Hostel and Lady's Dormitory, Hermes Room.

The resource speaker was the National President for Philippines Society of NSTP Educators and Implementers Inc. and also the Director for Disaster Risk Reduction Management of Central Mindanao University, Prof. Hermie Pava.

Present during the training was the Officer-in-Charge Engr. Firash Zhed Ututalum, Chief Administrative Officer Mr. Almashin Lipae, and the NSTP and ROTC coordinators and DRRM focal persons of different schools.



The attendees posed at the façade of SSC Hostel and Dormitory

Disbursement of Tulong Dunong Program

By Neridam P. Ammak

On Jan. 17, 2023, Sulu State College held the Disbursement of Tulong Dunong Program for the Academic Year 2021-2022 1st semester at SSC Covered Court to a total of 96 Tulong Dunong Program Scholars of different schools.

The scholarship was granted by Chairman of Commission on Higher Education Prof. J Prospero De Vera III to the student Sulu State College.

Present during the distribution were the UNIFAST team spearheaded by Mr. Hitler Allama, cashier personnel, and the College President Prof. Charisma Ututalum, CESE, who also gave her inspirational message to the parents and students regarding their studies.

SSC Attends 12th Regular Committee Meeting of Committee On Higher and Technical Education

By Bennazir M. Angsa



Statement of Prof. Ututalum during the meeting

On Jan. 31, 2023, Sulu State College led by the College President Charisma S. Ututalum, CESE, attended the 12th Regular Committee Meeting of the Committee On Higher and Technical Education.

The said meeting tackled the approval of the conversion of SSC into a university soon. This is in connection to the bill mandating the conversion of the college which was authored by Hon. Jericho Jonas Nograles, Hon. Margarita Nograles, Hon. Samier Tan and Hon. Shernee Tan-Tambut. The approval was made possible by the following personalities: Chairman on Committee on Higher and Technical Education,Hon. Mark Go, CHED Commissioner Hon. Jo Mark Libre, PASUC President Dr. Tirso Ronquillo, CHED OIQAG Executive Chief Supervisor Director Mildred Libot, SSC Alumni President Atty. Hussin U. Amin, District Representative of Basilan Hon. Mujiv S. Hataman, and District Representative of Lanao del Sur Hon. Zia Alonto Adiong.



Prof. Ututalum together with the official of Committee On Higher and Technical Education

LAUNCHING OF SULU TRAVELS APPLICATION

By Nurida Salip I. Julkiram and Marsha Ina J. Bucayan



Gov. Tan, Prof. Ututalum together with the mayors of the different municipalities

Sulu State College, in partnership with Sulu Provincial Government, finally launched the Sulu Travels Application on Feb. 2, 2023 at SSC Center for Culture and Arts.

This event was graced by Sulu Governor Hon. Abdusakur M. Tan, alongside with College President Prof. Charisma S. Ututalum, CESE, mayors of 19 municipalities, and the Sulu Tourism officers.

The Sulu Travels Application was developed by Engr. Adzmer S. Muhali. One of the core ideas why this project was made was to make Sulu visible in a positive light by promoting the tourism and cultural heritage of the province. This application will provide its users to run trips with easy access, to have a travel experience through application, to schedule your visit in Sulu, and to make fun activities in the province.

During the program, the college also unveiled the LED wall for Center for Culture and Arts. Present during the event were Commissioner Jo Mark M. Libre (via Zoom), SSC administrative and academic officials, faculties, and representatives from Philippine Army, PNP and SAF.

The Sulu Travels Application is now available at Play Store. Web page is accessible through this link: http://sulutravels.ph/.



The coaches and the developers of the Sulu Travels

Oath Taking Ceremony of the Newly-Registered Nurses of Sulu

By Ben-ben A. Mulkin



The newly-registered nurses of Sulu while reciting the Oath of Profession



First lady Tan giving an inspirational message to the newly-registered nurses of Sulu

The Philippine Nurses Association-Sulu Chapter headed by SSC Board Secretary Ayesha Rema A. Tan, RN, MPA, in coordination with the Philippine Regulation Commission Region IX, was in full force in making the face-to-face free oath-taking ceremony of newly-registered nurses of Sulu possible on Feb. 18, 2023 held at Center for Culture and Arts, Sulu State College Main Campus.

The first lady of Sulu and the president of Sulu Provincial Women's Council Hja. Nurunnisah A. Tan, was the guest speaker of the ceremony. After the presentation of the inductees by their respective deans, Hon. Alfonso C. Viloria, Regional Director of PRC Region X, administered the Oath of Profession to the inductees.

The Nightingale oath is a statement that defines the nursing profession and helps to articulate for everyone, including nurses themselves, the range of essential responsibilities of nursing.

At end of his speech, Hon. Viloria sincerely greeted the inductees, "Congratulations and welcome to the roster of the new registered nurses of the Philippines."

Present during the ceremony were Nora A. Siason, Chief Pro Regulation Division, partner agencies, deans of different nursing colleges and universities in Sulu.

The oath-taking ceremony was held successfully.

SSC Holds 2nd NTP Day 2023

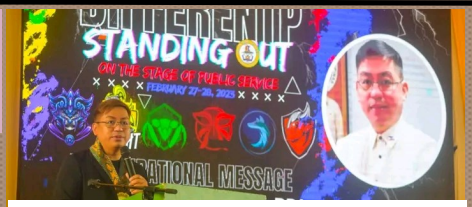
By Nurmalyn Jumali and Ben-Ben Mulkin

Non-Teaching Personnel (NTP) of Sulu State College were gathered for the 2nd Non-Teaching Personnel Day held at SSC Gymnasium Walled City, Jolo, Sulu on Feb. 27-28, 2023.

The celebration was themed: "DIFFERENTP: STANDING OUT ON THE STAGE OF PUBLIC SERVICE" organized by SSC Chief Administrative Officer Mr. Almashin Lipae.

The event kicked-off with a parade graced by the Commission on Higher Education Commissioner Jo Mark M. Libre together with the President of the Zamboanga State College of Marine Science and Technology Dr. Jaime Jalon and other college key officials.

Mr. Lipae, welcomed everyone with his message. It was followed with the lighting of the torch spearheaded by with the College President Prof. Charisma S. Ututalum, CESE, together with the leaders of the six different teams: The Red Gliders, Green Mantis, Yellow Knights, Purple Cat Warriors, Blue Foxes and Orange Vikings. An intermission number rendered by Stalwarts Performing Arts came afterwards. The first day of the celebration was scheduled for the clash of six teams for Group dance, Duet/ Contemporary Dance, Doble Kara, and Impersonation. Mean



Commissioner Libre giving his inspirational message to the NTP's

while, the second day was highlighted by the community outreach program to the children of Barangay Umangay, Patikul, Sulu, Sports Fest (knockout system) such as Skills challenged, Volleyball (mix), Athletic relay (Mix) and fun games such as Parlor games.

The final day of the celebration was for the Family Day. It was also highlighted with the announcement of winners for Cultural and Sports Fest. The Orange Vikings hailed as the overall champions for the NTP Cultural fest followed by the Purple Cat Warriors and Yellow Knights who placed first and second, respectively. The day ended with the Gift of Love to the Non-teaching personnel and boodle fight dinner. This year's NTP Day highlighted the services and operations of the non-teaching personnel, not only in the college but also in the community.

GROUNDBREAKING CEREMONY OF THE CONSTRUCTION OF ACADEMIC BUILDING

By Shaira Sakkam

On Mar. 2023, Sulu State College held the groundbreaking ceremony for the construction of the Academic Building which amounts to 20 million under the USF Construction and Hardware Trading. Present during the said ceremony were the College President Prof. Charisma S. Ututalum, CESE, Sulu Provincial Auditor Mr. Hussein J. Uckung, CPA, SSC Residential Auditor Ms. Zoralinda Tibing, and other college officials.

The said building is set to rise beside the SSC Mosque



College officials and other attendees during groundbreaking ceremony of Academic Building

SSC Commemorates 41st Founding Anniversary

Helen Haibil and Mherhada Sahibuddin

"Sustainable Excellence: The Hallmark of the Sulu State College" served as the theme for the 41st Founding Anniversary celebration of the Sulu State College on Mar. 15, 2023.

A parade from SSC gymnasium to SSC Main Campus kicked off the festivities early in the morning. The theme of the parade, "Stalwarts Foot-prints: A March Movement," highlighted its main advocacy for environmental friendliness through the use of non-plastic materials and a clean-up drive that took place during the procession. Following the procession, the different emblems of Sulu State College showcased their entries for the mascot pageants, a recycled edition of which was hosted at the SSC grounds. Red Dragon for SSC Laboratory High School, Purple Panther for Senior High, Pink Falcon for Nursing, Maroon Python for Computer Sciences and Engineering, Blue Leopards for Arts and Sciences, Yellow Wizard for Education, Green Tamaraw for Agriculture, Gray Eagle for Business Administration, and Orange Lion for Graduate Studies.

College President Prof. Charisma S. Ututalum, CESE, gave the official welcome address. Additionally, various dignitaries attended the celebration including the SSC Alumni Association President Hussin U. Amin, Mr. Erwin F. Quinto, Mr. Melvin D. Grueso, and Mr. Eugene B. Herradura, auditors from SOCOTEC Philippines. SSC Pencak Silat and Stalwarts Performing Arts rendered performances afterwards. In the afternoon, activities such as cultural competition including group dance competition. Fancy Drill, which was the realistic performance of the ROTC officers, followed the Stalwarts jamming at the SSC open field. In the evening, the students displayed their vocal prowess in singing Tausug and Tagalog songs in Acoustic Singing Competition.



The college president, school officials and students posed for a snapshot during the Acoustic Singing Competition

Photo Source: SSC Fb Page



Engr. Firash Zhed Ututalum and the winning participant during the Academic Contest

Photo Source: SSC Fb Page

Academic competition and athletic events were set for the second day in the morning. The academic competition, which was the "Battle of the Brains," was composed of Quiz Bowl, Essay Writing, and Extemporaneous Speech and was held concurrently in the conference room of the SSC Hostel. Moreover, basketball, volleyball, and a skills competition showcasing the skills of both students and employees were scheduled simultaneously for the Sports Fest.

In the afternoon, the Musical Variety Show rendered by both students and employees took place at SSC Gymnasium. After the preliminaries which were done by selected Stalwarts Performing Artist, schools' performances for the Musical Variety Show came next.

The third and final day of the celebration was highlighted by Sports Fest in the morning at the SSC Covered Court. The competing teams were the Stalwarts varsity versus SSC Alumni for basketball, and Stalwart varsity versus NDJC varsity for volleyball competition. Meanwhile, the afternoon was scheduled for the awarding and closing ceremony which took place at SSC ground around 4:00 pm. Along with the academic and administrative council, the college president was present during the said ceremony.

