

**2020/2021 SEAMEO Service Awardee of
SEAMEO INNOTECH**

1. Name : Ms Bituin C Abuel
2. Education : Bachelor of Science in Nursing / Diploma Course on
Exercise and Sports
Southern Luzon Polytechnic College / University of the
Philippines
3. Current Workplace : SEAMEO INNOTECH
Commonwealth Avenue
Diliman, Quezon City, 1101
Philippines
Tel: +63 (2) 8924 7681 to 84
Fax: +63 (2) 8928 7348
E-mail: bituin@seameo-innotech.org
4. Commencing Date : 17 February 2000
Commencing Position : Receptionist / Telephone Operator
5. Current position : Center Nurse
6. Working Ethic : Work like a student, so you will always do your best, finish
work on time and open to new learnings. As a student, you
willingly accept challenges without hesitation despite of
difficulties
7. Personal Motto : “Love yourself first” – Before I can truly take care of others,
I must take care of myself first – physically, mentally and
emotionally. Prioritizing your well-being helps you make
sound choices that will improve your quality of life. When
you look and feel better, you can do better in all aspects of
your life.