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BECOMING BORDERLESS

(Stepping out of Comfort Zone)



About the cover

Becoming Borderless. Becoming borderless is being bold enough to do things that you are not used to do. In other words, stepping outside of your comfort zone. This theme simply sums up to what Sulu State College has been doing in the past years, especially under the bold administration of Prof. Charisma S. Ututalum, where the institution has achieved greater heights by accomplishing never-heard-before endeavors in the locality of Sulu. Meanwhile, the cover speaks for the borderless college who can achieve anything and everything since the institution is backed up by its bolder schools who are ready to gear up and contribute huge development to the college by the abilities and characters signified by their respective emblems.

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Stepping Out of the Border

"The world has borders for everyone. Borders made by people and… themselves."

In the long history of the world, lack of autonomy over oneself has always been a silent issue. Why silent? Because even if people were aware of it, they chose to close their mouth to not say a thing about it. Victims wanted to emancipate themselves over the social rule imposed on them, but they are repressed. This has been true all over the world, especially at those times where women were forced to be subservient to men. Their right to vote, to work, and even to education were denied because they were seen as people who are only fit to do household chores. Decades and even centuries have passed, but unfortunately the same problem exists – the issue of self-autonomy deprivation is ubiquitous – and this time, men and women suffer.

"You should only do this because you are a woman!" or "You should know how to do this because you are a man!". Have you ever heard of these lines at least once? Or did someone ever emphasize one of these to you? How did you feel? Did you ever feel like you were controlled? The problem with the society nowadays is that it is becoming demanding and manipulative more than ever. It sets the expectations we could have over someone; it limits the capabilities of a person based on his/her gender; and it sets the social standard that tries to dictate the behavior, character and most of all, the way of living of every individual. As a result, those who fail to reach those expectations, those whose capabilities were not good enough, and those who defied the imposed standards used to become the laughingstock. They are those who become the subjects of mockery, gossips, and even pity in the society. This leads for people to feel less of themselves, to defy their own principle, and worst case scenario, to commit suicide. This goes to the story of Awiyao and Lumnay from a story called "Wedding Dance." Just because Lumnay cannot bear a child with Awiyao, the former chose to marry another woman named Madulimay thinking he could have a child if he marries again because having no child in their tribe is a form of mortification. Even if how much he loves Lumnay, Awiyao chose to disregard his feelings just to follow his society's standard.

Society's standard is really a torture to some. It strips us our freedom to express ourselves the way we want. But why need to continuously feel tortured when you know that being your authentic self and following whatever your heart desires and embracing your fate will make you even happier? Socially imposed standard might be difficult to contradict but knowing that YOU ARE UNIQUE, that YOU KNOW YOURSELF BETTER THAN ANYONE, and that realizing that YOU WILL ONLY LIVE ONCE will help you embrace the real you and your real situation.

You are unique. There is no one in this world like you. God has created you to look like that, and to be in that situation. You need not feel insecure over yourself just because your appearance does not fit what the standard requires. The social standard we have only exists to make us feel ugly, incomplete and even more imperfect. So do not let it ruin your confidence. Having a dark skin tone is okay even if everyone has fair skin already. Having pimples is okay even if everyone is having clear skin as they call. Having big waist line is okay even if everyone is striving to have slender bodies. Everything you have makes the authentic you. You do not have to change yourself just because everyone is becoming alike already. Remember that only those who are different attract the eyes. Just like the moon above, you will shine beautifully amidst the sea of stars.

You know yourself better than anyone. Regardless of whatever everyone will tell, you know yourself better than they do. Do not let anyone limit what you can and nor allow them to make you feel less of a person.

You are bound to achieve great things only if you have courage to disregard whatever people say. Let us take the actress and fashion icon Ms. Heart Evangelista as an example. She is a woman despite being married for years is still childless. But it did not make her feel less of a woman. In fact, she advocated that woman should be fine having no child. She took no heed of the gossips about hand instead live the life she wants. Ms. Evangelista is a living proof that you do not have to follow that social rule in order to have happy and successful life – that having no child despite being married is fine because it will not really guarantee long marriage nor will it make your womanhood lesser than anyone. Despite the gossips of people, know that you are more than your flaws and shortcomings. You are more than your gender. You are more than your fears.

You only live once. It is a big waste of time to devote your life following the dictations of people around you. Instead of worrying too much how to cope with it, try to live your life the way you want it to be. There is no perfect formula to live a happy life, we rather define it the way we want. Take the path you want for yourself till you finally reach your dreams. Happiness is our vital goal in this world. You will never achieve it if you are letting somebody else take control over your life.

There is no harm following the social standard existing today if it what makes you happy. But to eye people askance or mock them just because they are not following the standard you worship so much is never a good thing. Let us try normalizing people having different styles, views, attitudes, and beliefs from ours because each of us came from different environments. Let respect and compassion be seen in our words and deeds. And if the society's standard is too exhausting to achieve, know that you can always redefine it the way you want. Step out of it!



Column



Conquering Fears = Becoming Limitless

By Alkhamar L. Saddalani

Your fear is your best friend. More often than not, we define friends as people who are always with us; people who will obstruct us from doing something we are not really sure of; and people who will keep us from pain. This is what exactly fear does. It is always with us wherever we go; it stops us from doing something we have doubt with by reminding us about failure; and it moves us away from pain by holding us back from taking risks. See? Fear is indeed our friend, or maybe the best of our friends. Kidding aside, what really makes fear our good friend is because it brings us happiness, makes us complete, and grants us success. This only happens when we learn to get along with our fear. And getting along with it is a complex process that is why some chose to let it eat them.

It takes literally everything to get along with fear, even your tears. You will sweat bullets. You will tremble. You will feel your heart pounding really hard. You will feel like you are having diarrhea. Only to find out at the end that you really are a little child who hides from that huge monster for so long; that you really lack huge courage to face it; and that you really need to find that huge weapon to slay it. Trying to get along with fear will give you a lot of realizations, disappointments, and discouragements. But once you have overcome it like I did with mine, again, it will give you these three precious things: Happiness, Completeness, and Success.

Overcoming your fear will give you genuine happiness. I can attest to that. I can clearly remember how genuinely happy I was going down the stage after answering a question in the first ever extemporaneous contest I had joined. Ironic as it may sound, but despite being an aspiring educator, I am not really fond of speaking in front of a crowd especially if I am to deliver an unprepared speech. It will really make me nervous to the point that I would stutter a lot. That was why I used to decline the offers for me to compete in such a contest. But when an opportunity was given to me which I really had no choice but to accept it, I was forced to face my fear. Thinking of myself being in a stage and asked about a question which might be really difficult really creeps me. I can imagine the boos and gossips I may get. And this added more to the fear I have. But God will not give you a challenge He would not help you solve. Imagining myself stuttering on a stage has disappeared when my training started with my very supportive coach, Ma'am Ada. And because of constant practice I had with her – after realizing that I am not really good at public speaking – it motivated me to practice more and strive to do well in the competition. And after delivering a performance I was satisfied of, it really felt surreal and blissful as I walked down the stage welcomed by smiles of satisfaction and amazement from everyone. At that moment, I had finally said to myself that I learned to get along with my fear and that I am starting to love it.

Overcoming your fear will make you complete. I had experienced this first hand. I felt complete when my long-unfulfilled dream, which is to compete in an extemporaneous contest, has finally come true. It felt like I have finally given myself the right I have long deprived it of. It felt like I found the missing piece of me. Truth be told, I only love competing in writing contests because in these contests, I am given ample time to think of my answer and most of all, no one is going to look at me in the face expecting me to deliver a well-crafted speech. But deep within me, I still dream to compete in a speaking contest but my fear used to get of me first. And when I finally did, I had raised my self-fulfillment and self-esteem more.

Finally, overcoming your fear will bring you success. The fact that you learned to get along with your fear already calls for a celebration. It is a success you will be much happier about. Overcoming my fear of public speaking is already an achievement I will forever treasure. I honestly value it more than the award I got from the said competition which I won the championship – I just consider it as a bonus. The happiness and completeness are the success you will be much prouder of yourself – a success you can always tell everyone about.

Having fears is normal. Some of it are innate while others sprouted from our life experiences. But regardless of its origin, fears are forever so the only choice we have is to get along with it. No matter how much I want to fully get rid of my fear of public speaking, it will be forever a part of me. I will forever feel nervous whenever I am on stage having to deliver a message I am not sure whether impressive or not to everyone. But I will constantly try.

Fear is a foe if you will allow it to constantly knock you down. But it will become your best friend only if you learn to deal with it. So conquer your fears, make it your friend, and you will be limitless.

THE RADIANT CHOICE

By Alkaisa D. Sahibad



" A journey to a thousand miles begins with a single step". It always left me in awe as to how sophisticated the raveled pieces of life is—the journey and the magical story that it has come to offer. The path we travel is so unique to everyone that even our fine choices often come with great stories. There is an unending story of our ups and downs, the unforgettable scenario that comes with life lessons and the point of losses and triumph that often leaves a trademark in our own history and personality.

One or two from those choices were the borderless line of exploration that comes with boldness. An exploration that either has defeated us or we have come to acquire and master. Those choices radiate from how we see the world today and the days to come. It always leaves a slightest impact to our daily encounters. But have you ever wondered how your life would turn you on if you choose to become borderless? Because I do when I used to live the way how I box in myself from life opportunities.

Back then, I was so naive from everything that is going on in life. I used to remained introvert, shy, clueless and poignant of how outside world really interacts. I always wanted to try new things, explore greater capabilities, do something, and act the way I wanted to be cared for and loved. But all of those remained a misery that my younger self has to bear. I couldn't start something nor believed that I can do better. I couldn't talk even I have a voice. I couldn't speak a nicer sound but all I do was to nod from the thoughts that left me speechless just to calm my inner minds.

What I did then was to only hear people's thought of me and watch how far people live to reach their dreams but never making mine a dream-reality. I lived comfortably by boxing myself within, but there is always this undeniable urge that always pushes me to move yet I was frozen. I thought I was weak, but no. I was just afraid . I realized it was the fear that bordered me to expound my horizon and limit my potential to what I only know is my capability. But when life offered me a new path to unravel, I realized there is more to know if search is being managed. Life is so beautiful to remain seated and just watch how everything is going on if you could actually leave an impact to one's life and make a difference. How wonderful life would that be!

So, I turn my vision from being limited to becoming limitless. And there I found my greatest passion in life, it is to find who are yet to be found and serve as a light to those who couldn't managed to have one. It is to serve and know people's stories that keep me alive because behind those stories are the truths behind bars.

Starting then, I go out and explored different mazes. I joined community outreach, initiate activities, interact more with people and learn from their stories, and continue making changes. These challenged me to be true and honest. This journey always leave me with empty pocket, but it always made me feel complete and accomplished at the end of the day. The sense of contentment has started to bloom and it made me feel more of becoming human and I now started living like one. That is the greatest satisfaction I have ever received!

However, choosing to take a single step is not always fruitful as you imagined. You will be tested with different truths and slaps with unending fear that keeps rolling inside of you. You will missed chances, lose friends, meet unfamiliar faces, and explore new arenas. But those will be magical if you learn to decode the lessons behind those tiny stiches of pain and sufferings you have encountered. The magic behind those agendas will always remained fruitful as long as you allow your vision and heart to dictate reality. Moreover, choosing to stay introvert is not an issue.

Becoming invisible from the world is never a sin. Staying within your comfort zone is always your comfort. But tying yourself up with limited truths and tortured minds is a chance that you deny for yourself to dwell with. Nonetheless, who creates border is you. You will remained inside of it as long as you choose to. Chances are now lies in your hands, it is all yours. But If you wish explore, go and spread your wings.

There are unlimited chances of getting to know yourself more. Remember, becoming borderless is not being above anyone, it is choosing to do right way, what your heart desires to do, and staying true to what is just and must. Being borderless is being humane. So, live where the heart goes!

Column



Limitless Dreams

By Aldimar D. Taha

Throughout history, every successful human being has dreamed. These dreams can result to beneficial outcomes or even products of destruction. Most people say that to dream is free and it does not cost you anything—not even a centavo. However, this line is not relatively applicable to everyone. Perhaps a person who dreams will cost him a lot—his courage, determination, and faith to whatever circumstances. This is the reality that every dreamer finds too hard to swallow.