LIST OF WINNERS

MASCOT DESIGN CONTEST
(A RECYLED EDITION)

CHAMPION - SCHOOL OF NURSING
1st RUNNER-UP - SCHOOL OF ARTS AND SCIENCES
2nd RUNNER-UP - LABORATORY HIGH SCHOOL

CULTURAL COMPETITION

GROUP DANCE CONTEST
CHAMPION - SCHOOL OF EDUCATION
1st RUNNER-UP - SENIOR HIGH SCHOOL
2nd RUNNER-UP - SCHOOL OF COMPUTER STUDIES AND ENGINEERING

ACOUSTIC MALE TAUSUG SINGING CONTEST

CHAMPION - SCHOOL OF COMPUTER STUDIES AND ENGINEERING
1st RUNNER-UP - LABORATORY HIGH SCHOOL
2nd RUNNER-UP - SCHOOL OF ARTS AND SCIENCES

(Continue at page 12 to see the other list of winners)

ACADEMIC CONTEST

EXTEMPORANEOUS SPEECH CONTEST
CHAMPION - LAB. HIGH SCHOOL
1st RUNNER-UP - ARTS AND SCIENCES
2nd RUNNER-UP - EDUCATION

ESSAY WRITING CONTEST
CHAMPION - NURSING
1st RUNNER-UP - EDUCATION
2nd RUNNER-UP - ARTS AND SCIENCES

QUIZ BOWL CONTEST
CHAMPION - EDUCATION
1st RUNNER-UP - NURSING
2nd RUNNER-UP - SENIOR HIGH SCHOOL

MUSICAL VARIETY SHOW CONTEST
CHAMPION - LAB. HIGH SCHOOL
1st RUNNER-UP - NURSING
2nd RUNNER-UP - CSE
EDUCATION

SPORTS COMPETITION
1. SKILLS CHALLENGE (STUDENTS)
CHAMPION - SBAM
1st RUNNER-UP - SENIOR HIGH SCH.

2. SKILLS CHALLENGE (EMPLOYEE)
CHAMPION - NTP

3. VOLLEYBALL (EMPLOYEE)
CHAMPION - NTP

4. 5x5 BASKETBALL (EMPLOYEE)
CHAMPION - NTP

NEWLY-REGISTERED LPT's CLASS OF 2022

By Radeeya S. Sencio

On Mar. 19, 2023, the Sulu State College School of Education successfully produced a total of 40 passers of Board of Licensure Examination for Professional Teachers (BLEPT) Class of 2022.

The following are the names of BLEPT passers from Elementary Education and Secondary Education with their respective fields of specialization.

Bachelor of Elementary Education

1. Abdulbaki, Jernalyn I.
2. Abdulhalik, Florhaira A.
3. Abdulhamid, Nurjina
4. Abdulmajid, Ema S.
5. Abubakar, Fatima Rayhan I.
6. Adjani, Kristina M.
7. Ahamad, Nurhaya A.
8. Ajuji, Fatricia G.
9. Alvarez, Vina A.
10. Amman, Salina A.
11. Avenido, April Joy A.
12. Hasim, Milina S.
13. Isa, Malyn B.
14. Jul-alih, Patricia I
15. Jumahali, Nurhaliza K.
16. Jumaidi, Melwinda
17. Jummahari, Armina A.
18. Maradi, Rijina D.
19. Matugol, Sherfa B. (Cumlaude)
20. Maulidan, Mary Jane S.
21. Muharral, Fatima P.
22. Muradjam, Fatrina A.
23. Pakanna, Kristihar A.
24. Palahuddin, Lydia J.
25. Puning, Mayralyn K.
26. Rahsi, Aisa U.
27. Rahsi, Nursida H.
28. Saji, Mardiya B.
29. Sakandal, Nurha H.
30. Subahani, Farhana B.
31. Yusop, Amilyn S.
32. Albain, Nadzkier T.
33. Ismael, Alsharif T.

Bachelor of Secondary Education

Major in English:
1. Pakkal, Nashralyn S.
2. Sayyadi, Adelaida K. (Cumlaude)

Major in Mathematics:
1. Habibon, Remalyn B. (Cumlaude)
2. Pijah, Alnashril
3. Rene, Ahmad Mirkhan N.

Major in Filipino:
1. Amirul, Nafisa R.
2. Ayyub, Farhaina H.



Sherfa B. Matugol who took BEED is now an LPT



Remalyn B. Habibon, a cumlaude and former Editor-in-Chief of Sihnag Publication, is one of the BLEPT passers

SSC STARTUP 101 WORKSHOP IN PARTNERSHIP WITH DICT

By Mherhada Sahibuddin

Sulu State College, in partnership with the Department of Information and Communication Technology (DICT), conducted the Startup 101 Workshop held on Mar. 10, 2023 at the Center for Culture and Arts, SSC Main Campus.

Selected instructors and students from the School of Computer Science and Engineering (CSE) were present to participate on the said workshop.

The event was attended by Mr. Al Rajhi Otoali, Mr. Aldiver G. Alcoriza, Sulu Provincial Officer, Project Development Tan; Provincial Staff, Mr. Ryan S. Hammari, Mr. Wedz-Ar J. Anni and Mr. Lowenfeld Ututalum. Also present was the Dean of Admission, Engr. Firash Zhed S. Ututalum, who represented the College President Prof. Charisma S. Ututalum, CESE.

SSC Digital Transformation Office headed by its director, Mr. Hitler Allama, hosted the event together with the DTO staff.



Selected students and faculty members together with the representatives

Photo Source: SSC Fb page

GROUNDBREAKING CEREMONY OF THE CONSTRUCTION OF 1-STOREY MULTIPURPOSE HUMAN DEVELOPMENT TRAINING CENTER

By Rima Amarasa



Prof. Ututalum and Atty. Hassan during the Groundbreaking Ceremony

Sulu State College conducted the groundbreaking ceremony for the construction of 1-storey Multipurpose Human Development Training Center held on Mar. 22, 2023 at SSC Main Campus.

The project was implemented by the Ministry of Human Settlement and Development-BARMM under the funding of the Transitional Development Impact Fund or the TIDF 2021 of MP Atty. Jose Iribani Lorena. The USF Construction and Hardware Trading was the contractor of the said project.



Photo opportunity of college officials with Atty. Hassan and her party

Present during the ceremony were the College President Prof. Charisma S. Ututalum, CESE, Sulu Provincial Director of MHSD Atty. Najira Hassan and party, and other college officials.

SSC, FIRST TO ACCOMPLISH LUDIP IN REGION 9 and BARMM

By Shaira U. Sakkam


Capacitating Philippine State Universities and Colleges in Sustainable Land Use Development and Infrastructure Planning (LUDIP)

CERTIFICATE OF
RECOGNITION
is awarded to

Sulu State College

for the active part...tion and commitment as SUC partner of the CHED-funded program entitled "Capacitating Philippine State University and Colleges in Sustainable Land Use Development and Infrastructure Planning."

Given this 30th day of March 2023 at Grand Regal Hotel, Davao City.

JUPITER V. CASAS
Program Leader

Certificate given to Sulu State College for their participation

On Mar. 30, 2023 at Grand Regal Hotel, Davao City, Sulu State College received a certificate for being the first in region 9 and BARMM to accomplish the Sustainable Land Use Development and Infrastructure Planning (LUDIP).

Congratulations to the Planning Director and to the LUDIP Team for the achievement!

The efforts, sacrifices, and preparation of the staff was worth at the end.

DISBURSEMENT OF TERTIARY EDUCATION SUBSIDY

By Helen Haibil

On Mar. 22, 2023, Tertiary Education Subsidy (TES) for Academic Year 2022–2023 was distributed to 194 Sulu State College student scholars at SSC covered court.

The said event was graced by College President Prof. Charisma S. Ututalum, CESE. During the brief program, Prof. Ututalum gave the opening remarks to encourage the student scholars to constantly prioritize their education.

The UNIFAST team, led by the UNIFAST Director Mr. Hitler S. Allama, the scholarship staffers Ms. Sharifa Anjiraini, Ahmed Zhedriq Bandahala and Alnavar Said, the ICT Team, as well as the cashier staff were all present at the event.

LTC UTUTALUM (RES) PA DONNING CEREMONY

By Bennajar M. Angsa

On Mar. 20, 2023, College President LTC Charisma Ututalum (RES) PA was acknowledged and awarded by the 11ID Alakdan Division as reservist of the Philippine Army with the rank of lieutenant colonel held at Camp Bautista, Bus-Bus, Jolo, Sulu.

As formal recognition for being the first SSC president LTC, Sulu State College conducted a flag raising ceremony on Mar. 22, 2023 at SSC Main Campus hosted by the School of Business Administration and Management to celebrate LTC Ututalum (RES) PA.



Prof. Ututalum receiving Certificate of Recognition as reservist of the Philippine Army with the rank of Lieutenant Colonel.

In her message, LTC Ututalum (RES) PA shared that she is "for just and lasting peace in the Province of Sulu". She also quoted that through quality education, we can fight the influence of lawless elements.

Afterwards, SSC Team headed by LTC Ututalum (RES) PA toured the military from the 11ID Alakdan Infantry Division around the campus.

Congratulations, LTC Ututalum!



First SSC president to become lieutenant colonel, LTC Ututalum (RES) PA

SSC welcomes WOMEN'S MONTH 2023

By Nurmela Fahma H. Pandi



A contestant of Extemporaneous Speech delivering his answer

The Sulu State College - Gender and Development Office, in coordination with D' ARS Club, facilitated the celebration of the National Women's Month 2023 held on Mar. 21, 2023 with the theme: "We Gender Equality and Inclusive Society".

The said celebration was highlighted by the different contests such as, Painting, Slogan Making Contest, Extemporaneous Speech, and Essay Writing Contest, wherein the different schools were present to compete. The representation of women during this day was a huge success, and moreover a huge impact to a long campaign for women empowerment.



A contestant of Essay Writing Contest inking her thoughts on the topic given

Green Tamaraws Celebrate Aggie Week

By Bennajar M. Angsa



Asst. Prof. Kunsahani together with Asst. Prof. Antonio P. Escadera and other guests.

Sulu State College School of Agriculture, headed by its dean Asst Prof. Mudzrata A. Kunsahani, celebrated its 5th Aggie week on Mar. 2-3, 2023 with the theme "AGGIE: Leading Through Change" held at SSC School of Agriculture, Gandasuli Road, Patikul, Sulu.

The celebration started early in the morning with a parade from Jolo Municipal Hall to SSC Agriculture Campus in partnership with Bureau of Fire Protection-Jolo, Red Cross-Sulu Chapter, PNP-Jolo and Patikul and 35th Makamandag Infantry Battalion.

The said celebration was participated by Agriculture students which divided into four teams: Team 1, Team 2, Team Omar and Team Caluang. The competitions were composed of three categories such as Academic, Sports and Cultural which all took place on the second day of celebration.



Agriculture students together with Mr. Isahac, Activity Coordinator



Agriculture students during the early morning parade

The two-day program was organized and facilitated by Mr. Jack Ryan Isahac, Activity Coordinator, together with the student officers of School of Agriculture.

These are the overall ranking of each team during the conduct of Aggie Week celebration:

Champion: Team 1

1st Runner-up: Team 2

2nd Runner-up: Team Omar Extension

3rd Runner up: Team Caluang Extension

5th National Youth Environmental Summit

By: Rima B. Amarasa



The new selected Green Ambassador together with Mr. FirashZhed Ututalum and Mr. Saurajan Darawi

Sulu State College participated in the 5th National Youth Environmental Summit on March 1-4 2023 held at Teacher Camp, Baguio City. The said event was conducted by the Alliance for Green Ambassador of the Philippines and Benguet State University, with the theme "Youth Climate Action towards Building Sustainable, Peaceful, and Resilient Schools and Community".

Were the aim is to develop the skills in communicating climate change and cultivating sustainable development as well as raise the climate change awareness and aid the school community and becoming risk and disaster resilient through formulating an action plan for improving the greening in school.

Present during the event were the selected students from school, they are: Pearl Naida Isdari from School of Nursing, Fatima Rayhamn Sangkula from School of Education and Quenette Tan from School of Arts and Sciences together with Mr. Firash Zhed Ututalum and Mr. Saurajan Darawi.

