



DEPARTMENT OF SCIENCE AND TECHNOLOGY – REGION 3
PSTO- Tarlac

TECHNOLOGY TRAINING POST-ACTIVITY REPORT

Title of Training : Energy Management and Conservation
Beneficiaries : Tarlac Association of Restaurant and Hotel Owners (TARAHO)

		No. of Participants	
		Male	Female
NGO			
1	TARAHO		3
MSMEs			
2	Villa Alicia Resort	1	1
3	Dampa sa Tarlac	3	1
4	MIA Corp.		3
5	MHA		1
6	Microtel		1
7	Tessie's Grill and Roasters	2	1
8	MDS Distribution Inc.	1	1
NGA			
9	PSTO Tarlac	3	2
Total		25	

Date : April 30, 2024
Venue : Tessie's Grill and Roasters, San Roque, Tarlac City
Trainer : Engr. Ralph Laurence Parungao, Engr. Ariel Cabildo, Engr. Freneil Pampo
Company : DOST – III Regional Energy Audit Team (REAT)
Objectives :

- To conduct an on-site assessment/audit to a model facility for TARAHO.
- To guide TARAHO members in identifying potential energy efficiency and energy conservation opportunities.
- To implement efficient system improvements that would result in energy savings.

Highlights of the Training:

The activity was under DOST Tarlac's monthly training segment TechTIPS or the Technology Training and Information Promoting Science, in line with the celebration of Earth Month this April. The training was requested by Ms. Gemma Alicia Ocampo, President of TARAHO. This is to guide them in identifying potential energy efficiency and energy conservation opportunities.

The activity was split up into two (2) sessions. For the morning session, the REAT conducted a walk-thru assessment in the chosen model facility, Tessie's Grill and Roasters. They conducted an actual energy audit on some of the electrical and mechanical components of the restaurant such as the panel boards, air conditioners, and lighting to completely assess the current electrical and mechanical system of the facility. This is also to assess the current practice of the restaurant in terms of energy consumption or utilization. The REAT is accompanied by Ms. Ocampo alongside her maintenance/electrician and some staff to discuss the findings while conducting the actual audits, thereby training the personnel on conducting preventive maintenance of the electrical and mechanical components. This was followed by a focus group discussion on the findings and possible interventions to be implemented for energy savings.

The second part which is the seminar proper, was conducted in the afternoon and was attended by TARAHO members and their staff. Ms. Ocampo delivered the opening remarks followed by the discussion of the overview of the activity which was presented by Ms. Karen Danez, PSTO-Tarlac Director.

Ms. Ocampo and Ms. Danez emphasized the importance of energy-saving practices as we are now experiencing an extreme heat index resulting in the consumption of more energy for the operation of air conditioners, water pumps, and other electrical appliances/equipment. This demand results in a yellow and red status of our national grid, which is risky as the operating margin is insufficient to meet the transmission grid's contingency requirement.

After which, Engr. Ariel Cabildo (*REAT member from Holy Angel University*) discussed energy management. He also presented RA 11285, an Act Institutionalizing Energy Efficiency and Conservation, Enhancing the Efficient Use of Energy. Part of his discussions is the mechanical and lighting energy management, this includes the changing of Compact Fluorescent Lamps (CFL) into Light Emitting Diode (LED) which is lower in terms of energy consumption. Proper ventilation, and some technologies we can use to save energy were also discussed.

Engr. Freneil R. Pampo of Don Honorio Ventura State University (DHVSU) presented the findings on the identified model facility. Findings include holes in the panel boards resulting in the entree of rats and some dirt. The circuit breakers have no tag, this is very crucial, especially in tracing the electrical connections. Running overrated motors were also observed. These findings were properly addressed to the owner to improve the energy management of the firm.

