SDG 3: Good Health and Well-Being



Mental Health Support

The University conducted the “Beyond the Storm: Mental Health and Suicide Prevention Awareness Seminar” for students. Facilitated by the Guidance and Counselling Office, this activity serves as a proactive initiative to promote emotional resilience and overall student well-being.

To further support this program, students and employees also underwent training in Gender-Sensitive Psychological First Aid (PFA). This training aimed to equip participants with knowledge necessary to provide inclusive and empathetic support to individuals in distress. Participants engaged in lectures, interactive workshops, and an open forum to deepen their understanding on Psychological First Aid.

TAU also solidified its commitment through the observance of the Mental Health Awareness Month. To raise awareness and foster wellness among stakeholders, students participated in a variety of engaging activities, including a Color Fun Run, a Booth-making Contest, and a Banner Design Contest.



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Exercise and Sports

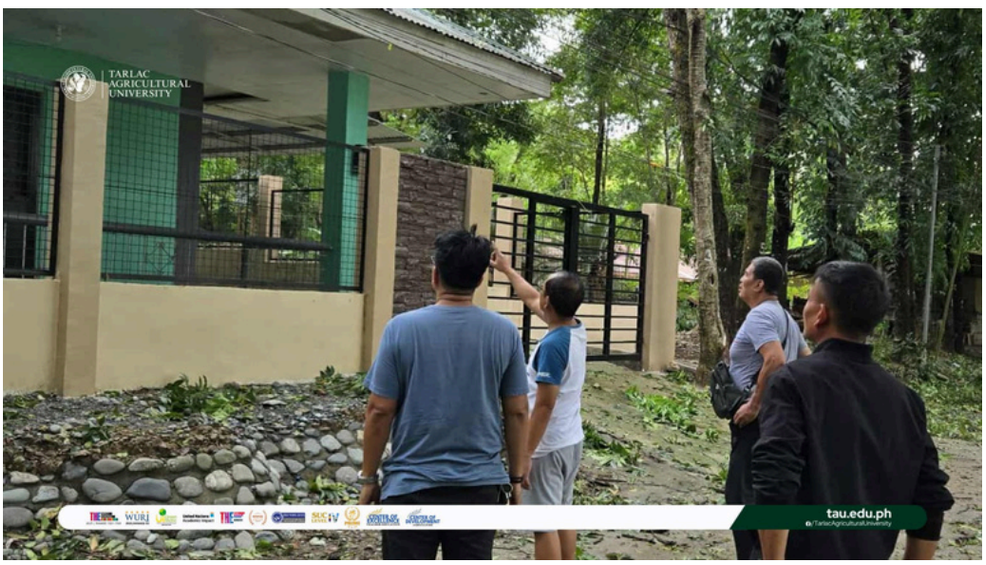
In 2025, the University welcomed its inaugural batch of students for the Bachelor of Science in Exercise and Sports Science (BSESS) program. This program is focuses on the scientific foundations of human movement and physical health.

Complementing this growth in the physical sciences, TAU continues to excel in the field of mental health. In 2025, the University produced 52 graduates from the Bachelor of Science in Psychology program. Furthermore, 69 of its alumni successfully joined the ranks of Licensed Psychometricians.

Cultivating Holistic Well-being

TAU remains steadfast in its commitment to promoting a healthy and productive workforce. TAU conducted its Annual Medical Examination, encouraging employees - regardless of employment status - to participate in comprehensive health screenings. This included electrocardiograms (ECG), a whole-abdomen ultrasounds, chest X-rays, urinalysis, blood chemistry tests, and drug testing. Furthermore, the University maintains a wellness program every Friday, during which employees engage in physical fitness activities designed to enhance their overall health and well-being.

In response to weather disturbances, the University ensures safety of its stakeholders through the timely activation of its Incident Management Team (IMT). Through its partnership with the TAU-Multipurpose Cooperative and other university-based associations, TAU provides vital support to affected stakeholders. These efforts include continuous communication and safety, debris clearing within the campus, the distribution of relief supplies, and the administration of necessary medical assistance.