RAMADHAN BREAK 2023

By Morsalyn P. Harun



Official announcement of the Ramadhan Break posted on SSC Fb Page

In line with the celebration of the holy month of Ramadhan and in pursuant to Republic Act No. 11036 also known as the Mental Health Act, the Sulu State College implemented a 10-day Ramadhan Break on Apr. 13 to Apr. 23, 2023 which students and faculty of the institution enjoyed.

During this Ramadhan break, classes and curricular/co-curricular activities both online and face-to-face of students and faculty related to school were put on hold to focus on the spiritual as well as mental being on the last 10 nights of the holy month of Ramadhan.

The classes resumed on April 24, 2023.

SUC's TREND: STRENGTHENING UNIVERSITIES AND COLLEGES THROUGH RESPONSIVE, ENGAGING, AND NOVEL DISCOURSES

By Sharefa S. Muayadi



Commissioner Libre during the webinar

On Apr. 24, 2023, the Commission on Higher Education (CHED) conducted the "SUC's TREND: Anti-Hazing: PHEIs, Perspective, Challenges, Opportunities" together with the Sulu State College Central Student Government (CSG) and other participants from different State Universities and Colleges (SUCs), Private Higher Education Institutions (PHEIs), Local Universities and Colleges (LUCs), private institutions, student governments, and private practitioners.

The webinar was led by CHED Commissioner Jo Mark M. Libre and Justice James Cundangan, Assistant Solicitor General, as the resource speaker of the webinar. It aimed to educate and spread awareness the laws and consequences regarding hazing which became rampant in the country.

In attendance during the webinar was the College President Prof. Charisma S. Ututalum, CESE, via Zoom Teleconferencing.



SSC CSG Officers as participants of the webinar

PRESENTATION OF CONSTITUTION AND BY-LAWS (CBL) OF WESMAARRDEC

By Radeeya S. Sencio

Sulu State College conducted a meeting on Apr. 25, 2023, afternoon, at Hermes Room, SSC Hostel. The agenda was the presentation of the Constitution and By-laws (CBL) of Western Mindanao Agriculture, Aquatic, and Natural Resources Research and Development Consortium (WESMARRDEC) with the objective of ensuring the effective use of research and management in the agricultural field as well as in institutional services.



Dr. Synan S. Baguio, Director, Livestock Research Division (PCAARRD) delivering his message after the opening message of SSC President.

The meeting began with the opening message of College President Prof. Charisma S. Ututalum, CESE. It was followed with the program proper headed by the Director of the Livestock Research Division (PCAARD), Dr. Synan S. Baguio, Dr. Ronilo De Castro, SRS (PCAARD); Mr. Rey Ralph Virtucio, Science Communication Cluster Coordinator (WESMAARRDEC); Dr. Leonilo Abella, Consortium Director (WESMAARRDEC); and Mr. Moh. Shanizee Sarabi, SRS (WMSU - SERDAC) were also present during the meeting.

From SSC, the attendees were Prof. Nelson Julhamid, Ph.D., Vice President for Academic Affairs; Ms. Ayesha Rema Tan, Board Secretary; and Mr. Almashien Lipae, Chief Administrative Officer. It was also attended by the SSC cluster representatives from different schools namely Malikha Ilupa, Research and Development Cluster Representative; Mr. Adzmer Muhali, Technology Transfer Cluster Representative; Asso. Prof. Froilyn Jamawadi, Information and communications Technology; and Ms. Arnilyne K. Hambali, Science Communication Cluster Representative.



Photo opportunity of the College President Charisma S. Ututalum together with the VPAA and other SSC Officials

STALWART SIM REGISTRATION

By Maryamarzahra Jalaidi



Students from different schools waiting to be served during the Sim Registration

The said program was conducted on Apr. 26, 2023 at SSC covered court which was spearheaded by Mr. Saurajan S. Darawi, Dean of Student Affairs. The students went through a number of steps for the smooth flow of the registration. The said act was made to aid the increasing cases of scams through mobile phones.

In support of the implementation of RA 11973 otherwise known as Sim Registration Act, the Sulu State College Office of Student affairs and Services (OSAS), in partnership with Central Student Government (CSG) and the Digital Transformation Office, conducted a Sim Registration Program to ease the problem of the students with unregistered sim by offering free assistance.



The College President Prof. Ututalum together with OSAS members during the Sim Registration

SSC Attends Committee on Higher and Technical Education Town Hall Meeting

By Bennazir M. Angsa

On Apr. 14, 2023, Sulu State College, headed by Prof. Charisma S. Ututalum, CESE, attended the Town Hall Meeting of Committee on Higher and Technical Education together with Hon. Mark Go, Chairperson on Committee on Higher and Technical Education, held at Batangas State University.



Prof. Ututalum together with Hon. Go

The meeting was all about raising the relevant concerns faced by State and Universities and Colleges (SUC's) where Prof. Ututalum also shared her concerns about her institution.

The said meeting was attended by the different SUC presidents and representatives.

INDUCTION OF NEW MEMBERS OF AACCUP BOARD OF TRUSTEES

By Sharefa S. Muayadi



Members of the Board of Trustees including the College President, Prof. Ututalum, CESE, Dr. Agrupis, Dr. Arangote, Dr. Cadag, Dr. Gamboa, Dr. Muhi, Dr. Penaso, Dr. Ronquillo, De Lara, Dr. Belarga, Dr. Dollente, Dr. Erwin, Dr. Ramirez and Dr. Lina

On May 2, 2023, the Accrediting Agency of Chartered Colleges and Universities in the Philippines (AACCUP) Inc. held a board meeting where the election and the induction of the new members of its Board of Trustees (BOT) took place.

14 members of the BOT including the College President Prof. Charisma S. Ututalum, CESE, Dr. Shirley C. Agrupis, Dr. Emily M. Arangote, Dr. Charlito P. Cadag, Dr. Gregorio Z. Gamboa, Dr. Manuel M. Muhi, Dr. Anthony M. Penaso, Dr. Tirso A. Ronquillo, Maria Glenda O. De Lara, Dr. Alona M. Belarga, Dr. Lawrence Anthony U. Dollente, Dr. Erwin B. Lacanlale, Dr. Iris April L. Ramirez and Dr. Suzette B. Lina were inducted as new members of the BOT of AACCUP.



Prof. Ututalum taking her oath alongside with the new members of AACCUP BOT.

The election of officers was conducted by the AACCUP secretariat and proceeded with the induction of the new officers of the AACCUP Board of Trustees

COURTESY VISIT TO SEN. LEGARDA

By Merhama A. Mañalas

On May 10, 2023, Sulu State College President Prof. Charisma S. Ututalum, CESE, had an assembly together with Commission on Higher Education (CHED) Commissioner Jo Mark Libre along with the State Universities and Colleges (SUC's) presidents of Bangsamoro Autonomous Region in Muslim Mindanao (BARMM) and Region IX and paid a courtesy visit to Hon. Lorna Regina Bautista Legarda, Senator of the Republic of the Philippines.



College President Prof. Ututalum during a meeting with other SUC presidents in BARMM and Region IX



Sen. Legarda together with the SUC presidents

The following matters were discussed: Development and Strategies of improving the quality education in HEIs', Culture and the Arts, Climate, Environmental, and General Education.

TRAINING WORKSHOP ON INTELLECTUAL PROPERTY PERSPECTIVE PATENT RESEARCHING AND PATENT DRAFTING

By Arnalyn A. Sawadi

On May 15-17, a 3-day training workshop concerning the importance of intellectual property perspective patent researching and drafting was conducted at Sulu State College Hostel Function Hall via Zoom.

Asso. Prof. Froilyn Jamawadi, SSC Research Director, led the training workshop that was organized by the college in partnership with the Technological University of the Philippines.



Faculty members sharing thoughts about the topic

The main objective of the said training workshop was to educate the audiences about intellectual property rights to protect their documents, products, and innovations and also to apply the basic principles in patent searching and patent drafting reports.

The speakers of the said training were: Mr. Jonel R. Macalisang, TLO Director and ITSO manager, who talked about Intellectual Property Awareness which covered copyrights, trademarks, and patents; and Asso. Prof. Jerry G. Ligaya, ITSO Technical expert and MET Department head, who tackled Patent Searching and Drafting Patent Report which covered the significant process of patent searching and patent drafting reports. The participants also presented their outputs on patent searching and patent drafting reports.

The awarding of plaques and certificates to the resource speakers and participating schools of the college was conducted on the last day. Vice President for Academic Affairs Prof. Nelson Julhamid concluded the event. College President Prof. Charisma s. Ututalum CESE was also present during the training workshop.

UNIVERSITY HOOD MEETING

By Merhama A. Mañalas

Sulu State College conducted a university hood meeting on May 17, 2023 lead by Commission on Higher Education (CHED) Commissioner Jo Mark Libre.

Present during the meeting were the Vice Chair of the Board of Trustees (BOT) and SSC President Prof Charisma S. Ututalum, CESE, president of Caraga State University Dr. Rolyn Daguil, Congressman of the First District of Sulu Hon. Samier Tan, president of Alumni Association Atty. Hussin U. Amin, Atty. Mike Berania, Atty. Ronie Azura, and Dean of Admission Engr. Firash Zhed S. Ututalum.



L-R: Engr. Ututalum, Atty. Amin, Atty. Berania, Congressman Tan, Commissioner Libre, Prof. Ututalum, Atty. Azura, Dr. Daguil.

Among the matters that were discussed were the scheduling of the activities, highlighting key milestone and future plans.



L-R: Mr. Sarabi, Dr. Sarabi, Ms. Sanchez, Ms. Enson

SCHOOL OF EDUCATION FACULTY ATTENDS PATEF-UPDATE

By Arnalyn A. Sawadi

Sulu State College School of Education faculty members attended the Philippine Association for Teachers of Educational Foundations – United Professionals for the Development and Advancement of Teacher Education, Inc. (PATEF-UPDATE) 20th Anniversary and Mid-Year Convention 2023 on May 17-19, 2023 at Century Park Hotel, Manila.

Dr. Marivel T. Sarabi, Dean of School of Education, and faculty members namely: Ms. Tricia Enson, Mr. Alnakier Sarabi, and Ms. Jocelyn Sanchez were grateful to the College President Prof. Charisma S. Ututalum, CESE, for the opportunity of being able to join the said event.

The said event was made possible in partnership with Philippine Normal University (PNU).

SSC PRE-SERVICE TEACHERS CULMINATING ACTIVITY

By Arnalyn A. Sawadi

On May 19, 2023, the pre-service teachers of Sulu State College School of Education conducted their culminating activity at the Center for Culture and Arts to look back to their journey during their internship.

The event was opened by Al-Aziz J. Aglosos, pre-service teacher, and was followed by video presentations and awarding.

Present during the culmination day was the College President Prof. Charisma S. Ututalum, CESE, who also gave an inspirational message. Along with her were Asso. Prof. Immir S. Juhudi who represented the dean of School of Education, Elementary Education Intern Supervisor Rania D. Abduraup Ed.D, and Chief Administrative Officer Mr. Almashien Lipae.

The event was concluded by Bryan J. Ingkas, pre-service teacher, and was hosted by Ms. Mailen Antao, faculty member.



SULU STATE COLLEGE
1982










HON.


BLOODY
MARY





ONE
SSC
ONE
SSC




CERTIFICATE
OF RECOGNITION
Alkhamar L. Saddafani
EDUCATION

BISU BENCHMARKING ACTIVITY IN SCC

By Rima Amarasa



Photo opportunity of BISU delegates alongside College President Prof. Charisma S. Ututalum, CESE

On May 24, 2023, Bohol Island State University (BISU) successfully benchmarked with Sulu State College under the leadership of Dr. Anthony Penaso, represented by Mr. Eusibio M. Fullante, Director of Finance; Mr. Elano E. Bag-ao, BOR Secretary; Mr. Juney J. Boyos, BISU Instructor; Engr. Jerry L. Sumodobila, Mr. Arnel J. Valenciano, Mr. James Nicol Hornijas and Ms. Jenifer C. Alcain.



