



Republic of the Philippines
Department of Education
 Region IV-A (CALABARZON)
DIVISION OF CAVITE
 Trece Martires City



5 November 2015

Division Memorandum

No. 087 s. 2015

Division Seminar on Gender and Development (GAD)

To: Assistant Schools Division Superintendent
 OIC Office of the Assistant Schools Division Superintendent
 Chiefs, CID and SGOD
 Education Program Supervisors
 Public Schools District Supervisors
 Public Elementary/Secondary School Heads
 Secondary AP Department Heads
 KATAPP Officers

1. In pursuance of the mandates of Republic Act No. 9710, Magna Carta for Women and Violence Against Children, a live-in Seminar on Gender and Development will be conducted on November 25-27, 2015 at Tanza Oasis Hotel and Resort Capipisa, Tanza, Cavite.
2. The objectives of this activity are as follows:
 - a. Managing Work-Life balance ;
 - b. Understand different theories/models of stress;
 - c. Mapping the causes and effects of stress;
 - d. Evaluating your stress levels and dealing with stress positively;
 - e. Learn about the sources and symptoms of different types of stress.
3. Participants to this 3 – day seminar are the following:
 - a. 3 PSDS (Dr. Florie Gloriani, Mrs. Carol Magallanes and Mrs. Susan Aquino)
 - b. 5 ALS Education Program Specialists
 - c. Three (3) members of GAD FOCAL POINT SYSTEM/Municipality/City
 - d. One (1) Master/Key Teacher/school (Secondary)
 - e. 19 Municipal/City AP Key Administrators
 - f. Araling Panlipunan Department Heads
 - g. Selected KATAPP Officers (ELEMENTARY AND SECONDARY)
 - Ms. Marilyn Espelita
 - Mr. Donato Bataclan
 - Mr. Joel Guevaarra
 - Ms. Evelyn Solomon
 - Ms. Efrenaida Lumagui
 - Dr. Cristina M. Austria
 - Ms. Famie Apay
 - h. 10 Resource Speakers
 - i. 29 Medical and Dental Officers/Personnel
 - j. 2 Technical Support Mr. Jay Fulvadora and Ms. