

How art can heal

Because creativity and healing arise from a single source, we have to recognize that the artist (as creative) is also a healer. Thus, medical doctor and professor Dr. Johannes Dayrit, a dermatologist and dermatopathologist by profession, established the premise of his talk “Art and Healing,” held at DLSU-D’s Museo De La Salle on October 10.

The talk centered on how works of art—or the practice of making art—could aid in a person’s healing. And it’s not just the artistically inclined (so-called “right brain-dominant” people) who can benefit from this.

“The creative process involves the whole brain and results from the interaction of networks. Both right and left [brain hemispheres] have their own functions and they just send signals to one another.” Dayrit cited studies made at the University of Utah in the U.S. in which respondents were asked to stare at the bent right wrist of a figure in a Michelangelo painting. With the use of electrodes attached to the respondents, there were detected signals from the respondents’ brain stimulating movement of their right hand.

“It’s the same thing when you see a painting of ballerinas,” explained Dayrit, “you feel like dancing, too.” With this finding, Dayrit stressed the probable effectiveness of art therapy when used in rehabilitating stroke patients or injured athletes. He mentioned centers in the U.S. that are already using art therapy in catering to patients with psychological problems.



Dayrit himself saw a demonstration of art’s therapeutic capability in his friend who suffered depression at age 30. For this, his friend went to the US to seek psychiatric help, during which, he started drawing/painting landscapes. “After one to two months, he regained his normal functioning. He was no longer depressed. He decided to become a fulltime artist.”

Himself an artist, Dayrit presented samples of his paintings and photographs to his audience who were mostly Senior High School students (STEM strand). With his portraits, he explained to them how he expressed his feelings towards his subjects—some of whom were fellow doctors and patients; how he interpreted events that unfolded around him; and his sentiments towards people he met and places he went to.

“Art can relate to daily experiences,” he said. “Art is a language that gives voice to how we feel in our hearts and in our thoughts.”

When asked about how art has been helping him in his medical practice, Dayrit mentioned the holistic approach in the way he treats his patients, making them feel relaxed and even raising their confidence when needed. “In consultations, that’s one of the most important aspects.”

To which renowned artist Manny Garibay, who was in the audience, agreed. In his experience with doctors, he said he finds those who can appreciate art more compassionate, as opposed to doctors who tend to treat their patients as mere cases. “Art,” Garibay said, “connects you to your basic humanity.”

“Artist Talk: Art and Healing” was part of Museo De La Salle’s lineup of activities for October, which is Museums and Galleries Month. The talk was held in partnership with Paghilom, Cavite Arts Camp and Festival 2017.



INDONESIA ACADEMY VISITS DLSU-D. With the hopes of establishing linkage, academics from Jakarta’s Budi Luhur Education Foundation paid a visit to DLSU-D on September 28. Director Fenti Sofiani (4th from right) together with Mr. Sunten Manurung and Mrs. Iis Torisa Utami (3rd and 2nd from right respectively), accompanied by Mr. Gotty Simbolon of the Education and Culture Attache Office of the Embassy of the Republic of Indonesia (extreme right), were welcomed by DLSU-D faculty and administrators (l-r) Profs. Presentacion Bolario, Mercedita Lee, Monina Remulla, Engr. Alice Descallar (Management Department chair), Sancho Castro (College of Business Administration OIC dean) and Dr. Vangie Montillano (DLSU-D Linkages coordinator).

BOM students' 'Goraballs' win 2nd in 2016 BIDA

A team of Business Operations Management students under the Management Department of DLSU-D's CBAA (College of Business Administration and Accountancy) won 2nd runner-up over 80 entries from all over the country in the Food category of the 10th BIDA (Business Idea Development Awards). Their winning entry was Goraballs—a recipe of their own invention with snail meat (susong pilipit or susong kulot in Filipino) as main ingredient.

“What makes us even more proud is we only entered one entry and we won,” said Engr. Alice Descallar, Management Department chair. “The other schools had more entries.”

“The judges were very interested in the product,” related Dr. Crispina Corpuz who served as the team’s adviser. “Masarap daw (They said it was delicious).”

The panel of judges were composed of officers of the Philippine Chamber of Commerce and Industry and one Japanese guest.



The winning students were Pamela Sayoto, Celestine Eulin, Camille Arendain, John Paul Nico Muñoz, and Jean Gabrielle dela Cruz. Aside from their adviser Prof. Corpuz, the team was also helped by CBAA professors Dr. Ronald Pancho and Dr. Oscar Lacap (who also served as coaches), as well as from CBAA’s Accountancy (who critiqued their financial statement) and Marketing (who helped with their logo design) departments, and the College of Tourism and Hospitality Management (in

plating and presenting their prototype).

Two schools from Mindanao got the first runner up and grand prizes. The 10th BIDA winners will be awarded on October 12 at the Marriot Hotel. The competition took place on September 27 at PCCI Commercial Plaza in McKinley Hills, Taguig.

In 2014, DLSU-D’s BOM students brought home the top prize in the food category at the 8th BIDA with their Ubod Patty entry.

Onuh back from ‘successful’ Lewis U visit

Back from visits to three De La Salle schools in the United States of America on September 18-27, DLSU-D’s Assistant Vice Chancellor for Research Dr. Willington Onuh reported that his visit to Lewis University in Chicago, Illinois has been particularly “successful.”

While there, Onuh delivered two talks: one was a lecture on international finance, and the other was a presentation of DLSU-D’s CDRP (Cavite Development Research Program) before faculty and students of the university’s College of Business.

“When I presented CDRP to them, they were so excited,” he told Newsette. “They wanted to be part of the projects, [and are] looking forward to collaborative research projects [with us].”

Prior to this, there has already been ongoing four-way research collaboration among DLSU-D, Lewis University, Universidad De La Salle Bogota (in Colombia) and L’institute Polytechnique



Dr. Willington Onuh flanked by (l-r) Lewis University President Dr. David Livingston and Provost Dr. Stephany Schlachter.

LaSalle Beauvais (in France) concerning analysis of food safety practices in four countries.

“When I told them [Cavite’s water supply] is depleting very badly, they were so interested in that,” he said, adding that “they also indicated interest in bringing in aerial equipment to map out Cavite’s water tables.”

Other areas in which Lewis University expressed interest in collaborating with DLSU-D were business enterprise and education.

“A lot of things will come from that visit,” said Onuh. “We just have to be ready because they are really fired up and they want to do something.”

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