

WFP Philippines Health Seminar and Blood Collection for Healthy Communities

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Some 100 youth donated blood in the community event

Manila - The Women's Federation for World Peace (WFP) Philippines, in partnership with the College of Liberal Arts and Physical Education Department of Technological University of the Philippines (TUP) Manila, the International Association of Youth and Students for Peace - Pilipinas (IAYSP), and Medical Center Manila, successfully conducted the event titled "Empowered Women, Healthier Communities (Seminar and Blood Letting)" at TUP Manila on March 16, 2026.



Drs. Rey Hikaru Estoce and Reiko Helenjane Arellano-Nakajima lead an interactive session using digital tools, encouraging young individuals to make responsible and informed life choices as they discussed on the topic "Protecting Your Future: HIV Awareness and Responsible Choices for Youth".

The program gathered 77 participants for the seminar and 100 blood donors. It successfully addressed two major concerns: the rising health risks among the youth, particularly HIV, and the ongoing need for blood donations. By combining education with action, the program provided a holistic approach to community service. It empowered participants not only to learn but also to contribute directly to saving lives.



The resource speakers: Jun Young T. Teves, Dr. Rey Hikaru Estoce, and Dr. Reiko Helenjane Arellano-Nakajima, with Dr. Janet L. Kabayama, WFWPP - Corporate Secretary, Prof. Juvy V. Delmonte, WFWPP-President, with Prof. Bernadette Alavazo, Department Head, Physical Education, and some of the PE Department Faculty Members, John Lery C. Baclaocos, Rose Ann Calanday, Danica G. Betoy, and Artemio T. Reyes Jr.



Dr. Janet L. Kabayama, Corporate Secretary of Women's Federation for World Peace-Philippines, delivers an insightful talk with the title "HIV Awareness in the 21st Century: Education, Prevention, and Breaking the Stigma," highlighting the importance of awareness and education in today's society.

Dr. Michael Bhubet B. Baluyot, Dean of the College of Liberal Arts, Technological University of the Philippines Manila, emphasized the importance of educating young people on health and values formation. "Empowering the youth with knowledge and the right values is essential in building healthier and more responsible communities," he said in his opening remarks.

The seminar featured two timely and relevant topics. The first session, "Protecting Your Future: HIV Awareness and Responsible Choices for Youth," was delivered by Dr. Rey Hikaru Estoce and Dr. Reiko Helenjane Arellano-Nakajima, both affiliated with Medical Center Manila. They addressed the growing concern of HIV cases among young people and stressed the importance of awareness, prevention, and responsible decision-making.

The second session, "Youth at the Crossroads: Choosing Integrity, Responsibility, and Purpose," was delivered by Mr. Jun Young T. Teves of the International Association of Youth and Students for Peace - Pilipinas. His talk focused on character development and the importance of making value-based decisions. Participants found the seminar both informative and inspiring. One student attendee shared, "There are misconceptions about HIV which were corrected such as, before, I also believed that mosquitoes could transfer HIV since they poke into the skin. But it is not how HIV can be transmitted outside the body." While another also stated, "Knowing your purpose in life to become successful in the future."

Simultaneously, the blood-letting activity became one of the most impactful parts of the event. With 100 donors participating, the initiative directly contributed to addressing the shortage of blood supply in hospitals. Medical professionals from Medical Center Manila ensured that all procedures were conducted safely and efficiently. Moving forward, the organizers plan to conduct more seminars and outreach programs to continue empowering youth and strengthening community health across the Philippines.