Growing up in a situation and being product of a broken family is just frustrating that no words could ever describe the pain I held for the longest time. I was in 8th grade when my parents separated. Seeing them both fighting against each other, throwing things at each other, and hurting each other is just heart-wrenching to me. It was also that time when I felt no reason to push and move forward in life. I felt that life has no sense at all and dreaming to be successful is nothing but only a waste of energy.

Traumas and aches in my heart have always been my best friends growing up. Pain really filled my heart and I guess it was just so good to me. But you know what? the experiences I had gone through were so awful and painful that no ordinary person can bare. I can say that it's too difficult for a child to feel such sorrow at his young age. That's really traumatic.

However, easily giving up seems like not my thing. Those experiences I had witnessed became my driving force to continue life. I studied hard and finished high school with honors and was able to send myself to college and sustained myself alone financially. I became a consistent dean's list and enjoyed unexpected opportunities. The most highlight is being one of the members of Sihnag Publication which I think is a biggest flex. Now, I am a graduating student. The time that I endured so much pain is really worth it that it drove me to where I am today. I believe that to stop doing the things you love after being in a "dark-phase" of life is never the solution to every problem.

Finally, a dream is not only given to those who wish to have it but also to those who had gone through hopelessness once in their lives. Perhaps dreams serve as the vessel to one's capabilities and discover their lives in the future. And oftentimes, dreams are only for people who set no border along their way, being bold to be limitless, and fiercely facing challenges. Whether it is the ability to fly or become failure, one should always aspire to be up high because it is just a matter of being optimistic. That essentially is a greatest factor to achieve all the goodness that this world could offer.

BE COMFORTABLE BEING UNCOMFORTABLE

By Marly M. Sabtuli



It was around 5:00 o'clock in the morning as I was sitting in the living room seeing those birds dancing welcoming the presence of morning. There are so many flashbacks in my head until I got an idea for this column entitled "Be Comfortable Being Uncomfortable".

Why do we love spending too much time in our nest instead of trying out something new to get more out of life by flying out to show-off what we've got? Is it because we our so much invested in reading? Surfing the internet? Playing with our phone? Or eating? We often hear the cliche 'get out of your comfort zone' but what is the 'comfort zone' exactly and why do we happily stay inside it even if deep down we know it might not be the best place for us to be? Living our lives inside our comfort zone offers us a sense of certainty, familiarity and safety. We are afraid of fear, stress, anxiety, commitment, and responsibility. For some people, the thought of stepping out of their safety bubble is unfathomable. No wonder so many people choose comfort!

Doing your everyday routine consists of your regular habits where you experience low levels of stress and anxiety with the little-to-no risk involved. Know that this does not create any apprehension. Unfortunately, by staying inside, we miss so much. We let new experiences pass by. We stop challenging ourselves. We limit our personal growth and development and give up on achieving our goals and dreams.

Really, why would you want to provoke feeling anxious? Our life may be full of opportunities to step outside from your circle to discover and experience new, but seizing them can be a real challenge. Is it because every time you do you will grow. Each time a little piece of the fear of the unknown is removed and replaced with a little by a piece of empowerment and confidence. And if you continuously do this, the size of your fear bubble will get smaller while your comfort bubble gets bigger. That makes you become borderless in everything that challenges you. With that said, we all need a little extra motivation every now and then to face our fear and step out of our comfort zone bubbles.

As you step out to harness them and you hear that little voice, trying to pull you back. If this happens, just remind yourself that there is no such thing as 'fail' if you get something out of it. The little voice at the back of your head will be the thousand reasons why your new endeavor will fail and that is dangerous. It should not be repeated. It should be avoided. The records play on and on and YOU need to pause it. Always keep in mind that "Failure" means "First Attempt in Growing". Through stretching and pushing the boundaries, testing every new idea, failing fast and recovering quickly, discovering your curiosity you will naturally step outside of your circle and operate in the space that make you uncomfortably comfortable. You will become like a magnet that easily attracts people into your life who can help you fast track and accelerate the journey towards attaining your goals both personally and professionally and help others to grow, whether conscious or unconsciously you become a role model, a mentor, a coach.

To conclude my speculation, soon you will become a highlight for others to follow and aspire not just to our brothers and sisters we can make a huge positive impact on the lives of others is an incredibly fulfilling and worthy goal. As soon as we are already comfortable, we may all like to hang around with people we admire and who challenge us. Remember you are capable of so much more than you ever believed.

CSG, Sihnag attend Project Lukay Exhibit, Closing Program

By Alkhamar L. Saddalani

Former CSG President Bernie Humuad and former CSG Vice President Radzmar Hassan, along with three Sihnag staffers namely: Alkaisa Sahibad, Adzrina Sadikal and Alkhamar Saddalani, attended the Project Lukay Exhibit and Closing Program held on June 27, 2022 at SACC Sumadja Hall, Patikul, Sulu after an invitation sent to the Office of Student Affairs and Services. The SSC representatives were joined by other school organizations along with the guests and most of all, the participants of the said project who celebrated the completion of their four-week training course on tahmu weaving under Project Lukay, a project championed by Responsive and Proactive Youth Serving Organization (RAPA-YSO) in Ideation Impact Challenge which aimed to reintroduce the traditions and practices of Tausug to the youth.

The event ended around 4:00 PM.



The SSC representatives posed for a snappy shot



L to R: Alkaisa Sahibad (Associate Editor), Alkhamar Saddalani (Editor-In-Chief), Adzrina Sadikal (Islamic Corner Editor)

Sulu State College Benchmarking Activity in Bukidnon

By Bennajar M. Angsa

Last July 28, 2022, the Sulu State College School of Graduate Studies headed by its dean Asso. Prof. Masnona A. Asiri, with the support of college president Prof. Charisma S. Ututalum, CESE, conducted a Benchmarking Activity to Bukidnon State University spearheaded by BukSU President Dr. Oscar B. Cabañelez.

The purpose of the said activity was to benchmarked the Bukidnon State University -School of Graduate Studies through practices and the alignment of their GS curriculum relative to CHED (Commission on Higher Education) Memorandum Order Number 15 series of 2019. An Act establishing the Policies Standards and Guidelines for Graduate Education.

In attendance during the activity were the regular & part time faculty members of School of Graduates studies namely: Asso. Prof. Antonio A. Pescadera, MPA, Mr. Abdel Razi Amin, LLB, Asso. Prof. Abdel J. Amilhamja, Ed.D, Mr. Valentino B. Ting, MAEd-Mathematics, Mr. Ricky Morales, MA-MATH, Prof. Mary Ann G. Lim, Ed.D., Asso. Prof. Haridja Bakil, MAED, Asst. Prof. Norenna S. Sarahadil, DPA, Ms. Jenneth B. Ballesteros, Ph.D, and Asso. Prof. Alnadzma U. Tulawie, Ed.D.



Sulu State College delegates together with BukSU faculty



Sulu State College delegates and BukSU Faculty in a meeting

Sulu State College Toastmasters Club Election of Officers for T.I. 2022-2023

By Morsalyn Harun

The Sulu State College Toastmasters Club (SSCTMC), as part of Toastmasters International under Area 2, Division E, District 75, conducted an election of officers for 2022-2023 via Zoom last July 4, 2022. Mr. Firash Zhed Ututalum, was elected as the President. Ms. Adawia Alibasa, as the Vice President for Education, Mr. Adzmer Muhali, as the Vice President for Public Relations, Mr. Saffrie Ahmad, the Vice President for Membership, Ms. Jehada Hassan, the Secretary of Mr. Randel Viray, as the Treasurer of , and Mr. Aljumar Tungupon, the Sgt. At Arms.

Sulu State College attends the PATH-Fit Writeshop and Workshop

By Morsalyn Harun & Bennazir Angsa

Mindanao Association of State Tertiary School Incorporated (MASTS) in collaboration with the newly re-organized Physical Education Association of Mindanao (PEAM) conducted the PATH-FIT WRITESHOP AND WORKSHOP on July 5-7, 2022 held at Camiguin Polytechnic State College (CPSC) Mambajao, Camiguin.

On the first day of the training was started with preliminaries followed by the opening remarks of Dr. Regima B. Dumdumaya, President of MASTS PEAM. Meanwhile, Dr. Sammy Paringit, Association Secretary led the presentation of the participants who were present during the training. It was followed by the presentation and discussion of PATH-FIT 1 and 2 sample syllabus and afterwards with the workshop.

On the Day 2, the presentation and discussion of PATH-FIT 3 and 4 sample syllabus and the PATH-FIT Courses Writeshop 1-4 transpired.

On the Day 3, the presentation of the outputs and awarding of the certificates took place. The last part of the training was the photo opportunity of participants together with the organizer. The following personalities were present during the training, namely: Mr. Manny C. Paster, Chairman MASTS MANCOM, Dr. Macario B. Oclarit, President of CPSC, and also Hon. Xavier D. Jesus the Governor of Camiguin Province.

The said training attended by Sir Bin-Auf Jalilul, Physical Education Coordinator of Sulu State College, and other physical education instructors, who represented the institution. The said training was all about PATH-Fit courses in terms of course content, teaching-learning activities, and assessment and crafting of unified syllabus for MASTS member institution. It aims also to provide experimental learning experiences so that the participants will be able to deliver the courses effectively.

BENCHMARKING ACTIVITY TO ISABELA STATE UNIVERSITY

by Nurmalyn Jumali



L to R: Ms. Malikha Ilupa (Faculty member, School of Agricutulture), Dr. Froilyn Jamawadi, (Director for Research), Ms. Mudzarata Kunsahani (Dean, School of Agriculture)



Prof. Charisma S. Ututalum together with ISU President Dr. Ricmar P. Aquino



ISU and SSC delegates

Sulu State College delegation visits Isabela State University for a benchmarking activity for the School of Agriculture last July 22, 2022, in Echague, Isabela.

The college delegation was joined by the Research Director Dr. Froilyn Jamawadi, the Dean of School of Agriculture Ms. Mudzarata Kunsahani and SSC faculty member Ms. Malikha Ilupa. The delegation was headed by President Charisma S. Ututalum.

SSC team was set to visit the different R&D centers of ISU and the various offices of the university. Meanwhile, ISU President Dr. Ricmar P. Aquino extended his eagerness to serve as a support system for SSC's plight in becoming a stronger and better institution.

Sulu State College Conducts Capability Building Training with Overseas Worker Welfare Administration

By Bennazir M. Angsa

On Aug. 15- 17 2022, the Overseas Worker Welfare Administration, in collaboration with Sulu State College headed by Prof. Charisma S. Ututalum, conducted a 3-day workshop on capacity building held at Center for Culture and Arts. The training was to enlighten the participants about the overseas worker welfare administration where they could apply it in their field.



Ms. Fhadzra Aisha Sabdani, one of the resource speakers

It was graced by three employees of Sulu State College namely: Mr. Firash Zhed Ututalum, Mrs. Delfina Ampung and Ms. Fhadzra Aisha Sabdani as the resource speakers during the training. Present also during the training were officials from the OWWA, Ms. Bail Lejanie D. Vidal, Chief of Programs and Services Division, Mr. Moctar S. Ulama and Mr. Monir M. Ali, Family Welfare Officers -BARMM. Prof. Charisma S. Ututalum together with OWWA team Ms. Bail Lejanie D. Vidal, Chief of Programs and Services Division, Mr. Moctar S. Ulama and Mr. Monir M. Ali,



Right Photo: Prof. Ututalum together with OWWA team Ms. Bail Lejanie D. Vidal, Chief of Programs and Services Division, Mr. Moctar S. Ulama and Mr. Monir M. Ali

SULU STATE COLLEGE LAUNCHES STALWART ACADEMY

By Aldimar Taha



The new breed of Stalwart together with Prof. Ututalum

Sulu State College achieves another milestone anchored on its tagline "Year of Breakthroughs" as it officially launched the Stalwart Academy on Aug. 8, 2022 which was spearheaded by the College President Prof. Charisma S. Ututalum. The academy offers various programs such as: Arts, which consisted of different field including Painting, Sketching, Calligraphy and Lettering, Sculpture/Installation and Public Speaking; Academics, which composed of Reading and Mathematics; Sports, which includes Badminton, Basketball, and Table Tennis; and Talents which are Dancing, Singing, Acting, Theater Arts and Modeling. This initiative aims to provide a platform in honing the potential and cultivating the skills and talents of young individuals.