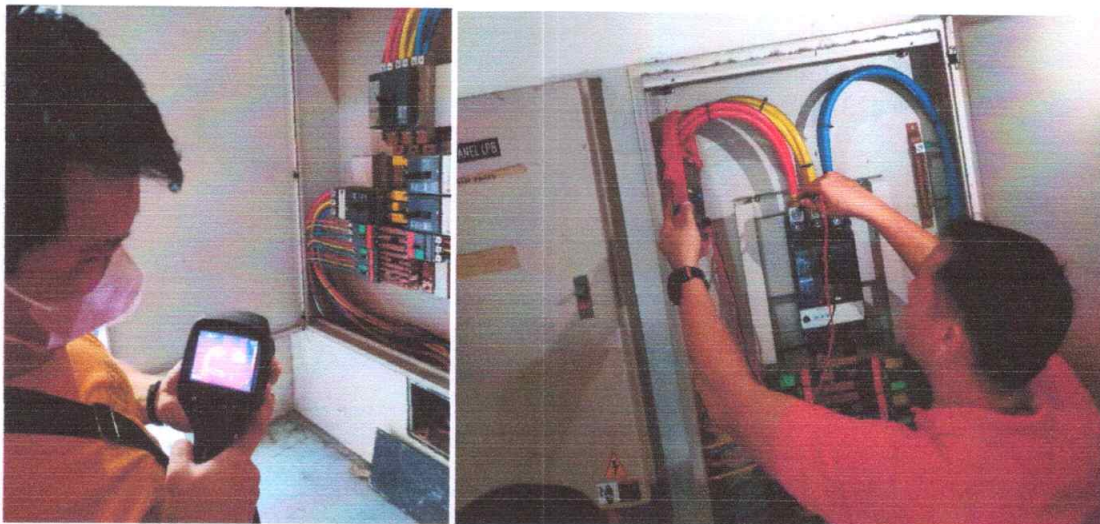
For the Photovoltaic System (*Solar-powered System*), Engr. Ralph Laurence Parungao of DHVSU, REAT member, discussed the advantages of availing the technology. The presentation includes the system of how solar technology works, different types of setups (On grid, Off grid, and Hybrid), and the computation of solar capacity needed based on energy consumption. Adoption of solar technology has a huge impact in terms of energy conservation as this energy is free and renewable. Renewable energies such as solar energy need to be maximized to increase its contribution to the energy supply mix.

An open forum/Q&A was also facilitated to address questions and problems being experienced by the participants in terms of energy management.

A closing remark was delivered by Ms. Laren Grace Ty, Vice President of TARAHO, expressing her gratitude to REAT and DOST for an informative and productive discussions.

Photos Taken During the Training





REAT conducting the actual energy audit to Tessie's Grill and Roasters



Photo opportunity with the speakers and participants during the awarding of the certificates

Prepared by:

DANILO M. ALCANTARA JR.
SRS-I, PSTO-Tarlac

Reviewed by:

DHANNIZE MAE M. PILI-CARANTO
Seniors SRS, PSTO -Tarlac

Noted by:

KAREN Y. DAÑEZ
Provincial Director



DEPARTMENT OF SCIENCE AND TECHNOLOGY III
Regional Office No. III
Diosdado Macapagal Government Center, Maimpis, City of San Fernando, Pampanga
Tel Nos.: (045) 455-0800/455-1686

ATTENDANCE SHEET
(External)

Name of Activity: Energy Management and Conservation
Date: April 30, 2024 Time: 1:00 PM
Venue: Tasir's Grill & Roasters
Address: San Roque, Tarlac City

Nature of Activity:
☐ Meeting ☒ Seminar ☐ Workshop ☒ Training ☐ Consultation ☐ Others

