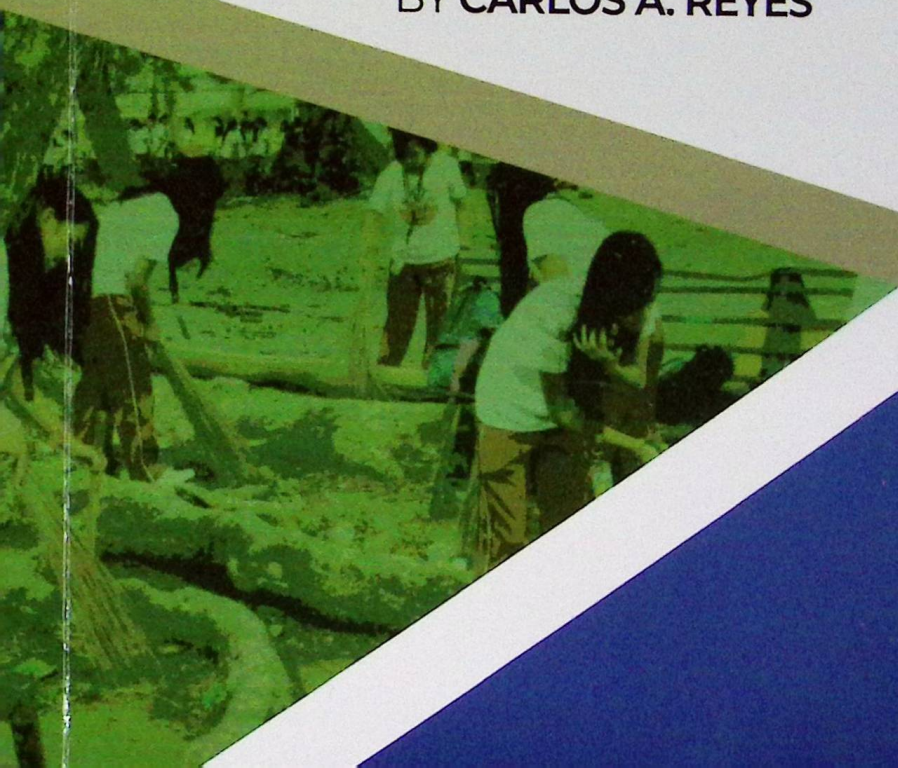


# NSTP-CWTS

NATIONAL SERVICE TRAINING PROGRAM  
CIVIC WELFARE TRAINING SERVICE

BY CARLOS A. REYES



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**National Service Training Program- Civic Welfare Training Services**

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Carlos A. Reyes

and

Space Browser Publication

ISBN 978-971-95413-2-8

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**SPACE BROWSER**  
**PUBLISHING**  
ARELLANO ST., DAGUPAN CITY  
(075)515-5041

# PREFACE

The need for reference materials for freshmen college students taking NSTP course is such that one book alone would not be enough. There are limited texts available for the use of students taking up NSTP. If there are such they demand more understanding than what a freshman students' background or basic foundation could handle. This book has put together materials that will enable the students to be more equipped with skills to know themselves and be of service to their community.

The book is also intended to serve as a concise and effective text which can be used by NSTP facilitators in colleges and universities. It can also be a supplementary guide to students as well as to the facilitators in an NSTP course. Further, the book serves as a guide to supplement the training activities involving the different dimensions of CWTS that will provide development of skills, application and knowledge, concepts and deeper internalization of the NSTP program contributory to the students, their community and the environment.

In NSTP, students will mostly be involved in community outreach programs that entail community activities which shall involve team building, group formation, emergency preparedness, and nature's appreciation, training entrepreneurship, values formation and other requisites of developing trainees as community servants. With this book, students further have additional background on the importance and purpose of NSTP to community development.

This book contains fourteen chapters covering different important topics. Chapter 1 dwells on legal basis and history of NSTP. Chapter 2 on Citizenship covers self-awareness and developing human values. Chapter 3 on Community Development and Mobilization discusses topics of principles and ingredients behind a successful community development, such as development does not only mean growth in the community. Chapter 4 tackles mainly community organizing and social mobilization. In this chapter, details on components of social mobilization and basic principles of organizing a community will be viewed. In Chapter 5, it covered determinants and dimensions of health and its connection to wellness. Chapter 6, as connected to the previous lesson of health deals with nutrition and exercise. In this chapter of the book, it covers healthy eating and right diet or the nutritional guidelines for Filipinos. For the Chapter 7 and Chapter 8, these two chapters handled topics on environmental education and importance of hygiene and sanitation. Chapter 9 is on social awareness and disaster preparedness, discussing lessons on elements of national security, terrorism and being prepared for disasters. Chapter 10 and Chapter 11, discussed lessons on actions on substance abuse, alcohol, smoking and sex. Chapter 12, safety education such as First-Aid Tips and accident prevention are discussed. Chapter 13 discussed advantages of being entrepreneurs and the qualities of a successful entrepreneur. Chapter 14 will have topic on recreation. Evaluation tests are also included in every end of chapter to recapitulate the importance of the lessons and lectures relevant to the program.

The author acknowledges the invaluable help extended by colleagues in the different colleges and universities through their contributions and suggestion which were integrated in this book. Never to forget, this book will be less relevant without acknowledging the contribution of noted authors and web sites.

The Author



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