The Stalwarts Academy was made possible through the collective efforts of the team which was headed by the head of the academy, the college president herself, the head coaches: Mr. Saurajan Darawi, Mrs. Ridzma Sali and Mr. Almashin Lipae, and the coaches for the different programs.

STALWART ACADEMY CULMINATING ACTIVITY

By Neridam P. Ammak

On Sept. 18 2022, the Sulu State College presented the talents of the Stalwart Academy students in a culminating activity held at the SSC Gymnasium where the students showcased their talents in Reading, Sports, Public Speaking, Dancing, Singing, Visual Arts, Mathematics, and Modeling.

The event was graced by the presence of the SSC Community, most importantly by the College President Prof. Charisma S. Ututalum, the head of the Academy, the Vice Mayor of Jolo Hon. Mr. Ezzedin Soud Tan, Chief Administrative Officer Mr. Almashin S. Lipae, Board Secretary Hon. Ayesha Rema Tan, the coaches of different classes, the Stalwart Academy students and their supportive parents.



The Coaches of different classes together with Prof. Charisma S. Ututalum, CESE and Vice mayor of Jolo, Hon. Mr. Ezzedin Soud Tan

FRESHIES GENERAL ORIENTATION

By Bennazir M. Angsa

On Aug. 18, 2022, the Sulu State College conducted a general orientation for the freshies with the theme: "A Gleam of Excellence to the Learners Academic Journey" held at SSC Gymnasium Jolo, Sulu. The said orientation was graced by Prof. Charisma S. Ututalum where she gave her inspirational message to students during the program.

The purpose of this general orientation was to make the 1st year students feel that they are warmly welcomed in the institution and are finally a part of being Stalwart – signifying the mantra of the institution which is ONE SSC. The main highlight of the orientation was the presentation of emblems of the different schools that best represent them. It was also highlighted with the yelling competition where the Pink Falcons bagged the first place, Yellow Wizards the second place, and the Maroon Pythons that snatched the third place.

The event ended with photo opportunity with University Prof. Charisma S. Ututalum.



Prof. Ututalum giving her inspirational message



Stalwarts Performing Artists dancing energetically to the beat

SULU TRAVELS 2nd BATCH WRITESHOP SEMINAR

By Marly M. Sabtuli



L-R: Dr. Froilyn Jumawadi, Mr. Julkiram Arastam, Prof. Charisma S. Ututalum



Sulu Travels 2nd Batch Writeshop Seminar participants

Last Sept. 6-7, 2022, the Sulu State College, in partnership with the Sulu Provincial Tourism Office, conducted the 2-day writeshop seminar for SULU TRAVELS: a mobile application conducted in the SSC Hostel and Ladies Dormitory Hall to promote Sulu Tourism.

The said event was participated by the different tourism officers of the different Local Government Units. Present also during the 2-day Sulu Travel 2nd writeshop seminar were the college president Prof. Charisma Ututalum, and Mr. Julkiram Arastam, Sulu Provincial Tourism Officer.



Hon. Jo Mark M. Libre, DPA, the resource speaker who discussed about the gender equality and reduction of Inequality

Office of Gender and Development (GAD) Conducts a Seminar

By Fatima Marniza N. Rene



Dr. Hja. Venjilyne I. Alian, Prof. Charisma S. Ututalum, and Hon. Jo Mark M. Libre

On the 9th day of Sept. at 2:00 pm, Sulu State College Gender and Development conducted a seminar entitled "Globalization and Internationalization in the Purview of Gender Equality and Reduction of I nequality". The event was headed by Dr. Hja. Venjilyne I. Alian. It was held at the SSC Center for Culture and Arts. The aim of the activity was to give knowledge to the attendees about the gender equality in order to reduce the inequality in the society. Present during the activity were the Commisioner of CHED as well as one of the SSC Board of trustees, Hon. Jo Mark M. Libre, the resource speaker who discussed about the gender equality and reduction of Inequality; the college president Prof. Charisma S. Ututalum, Dr. Nelson Cabral of Zamboanga Peninsula Polytechnic State University, Dr. Jaime Jalun from Zamboanga City Marine Science and Technology, Dr. Herbert Glenn Reyes, president of Northern Mindanao College, Science and Technology, SSC officials, faculty and staff, and few students of SSC.

Teacher's Day Celebration 2022

By Fatima Marniza N. Rene



SSC President Dr. Charisma S. Ututalum

On Sept. 9 - 11, 2022, the Sulu State College celebrated the teacher's day at Sulu State College main campus with the theme "Teachers: Leading in Crisis, Remaining the Future". The event was headed by the faculty president, Asso. Prof. Alnadzma U. Tulawie, Ed.D. with the help of SSC President, Dr. Charisma S. Ututalum, and the Office of the Student Affairs and Services (OSAS). The teachers, as the participants, engaged in the different activities such as flag hoisting, Zumba dance contest, Volleyball, Skills Challenge Game, Parlor games, Pa raffle to those lucky teachers that are randomly picked, song solo contest, and team building activity which was held at Zhimar Beach Resort, Indanan Sulu.



SSC faculty during the Zumba Contest

Present during the celebration were the Commisioner of Commision on Higher Eeducation, Hon. Jo Mark M. Libre, DPA, together with the presence of Dr. Nelson Cabral of Zamboanga Peninsula Polytechnic State University, Dr. Jaime Jalun from Zamboanga City Marine Science and Technology, and Dr. Herbert Glenn Reyes the president of Northern Mindanao College, Science and Technology, the Academic Councils, members of the SSC board of trustees, Officials, Teachers, Faculty and Staff.

Inauguration of Sulu State College Luuk Extension Building

By Marly M. Sabtuli

Last Sept. 12, 2022, the Sulu State College, headed by President Charisma Ututalum, in partnership with the Municipality of Luuk, conducted the inauguration of the SSC Luuk Extension building at the Luuk Municipality.

The said inauguration was graced by the Commissioner of Commision on Higher Eeducation, Hon. Jo Mark M. Libre, DPA, together with the presence of Dr. Nelson Cabral of Zamboanga Peninsula Polytechnic State University, Dr. Jaime Jalun from Zamboanga City Marine Science and Technology, and Dr. Herbert Glenn Reyes the president of Northern Mindanao College, Science and Technology, and their respected officials. Present during the said activity the SSC key officials, faculty and students of SSC-Luuk Extension.



SSC Key Officials, President Charisma Ututalum, Vice Mayor Hon. Al-Makram Arbison, and Commisioner of Commision on Higher Education, Hon. Jo Mark M. Libre



President Ututalum, together with the SSC -Luuk Extension students

DISBURSEMENT OF TERTIARY EDUCATION SUBSIDY

By Aldimar D. Taha



Pres. Ututalum giving her words of wisdoms to the new breed of Stalwarts

On August 18, 2022, a total of 324 scholars of Sulu State College received their allowances during the disbursement of Tertiary Education Subsidy for the Academic Year 2021-2022 which was held at Sulu State College Covered Court.

College President Prof. Charisma S. Ututalum gave an opening remarks and emphasized inspiring words to the scholars o always strive on their studies and prioritize their family and make them their motivation to thrive more.

Present during the disbursement are the UNIFAST team spearheaded by Mr. Hitler Allama, Ms. Sharifa Anjiraini , Ahmed Zhedriq Bnadahala and the Cashier personnel, and the ICT team.

Training Workshop on Capacity Enhancement in Research and Development

By Marly M. Sabtuli

On Sept. 14, 2022, the Sulu State College Research Office, headed by Dr. Froilyn S. Jamawadi, in partnership with the Caraga State University conducted a Training Workshop on Enhancement in Research and Development participated by the different research coordinator of different schools in college at the SSC Hostel and Ladies Dormitory.

Present during the event were the college president Prof. Charisma S. Ututalum and the key officials of Sulu State College. From the Caraga State University, the event was attended by Dr. Rowena P. Varela, Vice President for Research Innovation and Extension; Dr. Michelle V. Japitana, CSU Planning Director; Engr. Meriam Santillan, CSU Dean of College of Engineering & Geosciences; Engr. Johene Santillan, CSU Director for Caraga Center for GeoInformaties; Dr. Romell Seronay, CSU Director for Center for Research in Environmental Mngt. & Ecogovernance; Dr. Jayrold Arcede, CSU Director for Internationalization Global Engagement; Dr. Raquel Balanay, CSU CCAARD Director; Dr. Mariluna Herrera, CSU Director for Curriculum and Instructional Development; and Dr. Elizabeth Paras.



President Charisma Ututalum



President Charisma Ututalum, with the Caraga State University officials

TRAINING ON HR LOGIX

By Nurida Salip Julkiram



Human Resource Management Officer III, Mrs. Raina A. Sappayani

The Sulu State College Human Resource Management conducted a training on HR Logix held at the Center for Culture and Arts building, headed by the Resource Management Officer III Mrs. Raina A. Sappayani, MIS Director Mr. Julkifar J. Usban and MIS Staff Mr. Riduan A. Asammil.

The HR Logix aimed to help the Sulu State College employees in terms of checking the profile through the Human Resource Information System, which is easy access and paper less procedure.

Sulu State College is the first in the local colleges to have a Smart campus, the training was from October 25-27 2022 to all of the staff in the institution.



Ms. Raina A. Sappayani (HRM Officer III) together with the SSC staff during the training

SULU STATE COLLEGE AS A SMART CAMPUS

By Arnalyn A. Sawadi



Ribbon cutting of the data center

The Sulu State College has once again solidified its claim as the home of many firsts in the province of Sulu by launching the first ever Smart Campus Project in BARMM last October 28, 2022.

College President Prof. Charisma S. Ututalum was present during the launching, together with the SSC Smart Campus Project Leader, Dr. Froilyn Jamawadi. They were joined by the Vice President for Academic Affairs, Prof. Jehana Muallam-Darkis, the Vice President for Research and Extension, Dr. Nelson Julhamid, and other SSC key officials and the ICT Staff. The launching ceremony was graced by the guests, Mr. Dino Ramacho and party from the Hytech Power Inc. and Mr. Anthony Atterviry and party from the ILogix Phils. Inc.



College president viewing the data center



L-R: Mrs. Raina A. Sappayani, President Charisma Ututalum, and Mrs. Rowena Ajijul

HR SULU QUIZ SHOW

By Marly M. Sabtuli

The Sulu State College Office of the Human Resource Management bagged 2nd place in the Inter-Agency HR-Sulu Quiz Show organized by the Civil Service Commission-Sulu in celebration of the 122nd Philippine Civil Service Anniversary with the theme: "Transforming Public Service in the Next Decade: Honing Agile and Future-Ready Servant-Heroes" last Sept. 21, 2022, at the Municipal Complex, Jolo, Sulu.

The awardees from SSC were the SSC Human Resource Management Raina A. Sappayani and her staff Mrs. Rowena Ajijul.

BSIT PARANG EXTENSION GENERAL ORIENTATION

By Neridam Ammak

September 25, 2022 | The Sulu State College conducted a General Orientation for the extension program BSIT at the Municipality of Parang attended by the freshies and the old students of the program.

The event was graced by the college president Prof. Charisma Ututalum, Municipality Mayor Hon. Alkhadar Loong represented by Engr. Kenneydy Elias and Mr. Datu Madzkan Alimuddin the Parang Extension Coordinator, the SSC Key Officials, and the coordinators and faculty members of the School of CSE.



Freshies and the old students of the program of BSIT extension program in Municipality of Parang



President Charisma Ututalum giving a message

“I Love SSC” Signage

By Alkhamar L. Saddalani



The “I Love SSC” Signage

There is a number of ways a student can make use of to show how proud he is for his school, but perhaps the most common and conventional among them all is to pose beside a signage where the name of your school is hugely carved. And just this year, SSCians have done their part flexing the Sulu State College in their social media accounts.