BISU delegates together with SSC officials

SSC has showcased its commitment to continuous improvement and inspired to pursue similar partnerships and initiatives. The powerful exchange of knowledge and ideas between schools has the potential to revolutionize the educational landscape, benefiting the students in both institutions.



College President Prof. Charisma S. Ututalum, CESE, during the benchmarking activity



A photo opportunity of the Team Pink Falcons with their coach.

BATTLE OF THE NIGHTINGALE 2023

By Radeeya S. Sencio

Sulu State College once again partook in The Battle of the Nightingale 2023 held on May 25, 2023 at KCC Mall de Zamboanga, Zamboanga City, represented by the team Pink Falcons, namely: Ben-Badz U. Gadjali (4th year), Fatima Shaifa L. Ahadain (4th year), and Fatima Marwati Mudjasam (3rd year) together with their coach, Mrs. Ainee-Rizzi Abduhadi, RN.

The SSC School of Nursing ranked 1st During the preliminary round and ranked 5th during the championship round. Moreover, the achievement of the team became possible due to the support of the Dean of the School of Nursing, Asst. Prof. Alijandrina T. Jalilul, RN, MAN, and College President Prof. Charisma S. Ututalum, CESE.



SSC representatives during the Battle of the Nightingale 2023

FUTURES THINKING AND FORESIGHT ACTIVITY

By Helen H. Haibil



Participants from SSC gathered in Hermes Room

Five groups from Sulu State College, including Sulu Salt, Smart Campus, Sulu Coffee, Halal Hub, and Food Preservation, all under the direction of College President Prof. Charisma S. Ututalum, CESE, had joined forces to organize a 3-day Future Thinking and Foresight Activity on May 24-26, 2023.

The event's goal was to lay out a prosperous and sustainable future. This is a remarkable example of proactive vision that recognizes the significance of the future.

The participants in this collaborative effort were brought together and fostered with Ms. Ma. Christine F. Reyes, Director, Aptissimi Development Innovations, Inc., serving as one of the resource speakers who were all professionals from various fields. To collaboratively anticipate and plan for the challenges and opportunities that lie ahead, Ms. Reyes, Mr. Joseph Reylan B. Viray, and Ms. Jalaine Joyce V. Malabanan met.

The participants in this activity examined new technology, evaluated societal trends, appraised the thriving halal industry, and identified potential disruptions before brainstorming sessions and presentations get underway. They sought to anticipate concrete roadmaps and suggestions for successfully navigating the complexity of the future.



A congratulatory post of SSC for Mr. Abdurasad posted in its official FB Page

SEA GAMES PENCAK SILAT MEDALIST PAID A COURTESY VISIT TO SSC

By Helen Haibil

On May 30, 2023, Mr. Denmark Abdurasad, 2023 SEA Games Pencak Silat medalist, paid the College President Prof. Charisma S. Ututalum, CESE, a courtesy visit. The encounter demonstrated his commitment to and success in the field of martial arts.



Prof. Ututalum and Mr. Abdurasad together with the SSC Pencak Silat members

Mr. Abdurasad shared his experience in the martial arts with the college president during a series of conversations he had during his visit.

The discussions put a spotlight on the respect, perseverance, and discipline characteristics at the core of Pencak Silat. And emphasized the value of developing both physical and mental toughness as well as a profound respect for the art's historic legacy.

Mr. Abdurasad was a former student of Sulu State College Laboratory High School.

MBHTE MINISTER VISITS SULU

By: Radeeya S. Sencio



Photo taken during the Meet and greet with the SSC Company

On the 10th day of May 2023, Hon. Mohagher M. Iqbal, minister of the Ministry Basic, Higher, and Technical Education, meet and greet SSC Company at Sulu. Present during the visits of Minister were the Officer-In-Charge, Dr. Alijandrina T. Jalilul, and Chief of Staff, Ms. Narcisa Mohammadhashim.



Hon. Mohagher M. Iqbal, MBHTE Minister together with OIC, Asso. Prof. Alijandrina T. Jalilul and Chief or Staff, Ms. Narcisa Mohammadhashim

The objective of visitation is to guarantee that the school operations in the region are effective and productive and to personally witness the condition of schools in the area and provide support for the regional development.

MEET AND GREET WITH ASEC. BRAVO AND RD MARTIN

By: Radeeya S. Sencio



President Prof. Charisma S. Ututalum, CESE together with ASEC Bravo and RD Martin

The Sulu State College held a meet and greet event with Honorable Achilles Gerard Bravo, Assistant Secretary, DBM, and Hon. Mark Louie C. Martin, Regional Director, DBM along with their team. The event occured on May 18, 2023 at Sulu State College.

The Sulu State College was pleasured to meet two important personalities that made their operation a huge success as an academic institution. In addition to this, they extend their never-ending support and guidance to pursue our deliberate services and our financial resources through accountable execution. Above all, to exhibit what Sulu State College is at present.

CAREER GUIDANCE AND EMPLOYMENT COACHING FOR GRADUATING STUDENTS (CGECGS) OF MOLE – BARMM

By Shakina Isnijul



The school student leaders who participated on the event.

On May 10, 2023, the Bureau of Employment Promotion and Welfare (BEPW) of the Ministry of Labor and Employment Bangsamoro Autonomous Region in Muslim Mindanao (MOLE-BARMM) conducted Career Guidance and Employment Coaching for Graduating Students (CGECGS) of Sulu State College at Center for Culture and Arts, SSC main campus which aimed to teach graduating students about their right choice of career/course, stress management as well as how to seek employment and job-hunting tips. Different topics were tackled such as Career Guidance, Financial Literacy, and Job Hunting Tips that will surely help the graduating students on their future careers. The event was facilitated by Mr. Yahiya B. Sabal, Mr. Omarshariff Pangilamen, and Fatima Haisah P. Undah accompanied by Ms. Fhadzra Aisa P. Sabdani, SSC Acting Guidance Counselor and Guidance Coordinators of different schools.

SSC 41st PRE-GRADUATION CEREMONY

By Nurmalyn Jumali

Sulu State College held its 41st Pre-graduation Ceremony for undergraduate students for batch 2022-2023 on June 1, 2023. A total of 1,433 candidates received their diplomas at SSC Multi-purpose Gymnasium.

The event was themed: "Sustainable Excellence: The Hallmark of Sulu State College". It started at 8:00 AM with several attendees including administrators, faculty, staff, deans, guests and other members of the Board of Trustees. Preliminaries were held before the program proper started. Afterwards, Mr. Kaisar distributed the diplomas to the 1,433 graduating students.

College President Prof. Charisma Ututalum, CESE, also gave a message where she emphasized the importance of finishing education in shaping a better future. The ceremony concluded with a photo opportunity.





SSC SCHOOL OF NURSING 2nd PINNING CEREMONY

By Nurmalyn Jumali

67 graduating student nurses from Class Asclepians officially received their pins in the 2nd Pinning Ceremony of Sulu State College School of Nursing held on June 5, 2023 at SSC Gymnasium with the theme "Promoting Equity and Diversity in Health Education towards Universal Health Care".



Class Asclepians of 2023

The event started at 1:30 pm with the processional of the graduating student nurses, faculty, staff, school administrators, and guests. The welcome remarks were given by Mrs. Nasra I. Asak, RN, MAN, Clinical Instructor. It was followed by the presentation of the candidates for pinning acceptance presented by Asso. Prof. Alijandrina T. Jalilul, RN, MAN, EdD, Dean of School of Nursing. The candidates were accepted by the College President Prof. Charisma S. Ututalum, CESE.

Class Asclepians received their pins together with their guardians with the assistance of the Level Four Adviser Ms. Jermalyn H. Amil, RN, MAN and Asso. Prof. Jalilul, Ms. Fatima Shaifa Ahadain, Asclepians 2023, led the nightingale's pledge. The singing of the batch song entitled "This Is My Now" was played together with the video presentation prepared by the Asclepians. The video featured the journey of the graduating student nurses throughout their nursing study.

Presentation of awards and recognition followed where Prof. Ututalum gave the award and was assisted by Prof. Nelson U. Julhamid, Vice president for Academic Affairs, and Asso. Prof. Jalilul. Words of gratitude from the guest speaker, Mrs. Ayesha-Rema Tan, RM, RN, MPA, DPA, PNA President-Sulu Chapter, came next. A plaque of appreciation was then presented to the guest speaker by Prof. Ututalum and was assisted by Asso. Prof. Jalilul.



Mr. Gadjali, Asclepian Class Top 1,

Moreover, a class response was given by Mr. Ben-badz Gadjali, Asclepians 2023. An inspirational message was also expressed by the college president where she wished the batch that may they always bring all the knowledge, skills and attitude they gained from their Alma Mater. "May Allah SWT guide you on your next goal – the two letters next to your names. In Sha Allah, Future Registered Nurses!" Prof. Ututalum added.

After the inspirational message, closing remarks was given by Ms. Amil, Level 4 adviser, and followed by the dedicatory song where the Asclepians sang "Do I make you proud" as a tribute to the sacrifices of their parents and guardians.

SSC Recognition Ceremony 2023

By Nurida Salip Julkiram and Mherhada Sahibuddin

To show appreciation of the student's hardwork throughout the academic year, Sulu State College held a recognition ceremony for the deserving students of different schools held at SSC Gymnasium, Walled City, Jolo, Sulu on June 3, 2023 at 1:00 PM.



The awardees rendering an intermission number

A total of 317 students received medallions and certificates for Academic Exellence Award with School of Agriculture having 21 awardees, School of Arts and Sciences with 44, School of BSBA with 13, School of CSE with 40, School of Education with 140 (6 gold medalist) and School of Nursing with 59 awardees.

Meanwhile, the following awards were also given during the ceremony: Service Awards, Special Awards, Sihnag Service Award, Journalism Award, Photojournalist of the Year, Cartoonist of the Year, Outstanding Internship Award, Cultural Awards, Athletic Awards, and OWWA Scholarship Awards.

Present during the ceremony were the College President Prof. Charisma S. Ututalum CESE, Vice President for the Academic Affairs Asso. Prof. Nelson U. Julhamid Ph.D, College Registrar Mr. Kaisar Sahiran, Board Secretary Ms. Rema Tan, Chief Administrative Officer Mr. Almashien S Lipae, deans of different schools, faculty members, awardees, and their parents or guardians.

13th BSBA Ring Hop Ceremony

By Adzrina Sadikal and Mherhada Sahibuddin

On June 4, 2023, Sulu State College School of Business Administration and Management (BSBA) held their 13th Ring Hop Ceremony at SSC Gymnasium, Walled City, Jolo, Sulu.

The event was themed: "Batch Honeste Vivere 2023: Succeeding and Leading Towards Development and Excellence". It started with the marching of 272 students from Human Resource Management and Marketing Management together with their parent, staff, faculty, directors, academic and administrative officials, Guest Speaker Mr. Vicente A. Regalado and the College President Prof. Charisma S. Ututalum, CESE.

The event ended with a closing remark by Asso. Prof. Delfina A. Ampung, Quality Assurance Director, and dedication song by BSBA students.



BSBA students doing the request of the Guest Speaker Mr. Regalado

SSC Holds its 41st Commencement Exercises

By Nurmalyn Jumali



Photo opportunity with college president, commencement speaker, board of trustees, officials, faculty together with the class of 2023 graduates

Sulu State College successfully held its 41st Commencement Exercises with the theme, "Sustainable Excellence: The Hallmark of Sulu State College" held on June 8, 2023 at the SSC Multi-Purpose Gymnasium, Walled City, Jolo, Sulu.

