



EXTENSION PROPOSAL FORM – 1
(For In-house funding)

I. General Information

Program Title: SHAPE UP (Sustainable Holistic Activities and Physical Enhancement Unified Program)					
Project Title: Music and Movement for Elderly and Physically Challenged Individuals					
Proponent/s: Name: College: Contact details:	CULTURAL AND SPORTS DEVELOPMENT OFFICE				
	Rosalina L. Divinagracia	IDS – Principal	MSU Naawan	Project Leader	09750835022 rosalina.divinagracia@msunaawan.edu.ph
	Eden Rose Macalong	IDS - SHS Coordinator	MSU Naawan	Member	09952373842 Edenrose.macalong@msunaawan.edu.ph
	Benna G. Arnejo	IDS – DOLTASS Chairperson	MSU Naawan	Member	09778199712 benna.arnejo@msunaawan.edu.ph
	Charry G. Altamia	Faculty	MSU Naawan	Member	09263025158 charry.altamia@msunaawan.edu.ph
	Nigel P. Solis	Staff	MSU Naawan	Member	09610756754 nigel.solis@msunaawan.edu.ph
	Nylette C. Jarales	Faculty	MSU Naawan	Member	09985497668 nylette.jarales@msunaawan.edu.ph
	Rosevel B. Colegado	CSDO Director	MSU NAAWAN	Member	09265687424 rosevel.colegado@msunaawan.edu.ph
Jovelyn Cabanatan	Faculty	MSU Naawan	Member	jovelyn.cabanatan@msunaawan.edu.ph	

	Jay Philmore Ansale	Campus Sports Director	MSU Naawan	Member	09357449579 jayphilmore.ansale@ msunaawan.edu.ph
Project site/s:	Naawan, Misamis Oriental (Senior Citizen Office)				
Project duration:	1 yr. (July 2023-2024)				
Priority Area (please check)	☐ Sustainable Food Production in Fisheries and Aquaculture ☐ Environmental Conservation ☐ Crops and livestock ☐ Sustainable Agroforestry Entrepreneurship ☐ Agri-fisheries-based Skill Enhancement ☐ Literacy Enrichment and continuing education ☒ Socio-cultural and Psycho-social Wellness ☐ University generated and adopted technology ☐ Peace and Development ☐ Local Governance				
Commodity:					
Target beneficiary:	Elderly and Physically Challenged Individuals				
Project cost:	P344,284.00				
Source of fund:	LGU, Barangay Council, MSU Extension, CSDO				

Rationale	Wellness for the elderly and physically challenged individuals has been a growing concern for every Filipino family. Our sense of a strong and healthy family has taught us to provide the necessary attention and care for our family members, especially to the elders. Republic Act 7432 (1992) declares the policy to encourage every family and their community to reaffirm the valued Filipino tradition of caring for Senior citizens. The most important element of improving elderly and physically challenged person's health is to promote their participation in wellness activities. Through community support, needs awareness, and education, the elderly and the physically challenged are expected to achieve the goal of increasing their participation in wellness programs. Schonherr (2009), reiterates in their Joy Through Music and Movement: Orff Education for Seniors Program, "It is important for the group members to be with others of like mind and to feel part of a whole." In this manner, the "togetherness" and the feeling of the "I belong" concept are strengthened. The wellness program provides physiological exercises, social wellness, and personal development to elderly and physically challenged individuals of Poblacion, Naawan, Misamis Oriental through music and movement. It is
-----------	--