NAME	POSITION/ DESIGNATION	AGENCY/ INSTITUTION/ COMPANY	ADDRESS	GENDER		SENIOR CITIZEN	PWD	CONTACT NUMBER	EMAIL ADDRESS	SIGNATURE
				MALE	FEMALE					
1. JONASIO, HINA	B. NINHAUER	VILLA AUCIA	ZONE 1 CARTE		✓			09219301317	hynahuer@gmail.com	
2. KIMBEL SANTOS	CART TAKER	"	" " "	✓				09851917440		
3. MELANIE VILORIA	S. CRITIKAL	DAMPAN VA TRADING	SM KATAC		✓			09226840026		
4. NELSON PARAS	MAINTENANCE			✓				0910799256		
5. ERICSON RAZON	S. CUSTODIAN	DAMPAN		✓				09073748494		
6. DANIEL ANIMPO	PAID SERVER	DAMPAN	SAN PABLO	✓				09073559191		
7. DELAPES Y. MELAND	OFFICER	M/S COOP (GMA)	SAN PABLO	✓				0970123911		
8. MARQUEL TUOLA	FIBLER	M/S COOP	TARLAC		✓			0951-9065411		
9. JERGEN VILLEROS	S.O.T.	TRUST COOP	TARLAC		✓			0946 985-5911		
10. MARIA LISA D. ESTIL	Housekeeper	M/S	TARLAC		✓			09502010307		
11. ANDY MARINO ESPINOSA	Custodian	Tessies govt	TARLAC		✓			0916-1404578		
12. YOLANDA CHUA		TARLAC	TARLAC		✓			09985553346		
13. JOSEFA OCAÑA	President	TARLAC	TARLAC		✓			0919-8218403	lpt@niventel.ph	
14. LAREN GRACE P. TY	OPERATIONS MANAGER	MICROFIN BY WINDHAM	TARLAC		✓			0976091845		
15. LV ESCOBAR	OFFICER	M/S COOP	TARLAC		✓					

* Add column if activity exceeds 1 day

Prepared by: DANIEL ALCANTARA JR.
(Signature over Printed Name)
SES
(Designation)

Noted by: KAREN Y. DANEZ
(Signature over Printed Name)
Provincial Director
(Designation)



DEPARTMENT OF SCIENCE AND TECHNOLOGY III
Regional Office No. III
Diosdado Macapagal Government Center, Maimpis, City of San Fernando, Pampanga
Tel Nos.: (045) 455-0800/455-1686

ATTENDANCE SHEET
(External)

Name of Activity: Energy Management & Conservation
Date: April 30, 2024 Time: _____
Venue: Tessie's Grill & Roasters
Address: San Roque, Tarlac City
Nature of Activity: ☐ Meeting ☒ Seminar ☐ Workshop ☒ Training ☐ Consultation ☐ Others

NAME	POSITION/ DESIGNATION	AGENCY/ INSTITUTION/ COMPANY	ADDRESS	GENDER		SENIOR CITIZEN	PWD	CONTACT NUMBER	EMAIL ADDRESS	SIGNATURE
				MALE	FEMALE					
1 Carmelle Paulina Reyes	Hr Officer	Wm Corp	Tarlac City					09814611358	Cherintemurab2@gmail.com	
2 ELIANE P. GONZALES	EDUCATION OFFICER	MAS DISTRICT OFFICE	Tarlac City					0933 822 4847	eliane.p.gonzales@mas.gov.ph	
3 JAMES E. M. MANABOS	Hr OFFICER	MAS DISTRICT OFFICE	Tarlac City					0917 127 9399	ajiemano09@gmail.com	
4 FRENEL PAMPO	EEC Fiscal Person	DAVIA	Badanampangan					0998 958 9331	angframpamp@gmail.com	
5 ARIEL CRUZ DO	PEAT	HAN	MEXICO PHILIPPINES					09050989872	arielcruzdo@gmail.com	
6 FELLIPE M. LATORRE	MAINTENANCE	TESCIE'S GRILL	TARLAC CITY					0907511598	felipe.latorre@gmail.com	
7 Emceon M. Jaramin	SRS I	DOST-PSO Tarlac	Caniling, Tarlac					0966 1725541		
8 Reblensen J. Carahaguit	PTA I	"	Pura, Tarlac							
9 Danilo M. Alcantara J.	SRS I	"	Vicubin, Tarlac							
10 Dhanizel Mar M. Pili	S.S. SRS	"	Agencia, Pampanga							
11 Karen Y. Danez	PSD	"	Tarlac City							
12										
13										
14										
15										

* Add column if activity exceeds 1 day

Prepared by: DANILLO M. ALcantara JR.
(Signature over Printed Name)
SRS I
(Designation)

Noted by: KAREN Y. DANEZ
(Signature over Printed Name)
Provincial Director
(Designation)