This was after the ‘I Love SSC’ signage was built just this October situated at the back of the Administrative Building. The signage was painted matching the symbolic colors of the institution. A number of students, faculty members and staff of SSC has already taken their pictures beside the said signage with proud smiles on their faces.

The signage was donated by Hon. Congressman Samier Tan.

BILL DRAFTING SEMINAR WORKSHOP

By Nurmalyn Jumali

Sulu State College student leaders and Sihnag Staffers participated in Season 5 Episode 1 of Converting Advocacy to Legislation: A Bill Drafting Seminar Workshop Towards a Progressive Bangsamoro on Oct. 12, 2022, at the office of MP Don Mustapha Loong, Kakuyagan Compound, Jolo, Sulu. The said workshop aimed to train student leaders on policy advocacy and provide the youth with an understanding of legislation, its process and importance, and capacitate them with basic legislative drafting skills.

Student leaders from the Sulu College of Technology (SCT), Southern Mindanao Islamic Institute (SMII), Hadji Butu School of Arts and Trade (HBSAT), and Sulu State College (SSC) served as the participants of the said seminar-workshop.

Atty. Elton P. Dela Cruz was the resource speaker who shared his knowledge, expertise, and techniques on drafting bills and resolutions.

After the lectures, participants were asked to draft bills and resolutions that contain important viewpoints and key advocacies that may turned into legislative acts.



L to R: Bennazir Angsa, Nurida Salip Julkiram, Nurmalyn Jumali, Aldimar Taha



Student leaders and Sihnag Staffers together with Atty. Elton P. Dela Cruz

Sulu State College Signs MOU for GCC Regional Hub in the BARMM

By Nurida Salip Julkiram



Prof. Charisma S. Ututalum, and Dr. Marivel Sarabi (GCED Focal Person)



Prof. Ututalum signing the MOU

Sulu State College, represented by President Prof. Charisma S. Ututalum, signed a memorandum of understanding with Philippine Normal University (PNU) and GCED Cooperation Centre Philippines on Oct. 18, 2022 at Swiss-Belhotel Blulane, Manila which made it as a GCC Regional Hub in the BARMM region and in the Philippines. Together with the president during the signing were Dr. Marivel Sarabi, GCED Focal person, and other SUC presidents and focal person of different regional hubs in the country. The Sulu State College acknowledged and is ready to commit to the mission/vision of the organization in which it aims to engage in active communication, to take actions and advocate for Global citizenship education in Philippine schools.

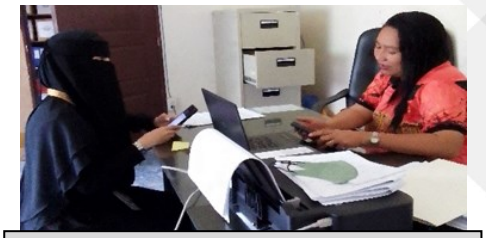
LEVEL 3, PHASE 2 ACCREDITATION OF THE SCHOOL OF EDUCATION

By Arnalyn Sawadi

The School of Education of Sulu State College conducted its level 3, phase 2 accreditation on Oct. 19-21, 2022 via Zoom. The accreditation was done to evaluate the performance of an institution to whether or not they achieved the standards that was set by the government or the accrediting agency.

The faculty members of School of Education were divided into two programs, the Bachelor of Secondary Education and the Bachelor of Elementary Education. There were 10 areas that were evaluated, 10 in BSED and 10 in BEED.

According to the Dean of the School of Education, Asso. Prof Safrazhad Samsi-Akarab, JD, the said accreditation has no results yet, but she added, “Based on the comments of the AACUP accreditors, I can say it is successful, because we were able to provide all the necessary documents that the accreditors asked.”



Sihnag Staffer Sawadi (left) during the interview with the dean of School of Education (right)



Dean Akarab recounting the efforts of School of Education during the accreditation process

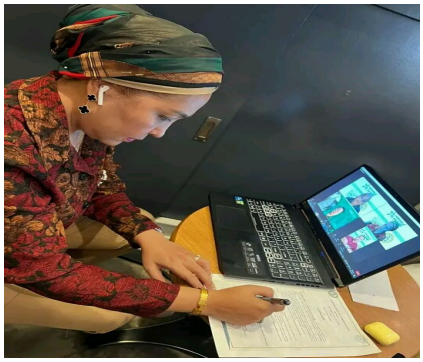
MOU SIGNING BETWEEN UNIVERSITY OF ST. LA SALLE AND SULU STATE COLLEGE

By Nurmalyn Jumali

Sulu State College signed a Memorandum of Understanding embarked into a new partnership with the University of St. La Salle last Oct. 20, 2022 via zoom meeting.

This partnership goals to both of the institutions to be able to share their knowledge in engaging to quality education, and researches. Present during the Memorandum of Understanding signing are Prof. Charisma Ututalum, Sulu State College President, and Chancellor of University of St. La Salle, Br. Joaquin Severino S. Martinez, FSC, D.Min, together with Ms. Sheilla Magbanua Trajera and the Director for International Affairs, Dr. Sherhan Endih. The Sulu State College is excited to all the future endeavors with University of St. La Salle in delivering quality education and services.





Left Photo: Prof. Charisma Ututalum together with Br. Joaquin Severino S. Martinez, FSC, D.Min, Ms. Sheilla Magbanua Trajera and Dr. Sherhan Endih

Right Photo: Prof. Charisma S. Ututalum, CESE signing MOU

13th Management Week 2022

By Ben-Ben Mulkin

Celebrating the Management Week is a special moment to all commerce students to take quality time with each other and to develop the potential skills and talents to boost confidence and self-actualization.

Headed by its dean, Asst. Prof. Hartini D. Saradi, the School of Business Administration celebrated its 13th Management Week 2022 on Oct. 10-12, 2022 which was held at BSBA ground with the theme: "BizAd Eagles: Calibrating and Synthesizing Camaraderie towards Excellence".

The said celebration started around 8:00 AM with an opening remarks which was given by Mr. Ahmed Aziz D. Alawan, student council adviser. The guest speaker for the said event was Mr. Al-Makram N. Arbison, Vice Mayor, Municipality of Luuk, who was introduced by Ms. Bernaida P. Hassan, faculty member. The vice mayor extended his gratitude for the invitation and gave an inspirational message.

Meanwhile, Mr. Bhonzar Jainatul, a BSBA student, gave an intermission number to entertain the audience. The group dance competition followed. The students from different year levels cheered to show support to their respective contestants.

There were also some special guests who were invited including Dr. Jehana Muallam Darkis, Vice President for Academic Affairs; Asst. Prof. Safrazad S. Akarab, Dean of School of Education; Asso. Prof. Proserpina Salih Abam, and Asso. Prof. Anang Fatma T. Jawali, faculty members.

In the afternoon, parlor games and ball games were held which were all enjoyed by the students. Meanwhile, academic and sports competitions happened on the second day.

The last day of the celebration was highlighted by the cultural competition and the awarding ceremony. The 13th Management Week 2022 concluded successfully.



The BSBA faculty members together with Dean Saradi



The guests during the 13th Management Week

CSE Week 2022 "The Maroon Python"

By Adzrina Sadikal



Dean Darkis delivering his opening remarks

On Oct. 20-22, 2022, the Sulu State College School of Computer Studies and Engineering Main and Extension campus celebrated the CSE Week 2022 with the theme; "Bigger, Brighter and Bolder." held at SSC Gymnasium Walled City, Jolo, Sulu and Sulu State College Campus Capitol Site Patikul, Sulu. It started with the parade from SSC Covered Court and ended at SSC Gym. Academic and Cultural competitions competed by the CSE students namely; Song Solo, Song Duet, Speech Choir, Modern Dance, Yelling, Programming, Quiz Bowl, Pitching, Volleyball Boys and Girls, Basketball, Sepak Takraw, Table Tennis Boys and Girls, Chess Boys and Girls and the Search for Mr. and Ms. CSE 2022.

The success of the event was made possible with the help and support of Asso. Prof. Aldaruhz T. Darkis, Dean of School of Computer Studies and Engineering, faculty, departmental officers, and with the support of College President Prof. Charisma S. Ututalum.



CSE students during the parade

Photo Source: School of CSE FB Page



CSE students during their performance in yelling competition

Photo Source: School of CSE FB Page

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4TH CAP, BADGE AND CANDLELIGHT CEREMONY

By Nurmalyn Jumali



Mr. Angelo C. Cawasa, CHA, DIPHLM, MAN, RN during his keynote address

School of Nursing upheld its 4th cap, badge and candlelight ceremony on Oct. 21, 2022 at around 1:30 pm at SSC Gymnasium, Walled City Jolo, Sulu with the theme "SSC School of Nursing: Transformative and sustainable Nursing Education." The event was attended by administrative officials, deans of the different schools and department, faculty and clinical instructors of the school of nursing, and with the support of the College President Prof. Charisma S. Ututalum, CESE.

The program formally started with a processional, invocation, singing of national anthem and of SSC hymn. It was followed by welcome address given by Mrs. Arleen Riza S. Lay, RN. The presentation of candidates was done by Asst. Prof. Alijandrina T. Jalilul, MAN,EdD and was accepted by the college president. For the program proper, it was followed by the entrance of the nightingale Ms. Radzmalyn Mahalayam, SN, nightingale's pledge by Ms. Tricia Mae A. Jawali, SN, dedicatory hymn, introduction of guest speaker which was Mr. Angelo C. Cawasa, CHA, DIPHLM, MAN, RN., assistant chief nurse for special area gave his keynote address. After a while the presentation of plaque and token assisted by Prof. Charisma S. Ututalum, CESE and Prof. Jehana N. Darkis, EdD, PCpE, Vice president for Academic Affairs. Afterwards, a response was given by Ms. Pearl-Maida A. Isdari, SN.

Furthermore, a closing remark was delivered by level 2 coordinator Mrs. Elenita C. Tan, RM, RN, MAN where she shared her memorable experiences and her words of congratulations to the batch Carpe Diem "Dear Carpe Diem seize the moment, as you move one step closer to your dream." The event was ended by a heartfelt song and video presentation which was presented by the batch 2025 to their parents and guardians.



The Batch Carpe Diem 2025

Photo source: SSC School of Nursing Fb Page


Sulu State College
Jolo, Sulu
PENCAK SILAT
DANCING
CSE CULTURAL COMPET
THEME:
"SCSE: BIGGER. BRIGHTER. B
STALWART ACADEMY
UNBEATABLE
SSC MULTIMEDIA CENTER






MATH
CLASS



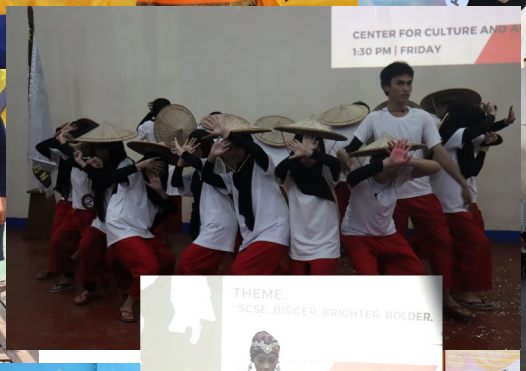



WART
DEMY
NG ACTIVITY








CENTER FOR CULTURE AND
1:30 PM | FRIDAY





THEME:

SPORTS



Candidates for Mr. and Ms. Education 2022 in their school uniform

Photo Source: SSC School of Education Page



Level 4 contestants for Quiz Bowl Competition

Photo Source: SSC School of Education Page



Dean Akarab (center) together with Mr. Alnakier Sarabi and the Student Council of School of Education

Photo Source: SSC School of Education Page

Education Week 2022: "The Yellow Wizard"

By Adzrina Sadikal

On Oct. 13-15 2022, the Sulu State College School of Education held its Education Week celebration at Sulu State College Campus Capitol Site, Patikul, Sulu and at SSC Gymnasium Walled City, Jolo, Sulu. The celebration was anchored on the theme: “Strengthening Quality Education Through Collective Power of Efforts, Sportsmanship and Intelligence". A number of academic contests were participated by Education students namely; Group Dance, Quiz Bowl, Oration, Extemporaneous Speech, Qur'an Reading, Adhan Recitation, Essay Writing, Pagsulat ng Sanaysay, Political Speech, Speech Choir, Spoken Poetry, Pagkukwento, Declamation. For cultural competitions, students competed in Chess (Male and Female), Basketball, Volleyball (Male and Female), Modern Dance, Song Solo, and Duet. The search for Mr. and Ms. Education 2022 was finally revived.