	directed to address the concern of most families to teach, promote emotional stability, increase alertness, strengthen self-worth and engagement, increase communication and be socially active, and encourage proper health and self-care.								
Objective	This program also aims to guide them through a series of activities that are doable, simple, and fun focusing on their physiological and psycho-social wellness. During each activity, the facilitators need to prepare small-simple-doable-fun movements with music as they imitate the actions. It is important that they pay attention to the rhythm of the music as the sole component that drives their emotions; this in a way reflective of their actions, expressions, and physical and psychological being. The activities are designed specifically to cater to the needs of the aforementioned participants and are anchored on the objectives stipulated in the project. Most of the activities aim to let them realize that life is very important than the anticipated life direction, such as: way to express oneself, Something to remember, and my faith of gratitude, among others. As an outcome, they will eventually develop a personal self-care habit in wellness for daily living. The wellness program also supports the activities of the Department of Social Welfare and Development (DSWD) as the complementary sector in ensuring opportunities for elderly and physically challenged individuals for a better personal, physiological, and social engagement with humanity								
Activities	<table><tr><td>MOA Signing</td></tr><tr><td>Crafting and production of assessment tools, development and preparation of guided activities</td></tr><tr><td>Orientation and Pre-Assessment</td></tr><tr><td>Session 1: A WAY TO EXPRESS</td></tr><tr><td>Session 2: MY BODY</td></tr><tr><td>Session 3: MY HEALTH-MY LIFE</td></tr><tr><td>Session 4: MY PHYSICAL ACTIVITY</td></tr><tr><td>Session 5: SOMETHING TO REMEMBER</td></tr></table>	MOA Signing	Crafting and production of assessment tools, development and preparation of guided activities	Orientation and Pre-Assessment	Session 1: A WAY TO EXPRESS	Session 2: MY BODY	Session 3: MY HEALTH-MY LIFE	Session 4: MY PHYSICAL ACTIVITY	Session 5: SOMETHING TO REMEMBER
MOA Signing									
Crafting and production of assessment tools, development and preparation of guided activities									
Orientation and Pre-Assessment									
Session 1: A WAY TO EXPRESS									
Session 2: MY BODY									
Session 3: MY HEALTH-MY LIFE									
Session 4: MY PHYSICAL ACTIVITY									
Session 5: SOMETHING TO REMEMBER									

	Session 6: MY LOVE																
	Session 7: MY NEIGHBORHOOD-MY COMMUNITY																
	Session 8: MY COMFORT																
	Session 9: MY FAITH-MY GRATITUDE																
	Post-Assessment and Impact Assessment																
	Culmination Activity and Feedbacking																
	Data Consolidation																
	Preparation of Terminal Report																
Expected Output	<table><tr><td>Self-Care</td></tr><tr><td>Emotional wellness</td></tr><tr><td>Skills Enhancement</td></tr></table>	Self-Care	Emotional wellness	Skills Enhancement													
Self-Care																	
Emotional wellness																	
Skills Enhancement																	
Target Beneficiaries	Elderly and Physically Challenged Individuals of Poblacion Naawan Misamis Oriental																
Work Plan	<table><tr><th>Month</th><th>Activities</th></tr><tr><td>1 (July 2023)</td><td>MOA Signing</td></tr><tr><td></td><td>Crafting and production of assessment tools, development and preparation of guided activities</td></tr><tr><td></td><td>Orientation and Pre-Assessment</td></tr><tr><td>2 (Aug. 2023) Every 1st Wed of the Month</td><td>Session 1: A WAY TO EXPRESS</td></tr><tr><td>3 (Sept. 2023)</td><td>Session 2: MY BODY</td></tr><tr><td>4 (Oct. 2023)</td><td>Session 3: MY HEALTH-MY LIFE</td></tr><tr><td>5 (Nov. 2023)</td><td>Session 4: MY PHYSICAL ACTIVITY</td></tr></table>	Month	Activities	1 (July 2023)	MOA Signing		Crafting and production of assessment tools, development and preparation of guided activities		Orientation and Pre-Assessment	2 (Aug. 2023) Every 1 st Wed of the Month	Session 1: A WAY TO EXPRESS	3 (Sept. 2023)	Session 2: MY BODY	4 (Oct. 2023)	Session 3: MY HEALTH-MY LIFE	5 (Nov. 2023)	Session 4: MY PHYSICAL ACTIVITY
Month	Activities																
1 (July 2023)	MOA Signing																
	Crafting and production of assessment tools, development and preparation of guided activities																
	Orientation and Pre-Assessment																
2 (Aug. 2023) Every 1 st Wed of the Month	Session 1: A WAY TO EXPRESS																
3 (Sept. 2023)	Session 2: MY BODY																
4 (Oct. 2023)	Session 3: MY HEALTH-MY LIFE																
5 (Nov. 2023)	Session 4: MY PHYSICAL ACTIVITY																

