DOST-FNRI
FOOD AND NUTRITION RESEARCH INSTITUTE
OneDOST4U: Solutions and Opportunities for All

2026 Public Training Offerings

"Improving the Food and Nutrition (F&N) Knowledge and Skills of Stakeholders"






How to Avail

Send a letter of request addressed to:

Mr. Jacus S. Nacis
Director IV
Department of Science and Technology
Food and Nutrition Research Institute

DOST Compound, General Santos Avenue, Bicutan, Taguig City 1630

8-837-2934 or 8-837-3164

dostfnri47@fnri.dost.gov.ph

fnri.dost.gov.ph

DOST-FNRI OFFICIAL LEARNING PLATFORM (ITRAIN):
HTTPS://ITRAIN.FNRI.DOST.GOV.PH/LANDING

SEE INSIDE FOR MORE DETAILS

1 MEAL MANAGEMENT AND SAFE FOOD HANDLING FOR MOTHERS AND COMMUNITY HEALTH WORKERS



This training course equips participants with essential knowledge and practical skills in meal planning, food safety, and cost-effective meal management. It emphasizes balanced nutrition, safe food handling practices, and budget-friendly strategies for both personal and professional settings. Participants will explore topics such as menu planning, food storage, hygiene, and the prevention of foodborne illnesses.

Details

DURATION

1 day (lecture + exercises)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Community health workers, mothers

TRAINING FEE

₱ 2,000.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

If the resource person/s are invited to an external venue (no training fee will be collected), the requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

FREE, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

2 MEAL MANAGEMENT AND SAFE FOOD HANDLING FOR THE FOOD SERVICE INDUSTRY

This training course is specifically tailored for the food service industry and micro, small, and medium enterprises (MSMEs), equipping participants with essential knowledge and practical skills to enhance basic nutrition, food safety, quantity cookery, workplace hygiene, and foodborne illness prevention. The program emphasizes compliance with food safety regulations and sustainable practices to improve customer satisfaction.



Details

DURATION

2 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food manufacturing employees, food service workers and technical personnel, MSMEs

TRAINING FEE

₱ 2,500.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

If the resource person/s are invited to an external venue (no training fee will be collected), the requesting party will:
•shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
•provide the venue, meals for participants, and training materials.

₱ 500.00, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

3 CURRENT GOOD MANUFACTURING PRACTICES (CGMP) FOR FOOD INDUSTRIES

This training is designed to enhance participants' understanding on 7S of Good Housekeeping, Safe Food Handling Practices and application of Current Good Manufacturing Practices (cGMP) in the workplace. It covers the overview of the twelve (12) elements of cGMP, including personnel, facilities, equipment, sanitation, pest control, process and raw material control, packaging and labeling, storage and distribution, quality control, documentation, and product recall.



Details

DURATION

1 day (lecture + exercises)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food manufacturing employees, food service workers, MSMEs, educators and students

TRAINING FEE

₱ 2,000.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 1,000.00, if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

₱ 500.00, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

4 TRAINING-WORKSHOP ON DOST-FNRI-DEVELOPED RECIPES FOR LIVELIHOOD



This training-workshop is designed to empower participants with the knowledge and skills to prepare DOST-FNRI-developed recipes and transform them into livelihood opportunities. The program features engaging demonstrations of standardized recipes such as but not limited to squash *kutsinta*, squash *siomai*, squash leche flan, papaya-pineapple jam, and *upo* delight, showcasing nutritious and innovative food products.

In addition to recipe preparation, the training may include discussions on basic nutrition, food safety, food preparation, and food costing, equipping participants with essential tools for ensuring product quality, maintaining hygiene standards, and managing costs effectively.

Details

DURATION

1 day (lecture + demonstration)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Community health workers, MSMEs, mothers

TRAINING FEE

FREE

If the resource person/s are invited to an external venue (no training fee will be collected), the requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Certificate of training will be awarded upon completion.

5 TRAINING ON NUTRITION LABELING FOR THE FOOD INDUSTRY

This training is designed to equip participants with comprehensive knowledge on the regulatory requirements for nutrition labeling, its purpose, and its importance in promoting informed consumer choices. Participants will gain an understanding of the role of nutrition labeling in ensuring compliance with food regulations and supporting public health initiatives.



