



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
<b>NGO</b>			
1	TARAHO		3
<b>MSMEs</b>			
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
<b>NGA</b>			
9	PSTO Tarlac	3	2
	<b>Total</b>		<b>25</b>

**Date** : April 30, 2024  
**Venue** : Tessie's Grill and Roasters, San Roque, Tarlac City  
**Trainer** : Engr. Ralph Laurence Parungao, Engr. Ariel Cabildo, Engr. Frenel 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.

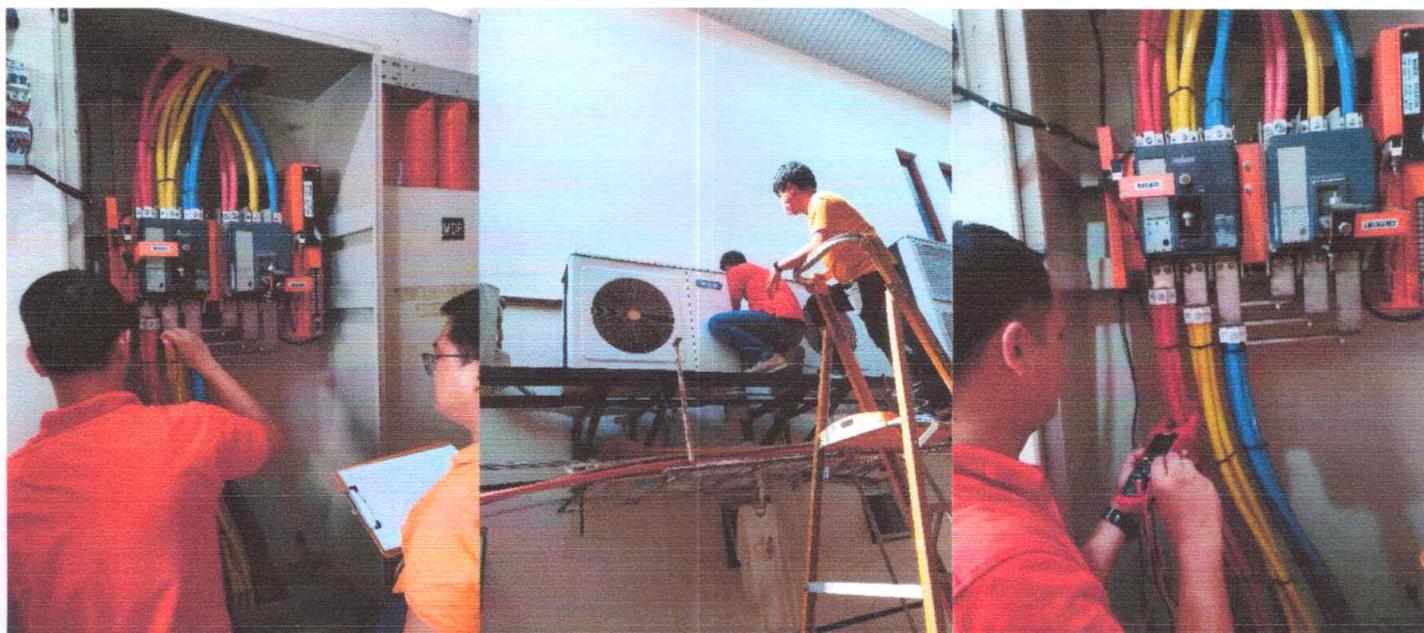
Engr. Freneil R. Pampo of Don Honorio Ventura State University (DHVSU) presented the findings on the identified model facility. Findings include holes in the panel boards resulting in the entree of rats and some dirt. The circuit breakers have no tag, this is very crucial, especially in tracing the electrical 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, 2014 Time: 1:00 PM  
 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 JONAHJO A. HINA	B. M. THAUER	VILLA AUCHA	Zone 1 CAFE	—	—	0921930317				
2 KMAEL SANTO	CARF MAKER	II	II " "	—	—	09251911440				
3 MELIANTE VILORIA	S. MARTIN	VAMPY IN TARIAC	SM RAPAC	—	—	0900684206				
4 NELSON PARAS	M AINTENANCE	S CUSTODIAN	DAMPA	—	—	090793748499				
5 ERICSON RAZON	ANIMATOR	FAT SERVER	DAMPA	—	—	0907335919				
6 DANIEL A. BACANTARA	TAKEAWAY	TAKEAWAY (GMA)	SM MANUEL T. C.	—	—	0927523911				
7 DOLGRES Y. MEDIANO	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	090006561				
8 KARAUAD TUDIA	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	0916-1404577				
9 JESLYN VOLLEJOS	S. O.T.	TAKEAWAY	TAKEAWAY	—	—	0927523911				
10 MARIA LISA D. ESTU	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	090006561				
11 AND MATHUA TSOBOAN	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	090006561				
12 YOLANDA CHUA	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	090006561				
13 ROCIO A. OCAÑA	PRESIDENT	TAKEAWAY	TAKEAWAY	—	—	0927523911				
14 LAREN GRACE P. TY	OPERATIONS MANAGER	TAKEAWAY	TAKEAWAY	—	—	0917-8218463				
15 LU ESCOM	TAKEAWAY	TAKEAWAY	TAKEAWAY	—	—	090006561				