	6 (Dec. 2023)	Session 5: SOMETHING TO REMEMBER		
	7(Jan. 2024)	Session 6: MY LOVE		
	8(Feb. 2024	Session 7: MY NEIGHBORHOOD-MY COMMUNITY		
	9(Mar. 2024)	Session 8: MY COMFORT		
	10(Apr. 2024)	Session 9: MY FAITH-MY GRATITUDE		
	11 May 2024)	Post-Assessment and Impact Assessment Culmination Activity and Feedbacking Data Consolidation		
	12 (June 2024)	Preparation of Terminal Report		
Logical Framework				
	INPUT	PROCESS	OUTPUT	OUTCOME
	Needs assessment of elderly and physically challenged individual	Conduct the needs assessment for the elderly and physically challenged individual	Approval of the Senior Citizen and PWD community leader of Naawan Misamis Oriental with the presence of the DSWD municipal officer	Needs assessment result with the approval of the Senior Citizen and PWD community leader of Naawan Misamis Oriental
	Needs assessment result	Crafting of extension proposal based on the need of the Senior Citizens and PWD community of Naawan Misamis Oriental, securing APC and EXECOM approval for BOR endorsement for CHED extension project proposal submission	BOR Resolution as an attachment for the CHED extension project proposal submission	Crafted extension proposal with attached BOR resolution
	Crafted extension proposal	Submission of extension proposal to CHED	Approved proposal on “MUSIC AND MOVEMENT FOR ELDERLY AND PHYSICALLY CHALLENGED INDIVIDUALS”	Approved proposal ready for implementation
	Pre-self-assess ment using	Conduct guided activities on physical	Post-self-assessmen t using Personal,	Proper health and self-care among

	Personal, Physiological, and Social Self-Assessment Tool movement through music Physiological, and Social Self-Assessment Tool Guided Interview to triangulate assessment result Senior citizens and Physically challenged individuals of Naawan Misamis Oriental
GAD Score	Based on the Harmonized Gender and Development Guidelines, the GAD score is 15.66 . The proposed project is gender responsive, which means that both men and women are involved in this proposed activity; gender issues are identified ahead of time; and gender programs are known to address the gender gap.
Sustainability Mechanism	The project Music and Movement for the Elderly and Physically Challenged Individual aligns with the vision of the Department of Social Welfare Development (DSWD), to envision a society where the poor, vulnerable and disadvantaged are empowered for an improved quality of life and towards 2030 becoming the world's standard for the delivery of coordinated social services and social protection for poverty reduction. It is anchored with the values of respect for human dignity, integrity, and service excellence. With this, a sustainable program for the Elderly and physically challenged individuals are strengthened and be made part of the DSWD and Senior Citizen program for wellness, socialization, and improve healthy and happy living. It will be part of their monthly activities as the project will be implemented every 1st Wednesday of the month for the duration of one to two hours of music and movement. This will be done from the implementation date and beyond its continuum. Every session has its theme for reflection and participation of all participant observers. The integral component of the project sees to it that every session is a well prepared and crafted session that benefits all Senior Citizen and Physically Challenged Individuals. As the session progresses, a well-defined initiatives will be maintained so that the project grows and further recommends for a much well-polished activities.
Ethical Consideration	This project conformed the ethical considerations checklist before or on the implementation of the extension project. Result are enumerated below: 1. YES, the proponents of the project together with CSDO Director attended the Elderly meeting where they were verbally informed regarding the project and signified their participation through raising their hands 2. NO, the proponents are not member of the indigenous community. 3. NO, the proponents does not involve the participation of marginalized and vulnerable sectors of the community. 4. NO, the proponents are not minors. 5. YES, it has been explained and gained favorable approval. What needs to be done is to secure their individual signatures through a written form consent 6. YES, the project is beneficial to the elderly and physically challenged participants as it promotes wellness and their wellbeing. 7. NO., the project does not cause major disruption to the community's daily activities