Details

DURATION

1 day (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food manufacturing employees, food service workers, MSMEs, educators and students

TRAINING FEE

₱ 1,500.00 per participant (minimum of 15 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 1,000.00 per participant, if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

₱ 500.00, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: students, persons

Certificate of training will be awarded upon completion.

6 TRAINING ON THE SAFE USE OF FOOD ADDITIVES

This training delves into the utilization of food additives in processed food products. Designed for food manufacturers, entrepreneurs, and food safety professionals, the training provides essential insights into the technological functions, appropriate applications, and safety considerations of food additives.



Details

DURATION

1 day (lecture)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Community health workers, mothers

TRAINING FEE

₱ 1,500.00 per participant (minimum of 15 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 1,000.00 per participant, if the resource person/s are invited to an external venue.
The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

₱ 500.00, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

7 TRAINING ON DOST-FNRI-DEVELOPED NUTRITION TOOLS



This training, which may be packaged as either an awareness seminar or an in-depth session, discusses one or more nutrition tools developed by DOST-FNRI, including the Philippine Dietary Reference Intakes (PDRI), PinggangPinoy®, Philippine Food Composition Table (FCT), Food Exchange List (FEL), and Menu Eval Plus. Participants will gain a deeper understanding of these tools and their application in promoting good nutrition, meal planning, and dietary assessment.

Details

DURATION

1 day per tool (if in-depth session)
(lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Doctors, nurses, nutritionist-dietitians, health practitioners, educators, and students

TRAINING FEE

₱ 1,500.00 per participant (minimum of 15 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 1,000.00 per participant, if the resource person/s are invited to an external venue.
The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

₱ 500.00, if conducted in a webinar format.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

8 TRAINING ON ANTHROPOMETRY ASSESSMENT

This training session is designed to enhance the skills and knowledge of health workers and nutrition officers in conducting standardized anthropometric assessments. By the end of the session, participants should be able to: (a) Define nutritional anthropometry and explain its importance, advantages, and limitations in nutritional assessment; and (b) Assess an individual's nutritional status.



Details

DURATION

2 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Community health workers

TRAINING FEE

₱ 1,500.00 per participant (minimum of 15 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 1,000.00 per participant, if the resource person/s are invited to an external venue.
The requesting party will:
•shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
•provide the venue, meals for participants, and training materials.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

9 TRAINING ON BASIC SENSORY EVALUATION

This training offers a comprehensive introduction on the overview of sensory evaluation, physical and human requirements of sensory evaluation. The training also includes screening tests for potential panelists, such as identifying basic tastes and sensory attributes, followed by practical sessions using actual sensory testing methods.



Details

DURATION

1 day (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food technologists, food manufacturing employees, health practitioners, educators, and students

TRAINING FEE

₱ 4,500.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 2,500.00 per participant (minimum of 15 participants), if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Not applicable to webinars, as the training requires hands-on activities.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

10 TRAINING ON ADVANCED SENSORY EVALUATION

This training provides a deeper understanding of panel development and development of sensory panelist's ability to assess color, taste, odor, and flavor. It will cover the discrimination between levels of stimuli and use of scale which helps participants learn to distinguish different levels of sensory stimuli and apply appropriate scales for precise evaluations. The training also includes hands-on workshops on taste and threshold determination, offering practical experience in sensory testing methods.



Details

DURATION

2 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food technologists, food manufacturing employees, health practitioners, educators, and students

TRAINING FEE

₱ 6,000.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 3,000.00 per participant (minimum of 12 participants), if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Not applicable to webinars, as the training requires hands-on activities.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

11

TRAINING ON THE MEASUREMENT AND IDENTIFICATION OF PRODUCT PERFORMANCE THROUGH SENSORY EVALUATION

The training aims to contribute to the development of innovative food products and the competent sensory panelists to support the development of food products through people involved in R&D and S&T.



Details

DURATION

2 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Food technologists, food manufacturing employees, health practitioners, educators, and students

TRAINING FEE

₱ 6,500.00 per participant (minimum of 10 participants), if the training is conducted at DOST- FNRI. Inclusive of training kits, meals and refreshments.

₱ 3,500.00 per participant (minimum of 12 participants), if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Not applicable to webinars, as the training requires hands-on activities.