\* Add column if activity exceeds 1 day

Prepared by:

DANIEL A. BACANTARA JR.  
 (Signature over Printed Name)

KAREN F. DANEZ  
 (Signature over Printed Name)

Noted by:

PM-DOST III-03-01-F1b  
 Rev. 2  
 23 February 2016

Provincial Director  
 (Designation)



**DEPARTMENT OF SCIENCE AND TECHNOLOGY III**  
**Regional Office No. III**  
 Diossado 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, 2014 Time: \_\_\_\_\_

Venue: Tessie's Grill & Dusters  
 Address: San Roque, Tarlac City

**Nature of Activity:**

Meeting     Seminar     Workshop     Training     Consultation     Others

NAME	POSITION/ DESIGNATION	INSTITUTION/ COMPANY	ADDRESS	GENDER		SENIOR CITIZEN	PWD	CONTACT NUMBER	EMAIL ADDRESS	SIGNATURE
				MALE	FEMALE					
1 Carmelle Pauline Reyes	HR Officer	Wine Corp	Tarlac City					09191461358	charfumtromerob signature.com	
2 ELAINE P. GONZALES	DEPUTIC OFFICER	WDS DISTRIBUTORS INC	Tarlac City					0933 822 4847	ellaine.p.gonzales@e.pn	
3 JONES ER. M. MARQUEZ	THE OFFICER	WDS DISTRIBUTORS INC	Tarlac City					0917 827 9399	ariebmarquez@t.o	
4 FRENEL PAMPO	EEC Field Person	PHIL	Bulacan, Pampanga					0998 958 9735	surfacefinishing surfacefinishing surfacefinishing surfacefinishing surfacefinishing surfacefinishing	
5 KIEL CRICIO	PEAT	HAN	MEXICO CITY					0907511598	0907511598	
6 FELICICIMA ULTRATE	MANTENANCE	TESSIE'S GRILL	TRALAC CITY							
7 Emerson M. Jasmin	SPS I	POSTURE TALK	Cainta, Tarlac							
8 Robinson J. Cachavit	PTA I	"	Pura, Tarlac							
9 Danile M. Alcantara J.	SPS I	"	Victoria, Tarlac							
10 Dhamnic Mar M. Pili	SPS	"	Guevar, Pampanga							
11 Karen G. Danee	PTD	"	Tarlac City							
12 I										
13										
14										
15										

\* Add column if activity exceeds 1 day

Prepared by:

DANIELLE V. RICAMARA JR.  
 (Signature over Printed Name)

CPS  
 (Designation)

Noted by:

KAREN J. PANEZ  
 (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

<b>5 - Outstanding (O)</b>	- Exceptionally acceptable
<b>4 - Very Satisfactory (VS)</b>	- More than or above acceptable
<b>3 - Satisfactory (S)</b>	- Acceptable
<b>2 - Needs Improvement (NI)</b>	- Below acceptable
<b>1- Poor (P)</b>	- 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%
2	10	83%	1	8%	1	8%	0	0%
3	11	92%	1	8%	0	0%	0	0%
4	10	83%	0	0%	2	17%	0	0%
5	10	83%	2	17%	0	0%	0	0%

**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%
2	8	67%	4	33%	0	0%	0	0%
3	9	75%	3	25%	0	0%	0	0%
4	11	92%	1	8%	0	0%	0	0%

**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%
2	8	67%	4	33%	0	0%	0	0%	0	0%
3	10	83%	2	17%	0	0%	0	0%	0	0%

**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%

**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