The event concluded successfully with the support of Asst. Prof. Safrazhad Akarab, OIC Dean of School of Education, departmental officers of School of Education, faculty and with the support from the College President Prof. Charisma S. Ututalum.

The following were winners for different competitions:

Category	Champion	1st Placer	2nd Placer	3rd Placer
Group Dance	Level 1	Level 4	Level 2	Level 3
Quiz Bowl	Level 3	Level 2	Level 4	Level 1
Oration	Level 2	Level 3	Level 1	Level 4
Extemporaneous Speech	Level 3	Level 4	Level 2	Level 1
Qur’an Reading	Level 3	Level 2	Level 1	Level 4
Adhan Recitation	Level 4	Level 1	Level 2	Level 3
Pagsulat ng Sanaysay	Level 4	Level 2	Level 3	Level 1
Essay Writing	Level 4	Level 2	Level 3	Level 1
Political Speech	Level 1	Level 4	Level 3	Level 2
Speech Choir	Level 3	Level 2	Level 4	Level 1
Spoken Poetry	Level 2	Level 1	Level 3	Level 4
Pagkukwento	Level 4	Level 3	Level 2	Level 1
Declamation	Level 2	Level 4	Level 3	Level 1
Chess (Male) Board 1 & 2	Level 3 & 3	Level 4 & 1	Level 4 & 2	Level 2 & 1
Chess (Female) Board 1 & 2	Level 4 & 4	Level 3 & 2	Level 1 & 1	Level 2 & 2
Basketball	Level 4	Level 2	Level 3	Level 1
Volleyball (Male)	Level 2	Level 3	Level 1	Level 4
Volleyball (Female)	Level 2	Level 4	Level 3	Level 1
Modern Dance	Level 1	Level 2	Level 3	******
Song Solo	Level 4	Level 3	Level 2	Level 1
Song Duet	Level 1	Level 3	Level 2	Level 2

Continue on page 23...

Sulu State College Partakes in MASTS 2022

By Mherhada Sahibuddin



Sulu State College participants in the MASTS 2022 Socio-Cultural competitions

Photo Source: SSC Fb Page

Sulu State College, headed by Prof. Charisma Ututalum, participated in the Mindanao Association State Tertiary Schools, which happened on November 6–11, 2022, at the Davao Oriental State University in Mati City, Davao Oriental.

The following administrative officials were present at the ceremony in addition to the competitors and their respective coaches from various socio-cultural and sports competitions: Mr. Bin-Auf Jalilul, PESS Director; Dr. Alnadzma Tulawie, Faculty President; Mr. Almashien Lipae, Chief Administrative Officer; and Dr. Nelson Julmahid, Vice President for Research and Extension.

The Sulu State College delegation in the MASTS 2022 Literary competition ranked top 10 in two different categories: Alkhamar Saddalani in Essay Writing and Fatima Shaifa Ahadin, Alnjaer Andin, and Norwena Barah in Quiz Bowl during their respective competitions. Meanwhile, in Sports competition, the Pencak Silat team brought home 7 gold, 11 silver, and 3 bronze medals; the Pickleball team got 2 gold, 2 silver, and 3 bronze; the Chess team got 1 silver; and the 3x3 Basketball team received 1 bronze medal.



Sulu State College participants in the MASTS 2022 Sports Competition

Photo Source: SSC Fb Page

Memorandum of Agreement Between Sulu State College and Ministry of Science and Technology-BARMM

By Rima Amarasa

Sulu State College signed a Memorandum of Agreement together with the Ministry of Science and Technology-BARMM (MOST-BARMM) for the establishment of the project Techno-Hub which caters the Research and Development of both parties, last Nov. 14, 2022 held at SSC Hostel. In addition, the project proposal was also presented during the said event.

Present during the event were the College President Prof. Charisma S. Ututalum; SSC Research Director Dr. Froilyn Jamawadi; Planning Director Dr. Antonio Pescadera; Chief Administrative Officer Mr. Almashin Lipae; ICT Director Mr. Hitler Allama; and the different research coordinators of the college. From the MOST-BARMM, BDG Engr. Abdulrakman Asim; Executive Assistant V Ms. Badria Lidadan; Director II Designate - Research and Development Services Engr. Moammer Tabara; Provincial Focal of Sulu Ms. Nodora Halil; Chief Science Education and Scholarship Grant Rocaya Edres; Chief, Research, Development and Innovation Division Engr. Jandatu Salik; Science Research Specialist II - R&D Section Mr. Fredric Cadungog; Science Research Specialist II - SESG Section Mr. Alimudin Kandang; Education Unit Focal Mr. Andy Husain; and Science Research Specialist I- SESG Section Ms. Nurhuda Abdullah.



Signing of Sulu State College on the memorandum of Agreement together with the MOST-BARMM

Photo Source: SSC Fb Page



Photo opportunity with the college president and the MOST-BARMM

Photo Source: SSC Fb Page

The Sulu State College Strategic Planning 2022-2026

By: Fatima Saquena I. Isnijul



The administrative and academic heads during the first day of the meeting

The Sulu State College administrative and academic council, spearheaded by the College President Prof. Charisma S. Ututalum conducted a 2-day strategic planning for the school year 2022-2026 on Dec. 5-6, 2022 at SSC Hostel.

The said meeting was attended by the different school heads from different schools, as well as by the heads or directors of the different school organizations of the Sulu State College.

Strategic initiatives and different concepts were identified and defined by the different champions in their respective field of specializations.

Sulu State College Receives 30 Units of Laptops from Cong. Tan

By Bennazir M. Angsa



Prof. Ututalum receiving a laptop from Cong. Tan

On Dec. 12, 2022, 30 units of laptops were donated to Sulu State College Library by 1st district of Representative of Sulu, Congressman Samier A. Tan.

Cong. Tan wants the Sulu State College students to enhance the skills in using technology where they can use it for their study and research purposes.

Present during the turn over ceremony were the school deans, administrative officials, faculty, students, College President Prof. Charisma S. Ututalum and the congressman himself, Cong. Tan.



CSG Officers along with Cong. Tan and Prof. Ututalum



30 units of laptops given to the Sulu State College

DISBURSEMENT OF TERTIARY EDUCATION SUBSIDY AND TULONG DUNONG PROGRAM

By: Nurmela Fahma H. Pandi

On Nov. 18, 2022, the Sulu State College held the disbursement of Tertiary Education Subsidy (TES) and Tulong Dunong Program (TDP) for the academic year 2021 - 2022 at Sulu State College gymnasium. 312 students for TES and 93 students for TDP scholars of Sulu State College received their allowances. The program started with an opening remarks given by the College President Prof. Charisma Ututalum. Present during the disbursement were the UNIFAST team headed by Mr. Hitler Allama and the cashier personnel.



Recipients of the TES and TDP penning their signature to get their subsidy



College President, school personnel, and the recipients of the TES and TDP

SSC CONDUCTS ONLINE AACCUP ACCREDITATION FOR LEVEL II

By Bennajar Angsa



The faculty members of Sulu State College during the accreditation



Administrative heads and faculty members of Sulu State College getting ready for the accreditation

On Nov. 21-25 2022, the Sulu State College conducted the online accreditation with 13 Programs were proposed to the accreditors in AACCUP held at the SSC Center for Culture and Arts.

The accreditors were Prof. Joji Ann F. Regacho for AB English, Dr. Ma. Sarah Fatima P. Valencia for AB History, Dr. Loreta Vivian R. Galima for AB Islamic Studies, Prof. Ann Shiela C. Del Rosario for Master of Arts in Education, Dr. Christopher S. Vicensio for Doctor of Education, Prof. Mary Antoniete T. Jacinto for BS Computer Engineering, Prof. Alma Jean D. Subong for BS Information Technology, Dr. Marlon R. Pereña for BS Computer Science Dr. Maria Lynne C. Parambita for BS Nursing, Dr. Vilma C. Sapil for Master of Public Administration, Dr. Ana Ninfa B. Caballero for BS in Business Administration, Prof. Mirasol L. Agpuldo for BS Agriculture, and Dr. Vigilia G. Armendi for Doctor f Public Administraton. They were joined by the three coordinators namely Dr. Lawrence Anthony M. Dollente, Dr. Isidro L. Duran, and Atty. Julie M. Binaldo-Velasco.

Present during the accreditation were University Prof. Charisma S. Ututalum, the Vice President of Academic Affairs Prof. Jehana Muallam-Darkis, Chief Administrative Officer Mr. Almashin Lipae, Board Secretary Mrs. Ayesha Rema Tan, and other officials, deans of different schools, faculty and staff of Sulu State College.

2022 JOINT INDUCTION AND ACQUAINTANCE PARTY

By Sharefa Muayadi

On Dec. 9, 2022, the Sulu State College community witnessed the induction of officers of different clubs and organizations. Held at the SSC open ground, the inductees took oath to fulfill their duties to serve their respective club/organization in a one-year term. The induction was highlighted by the turning over of key of responsibility by the outgoing CSG President Bernie Humuad to the incoming CSG President Madznur Maadil. The first part of the event ended with the inaugural speech of President Maadil.



School club and organization advisers leading the march

The second part of the event was the acquaintance party where everyone donned in denim attire. It was highlighted by the search for Mr. and Ms. Acquaintance 2022. Other awards were also given to those who stood out in their denim.

The joint event was graced by Commissioner Jo Mark Libre, Commissioner-Designate and Chairperson of the SSC Board of Trustees and Dr. Nelson M. Cabral, President of the Zamboanga Peninsula Polytechnic State University, and President the Mindanao Association of State Tertiary Schools, Inc.



College President Prof. Charisma Ututalum marching together with Commissioner Libre



Dr. Cabral giving his speech to the inductees

CSE Week 2022 “The Maroon Python”...

Results of Search for Mr. and Ms. CSE 2022

Category	Winner
Mr. and Ms. Education 2022	Mr. BSIT-Main & Ms. BSCpE
1st Runner-up	Mr. BSIS & Ms. BSIT
2nd Runner-up	Mr. BSCpE & Ms. BSIT- Panamao
3rd Runner-up	Mr. BSIT-Luuk & Ms. Luuk

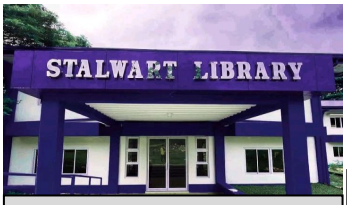
Education Week 2022: "The Yellow Wizard"…

The results of Search for Mr. and Ms. Education 2022

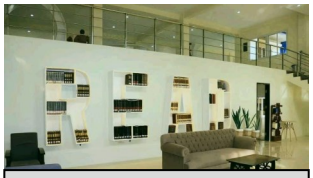
Category (Major Awards)	Winner (Mr. and Ms.)
Mr. and Ms. Education 2022	Level 4 & 3
1st runner up	Level 2 & 4
2nd runner up	Level 3 & 2
3rd runner up	Level 1 & 1
Minor Awards	
Mr. and Ms. Photogenic	Level 1 & 4
Shots by Alen Choice Award	Level 1 & 2
Best in Production Number	Level 4 & 3
Best in Denim Wear	Level 2 & 3
Best in Formal Attire	Level 2 & 3
Best in School Uniform	Level 4 & 3

NEWLY DEVELOPED BUILDINGS: STALWART LIBRARY AND MULTIMEDIA CENTER OF SULU STATE COLLEGE

By Radeeya Sencio



The façade of Stalwart Library



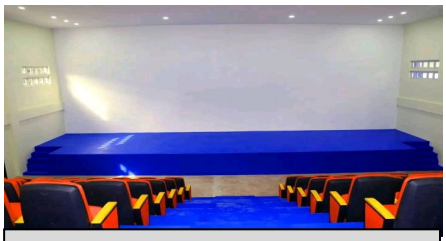
The interior design of the Stalwart Library

The Sulu State College has successfully established its new Stalwart Library as well as the SSC Multimedia Center – projects initiated by the College President Prof. Charisma Ututalum. They were launched on Dec. 09, 2022. These buildings are located at Sulu State College Main Campus near the School of Education building. The Construction Projects costed 25,000,000.00 and were developed under the USF Construction.