The event started at 8:00 am with the processional of the marshal, order of colors, graduates, faculty, staff, deans, school administrators, and guests. CHED Commissioner Jo Mark Libre, Designated Chair of the SSC Board of Trustees, and other members of the Board of Trustees were present during the ceremony. The preliminaries were followed by the opening remarks given by Asso. Prof. Nelson U. Julhamid, PhD, Vice President for Academic Affairs.

Asso. Prof. Masnona S. Asiri, DPA, Dean of School of Graduate Studies; Asso. Prof. Alijandrina T. Jalilul, RN, EdD, Dean of School of Nursing; Asso. Prof. Mudzrata H. Kunsahani, MSA, Dean of School of Agriculture; Asso. Prof. Aldaruhz T. Darkis, DPA, Dean of School of Computer Science and Engineering; Asst. Prof. Marivel T. Sarabi, DPA, Dean of School of Education; Asst. Prof. Hartini D. Saradi, DPA, Dean of School of Business Administration; and Asso. Prof. Patricia I. Amilhusin, EdD, Dean of School of Arts and Sciences, presented their schools' respective graduates. The College President Prof. Charisma S. Ututalum, CESE, accepted the total of 1,433 graduates and conferred their respective degrees and titles.



Mr. Taha, Class of 2023 Highest Excellence Awardee, delivering his Address of Thanks

Meanwhile, the Commencement Speaker Hon. Achilles Gerard C. Bravo, DBM Assistant Secretary, boosted the confidence of the graduates by saying, "We can't wait to see what you can accomplish and contribute to the world. So go out there! Stand tall and tell the world that I am from Class of 2023. We made it!" He also emphasized the importance of sustainable excellence in shaping a better future and encouraged the graduates to become catalysts of positive change in their respective fields. After the speech, a plaque of appreciation was then presented by Mr. Firash Zhed S. Ututalum, Presidential Management Staff. It was awarded by Prof. Ututalum and was assisted by Asso. Prof. Julhamid and Mr. Almashin S. Lipae, Chief Administrative Officer.

Afterwards, the presentation of academic awards led by Asso. Prof. Julhamid came next. Latin honors were called up the stage with their guardians. This year's batch was led by Aldimar D. Taha, a Cum Laude from Bachelor of Secondary Education, Major in Science.

In his address of thanks, Mr. Taha shared a beautiful line which according to him serves as his motto in life, "Whenever you feel tired or discouraged, think of the reason why you started in the first place."

Ms. Analyn E. Limpasan, a Cum Laude from Bachelor of Secondary Education, Major in English, led the pledge of loyalty. It was followed by the induction of graduates into SSC Alumni Association spearheaded by its president, Hon. Hussin U. Amin, D Hum, EdD, DPA, member of SSC Board of Trustees. Singing of the commencement song came next where the graduates sang "We're all in this together".

The ceremony ended with recessional through One SSC March.

1st GRADUATE SCHOOL HOODING CEREMONY

Mherhada H. Sahibuddin



Prof. Ututalum and Dean Asiri together with the graduate and her parent during the donning of academic hood

The 1st Sulu State College Graduate School Hooding Ceremony was held on June 6, 2023 at SSC Gymnasium, Walled City, Jolo, Sulu at 3:00 PM hosted by Dr.. Adawia Jamasali, Sihnag Adviser.

The ceremony started with the marching of the candidates for graduation, faculty members, dean of Graduate Studies, college registrar, board secretary, faculty president, chief administrative officer, vice president for academic affairs, and the College President Prof. Charisma S. Ututalum, CESE.

The welcome address was given by the Vice President for Academic Affairs Asso. Prof. Nelson U. Julhamid, Ph.D. Prof. Ututalum also gave her inspirational message. The donning of academic hood and distribution of diploma followed afterwards. As the ceremony concluded, Asso. Prof. Masnona S. Asiri, DPA, Dean of Graduate Studies, gave her closing remarks.

SSC Holds its 41st Baccalaureate Service

By Radeeya Sencio and Shaqueena Isnijul

Sulu State College held its 41st Baccalaureate Service on June 07, 2023, 8:00 AM, at SSC Multi-Purpose Gymnasium. The event was themed "Sustainable Excellence: The Hallmark of Sulu State College".

The Baccalaureate Service commenced with Nasihat prepared by Sheikh Haikar Amilhamja. It was followed by an inspirational message given by the Resource Speaker Hon. Samier A. Tan, 1st District Congressman of Sulu, which was delivered by College President Prof. Charisma S. Ututalum, CESE, to all the graduating students.

Moreover, each representative from different schools offered tokens alongside with their message as a sign of their loyalty and commitment to the college.

The event ended around 11:30 AM.

USEP VISITS SSC

By Mherhada Sahibuddin



VPAA Julhamid together with the visitors after their meeting

Photo Source: SSC Fb Page

On June 22, 2023, the University of Southeastern Philippines (USEP) visited Sulu State College Main Campus to conduct Library Visitation and gather references about research.

Asso. Prof. Nelson U. Julhamid, SSC Vice President for Academic Affairs and also the college officer-in-charge, welcomed and gave gratitude to the program team headed by Asso. Prof. Roland A. Dalagan, Project Leader, Historical Research; Mr. Arven Jay Costales, Project Staff; Asso. Prof. Sajrd S. Ingilan, Project Leader, Publication; and Mr. Meil Frolidan B. Icban, Project Staff.

The visitors also took the opportunity to invite the SSC faculty to be a contributor to the Anthology of Bangsamoro Literature and the conference on Bangsamoro History initiated by their team.

HON. NUR RIDHA MISUARI PAID COURTESY VISIT TO SSC

By Lija Sayyari

Hon. Nur Ridha Misuari, member of Parliamentary Bangsamoro Transition Authority and Deputy Head Secretariat of MNLF Committee, together with her team, paid a courtesy visit to Sulu State College on June 13, 2023.



Prof. Ututalum, Asso. Prof. Tulawie alongside Hon. Misuari and party

Hon. Misuari engaged in meaningful discussions and shared valuable insights with the College President Prof. Charisma Ututalum, CESE, together with the Faculty President Asso Prof. Alnadzma U. Tulawie. The courtesy visit encompassed meaningful and essential various topics, including the discussion of the upcoming partnership between them and college.



Prof. Ututalum posed for a snap together with Hon. Misuari

The visit marked a significance event for the college as it highlighted the importance of fostering strong relationship and collaboration partnership between the government and educational institutions of Lupah Sug.

SSC EMPLOYEES RECEIVE ONE-TIME GRANT OF RICE ASSISTANCE

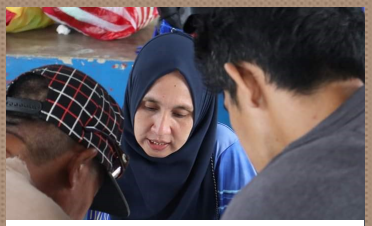
By Morsalyn Harun



In action photos of transporting goods in SSC campus covered court

The National Food Authority (NFA) Sulu Buffer Stock Unit Office held a One-Time Grant of Rice Assistance (OTRA) to Sulu State College employees in pursuant to administrative order no. 2 on June 14, 2023 at SSC covered court.

Sulu State College is one of the beneficiaries of the said assistance where Mrs. Melbalyn A. Idjilani, the Supply Officer, took charge of organizing and executing the distribution of the rice allowance to the employees of Sulu State College.



Mrs. Idjilani, the Supply Officer, taking charge in distribution of OTRA

The subsidy was made possible through the collaborative efforts of the college administration and the National Food Authority (NFA), highlighting their dedication to supporting government employees. The initiative has been met with enthusiasm and appreciation from the SSC employees, who acknowledged the institution's commitment to their welfare

PHASE III OF THE CAPACITY BUILDING ON UNIVERSITY FUTURES THINKING AND STRATEGIC FORESIGHT

By Nurida Salip Julkiram

Sulu State College held a 3-day Phase III of the Capacity Building on University Futures Thinking and Strategic Foresight on June 21-23 at Zamboanga City.

This program aimed to provide strategic plans for the future of the college in preparation for its conversion into a university, and to prepare the college with skills that are significant in the future.



Prof. Ututalum while delivering a message

Photo sources: SSC FB Page

This program was participated by the certain teams from the college, facilitated by Aptissimi Development Innovations Inc. (ADII) in partnership with the Philippine Futures Thinking Society. The participating groups have shared collaborative projects, seminars, lectures, strategy development to name a few



The participating groups during the program

Photo sources: SSC FB Page

Simultaneous BLEPT Review and Seminar-Workshop on Curriculum Mapping & Syllabi Making

By Maryamarzahra Jalaidi

On June 24-25, 2023, Sulu State College School of Education simultaneously conducted a free two-day BLEPT Review at SSC Gymnasium and a seminar-workshop on Curriculum Mapping and Syllabi Making at SSC Hostel, Function Hall.

The two-day BLEPT Review was attended by the fresh graduates of School of Education while the seminar-workshop on Curriculum Mapping and Syllabi Making was attended by faculty members of Schools of Education and Arts and Sciences.



The attendees, speakers, College President Prof. Ututalum and Asst. Prof. Sarabi, Dean of School of Education, during the



Fresh graduates of SSC School of Education who attended the BLEPT Review at SSC Gymnasium

Speakers for both activities were from Saint Louis University, Baguio City who came to share their expertise. These activities were both ways of ensuring the quality education of the SSC students. The former will aid them for their next step in taking the LET, while the latter was for the professional growth of the involved faculties to maintain a quality education for the students.

TAPHE: A COMMUNITY PRACTICE

By Nurmalyn Jumali



Prof. Ututaum together with other institution representatives

Photo Credit: Sulu State College Facebook Page

The Transformative Academic Practice for Higher Education in the Philippines (TAPHEP), a project in collaboration with the University of the Philippines Los Baños (UPLB), University of Liverpool, United Kingdom and other 18 Public and Private Higher Education Institutions in the country, held the first edition of the International Conference on Transformative Academic Practice for Higher Education (TAPHE): A Community Practice on June 30, 2023 at Acacia Hotel Manila, Alabang, Muntinlupa City.

This event was funded by the Commission on Higher Education. The project aimed to continuously improve Higher Education Delivery in the Philippines and beyond. Participants from different institutions are committed to engage and support the knowledge-sharing and skills-development activities of the TAPHE.

College President Prof. Charisma S. Ututaum, CESE, represented the SSC community on the said conference to cooperate and collaborate with TAPHE community to ensure the most enriching experience for learners in the region, in the country, and globally.



Prof. Ututaum together with other institution representatives

Photo Credit: Sulu State College Facebook Page

SSC Receives Donation from UNDP

By Shieka Shara Usman



Dean Saradi together with Business Administration faculty members trying out the equipment

Sulu State College was the institution that the Australian-United Nation Development of the Philippines-International Social Impact of the Philippines has chosen as the recipient of the equipment donated on June 10, 2023 at the SSC School of Business Administration.

The said event was facilitated by the faculty of the Business Administration and Management with their Dean Dr. Hartini D. Saradi, College President Prof. Charisma S. Ututalum, CESE, and the UNDP. Furthermore, it was stated that SSC was the deserving institution to receive this donation.

"Mockboard 2023"

By Nurbina J. Halid



Fresh graduates, during their examination for mock board.