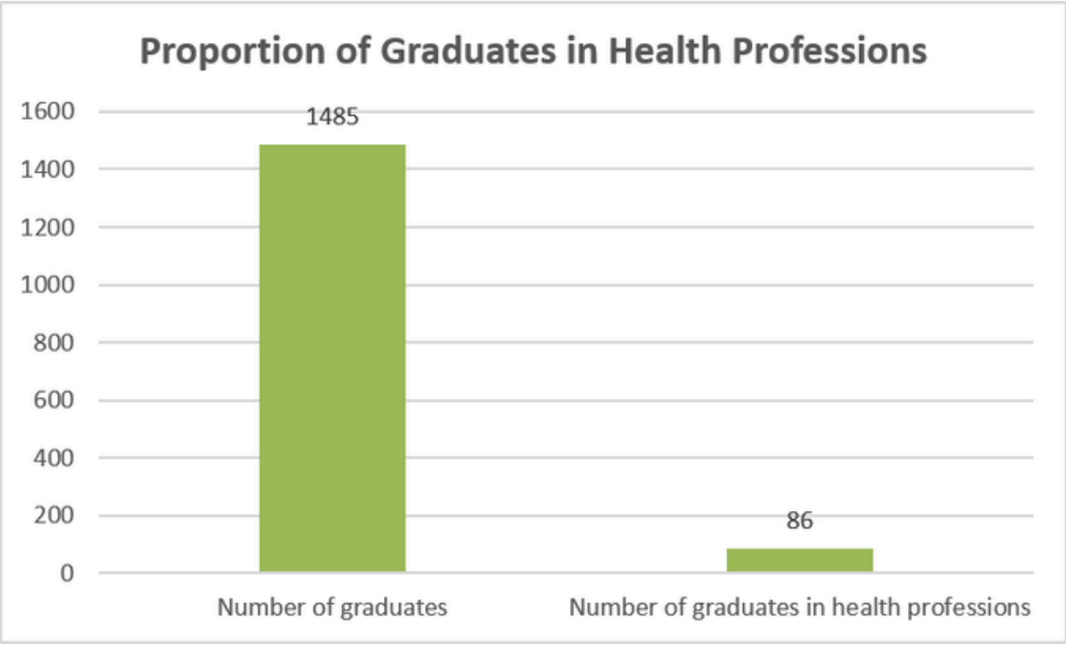
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Additionally, in collaboration with the Philippine Red Cross, the TAU Multipurpose Cooperative, and the Local Government Unit of Camiling, the University conducted blood donation drives to raise awareness of its critical importance to public health.

Institutional Performance

Number of graduates in health-related fields



According to the data, there were 85 graduates in health-related fields among the total of about 1,480 graduates. This is an indication of the University's effort in preparing health professionals in the future to provide healthcare services.



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RACE Against Suicide: A Gatekeeper Training for Suicide Prevention



The Tarlac Agricultural University (TAU) through the Guidance and Counseling Office and Student Welfare Unit (SWU) under the Office of Student Services and Development (OSSD), took a proactive stand by conducting the “RACE Against Suicide: A Gatekeeper Training for Suicide Prevention” at the AgriTourism Function Hall on 4 December.

TAU-SWU trained selected lecturers and nurses from the university to identify suicidal warning signs and assist in referral. This reflects TAU’s attention to suicide prevention, mental health support, and institutional capacity to respond to psychological distress.

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Mental Health and Suicide Prevention Awareness Seminar



On September 12, 2025, the TAU Office of Student Services and Development hosted an awareness seminar for freshmen to foster knowledge on mental health, create a welcoming atmosphere, and make students realize that help is there.