These buildings were deemed helpful in enhancing individuals. Not only do these buildings are dedicated to students but also for everyone to which will serve as their avenue for development.



The architectural design of the SSC Multimedia Center



The inside of the Multimedia Center. There are 100 chairs in total – 7 rows both left and right.

TURN-OVER CEREMONY OF THE SULU STATE COLLEGE STALWARTS LIBRARY AND MULTIMEDIA CENTER

By Aldimar Taha

The Sulu State College unveiled another milestone as anchored on its tagline, “#yearofbreakthroughs” as it held the turn-over ceremony of the Stalwarts Library and Multimedia Center at the Sulu State College Main Campus, Patikul, Sulu.

These facilities were built and made possible through the collective efforts of the College President Prof. Charisma S. Ututalum and the Board of Trustees.

Present during the turn-over ceremony were Hon. Jo Mark M. Libre, Commission on Higher Education Commissioner, together with Prof. Nelson Cabral, President of the Mindanao Association of State Tertiary Schools Inc.; Dr. Alvin Reyes, Vice President of Admin and Finance of the Zamboanga State College of Marine Science and Technology and party.



College President Prof. Ututalum and Commissioner Libre spearheading the ribbon cutting of the Stalwart Library



Photo opportunity of SSC President and other key officials during the turn-over ceremony



Prof. Ututalum while delivering her message of thanks

THE STALWART BASKETBALL TEAM

By Nurida I. Salip Julkiram

When we talk about sports, there is actually a lot that comes into our mind, and one of those is the most popular team sport game that is widely known anywhere—basketball.

Did you know that basketball is also famous in school or universities? Of course! Yes, you know that, maybe a lot of you have crushes on one of the players, or you are among those players, right? Speaking of basketball, here in Sulu State College, we do also have those brilliant players and they are called "The Stalwart Basketball".

The Stalwart Basketball was organized last February 2021, way back then they were just called the varsity players of the school. On June 4, 2022, the school opened a selection or try-out for those aspiring varsity players and 15 students were chosen to be the school varsity players. They are called the Stalwart Basketball.

Since we are talking about Stalwart Basketball, let us meet the person behind that brilliant team, their coach Mr. Nurvin J. Bara. Behind their achievements was always their proud coach. Bara is a CSITE faculty member, FOI Focal Person and also the coach of YAHOO team (the basketball team from the School of CSITE). He is 40 years of age and a 2013 alumnus from Sulu State College. He graduated with the degree of Bachelor of Science in Computer Engineering. Bara was a very sporty person since he was a teen. Basketball was always his passion. He loves basketball not just as a sport but as a hobby. The school decided to put him as the coach for Stalwart Basketball since he is already the coach for Yahoo team. His mindset and coach abilities were highly recognized and that is why he is put into this opportunity to lead the school varsity players.

Last August 2022, the Stalwart Basketball received an award during the 1st Kasalamatan Basketball tournament 2022. They won the 1st place among the 24 teams that have joined the said tournament and Bara won the title of being the BEST HEAD COACH for this tournament.

With this amazing achievement they have received, I had the chance to interview the coach of Stalwart Basketball.

Sihnag Staffer: How did you know that there will be a Basketball tournament in Kasalamatan last August 2022?

Mr. Bara: It was through our PESS director, Mr. Bin-auf Jalilul, MA-Math.

Sihnag Staffer: How did you train our players? Did they undergo rigorous training?



The Stalwart basketball team together with their coach Mr. Bara (center)

Mr. Bara: After the selection (try-out) as the coach of our basketball team, I advised the players to prepare for the team practice the next day. Basketball is not only physical. It involves mental and psychological skills. As a coach, I usually allocate a minimum of 2 months for physical conditioning of our players. On this phase, the training is so intense because our players need to spend at least 2 hours in the different drills that are designed to help them enhance their flexibility, agility and stamina. These qualities are needed for our players for them to be able to sustain the intensity of their way in a consistent manner all throughout the game. The 2nd phase of the training is the on-court practice. On this stage, the team will concentrate to master the different techniques or strategies both in the offensive and defensive end of the floor. Usually on the on-court practice, the psychological aspects are all learned by our players. The same time, after each practice session, before leaving the basketball court, we spend time to discuss what are the areas that need improvement so that by next practice, we can address those issues.

Sihnag Staffer: What are the challenges that the team has encountered during the training?

Mr. Bara: Of course, if we are to talk about challenges, we have a lot of that. First of all, the schedule of our practice is at 4-6 pm every weekday. Most of the time, our 15 players are not complete due to their class schedule and of course I cannot blame them. They need to attend their classes or else they will fail. As a coach also, I highly encourage them to attend classes and do not make practice as an excuse. After all, our players are here because of their education. In a coach perspective, a practice session requires full attendance of our players. It's hard for us to achieve our goal if we have incomplete players.

Sihnag Staffer: How does it feel that your team has won the 1st place?

Mr. Bara: Of course, as a coach I am so proud of our stalwart basketball team. With limited resources and time to prepare for the said tournament, we have reached the championship game. Though we haven't won the title, at least the stalwart reached the finals. Maybe next time, we can bring home the title. The coaching staff and the stalwart basketball team are always ready to face any battle in the name of Sulu State College.

Sihnag Staffer: What do you always remind them to keep motivated?

Mr. Bara: First of all, as a coach, I always remind them to attend each and every practice session we have. I believe in the saying "Practice makes perfect." Most of all, I always remind them of practicing the sportsmanship, good values and discipline that we instill to them on and off the court.

Sihnag Staffer: What is your coaching philosophy?

Mr. Bara: I must say, the best defense is the best offense.

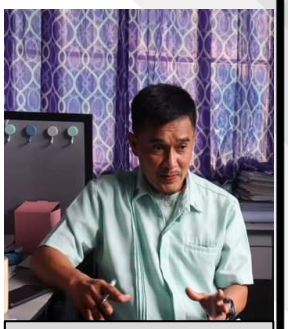
Sihnag Staffer: Do you have any sports quote?

Mr. Bara: I'd rather repeat the risk that didn't work out, than losing the chances I didn't take at all.

Sihnag Staffer: Any message to the team?

Mr. Bara: To work hard and listen to coach's pieces of advice. We may face lots of losses and difficulties but remember we can definitely learn from it.

The Players
ABDUHADI, ALBEDRAL A.
ALAMIA, MUNIR S.
BUCLAO, RUBIN S.
DARIO, ALFONZO T.
JAILANI, BEN-RASHEL Q.
JALI, HAJIM A.
JALUH, ALJABAR A.
JUPLI, AHMAD- KHAISER S.
KIRAM, RIDZMAR
OMAR, JOEMAR D.
PURANG, ALMUNER A.
SALAPUDDIN, AL-RASHID S.
TAHI, MUAMMHAR S.
TARAJI, ALFAHAD
WAHI, ABDURAHMAN S.



Coach Bara during the interview with Sihnag Feature Editor, Nurida Salip Julkiram



Coach Bara during a practice with Stalwart basketball team

A Game with Heart, An Award for Life

By Shaira U. Sakkam



Neirson Abdu, proudly holding his MVP award

Happiness has varied definitions. Some define it as getting high score in exam. They have devoted sleepless nights of reviewing. Others would say that it is by seeing their crush walking along the pathway, while some define it simply by playing their favorite sport. But perhaps, there is nothing that could make someone happier and prouder by receiving an accolade in something he finds pleasures doing – something he is not forced to do because he wholeheartedly devotes himself in doing it. This exact happiness was all this young man felt after receiving an award of being the "most valuable player".

This young man is none other than Nierson Asdain Abdu, 22 years old and a fourth year student of School of Education taking up Bachelor of Elementary Education. Mr. Abdu's skill in basketball was accordingly honed by his experience. He shared that he played basketball ever since he started high school. And that skill he has honed for years has been showcased to everyone when he showed them his keen ability in dribbling, passing, and most of all shooting the ball. But above all, what made him stood out from every player he shared the court with was his game values which are unity, cooperation and sportsmanship which really manifested during his games. These exact values have contributed a lot to make their team won the championship and him as the MVP. Mr. Abdu was awarded during the last day of Education Week which was held on Oct. 15, 2022 at SSC Gymnasium, Walled City, Sulu after his team received the championship award. Mr. Abdu is a living proof that putting your heart in everything you do will always result to something favorable for you. It will make you limitless.

PALATHROUGH 2022: The Palaro in the Year of Breakthroughs

By Shaira U. Sakkam



Track in field competition for Women



Volleyball competition needs to work by team with cooperation to win.

This year's palaro was much anticipated! Since the college did not have intramurals for the past two years, the celebration was all-out! This year's palaro was filled with excitement as SSCians grab the really indulged in several physical activities which gave them break from stressful school days. This year's palaro also granted them freedom by having a chance to have a sweet talk with a number of people without limitations.

The 2022 intramurals of Sulu State College was more on sports competition, though the competition was all in sports that did not change the fact that the palaro was still anticipated and was what we everyone are waiting for. The intramurals of Sulu State College was welcomed by a coldy and rainy days held on October 28-30, 2022, the first day of palaro was held at Sulu state College gymnasiun as we couldn't able have a parade due to the wheather but the welcoming of Palaro still continued with a loudest cheer and with the presence of our important guest Mr.Samier Tan with his inspiring words and to our President Ms. Charisma Ututalum CESE, . The starting point of the program was introducing each of the department with their respective team name or the Parade of Emblems go through Yelling Competition. The winner for this Parade Emblems is the School of Nursing while as in the Yelling is from Sulu State College Laboratory High School.



Guests for Katuwaan and Jamming

The Palaro of Sulu State College 2022 was all exhausting yet enjoyable, where everyone rejoiced both participants and non-participants, especially having with us the Tausug Vloggers and singers in our Palathrough 2022 stalwarts Katuwaan and Jamming, Sulu state College would like to express our warmest grateful to the very supportive Ist District Congressman, Hon. Samier Tan for sponsoring. In the last day of intramurals wherein Sulu State College had a "color blast" event for the Sscians and even non SScians which gave them a chance to rejoice in the last moment of this year palaro. Everyone was invited for this color blast event.

SIHNAG PUBLICATION CONDUCTS QUALIFYING EXAMINATION FOR AY 2022-2023

By Marly Sabtuli

On August 20, 2022, the Sihnag Publication, headed by the Sihnag Publication Adviser Adawia Jamasali Alibasa, conducted a qualifying examination for academic year 2022-2023. The examination comprised of two types which is for senior staffers and new aspiring students from different colleges. The examination categories included writing, cartooning, layouting, and photojournalism.

Among the many aspirants, thirteen (13) qualified the said exam; six (6) writers, four (4) layout artists, three (3) cartoonists, and two (2) photojournalists. This year's evaluators were Sihnag Publication Adviser Adawia Jamasali Alibasa, Chairperson of Language Department School of Arts and Sciences Khaizar H. Barrie, and Sulu Pearl Adviser of SSC Laboratory High school Shallemar Pelayo for the writing category, President Management Staff Firash Zhed S. Ututalum, Channel Head Stalwart TV Juliusking Vivas, Central Student Government Adviser Rasmil C. Abdurasul, 2022 Sihnag Publication Cartoonist Mohammad John U. Tanjilul, 2022 Layout Artist Mudzramin Adjari, and Physics Professor of College of Natural Sciences and Mathematics at Mindanao State University-Marawi Yusof-den Jamasali.



The Sihnag Publication Adviser Ms. Alibasa giving instructions to the aspiring campus journalists



Left Photo: The examinees during the examination

Right Photo: The examinees during the examination



The Basics to Islam

Compiled By Adzrina Sadikal

Waking up is a new battle, a new beginning for us Muslim and we shall say Alhamdulillah (Thanks God/Allah) for another day He gave. Facing new days and doing what the right things to do shall be in the ways of the Islam or we shall consider the rules in Islam. There is so much rules that we must know or the things that we must avoid in order for us not to get a minor or major sin.