	8. NO, the results and findings of this project does not potentially stigmatized and discriminate members of the community. 9. NO, it was based from Orff Music Program for elderly 10. NO , this project does not involve any risk to the participants. 11. NO, the goal of this project does not end with a commercial product..		
Budgetary Requirement			
	LGU		
	USB 16 Gig, 5 pcs, 500/pc	2,500	
	Powered Speaker Portable, 1 unit, 14,900	14,900	
	Bamboo Sticks, 1 x 12 in., 200pcs/bundle, 1 bundle, 500/bundle	500	
	Geena Earth Cloth, yellow, 2 meters, 60/meter	120	
	Geena Earth Cloth, green, 2 meters, 60/meter	120	
	Geena Earth Cloth, blue, 2 meters, 60/meter	120	
	Geena Earth Cloth, white, 7 meters, 60/meter	420	
	Geena Earth Cloth, red, 1 meter, 60/meter	60	
	Geena Earth Cloth, orange, 1 meter, 60/meter	60	
	Head Band, garterized assorted color, 100 pcs., 60/pc	6,000	
	Spiky Massage Balls, rubber, 100 pcs., 80/pc	8,000	
	Cartolina, assorted color, 50 pcs., 20/pc	1,000	
	Cartolina, red, 50 pcs., 20/pc	1,000	
	A4 card stock/board with glitters, 10 pcs/pack, 9 packs, 200/pack	1,800	
	Cardboard, bloody red, 22.5 in. x 28.5 in., 25 pcs, 50/pc	1,250	
	Ink Brother Black BT060, 4 bottles, 500/bot	2,000	
	Ink Brother Cyan BT5000C, 2 bottles, 500/bot	1,000	
	Ink Brother Magenta BT5000M, 2 bottles, 500/bot	1,000	
	Ink Brother Yellow, BT 5000Y, 2 bottles, 500/bot	1,000	
	Expandable Envelop, 100 pcs, 25/pc	2,500	
	Ballpen, Black, 100 pcs, 10/pc	1,000	

	Hard Copy Legal Bond Paper, 70 gsm, 5 reams, 300/ream	1,500	
	Specialty Paper Legal 80 gsm 10sheets/pack, 10 packs, 100/pack	1,000	
	Personal Hygiene Kit	20,000.	
	Snacks (MOA signing, Orientation, 9 Sessions, Post Assessment, Culmination), 1340 pax, 75/pax	31,150.	
	TOTAL		100,000.00
	BARANGAY COUNCIL		
	Snacks (MOA signing, Orientation, 9 Sessions, Post Assessment, Culmination), 1340 pax, 75/pax	69,350	
	TOTAL		69,350.00
	MSU AT NAAWAN		
	Tarpaulin, 4 x 8 ft., 2 pcs, 25/sq ft	1,800	
	Shure Wireless Microphone Set, 1 Set, 5000/set	5,000	
	Extension Wire, 10 meters, 3 gang, 1 unit, 2000/unit	2,000	
	Gasoline for MSUN Vehicle, 50 liters, 90/liter	4,000	
	Bajaj Fare, 24 travels, 300/travel	7,200	
	Professional Services	161,134.	
	TOTAL		181,134
	TOTAL PROJECT COST		350,484.00

Prepared by:

Recommending Approval:



ROSALINA L. DIVINAGRACIA
Project Leader

Prof. GERGIE A. AMBATO
Vice Chancellor for Academic Affairs

ROSEVEL B. COLEGADO
Director, CSDO/ Program Leader