Last July 02, 2023, The Sulu state College school of education conducted a mock board examination to their fresh graduates' batch 2023, held at SSC school of education building occupying 10 rooms with 30 fresh graduates per rooms, it was the first mock board examination done by the school of education, aimed " to determine their readiness in the board licensure examination". The said mock board examination is exclusively for the fresh graduates only for this year however according to the dean of school of education Asso. Prof. Marivel T. Sarabi, she proposed to implement the mock board examination to every year level, so that the students will improve in their comprehension skills and uplift their competency level.

Job Preparation 2023

By: Fatima Saquena I. Isnijul



During the first day of Job Preparation Activity.

The Sulu State College conducted a Job Preparation activity to all graduating students on May 22, 2023 to May 31, 2023. This was held at Center for Culture and Arts building, SSC main Campus.

This activity aims to prepare the students on what will come or happen after graduating. With different lectures being discussed on that day, such as lecture on Test-taking Skills, Professionalism, Business Correspondence, and Life after graduation in Islamic Correspondence.

This activity was facilitated and organized by the designated Guidance Coordinators of the different schools of Sulu State College.

Dean Saradi Presented Research at 2023 IConTHM

Asst. Prof. Hartini S. Saradi, DPA, Dean of School of Business Administration and Management, attended and presented her research paper entitled: "Transformational Entrepreneurship and Work Engagement Employee Among Tourism Establishment in Sulu: An Assessment" at the 2023 International Conference on Tourism and Hospitality Management (2023 IConTHM).

The event was hosted by the Partido State University at Caramoan, Camarines Sur. The endeavor was made possible with the support from College President Prof. Charisma S. Ututalum, CESE.



TEACHERS APTITUDE TEST

MHARSHA INA J. BUCAYAN

The Sulu State College School of Education conducted a Teacher Aptitude Test (TAT) on July 02, 2023 at the Education building with a total of 350 examinees, wherein there were 250 examinees in the morning and 100 examinees in the afternoon.

The said examination was aimed to determine those freshmen student who are competent and eligible to be part of the said department.



Mr. Aljumar Tungupon, faculty member, proctoring the examinees

Photo source: school of education fb page



Meet the New Vice President for Academic Affairs

By Nurida I. Salip Julkiram

The Office of the Vice President for Academic Affairs is responsible for the implementation and evaluation of the instructions/programs/activities to ensure effective training and education for development. The office has general supervision over instruction and other academic activities, these include the responsibilities on assessment, accreditation and review academic programs. And just recently, the office has welcomed its new head.

Asso. Prof Nelson U. Julhamid, PhD, is the Sulu State College new Vice President for Academic Affairs (VPAA) which took effectivity on April 03, 2023. He is the former Vice President for Research and Extension in the same college. Asso. Prof. Julhamid is a tenured Associate professor in Sulu State College, a doctor in Philosophy major in language teaching English. He obtained his bachelor's degree in Mindanao State University Tawi-Tawi where he took Bachelor of Science in Education major in General Science minor in English. He completed his master's degree in Bukidnon State University while he obtained his doctorate degree at Western Mindanao State University, Zamboanga City. Asso. Prof Julhamid taught subjects Language Acquisition: Theories, Principles, and Current Research; Language Teaching Methods and Techniques; Evaluation and Testing; Advance Research and Advanced Statistics.

For many years he has been a critic/reader on so many researchers. He also handled thesis advising up to the present. He is an expert consultant on many services, a consultant in Palamata Research Journal, a member of regular dissertation, the chairman of Bids and Award Committee, and a member of the Board of Correctors on Comprehensive Exam (MALTE). Asso. Prof. Julhamid was also a former member of numerous organizations.

He was a former member of Phil Association of Institutions for Research, Inc. (PAIR), Association of Scholarly Editors, Association of Scholarly Peer Reviewers, College English Teachers Association (CETA), Chairperson of English Department Association (CEDA) and more.

Asso. Prof. Julhamid is feeling thankful for being entrusted by this overwhelming position. He is proud to support the current administration and is feeling grateful as he was being put in huge responsibility that could make him a significant contributor to the college. He is thrilled to participate and serve the administration and fulfill all the requisite especially for the universityhood of the college.

As the new VPAA, Asso. Prof. Julhamid is hopeful that the college would move forward and do a better performance. He is hoping to see the college converted into a university to see the programs in the college are compliant to the Commission on Higher Education (CHED) requirements. His plans are to create more academic programs in the college for more opportunities for the students. He said, "I am hopeful to see that the College is responsive to the needs of the community, most importantly, I wanted the faculty to be vertically aligned, and the academic programs are fully backed up with enough classrooms, enough facilities and laboratories." He would also love to see the faculties to work as one with one mission and one objectives - to feel the atmosphere of understanding and sharing love.

Being the new VPAA, he said these are some things we should expect during his supervision: All heads of department will be in more capacitation, and he will give everyone a chance to plan, execute and implement it as long as it is in line with the policies of the college which signifies how he is as a democratic supervisor.

During our interview, I also asked Asso. Prof. Julhamid of what is being a VPAA to him and he humbly answered, "Being a VPAA is a top responsibility honestly, I would consider this as a handed chance for me to take a major role in order to help the development of our beloved college."

Finally, for the last part, he gave a heartwarming message for the students: "Dear students, always be confident. The VPAA is supportive to your endeavor, to your dreams and do not lose hope. Your VPAA believes that this organization, YOU, the students, are the most important. So take your part, be engaged in academic activities, my office is open for all you. BE A STALWART!



Interview photo with the new VPAA, Asso. Prof. Julhamid, together with Sihnag Feature Editor Nurida Salip Julkiram

A Dream Come True

By Nurida I. Salip Julkiram



Every person has his own uniqueness. We do have our differences and similarities. We do have a talent which we are so much proud of. Some of you who are reading this might not have yet discovered your potentials, and some of you are still polishing your expertise. Many of us are blessed with different gifts, with different hobbies and passion, and one of the best feelings that we could have is when our passion becomes our work.

In Sulu State College, there is a man who is like a computer genius, the man behind the Sulu Travels application, and now became the first Sulu State College faculty to graduate with a degree of Master of Science in Computer

He is 28 years old, an instructor from the School of Computer Studies and Engineering, an Engineering Research and Development for Technology Scholarship Beneficiary under the DOST Program, and now a graduate of Mapua University, Intramuros Manila. He is no other than Engr. Adzmer Sampang Muhali. Let's see what he has to say about being the first faculty to graduate with the said degree.

Sihnag Staffer: How does it feel to be the first SSC Faculty to graduate with a degree of MSCpE?

Mr. Muhali: I just feel lucky to have this opportunity. It is indeed a dream come true. Someone offered me to study MSCpE and I instantly grabbed the opportunity. The most important thing to me is that I graduated.

Sihnag Staffer: Do you consider this as one of your greatest achievements?

Mr. Muhali: Yes. When I was in college, I dreamed of finishing my studies, and after

Muhali: The First SSC Faculty to Graduate MSCpE

I dreamed of this. It is not just the title that matters to me, but the knowledge that I have gained in this field.

Sihnag Staffer: What are your struggles in achieving this degree?

Mr. Muhali: First, the time. Simultaneous with my study, I also work as an instructor here at the college, so what I did in my studies is I have to do online classes for 2 years. Next is the pressure. I was a scholar from DOST, so I told myself that I need to finish this no matter how hard it is. I wouldn't like to waste my scholarship so I really did my best to make this dream come true. The last one is the lack of consultation from my field. I couldn't find someone who is expert in my field since I am the first to graduate with this degree in SSC. So what I did was to study all by myself but Alhamdullilah I survived it all.

Sihnag Staffer: What is the best thing about being a computer engineer?

Mr. Muhali: The best thing about being a computer engineer is we always provide designs and new ideas. We may not be focused on developing but we do help the developer.

Sihnag Staffer: How do you find working at Sulu State College? Does this institution help you a lot to achieve more of your dreams?

Mr. Muhali: Yes, of course! SSC helped me a lot. As an alumni and an employee of this institution for seven years, Sulu State College is a home to me. Even my purpose is not to be known Madame President [Prof. Charisma S. Ututalum] saw the potential in me and that's the time the unknown became known. My ideas were heard, my proposal was accepted and Alhamdullilah! I was proud to call myself "tatak SSCian."



Goal-Driven
Aldimar D. Taha: The Class Valedictorian Batch 2023

By Radeeya S. Sencio



In life, you will be faced with a never-ending journey. In every journey you finish, a new one awaits new lessons arise. To many, one of the most memorable journeys they experienced was in college. Maintaining your grades in college is difficult as it requires sleepless nights and a balance between studies and other commitments. However, the most difficult part of being a college student is to aim for the title of being a class valedictorian of your batch. Out of thousands of students you are competing with, it is close to impossible to get the title because you really need to devote most of your time to studying and giving your best. A lot of students work hard for it, however, the case of Mr. Aldimar A. Taha was different.

Mr. Taha graduated recently and was awarded with the highest academic excellence, Cum Laude, and a class valedictorian of Batch 2023. He took a Bachelor of Secondary Education (BSED), majoring in Science at Sulu State College. He is otherwise called "Deym" by those who knew him and were close to him. He was the former managing editor of Sihnag Publication. He tackled his ways of handling trials throughout his college life. He almost sustained himself by working as waiter to provide for his school expenses, home tutoring every weekend as his part-time job, and working as a dishwasher to save more money for all his expenses and finally, he made it to the finish line. "All of these will always be a part of my success to graduate and became my staircase to reach all of my dreams" "It felt surreal" Mr. Taha stated after discovering the news of him being a Cum Laude and valedictorian. At first, it was hard for him to process the idea upon learning he was hailed. He believed that he did not have much capability to be titled. He only wanted to study hard without expecting in return. But truly, Allah S.W.T saw his effort and gave him the fruits he labored. The strategy he used to consistently perform well academically and achieve Latin honor was to let himself be free from pretense. "I work at my own pace and celebrate every progress. I never pressure myself from any failure I met along the way".

He advises students who are aiming for academic success to choose their circle of friends and improve their own self-esteem because the people they are about to meet in college could greatly influence them. According to Mr. Taha, amidst having fun and enjoyment despite their problems, studies should be treated like a journey, not a mere compliance. He was able to enjoy and have fun at school with his friends while accomplishing schoolwork. He said, "I want to let everybody have courage in finding motivation so that it would not stress you out and cost you your mental health".

Inspiration is one of the reasons which led Mr. Taha to his huge success. "Well, since the very beginning, my greatest inspiration to succeed is my family's condition. Growing up in a family where financial power is inadequate, balancing between studies and needs is a huge struggle. However, everybody should know that it is not always a matter of having the abundance in the world to push education. My determination and courage to move forward despite the rough terrain is more than enough fuel to finish my studies." His family's condition inspired him to do well in everything.

Five things that describe all the lessons that Mr. Taha learned in his journey; Passion, Determination, Goal-driven Attitude, Self-discipline, and Faith. "Passion - base that serves as the foundation to continue thriving; Determination - my fuel to push forward despite the burden and hindrances; Goal-driven Attitude - one of the essential traits one must possess in order for one to be at peak and would not go astray; Self-discipline - a key that plays a significant role for me to be able to accomplish tasks; Faith - In everything that you do, always believe in His plan. Everything will go easy as long as you connect with His wisdom. In college life where it is labeled as 'survival of the fittest', it's all up to you how you define it in your own words and phrases."

Mr. Taha is now preparing for his board exam and In Shaa Allah, he will pass it. He is a role model that every student should idolize for he has a strong will to finish college no matter what circumstances he's facing. College life is difficult but if you learn how to get along with it, you will eventually accomplish it. Nothing is impossible if you put your mind to it. Never stop seeking to learn for knowledge is a very strong sword to fight against poverty, justice, and all the negativities in life.