Islam contains many rules for daily life and human relationships. The first source of these rules is the Quran and the second is the hadith or reports of the prophet Muhammad's words or actions. Here are some rules of Islam

Prohibitions: In Islam, everything considered harmful either to the body, mind, soul or society is prohibited (haram), while whatever is beneficial is permissible (halal). Islam prohibits Muslims from consuming pork, alcohol or mind-altering drugs. Muslims are required to eat meat that is butchered and blessed in an Islamic way. This meat is called "halal." Muslims are also prohibited from gambling, taking interest, fortune-telling, killing, lying, stealing, cheating, oppressing or abusing others, being greedy or stingy, engaging in sex outside of marriage, disrespecting parents, and mistreating relatives, orphans or neighbors.

Role of Clergy: There is no hierarchy of clergy in Islam, nor do Muslim religious leaders have the power to forgive people of their sins. Every individual has a direct relationship with God without any intermediary. There are religious leaders or scholars, called ulema, who have studied and are experts in different aspects of Islam, such as Sharia, hadith, or Quranic recitation. It is also important to note that there is not one Islamic authority; so there are differences among Muslim scholars.

Conversion to Islam: Muslims are encouraged to share their faith with others.

However, Muslims are told not to attack others' beliefs or engage in conflicts or debates about matters of religion. There is no formal ceremony for conversion. People must merely believe in and recite the shahada to convert to Islam.

In Islam, we cannot just do whatever we want, there is so much rules that we must consider. But, try to travel the world of 'Islam' and see how great the religion is.

Souce: https://sites.udel.edu/msadelaware/daily-life-of-muslims/#:~:text=This%20meat%20is%20called%20%E2%80%9Chalal,mistreating%20relatives%2C%20orphans%20or%20neighbors.

Islamic Corner

It was the Lies That Cut Our Ties
By Arnalyn Sawadi

You said we would be friends till the end,
And that you would always be my friend;
But you kept on telling me your lies,
And gave me reasons to cut our ties.

I needed you, but you said you couldn't come because you weren't in town,
But then I saw you, hangin' with your friends around.
I am too straight forward and lying was not my thing,
And there you are doing your thing and continued to give me pain.

You thought I was dumb,
But friend I am not numb.
You stabbed me in the back,
And left a crack.

You have let me down,
And I feel as though I would drown.
We had been friends for many years,
With much laughter, fun and tears.

We had good times, but that was in the past.
Like candles, they did not last.
This was not a game.
No need for us to point our fingers of whom we should blame.

Thank you for being my friend,
But I guess this would be the end.
Thank you for the memories,
But it's time for us to go separate ways.

How to Untangle the String of Selfishness?
By Yeshamae Haiber

As I flipped the first to the last page of our love story,
an ocean of thoughts
woke me up from being erratic.
In every page I've read,
I always see myself
begging for his attention and time.

It was hard to accept,
he couldn't feel me from a distance;
that all I need was his soul embracing mine,
Whenever the raging waves of melancholy sluiced through my life.

All I want is to be treated properly,
to be given attention and time without asking.
All I want is to be asked if I'm doing good,
wishing that he could hear the chaos behind my silence.

He never needs me
just like how I needed him,
'cause he used to love being alone.
He doesn't need anyone.
To him, his own company is enough.
And, it hurts me.

I thought it was him who's being selfish,
but the truth was me.
I always crave for his presence and attention.
so we'll both grow stronger
to face the dilemmas in life together.
yet he couldn't give it,
'cause in life, he always wanted to be alone.
that's why he's giving it only to himself.

ONE DAY
By Aldimar Taha

I lay down by the sea.
Waves seems to set me free,
Thinking that it would heal me.
Nevertheless, it isn't that easy.

One day, all of these would vanish,
The pain, grudges that had unleashed.
Oh, life is not eternity!
Happiness surely be eternally.

Forever may sound cliche.
The flow of river will stop and go astray.
In the sense of always trying,
There is blissful life waiting.

I'm Failing
By Radzkomar Gulam Subahani

I've been through a lot
And I wanted to cry,
But I'm out of stock
Now I'm leaving them dry.

You will never know the pain
Till' you are put on my shoes.
They say no pain, no gain
But I will be needing clues.

Some say keep trying
But I hardly can;
Some says keep going
But I know I can't.

This is my end.
This is my stop.
I ain't trying again
I know I flopped.

THE STORM OF YESTERDAY

J. Reamer.

Siting on the shore,
Starring at the universe.
Savoring the calm blown of the wave
When suddenly I heard a loud noise.
Strong wind starts to strike
The ocean become wild,
And just like that, I saw the glimpse of my past.

Just like the stormy day
My life becomes darker as gray
My heart starts to crumble
Tears start to fall and hard to breathe anymore.
And ask God,
Why do I need to suffer more?

Shouting the pain in silence
Just like the roar of the thunder.
Crying behind the dark shadow
But, what can I do?
The ghost of my memories
Is keep on hunting me.

Running away from the past
Hoping the pain won't last
Yet, I realized I'm leaving in agony from the very start.

A small curve smile appears on my lips.
My vision becomes clear as sunny day.
My eyes finally start to see.
I can't run away from the mournful memories of yesterday.

Still You, My Love

By Lynzy

I can still remember
How you turn my eyes reactive.
With your smile so nice you trapped me hard,
When our eyes met, I sensed impending death.

I can still feel the sense of connecting soul;
How your presence made me feel so safe.
In every second our eyes meet,
I feel a burning love arrives.

But just like any other love story,
The beauty of love still faded.
Unforeseen tragedy of a once love,
Two hearts breaking and souls separated.

We hurt ourselves and gave each false impulses
Just to flatter ourselves, we both believe.
In our hearts negative inotropic effect.
A love so confusing;
A love that only detect altered rhythm.

As our last page ends,
We still feel the warmth embrace.
In the usual blow of a cold wind,
I will look for you and still choose you.

At the moment of...

By Sharefa Sahibul Muayadi

Roses are red,
violets are blue,
my mind is in thread
plus, I also have a flu.

Life is quite good,
once it is in pace.
Everyone wants a job,
yet what I want is
peace.

Here is full of colors,
there is black and white,
all seems to be required,
however, I opt to be
translucent.

Some are motivated,
few are tired
seldom are empty
yet, a must need here is
flexibility.

Twinkle Twinkle Little Star

By Ellie

Twinkle twinkle little star,
I've been wishing from afar.
All great things that is bizarre
Twinkle twinkle little star.

As a star is reborn
And notes are being torn.
A broken heart and god being sworn,
I'd like to rise again in be born.

I will die just like a star,
Yet still shining secretly.
I will be here like a scar
Just like a wind, whispering softly.

SCIENCE MONTH CELEBRATION 2022

By Helen Haibil

The Center for Science and Mathematics joined the Philippine Society of Youth Science Clubs incelebrating the National Science Club Month 2022 with the theme: "GENESCAPE PRIMING PERSPECTIVE, AMPLIFYING ADVANCEMENT." The celebration was led by the School of Arts and Science headed by its dean, Asso. Prof. Patricia I. Amilhussin, Ed.D., together with the faculty, staff and science club officers.



The contestants of the Science Quiz Bee while solving their answer

On Sept. 21, 2022, the first celebration was held at Center for Culture and Arts where a film viewing related to the theme was conducted. Students from different schools had watched. In the Science exhibit held at the School of BS-Biology building, Bio students showed the different freshwaters of Sulu such as river and waterfalls. They also showed the model of plant cell and animal cell, skeletal system of frog, marine species shells, self-watering plant and food preservation that made in organic food.

On Sept. 28, 2022, the second celebration was highlighted with the academic contest held at theAmphitheater. The contests were the Science and Math Quiz Bee, Poster and Slogan Making, and Picture Identification. Each school was represented by their respective participants.



Participants from School of Nursing explaining their prototype invention

On Oct. 4, 2022, the culminating activity was held. Herein, the prototype invention was prepared. Each school had an invention related to the theme. Schools such as Nursing, Education, Arts and Sciences, Laboratory High School and Senior High School competed. The board of judges were Mr. Aldrin H. Kunsahani and Mr. Arsanial E. Sappayani.

Continue on Page 31….

SSC's 1st Inter-Nursing Schools' Research Forum in Sulu

By Alkaisa D. Sahibad

With its aim to provide an avenue for the student nurse researchers to showcase their respective research study that holds significant value in the field of nursing, the Sulu State College School of Nursing spearheaded by Asso. Prof. Frissida Daud, RN, MAN, PhD, the Research Forum Committee, in partnership with Notre Dame of Jolo College Nursing Department headed by Prof. Fatima I. Abubakar, RN, MAN, PhD, Dean of Notre Dame of Jolo College, organized the 1st Inter-Nursing Schools' Research Forum in the Province of Sulu with the theme: "Research and Nursing: Converging for Human and Health Advancement, Innovation, and Discoveries" on Nov 26, 2022 at the Center for Culture and Arts, Sulu State College Campus, Patikul, Sulu. Student nurse researchers were coming from the four (4) different schools, namely: Sulu State College (SSC), Sulu College of Technology, Inc. (SCT), Mindanao State University-Sulu (MSU-Sulu) and Southwestern Mindanao Islamic Institute (SMII). There were a total of 13 researches presented during the event in which, six (6) of them were from MSU-Sulu, four (4) from SSC, one (1) from SMII, and two (2) from SCT. An open forum was also held after each six (6) presenters and spearheaded by Prof. Fatima I. Abubakar, RN, MAN, PhD who also served as the panelist during the event. Presentation of certificates to the student researchers and the participating schools were presented at the end part of the program. Nevertheless, the program ended with a photo documentation at around 1 o'clock in the afternoon.

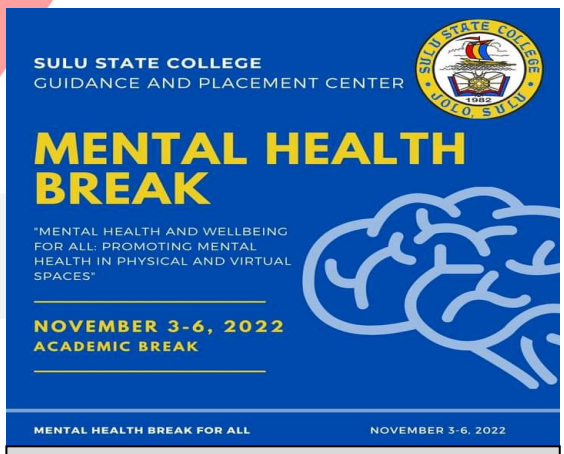
Stalwarts Bagged as Winners on the 3rd BARMM Health Research and Development Forum 2022

By Alkaisa D. Sahibad

Two (2) students from the Sulu State College School of Nursing participated and bagged as winners on the 3rd BARRM Health Research and Development Forum with the theme: "BARMN Health Research and Development: Responsive for Health Resiliency and innovation" on Dec 07, 2022 held via Zoom Teleconference. The Research contest was organized by the BARMM Health Research and Development Consortium which purpose is to showcase the research initiatives of the consortium members of the region. Student researchers, namely: Fatima Shaifa L. Ahadain who presented her group research entitled: "Level of Satisfaction on Nursing Students of the Baccalaureate Nursing Program in Sulu" and Alkaisa D. Sahibad on the " Perception on Emergency and Disaster Preparedness of Barangay Bus-Bus" participated on the oral research presentation category and won as 2nd Placer with a winning money of P7,000.00 and 3rd Placer with a money worth of P5,000.00 respectively. The awarding of winners was also held on the same day via Zoom Teleconference. Congratulations, researchers!

Sulu State College Holds a Mental Health Break

By Shaira Sakkam



The official announcement of a four-day Academic Break

Photo Credits: SSC STUDENTS AFFAIRS FB PAGE

The Sulu State College, after series of academic activities, has held a four-day academic break in commemoration with the Mental Health Month and in pursuant to the Republic Act No. 11036 or "An Act Establishing a National Mental Health Policy for the Purpose of Enhancing the Delivery of Integrated Mental Health Services, Promoting and Protecting the Rights of Persons Utilizing Psychosocial Health Services, Appropriating Funds Therefore and Purposes." The said break was held on Nov. 3-6, 2022 which was themed: "Mental Health and Well-being for All: Promoting Mental Health in Physical and Virtual Spaces."