Discounts of 20% from the amount will be given to the following: students, persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

12

TRAINING ON ISO/IEC 17043:2023 AND STATISTICAL METHODS FOR PROFICIENCY TESTING BASED ON ISO 13528:2022



The training will provide a comprehensive look at Proficiency Testing (PT), including the design and operation of PT schemes, statistical methods, reporting, and interpretation. It covers the requirements of the International Standards for PT: ISO/IEC 17043:2010, "Conformity Assessment –General Requirements for Proficiency Testing" and ISO 13528:2015 "Statistical Methods for Use in Proficiency Testing by Interlaboratory Comparisons". Statistical methods for PT will be examined including the basic considerations for statistical design and data analysis. The training will also cover an overview of the ISO/IEC 17043:2010 accreditation process.

Details

DURATION

3 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, quality control staff, testing providers, regulatory and compliance officers, compliance officers

TRAINING FEE

₱ 8,000.00 per participant (minimum of 10 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 4,000.00 per participant (minimum of 15 participants), if the resource person/s are invited to an external venue. The requesting party will:
•shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
•provide the venue, meals for participants, and training materials.

Not applicable to webinars, as the training requires hands-on activities.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

13

TRAINING ON THE CONDUCT OF ALTERNATIVE INTERLABORATORY COMPARISONS AND INTRODUCTION TO PROFICIENCY TESTING

The training will cover effective planning for proficiency testing, how to select appropriate PT schemes, and how to participate in proficiency testing rounds, including the interpretation of PT results. Additionally, the training focuses on the design, implementation, and evaluation of intralaboratory comparison exercises, crucial for internal quality assurance and identifying areas for improvement within the laboratory.



Details

DURATION

3 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, quality control staff, testing providers, regulatory and compliance officers, compliance officers

TRAINING FEE

₱ 8,000.00 per participant (minimum of 12 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 4,000.00 per participant (minimum of 15 participants), if the resource person/s are invited to an external venue. The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Not applicable to webinars, as the training requires hands-on activities.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

14 TRAINING ON MICROBIOLOGICAL ANALYSIS OF INDICATOR ORGANISM IN FOOD

The training will provide participants with comprehensive knowledge and skills for enumerating indicator microorganisms in food products. The program covers testing procedures and principles of Aerobic Plate Count, Total Coliform & E.coli Count, Mold and Yeast Count and Lactic Acid Bacteria Count, with hands-on demonstrations of the testing procedures for their enumeration. Additionally, the course emphasizes the preparation and implementation of quality assurance programs within food-testing laboratories to maintain high standards and ensure the reliability of results.



Details

DURATION

4 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, food safety professionals, microbiological analysts, regulatory and compliance officers

TRAINING FEE

₱ 10,000.00 per participant (maximum of 6 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

Not applicable to webinars and external venues, as the training-workshop involves hands-on activities that require specific equipment and materials which are only available in our laboratory.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

15 TRAINING ON MICROBIOLOGICAL ANALYSIS OF PATHOGENS IN FOOD

The training will provide participants with comprehensive knowledge and skills for detecting and enumerating harmful pathogens in food products. The program covers critical pathogens such as Salmonella spp., Staphylococcus aureus, Bacillus cereus, and Listeria monocytogenes, with hands-on demonstrations of the testing procedures for their detection and enumeration. Additionally, the course emphasizes the preparation and implementation of quality assurance programs within food-testing laboratories to maintain high standards and ensure the reliability of results.



Details

DURATION

4 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, food safety professionals, water quality analysts, regulatory and compliance officers

TRAINING FEE

₱ 13,500.00 per participant (maximum of 6 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

Not applicable to webinars and external venues, as the training-workshop involves hands-on activities that require specific equipment and materials which are only available in our laboratory.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

16 ESTIMATION OF MEASUREMENT UNCERTAINTY IN MICROBIOLOGICAL TESTING

The training will provide participants with comprehensive understanding and application of measurement uncertainty based on ISO 19036:2019. Participants will be guided on the concepts of uncertainty in microbiological testing, sources and its major components. Through lecture discussions, practical examples and exercises, the participants will gain competence to develop their own experimental design, document and estimate their uncertainties relevant to their laboratory's scope of testing, supporting reliable results, informed decision-making and regulatory compliance.