I'm in love

By Lynzy

Why do I get nervous when I bump into you?
Butterflies can't stop me falling for you
Love, this is more than anything I felt before
But now I know, I found the one I love

You like an art that I could stare forever
You're a dream so I sleep a lot
You're brighter than the blue sky
You're so unreal so I keep on falling for you

I like you better
I fall for you that I know I'd never get
But, I'm stuck in a daydream
I'm stuck in a phase

You know that I'm falling harder each day
You know I love you more than the bad days ahead
But your heart is forgetting
But I'll say it over and over again
so you know for sure that I'm falling for you

But with you, I see hope again
When I overthink the little things in my head
You seem always help me catch my breath
When I look at you, I hope you will be my permanent happiness.

"Just Life Happens"

By Radeeya S. Sencio

I sip on my coffee whilst gazing at the rising sun
Mesmerizing when life was full of happiness and fun.
Many phenomena transpired that were done out of plan
Yet will certainly be carved in the hearts of everyone.

Had different natures of pain that
become corruptible.
Corrupts my being, I felt completely susceptible.
As I embrace the pain, it's actually acceptable.
Pain happens for a reason; now, I'm indestructible.

My fears and regrets made me feel like I was in a cage.
'Til life hits me, it happened, so I'll mature as I age.
From who I was to who I am, I am deeply amazed,
I bloomed confidently beautiful and so much has changed.

Numerous peeps we've met; some stayed, some went in every stage.
The joy and pain will gain and lessen as we turn the page,
No matter where my feet would take me, I'm no longer fazed.
It's just life happens to teach and fix us, not to damage.

They say "live while we're young" and I truly follow this one.
I will enjoy life to the fullest before it's gone,
Widening my horizon is the first step to be done
To be capable of facing life than to fear and run.

Today, I will teach you something that may help you a bit:
Whatever you're facing right at this moment, just feel it.
It's just life happens, you'll get through it all and will learn from it.
It'll help you overcome all the battles without a bleat.

ANG UNA AT HULING PAG-IBIG

By Radeeya S. Sencio

Pagdating sa pag-ibig, napakaraming batas.
Batas na hindi naman nasusunod madalas.
Ang ating relasyon ay maituturing na malas,
Subalit sa'yo lamang ako nakakakuha ng lakas.
Lakas na hindi maipawalinag o maibigkas.

Alam nating mali pero pinilit nating lumampas.
At ngayon tayo'y hindi na makaatras.
Ang kalungkutan sa atin ay mababakas.
Paglaruan man natin ang tadhana't tumakas,
Iikutin pa din tayo nito't ibabagtas.

Sa relasyon, ilang beses kong pinilit lumabas
Subalit ika'y nanatili't ayaw kumalas.
Ang pag-iibigan natin ay wagas
Na kahit ano pang mangyari bukas,
Ang kwento natin ay hindi magwawakas.

Ano man ang tatahakin nating landas,
Pagtingin ko sayo'y maikukumpara sa perlas –
Nakakaakit, tunay, malinis, tapat at mataas.
Kaya aking sinta, ilang taon man ang lumipas
Pagmamahal ko sayo'y tiyak na hindi kukupas.

Paalam

By Lynzy

Sa gabi't araw kausap ka
Ikaw ay aking nagsilbing pahinga
Sa ating palitan ng mensahe ako'y napalapit na
Sa panandaliang oras ako'y iyong napasaya
At araw-araw, ako'y napapatanong bakit sa tulad mo'y nahulog?

Di ko mawari'ng ikaw ang ginoo na magpapatibok ng aking puso
Kahit ang simpleng away ako'y lalong nagagalak pa
Hindi to simpleng bagay dapat na 'kong masanay na

Pa'no nangyaring sayo'y nahulog?
Sa libo-libong mga bituin
'Di ko mawaring puso ika'y itinuro
Ngayo'y naliligaw kung saan tutungo ang puso
Tadhana pa ba ang susundan
Kung ikaw mismo'y nagbabago na

Di ako manhid ramdam ko ang 'yong panlalamig
'Di mo kailangang itago na ika'y nagsasawa na
Hindi ko na 'to pahahabain pa bakit kakapit pa kung gusto mo nama'y iba
Kahit na ikaw ang laman ng puso handa 'kong bumitaw at ika'y isuko
Paalam, ginoo

Checkmate!

By Fatima Marniza Rene

I let down my defense,
Moving my officials carelessly.
Rookless, Knightless, Bishopless, and Queenless
– That's what I am now recently.

All I have left now
Is a single pawn.
Standing on the white small square
And Guarding my king.

But then–
I hasty move it again.
Causing for you to enter my territory,
And here I am now– trap and checkmate!

Tertulyang Pampanitikan 2023

By Morsalyn Harun



R-L: Prof. Ututalum, Prof. Jannaral, Prof. Samad, Prof. Paradji, Asst. Prof. Tantalie at Ginoong Halben Benson

Pagsapit ng ika-27 ng Abril taong 2023, nakiisa ang Estadong Kolehiyo ng Sulu Sentro ng Komisyon sa Wikang Filipino sa pagdiriwang sa Buwan ng Tertulyang Pampanitikan na may temang "KULTURA NG PAGKAKAISA: Pagsisiyasat ng PAGKAKAISA sa pamamagitan ng PANITIKAN sa paksang Salsilah sin Lupah Sug (Kwento ng Lupah Sug)" na pinangunahan ni Direktor Asso. Prof. Alnadzma Tulawie, Presidenti ng Pakultad, kasama ang Kalipunang Pakultad at Filipino Klab sa Sentro ng Kultura at Sining ng Estadong Kolehiyo ng Sulu. Ito ay ginanap sa Center for Culture in Arts (CCA), SSC Main Campus.

Ang nasabing pagdiriwang ay nilahukan ng mga dekana't dekano ng bawat departamento, mga guro, manunulat, taga-ganap at mag-aaral. Kalakip ng akitibidad na ito ang pagkilala sa panitikan ng Sulu, mga akda at kasaysayan. Ito ay pinagtibay ng mga ganap sa aktibidad na sinalihan ng iba't ibang kalahok mula sa iba't ibang departamento.

Dumalo din ang na Presidente ng Kolehiyo Prof. Charisma S. Ututalum, CESE, at ang mga imbitado mula sa iba't ibang larangan na sina Prof. Abdulhan Jannaral, Prof. Hja. Nena Paradji, Prof. Karlsharif Samad, Asst. Prof. Edwin Tantalie at Ginoong Halben Benson.

Ang layunin ng programa ay ang maghatid ng makabuluhang pagkakaisa at maipahayag ang saloobin ng bawat isa gamit ang panitikan upang magbalik tanaw sa nakaraan tungo sa kasalukuyan.

Binang, SSC BSE student wins Budjang Luuk 2023

By Bennajar Angsa



Budjang Luuk 2023
Best in Talent, Miss Congeniality
Photo Source: Ms. Binang's Facebook

Despite the negative impression on pageantries as being women-exploiting activities, the Philippines remained as a pageant-afficionado country. Beauty of any color and shape is celebrated, even in the Province of Sulu where pageants are not expected of having.

The pageantry in the province has long been observed but due to criticisms, it was put on hold for a long time. But just recently, the Municipality of Luuk brought back the practice and what made the event relevant to Sulu State College was because the queen who bagged title for being the Budjang Luuk 2023 was its student.

She is none other than Alnashaida H. Binang, a freshman student taking up Bachelor of Secondary Education Major in English. Despite being a first timer, she was able to win the crown, besting 12 other candidates from other barangays. Representing the Barangay Lianutan, this beautiful young lady used her charisma and confidence to get the crown despite of all pressures and challenges she faced. Aside from winning the title, Ms. Binang also won special awards such as Best in Talent and Miss Congeniality. In my interview with her, the young lady shared her journey in winning the crown.

Sihnag Staffer: What made you join the search for Budjang Luuk?

Ms. Binang: During my visit to Luuk for the Eid'l Fitri celebration, the municipality announced the search for Budjang Luuk, which was the first of its kind in our community. Despite not having any prior inclination to join, I was approached by the barangay chairwoman and urged to represent our barangay as the candidate. As the youngest member of the barangay constituents, I felt a sense of responsibility to step up and take on the challenge. Despite the unexpectedness of the event, I stepped up and embraced the challenge with grace and determination and thankful for the support of my barangay and the entire municipality.

Sihnag Staffer: What are the challenges you encountered upon joining the beauty contest?

Ms. Binang: As a first-timer, I felt the weight of the responsibility that came with representing my community. With the event falling during a busy season of exams, I had to balance my studies with the demands of the pageant. I worked tirelessly to perfect my walk, knowing that my competitors were seasoned experts. However, it was my talent that was the biggest challenge. As someone without formal training in dance or singing, I knew that I needed to showcase something unique that would set me apart. That's when I decided to showcase my love for poetry. I poured my heart and soul into creating a beautiful poem that celebrated the richness of our municipality of Luuk in both English and Bahasa Sug. I was thrilled to receive the award for Best in Talent, and am grateful that the judges appreciated the beauty and power of my words.

Sihnag Staffer: As Budjang Luuk 2023, how can you utilize this title to promote betterment in your community?

Ms. Binang: As the Budjang Luuk 2023, I am passionate about using my platform to promote positive change and betterment in my community. One of my top priorities is education, as I believe that it is the foundation for a brighter future. Through my studies in Secondary Education, English major, I am gaining the skills and knowledge needed to make a meaningful impact in the lives of our youth. As the secretary of our barangay chairwoman, I am committed to working with community leaders and stakeholders to create initiatives that prioritize education and youth empowerment.

Sihnag Staffer: What for you is the best asset you have that made you win the title?

Ms. Binang: As Budjang Luuk 2023, I am honored to have been chosen for this title, and I believe that my best asset that helped me win was my combination of confidence and charisma. Despite being a first-timer, I have always been comfortable in front of large crowds, and I believe that this helped me to project a sense of ease and poise on stage. Additionally, my smile has always been one of my best features, and I believe that it played a big role in drawing people towards me and making them feel comfortable in my presence. However, I also recognize that winning this title was not just about my physical attributes, but also about the hard work, determination, and passion that I brought to the competition.

SSC Implements Islamic Symposium, Free Iftar and Voluntary Wearing of Abaya

By Adzrina A. Sadikal

Whenever the holy month of Ramadhan comes, there are so many things that we, Muslims, must observe – both things we must do and do not. The month is full of blessings to those who do and show goodness to anyone. One of those goodness is speaking simple words of kindness and giving foods as charity, especially to those who do not have much. This was what the Sulu State College Central Student Government (CSG) and Muslim Student Association (MSA) did during the holy moth as they implemented Islamic Symposium and Free Iftar not only for SSCians but also to the community outside.

The Islamic Symposium was conducted every Wednesday from 8:00-11:00 AM which started on Mar. 29,2023 at SSC Gymnasium, Walled, City Jolo, Sulu. The topics were: Ramadan and Fasting by Shiek Al-fadzri B. Moharrani, MAIS, LPT; Friendship by Shiek Jalsar A. Jalaide, RN; The Life of Human Heart – It's Death by Shiek Alkabil Dammang; True God Fearing by Shiek Pemor Murphy; Right of Muslim to Muslim by Asst. Prof. Immir S. Juhudi, Ed.D; Laylatul Qadr by Shiek Zaiulhaq Biruwa; Al-Amanah by Shiek Makin E. Tambuyong; and Birrul Walidayn by Shiek Bennadier A. Bara.