BOOSTER SHOTS FOR SSC STUDENTS

By Marsha-Ina Bucayan

The Sulu IPHO conducted a booster shot to all the SSC students, headed by Prof. Charisma S. Ututalum, and Dra. Farah Tan-Omar last October 24, 2022 at SSC campus.

Their aim was to strengthen and to ensure the health and safety of everyone. Booster helps to fight those harmful infections, preventing illnesses and death, it helps immune system to build a strong protection causing germs or viruses and to work better. As they implement it, the SSC students associated with the clinical personalities without any problem and successfully gave everyone their shot.



Student nurse checking the student before giving a booster shot

"SCIENCE MONTH CELEBRATION 2022"...

Category	1st Placer	2nd Placer	3rd Placer
Science Quiz Bee	Senior High	Education	Nursing
Math Quiz Bee	Education	Senior High	BSBA
Picture Identification	Laboratory High School	Education	Senior High School & School of Nursing
Poster and Slogan Making	Senior High School	Education	BSBA
Prototype Invention	Senior High	Nursing	AS



SSC Students waiting for their turn to have their booster shot

BUWAN NG WIKA 2022

By Nurida Salip Julkiram

Ang paaralang Estado Kolehiyo ng Sulu ay nakiisa sa pagdiriwang sa Buwan ng wika para sa taong ito. Ito ay alinsunod sa proklamasyon bilang 1041, SR. 1997, "Ang buwan ng wikang pambansa ay ipinagdiriwang tuwing kabuohang buwan ng Agosto."

Sa pagdiriwang ng buwan ng wikang pambansa ay mayroon mga aktibidad at patimpalak ang ginanap sa naturang institusyon. Ito ay pinangunahan ng Direktor ng Sentro ng Wika at Kultura sa Sulu na si Gng. Hja Alnadzra U. Tulawie kabilang na si Prof. Jehana M. Darkis, Ed.D na pangalawang pangulo sa kapakanang pang-akademiko at Prof. Charisma S. Ututalum, Ed.D.CESE na pangulo ng nasabing institusyon.

Sa pagdiriwang sa eskwelahan ay inobligahan ang mga guro na magsuot ng katutubong kasuotan tuwing lunes sa buwan ng Agosto, kagaya ng Quimona, Filipiana at mga batawi. Tuwing lunes ng umaga kasabay ng seremonya ng bandila ay nagkakaroon ng pag rampa ang mga guro na mapipili sa mga may magandang kasuotan at mayroong nagwawagi rito.

Pagsapit sa huling lunes ng buwan, Agosto 29, ay idinaos ang patimpalak sa Culture and Arts building para sa akademikong kompetisyon kagaya ng Pagsulat ng Sanaysay na ginanap noong umaga, Dagliang talumpati, pagkukuwento, music bidyo at orihinal na komposisyon (ONE SSC) sa hapon. Kinabukasan, Agosto 30, idinaos ang kultural na kompetasyon sa SSC gym kagaya ng lisang tinig, Dalawahang tinig, Mindanao folk dance at selebrasyon sa ASEAN, ang mga patimpalak na ito ay kinalahokan ng mga estyudante at guro naman sa selebrasyon ng ASEAN.

Ang mg nagwaging departamento sa iba't-ibang kompetisyon ay narito:

Akademikong Kompetisyon			
	Unang Kampeon	Ikalawang Kampeon	Ikatlong Kampeon
Pagsulat ng Sanaysay	Senior High School	Laboratory High School	Education
Dagliang Talumpati	Nursing	Arts and Sciences	Education
Pagkukuwento	CSITE	Senior High School	Arts and Sciences, Education
Kultural na Kompetisyon			
Music Bidyo	Education	Senior High School	Nursing
Orihinal na Komposisyon	Education	Senior High School	Arts and Sciences
Iisang Tinig	Nursing	Senior High School	BSBA
Katutubong Sayaw	Senior High School	CSITE	Arts and Sciences
Selebrasyon ng ASEAN	CSITE	Nursing	Education

There's a feeling of unexplainable complacency and safety whenever we are in our comfort zone. We feel like things are easier to do and it causes us less pressure, but why is it that most motivational quotes are telling us to break our nutshell and come out of it? If you want amazing answers, then take some time reading the thoughts of Sihnag staffers on 'Why do we really need to step outside of the comfort zone?'

Alkhamar Saddalani
-Setting your feet outside your comfort zone means freeing yourself from your cage.

Alkaisa Sahibad
-'Coz why not? There is more to the world than boxing yourself within the four corners of the room. Bigger picture is awaiting outside. So, explore and be limitless!

Aldimar Taha
-Stepping outside your comfort zone, trying unfamiliar things, and taking new roads will lead you to unlock the door of opportunities to be better and unleash your potential.

Marly Sabtuli
-Because sometimes, comfort zone will drag you down.

Nurmela Fahma Pandi
-Stepping outside our comfort zone means going beyond our imaginable limitations which enables us to explore the outside of our boxes.

Nurida Salip Julkiram
-To grow as a person, to explore and to be unbounded.

Fat. Marniza Rene
-To create new and better stories

Shaira Sakkam
-To become the best version of ourselves

Nurmalyn Jumali
-Great things never come from comfort zones.

Bennajar Angsa
-Stepping outside our zone of comfort means exploring and learning new things.

Adzrina Sadikal
-It is for us to develop ourselves even more, to meet new exciting opportunities and offer or show the talents or skills that we are hiding from the very long time.

Ben-Ben Mulkin
-We need to step outside in order to do more, learn more, grow more, and improve more.

Morsalyn Harun
-To know ourselves more, experience new things, and overcome fear

Arnalyn Sawadi
-It is giving yourself the chance to grow, gain more confidence, know more about yourself and learn to face new challenges.

Sharefa Muayadi
-It's the zone for comfort, stepping outside of it is growth.

Radeeya Sencio
-Stepping outside of our comfort zone will help broaden our knowledge and experience that can change us and transform us into wise, independent and confident being.

Fat. Saquena Isnijul
-As we start to step outside our comfort zone, our environment becomes wider and larger where we can discover things.

Maryamarzahra Jalaidi
-The world is chaotic as well as scary, but our comfort zone is not our protection.

Mherhada Sahibuddin
-Stepping outside of our comfort zone means to learn new things.

Rudzmar Ganih
-The perspective of majority can only be found if we step outside of it.

Sheika-Sarah Usman
-Stepping outside the comfort zone allows us to see and experience more.

Julhajar Jasani
There's nothing wrong being in your comfort zone, unless you start holding yourself back instead of challenging yourself to learn, grow and try new things.

Nurbina Halid
-It would teach us what will make us stronger.

Alnashrim Usman
-Stepping outside of your comfort zone can help you build your creativity, focus on your self-confidence, and learn more about yourself.

Marzaina Maadil
-Being on one side view is not enough to gain more knowledge and experience. We should explore more.

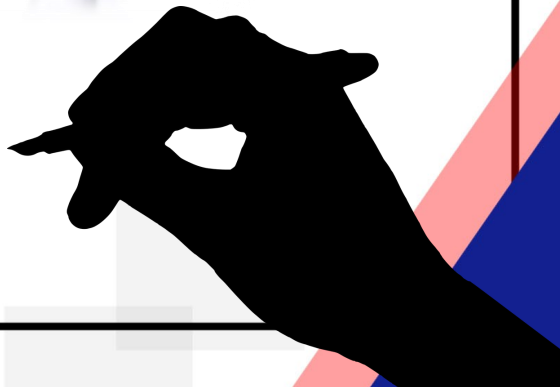
Bennazir Angsa
-For us to be comfortable in everything

Merhama Manalas
-Stepping outside our comfort zone means choosing our freedom.

Marsha Ina Bucayan
-Stepping outside your comfort zone enables you to grow and reach new goals.

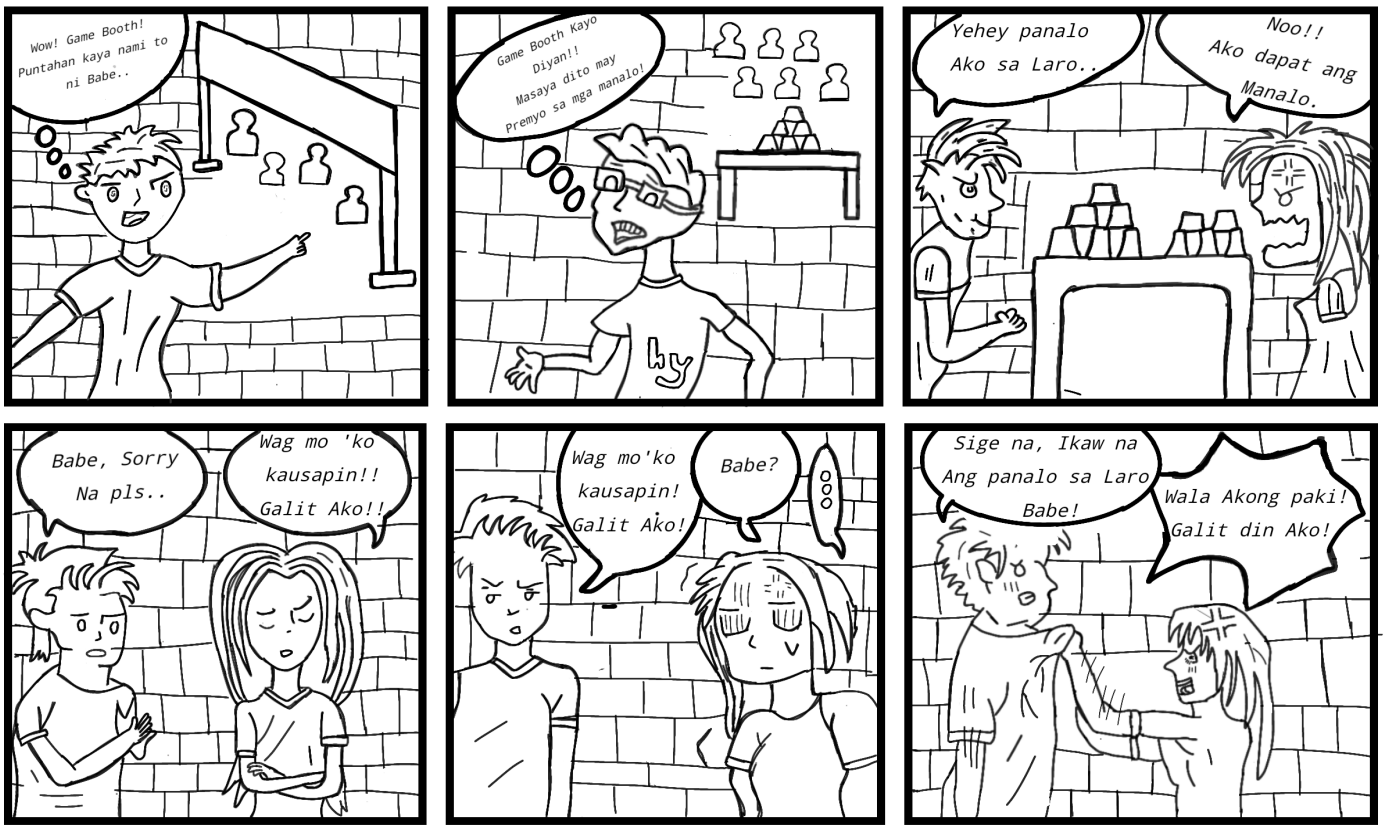
Lija Sayyari
-To learn how to stand by yourself without relying on other people.

Rima Amarasa
-Stepping outside of our comfort zone can help us boost our confidence and know ourselves more.





The Palarong Game Booth



By Julhajar M. Jasani

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The Sulu State College is committed to develop academic stalwarts and globally competent professionals, producing cutting-edge research, engage in partnership and viable resource generation programs

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S-SOLIDARITY

P-PROFESSIONALISM

I-INTEGRITY

C-COMMITMENT

E-EXCELLENCE