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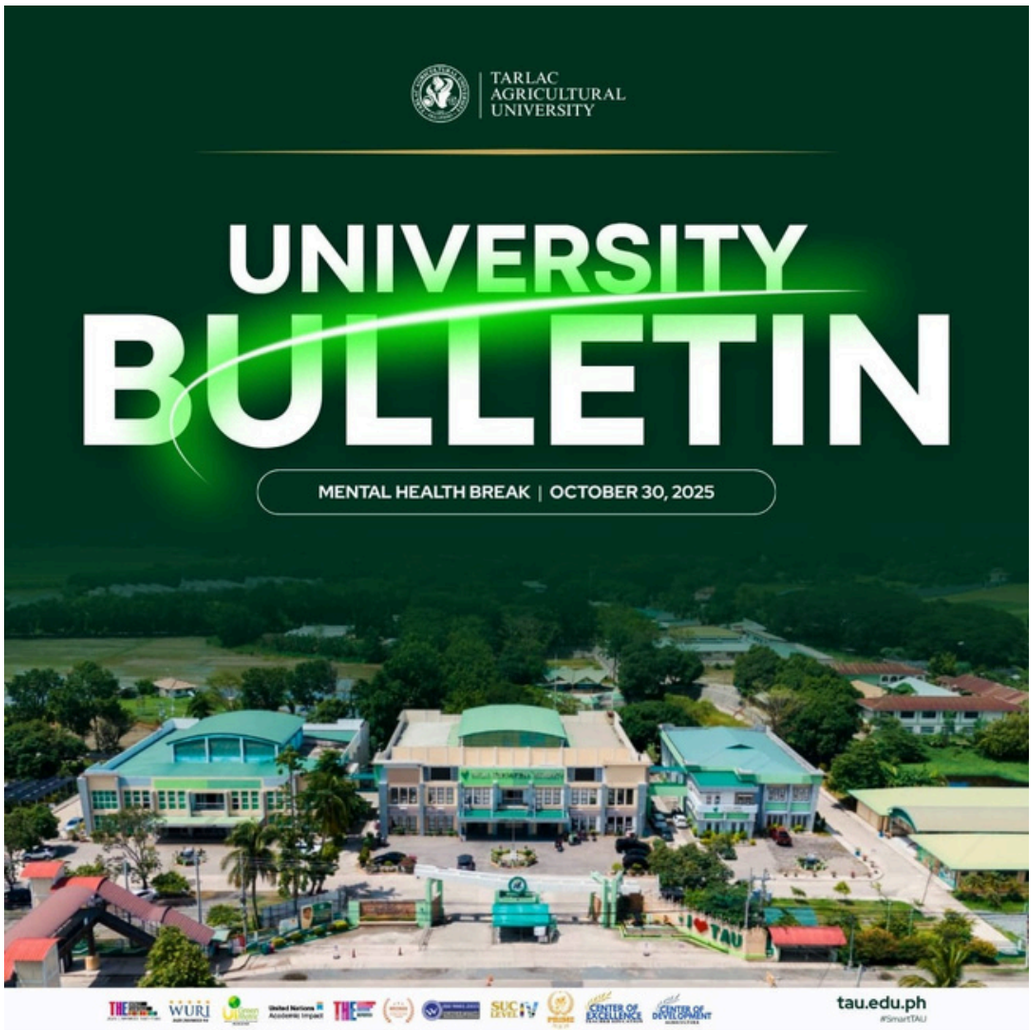


Beyond the Scale: TAU's Biggest Loser Challenge

The TAU acknowledged the non-teaching staff members who managed to reduce their weight significantly through lifestyle improvements. The results reported were 11.221% weight loss for women and 18.961% weight loss for men. Winners were recognized September 30, 2025.

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University-wide Mental Health Break

On October 30, 2025, TAU administration implemented as it has approved a mental health day at the request of the Supreme Student Council, which allowed students, teachers, and administrators a chance to take a breather after their midterm exams.This is the institutional recognition of psychological well-being and the importance of rest.



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TAU receives the Philippine Red Cross Blood Service Platinum Award

TAU stated that it received the Platinum Award from the Philippine Red Cross for its five-year partnership of collecting over 500 units of blood - as recognized by the organization during a courtesy visit on December 4, 2025. This is in recognition of its sustained efforts and initiatives - a true reflection of TAU's dedication to improving community and public health.

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Featured

UNIVERSITY BULLETIN | Tarlac Agricultural University



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In light of the rising incidence of communicable diseases, the Tarlac Agricultural University (TAU) underscores the importance of following strict health and safety protocols across all academic and administrative units.

Per Memo 215, s. 2025, members of the TAU community are enjoined to observe preventive measures such as regular handwashing, good respiratory hygiene, proper ventilation in classrooms and offices, and immediate quarantine for sick individuals. Vaccination and participation in health information drives are strongly encouraged to minimize risks and safeguard the well-being of everyone.

The University highlights several diseases of concern, including influenza, measles, shingles, leptospirosis, hand-foot-and-mouth disease (HFMD), and chickenpox. These illnesses may be transmitted through droplets, contaminated water, or direct contact with infected fluids, and are characterized by symptoms such as fever, rashes, cough, and body aches.

All suspected or confirmed cases must be reported immediately to the TAU Medical and Dental Unit for monitoring, in coordination with the Department of Health (DOH) and local authorities.

TAU urges the entire community to strictly adhere to these guidelines to reduce disease transmission, ensure continuity of instruction and services, and foster a safe and healthy learning environment.

#SmartTAU #GreenandGlobal #SafetyProtocols #DOH #SDG3 #SDG4 #SDG17

Disease Prevention and Health-safety Advisory

With Memo 215 s. 2025, TAU made recommendations for the prevention of communicable diseases such as influenza, measles, leptospirosis, hand-foot-and-mouth disease, and chicken pox. These included hand washing, respiratory hygiene, ventilation, vaccination, and reporting any suspected case to the Medical and Dental Unit.