The Free Iftar was also conducted by the said organizations during the entirety of the holy month which was placed at SSC Mosque. Meanwhile, a one-day Free Iftar of Nursing Student Association (NSA) was also conducted on Apr. 7, 2023.

Moreover, on Apr. 28, 2023, the college implemented an order mandating a voluntary wearing of abaya of women employees every Friday.

All of these activities transpired through the support from College President Prof. Charisma S. Ututalum, CESE.

Managing Mental Health During Ramadhan

By Ben-Ben A. Mulkin

There is nothing challenging than spending a day in school with an empty stomach. You have to digest information while your stomach has
nothing to digest. This makes both comprehension and retention difficult, thus, eventually impedes learning. Instead of listening to your teacher's explanation, you would hear your tummy wambling from time to time. Instead of performing the activities, you would have tardy body to move because you simply have no energy at all. This is probably what the Sulu State College has realized and implemented a Ramadhan break.

The said break was in line with the celebration of the holy month of Ramadhan and in pursuant to Republic Act No. 11036 also known as the Mental Health Act. It was a 10-day break which took effectivity on Apr. 13 to Apr. 23, 2023. This gave the entire SSC community the chance to focus on their spiritual as well as mental being on the last 10 nights of the holy month of Ramadhan. After all, fasting is not just spiritually but literally mentally challenging especially on the part of those who have to wake up early for school or work.

Every year, over a billion Muslims mark Ramadhan by fasting from dawn to sunset as an act of devotion and spiritual reflection. For people with mental health conditions, deciding whether to fast can be complicated, with lots of things to consider.

Fasting is an important part of many religious traditions, and can usually be accomplished
safely. However, if you have any health conditions — including pregnancy, breast-feeding, or diabetes or another illness — it's best to consult with your religious leader and/or your doctor to determine if you still need to fast or you're able to fast without harm.

Fasting during the month of Ramadan is as much a mental exercise as it is a physical one. Although we may differ in how we prepare our minds and bodies, here are some tips from Julia Metraux in her article "Religious Fasting and Mental Health" that can help Muslims adjust to the daily fast.

1. Stay hydrated. Try drinking fluid several times throughout the night, even if you aren't feeling too thirsty—thirst is a signal that your body is ALREADY dehydrated. Choose fluids that don't contain caffeine, because caffeinated drinks can be dehydrating. Remember, breaking your fast at iftar (the evening meal after sunset) with water not only is traditional, it ensures that you get the best source of hydration into your body before becoming distracted with food. But, be careful and don't go overboard with drinking too much at one time. Trying to drink a few gallons all at once can dilute your body's electrolytes, inducing a potentially fatal condition called water intoxication.

2. Variety is the spice of life. Eat a variety of foods during the evening. Now, more than ever, your body needs good nourishment to compensate for the stress of fasting. Whole grains, vegetables, fruits, lean protein, healthy fat (fat from plants, like olive oil and nuts)—all of these are important to give your body all the nutrients it needs.

3. Portion size is important. It takes the body about 20 minutes to register that it's had enough to eat. So don't go overboard with eating during iftar. Eating mindfully and listening for when your hunger is actually satisfied puts less stress on your body and gives you more energy than eating huge amounts at one time.

4. Keep moving. Though fasting can be physically exhausting, try not to be completely sedentary. If you typically work out during the morning, see how your body feels if you switch exercise to the evening after breaking your fast. Strenuous exercise is not a good idea during the day because you can quickly become dehydrated. Think small—short easy walks (to classes or doing errands) or a few stretches can go a long way in keeping your energy up during the day.

6. Find what works for you. Depending on your sleeping schedule, you may want to experiment with how often and when you eat to keep your energy up. Which brings me to a (somewhat obvious) point...

7. Trust how your body feels. Every person is individual and may feel best with different ways of eating. If you're having trouble with fasting and these tips don't work for you, talk with a dietitian or other healthcare provider to get more specific advice based on your situation*.

8. Celebrate! This is the most joyous month of the year! Enjoy meals with others, exercise goodwill, and be patient with your body and with others.

With proper care and attention to one's physical and mental health needs, Ramadhan can be a meaningful and rewarding experience that promotes both spiritual and physical well-being. By prioritizing self-care during Ramadhan, individuals can ensure that they are taking care of themselves while engaging in this important religious practice.

Sports Fest on SSC Foundation Day

By Shaira Sakkam



A friendly beginning before the game, with the supporting president of Sulu State College

Sulu State College held a friendly clashed during the final day of its 41st Founding Anniversary Celebration with the theme: "Sustainable Excellence: The Hallmark of Sulu State College".

The morning event highlighted the moment of clash for basketball competition between the Non- Teaching Personnel (NTP) and the faculty team. The NTP snatched the championship with 68 points advancing four points against its competitor, the faculty team, which gained 64 points.

The Stalwart Varsity also had a friendly game against SSC Alumni for Basketball game. The Stalwart Varsity Team gained victory over the Alumni team with a score of 88-84.

Another highlight of the morning was the clashed for Volleyball competition between Notre Dame of Jolo College (NDJC) Varsity against the Stalwart Volleyball Team with latter bagging the championship for winning two sets of three: 24-26, 25-23, 29-27.

The said competitions took place at SSC covered court, 9:00 AM.



The flexible movement shown during the basketball game

Stalwart Volleyball Team wins 1st Runner-up During the 1st Tausug Volleyball Tournament

By Nurida Salip Julkiram, Merhama Mañalas and Lija Sayyari

The Stalwart Volleyball Team of Sulu State College won 1st runner-up during the 1st Volleyball Tournament by the Sports Development Office for Province of Sulu in coordination with the Vice Governor's Office on June 5, 2023 during the championship round held in Sulu State College Covered Court.



The Stalwart Volleyball Players together with their coach Mr. Said and SSC Sports Coordinator, Mr. Nurvin Bara

The said tournament was also the selection for the future members of Volleyball Team for Sulu in which the Stalwart Volleyball Coach Mr. Alnavar H. Said was chosen to be the coach for Team Sulu. Among the 13 players from the Stalwart Team, five were chosen to be part of the exclusive team. They were Ellisar P. Asdali, Kismal P. Ben, Marvin Uding, Sahiron J. Sabturani, and Sudilman M. Nurilla. Mr. Asdali was also awarded as the Best Blocker during the tournament.



The Stalwart Volleyball Coach, Mr. Alnavar Said, together with the Sports director of Sulu, Mr. BinJalilul

SSC partakes in 1st Governor Abdusakur Tan Chess Tournament

By Nurmela Fahma H. Pandi

The game of chess was born in India during the Gupta Dynasty in the 6th century. Today, more than 1500 years later, it is played in 172 countries. Chess is one of India's contribution to world culture with games played in the court of kings, to those played in villages and now, known as a professional sport.

Chess (known before as Chaturanga or Catur) is one of the exciting and challenging sports ever played, it is simply an abstract strategy game where two players play, each controlling an army of chess pieces in their color. The objective of the game is to checkmate the opponent's king. The game requires great mind, sharp eyes and fast thinking, and these qualifications were seen on the three students of Sulu State College namely: Ms. Andreiza J. Faizal, Ms. Sarri Subahani and Mr. Nurhasad,, as they partook and brought honor to the institution during the conduct of 1st Governor Abdusakur Tan Chess Tournament held on June 17-18, 2023 at Provincial Capitol Gymnasium, Bangkal, Patikul, Sulu.



Few from the participants who joined the tournament

The said event was a huge blast and was a big help in promoting chess in Sulu. The success of the event was credited to Governor Abdusakur Tan and the 35th IB, for providing such a platform for chess players in showing their potential in the said sport.

Indeed, a chess tournament like this is an opening to greater opportunities for chess players in the province and to those who aspire to be one.

SEMINAR-WORKSHOP ON CAMPUS JOURNALISM



Sihnag conducted a seminar-workshop on campus journalism on Mar. 15-17, 2022 at CSITE AVR, Sulu State College, Jolo Sulu with the theme "Strengthening the pen to spread a powerful advocacy". The resource speakers were Ms. Adawia Jamasali Alibasa, Ms. Diandra Ditma Macarambon, Dr. Christine Godinez-Ortega, Mr. Juliusking Vivas, Mr. Firash Zhed S. Ututalum, Mr. Alfadar Galib, and Prof. Yusof-den Jamasali who lectured on news writing, feature writing, editorial writing, editorial cartooning, layout, graphic design, and photojournalism, respectively.



Workshop for each lecture followed in which winning outputs were selected by the speakers. The participants who won in the different categories were awarded with certificates and Php 500 cash prize.



The following participants were the winners during the event;

Ben-Ben A. Mulkin - News Writing
Alkhamar L. Saddalani - Feature Writing
Raisah G. Tamin - Editorial Writing
Jahayma Tapulgo - Editorial Cartooning
Rasmalyn S. Rasil - Photojournalism
Layouting; Bennazir M. Angsa, Alfaizsa A. Sakkam, Aileen Mae Tarabasa, Ruaina I. Sarabi, Analyn E. Limpasan, Rasmalyn S. Rasil, Julimar S. Suhaili, Marly Sabtuli.





The 3-day activity was graced by the SSC president Prof. Charisma S. Ututalum during its closing ceremony. The masters of the ceremony were Marly Sabtuli, Remalyn Habibon, Alkaisa Sahibad, and Aldimar Taha.







STAFFER WALL

By definition, "Differentia" refers to an element, feature, or factor that distinguishes one entity, state, or class from another. And oftentimes, people misconstrue this to be just in the physical, superficial facets. However, even our non-physical aspects can be our differentia, too – our peculiar hobbies, favorites, talents, even our beliefs. To share with you their singularities, here are the Sihnag Staffers answering the question, "What's peculiar about you?"

Alkhamar L. Saddalani: I can do daydreaming literally ANY TIME of the day.

Aldimar D. Taha: I don't know if it makes me peculiar but, I honestly hate writing yet I love journalism

Nurmela Fahma H. Pandi: I am a two-faced person. People might see me cheerful and smiling but behind that blithe spirit, I am actually fighting shadows.

Nurida Salip Julkiram: What makes me peculiar is that I am my own person. I always choose to be myself and I don't like talking too much.

Fat. Marniza Rene: I have Lepidepterophobia (fear of butterfly).

Nurmalyn H. Jumali: I can sense when people backbiting me but I actually don't mind at all.

Adzrina A. Sadikal: There is only one thing that I am proud of myself: I have this strong belief that I can and I will achieve the things that I want.

Ben-Ben A. Mulkin: One thing that is peculiar about me is my public speaking ability. I enjoy giving presentations. I've spoken in front of hundreds of people at my college. I look forward to finding ways to use this skill in my career.

Morsalyn P. Harun: I laugh easily even if nothing is funny.

Arnalyn A. Sawadi: The more stressed I am, the happier I may appear because I love to deal with problems with a smiling face to reduce the stress that I am dealing with.

Radeeya S. Sencio: What's peculiar about me is being me – my experiences and my life.

Maryamarzahra Jalaidi: Everything about me is unique. I cry different tears and laugh different laughter.

Rudzmar I. Ganih: Well, one thing about me that is odd is being forgiving. No matter how big and small a mistake is, I can still give sympathy to those people who commit it because I believe we're just humans, we have to forgive.

Sheika-Sarah H. Usman: I have an anger issue. I sometimes get angry without any reason.

Julhajar M. Jasani: My eyes are what very peculiar about myself. I don't know but I see my fear in my eyes.

Rima Amarasa: What makes me peculiar is that I can actually be alone and doesn't even feel lonely.

ENTERTAINMENT



By Shieka Sarah Usman





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CONGRATULATIONS!
SIHNAG JEWELS!
Batch 2023