Details

DURATION

2 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory managers, microbiological analysts, food safety professionals

TRAINING FEE

₱6,000.00 per participant (minimum of 15 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

₱ 3,000.00 per participant, if the resource person/s are invited to an external venue.
The requesting party will:

- shoulder the transportation, meals, and accommodation (for areas outside NCR) for the resource person/s; and
- provide the venue, meals for participants, and training materials.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

17 TRAINING ON TRANS-FATTY ACID ANALYSIS

The training focuses on the analysis of trans-fatty acids in food products with a workshop simulating a typical laboratory workflow. Participants will gain practical, hands-on experience in both chemical and instrumental methods of analysis. Participants will gain practical, hands-on experience in both chemical and instrumental methods of analysis.



Details

DURATION

3 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, chemists, chemical laboratory technicians and analysts, Regulatory and compliance officers

Note: Participants should have basic experience in handling gas chromatography

TRAINING FEE

₱ 21,400.00 per participant (minimum of 3 participants), if the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

Not applicable to webinars and external venues, as the training-workshop involves hands-on activities that require specific equipment and materials which are only available in our laboratory.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

18 TRAINING ON PROXIMATE ANALYSIS

The training program includes both lectures and hands-on training to conduct moisture, ash, protein, fat and computation of carbohydrates and energy. The training is structured to hone the skills of laboratory analysts and chemists in food analysis as well as to deepen their understanding of the scope and purpose of the methods.



Details

DURATION

5 days (lecture + workshop)
This training can be customized based on the requesting party's needs and proposed schedule.

INTENDED PARTICIPANTS

Laboratory personnel, chemists, chemical laboratory technicians and analysts, regulatory and compliance officers

TRAINING FEE

₱ 20,000.00 per participant ·(minimum of 5 participants), the training is conducted at DOST-FNRI. Inclusive of training kits, meals and refreshments.

Not applicable to webinars and external venues, as the training-workshop involves hands-on activities that require specific equipment and materials which are only available in our laboratory.

Discounts of 20% from the amount will be given to the following: persons with disabilities, senior citizens and indigenous people (as per DOST AO 015 s. 2019)

Certificate of training will be awarded upon completion.

19 TRAINING ON THE USE OF DOST-FNRI'S NUTRITION EDUCATOR'S KIT



This training aims to equip participants with practical knowledge and skills for the effective use of the developed DOST-FNRI Nutrition Educator's Kit (NEK). It covers key topics on teaching nutrition to young children and promoting good nutrition among preschool and school-age children. Participants will be introduced to the various components of the kit, including nutrition cartoons, videos, snakes and ladders games, recipe books, coloring books, flyers, comics, nutrition puzzles, and Pinggang Pinoy posters and puzzles. These materials are designed to promote healthy eating habits and proper nutrition practices. The training also focuses on how to maximize these materials when conducting community-based nutrition education sessions. Participants will learn strategies for facilitating interactive learning activities and delivering accurate, age-appropriate, and culturally relevant nutrition messages to diverse audiences.

Details

DURATION

½ day

INTENDED PARTICIPANTS

- Barangay Nutrition Scholars (BNS)
- Barangay Health Workers (BHW)
- Day Care Teachers of DSWD
- Social Workers of DSWD
- Local government nutrition officers
- Teachers and school health personnel (DepEd and private schools)
- Community development workers
- NGO staff involved in nutrition and health promotion
- Other nutrition advocates and educators

TRAINING FEE

The training fee shall be **waived** for participants or institutions that will purchase IEC materials in bulk, with a minimum of 15 sets.

20 BRIEFING-ORIENTATION ON DOST-FNRI PROGRAMS, PRODUCTS, AND SERVICES

This briefing-orientation will cover the projects and services of DOST-FNRI including an overview of the latest Expanded National Nutrition Survey (ENNS) results, food technologies, and DOST-FNRI developed nutrition tools. Participants will also have an opportunity to explore potential areas of collaboration with DOST-FNRI.

DOST-FNRI



Details

DURATION

1 ½ hour (lecture)

INTENDED PARTICIPANTS

Educators, students, MSMEs, cooperative members and local government officials or personnel

Note: Maximum of 50 participants

TRAINING FEE

FREE

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