DEPARTMENT OF SCIENCE AND TECHNOLOGY
Regional Office No. III
Diosdado Macapagal Government Center, Maimpis, City of San Fernando, Pampanga

SUMMARY OF TRAINING EVALUATION

Title of Technology Training : **Energy Management and Conservation**

Name of Resource Speaker/s : Engr. Ralph Laurence Parungao, Engr. Ariel Cabildo
 Engr. Freneil Pampo

Venue : Tessie's Grill and Roasters

Date : April 30, 2024

Number of Respondents : 12

The following were questionnaires answered by participants to assess the impact of the training

- | | |
|-----------------------------------|---------------------------------|
| 5 - Outstanding (O) | - Exceptionally acceptable |
| 4 - Very Satisfactory (VS) | - More than or above acceptable |
| 3 - Satisfactory (S) | - Acceptable |
| 2 - Needs Improvement (NI) | - Below acceptable |
| 1- Poor (P) | - Not acceptable/Not achieved |

A TECHNOLOGY/ INFORMATION PRESENTED = 4.80 VS

Evaluation Parameter	Number and Percentage of Respondents												TOTAL	Average
	5 = O		4 = VS		3 = S		2 = NI		1 = P		No Answer			
1	10	83%	2	17%	0	0%	0	0%	0	0%	0	0%	12	4.83
2	10	83%	1	8%	1	8%	0	0%	0	0%	0	0%	12	4.75
3	11	92%	1	8%	0	0%	0	0%	0	0%	0	0%	12	4.92
4	10	83%	0	0%	2	17%	0	0%	0	0%	0	0%	12	4.67
5	10	83%	2	17%	0	0%	0	0%	0	0%	0	0%	12	4.83

Legend:

- 1 The choice of technologies/topics presented
- 2 Potential application of the technologies/topics presented to my work/business
- 3 The additional knowledge gained from the technologies presented
- 4 Potential application of the technologies presented to start a new business/upgrade existing business
- 5 Adequacy of time allotted for the presentation of the technology/topics including the the open forum session

B RESOURCE SPEAKER = 4.81 - VS

Evaluation Parameter	Number and Percentage of Respondents												TOTAL	Average
	5 = O		4 = VS		3 = S		2 = NI		1 = P		No Answer			
1	11	92%	1	8%	0	0%	0	0%	0	0%	0	0%	12	4.92
2	8	67%	4	33%	0	0%	0	0%	0	0%	0	0%	12	4.67
3	9	75%	3	25%	0	0%	0	0%	0	0%	0	0%	12	4.75
4	11	92%	1	8%	0	0%	0	0%	0	0%	0	0%	12	4.92

Legend:

- 1 Knowledge/Competence/Grasp of the Subject Matter
- 2 Audience Rapport
- 3 Presentation Skill
- 4 Time Management

C. LOGISTIC SUPPORT = 4.78 VS

Evaluation Parameter	Number and Percentage of Respondents												TOTAL	Average
	5 = O		4 = VS		3 = S		2 = NI		1 = P		No Answer			
1	10	83%	2	17%	0	0%	0	0%	0	0%	0	0%	12	4.83
2	8	67%	4	33%	0	0%	0	0%	0	0%	0	0%	12	4.67
3	10	83%	2	17%	0	0%	0	0%	0	0%	0	0%	12	4.83

- Legend:**
- 1 Conduciveness of Training Venue and Accommodation
 - 2 Adequacy of Training Materials and Kits Provided
 - 3 Provision of Assistance to Participants

OVERALL RATING OF THE ACTIVITY = 4.83 VS

Evaluation Parameter	Number and Percentage of Respondents												TOTAL	Average
	5 = O		4 = VS		3 = S		2 = NI		1 = P		No Answer			
Overall Rating	10	83%	2	17%	0	0%	0	0%	0	0%	0	0%	12	4.83

- Comments and Suggestions:**
- 1. Mahusay! Very Informative
 - 2. Terminologies not familiar
 - 3. Very good. Entertaining
 - 4. Maraming salamat po sa inyong ibinahagi sa amin. Mabuhay po kayo!

Prepared by:


DANILO M. ALCANTARA JR.
 SRS-I/PSTO-Tarlac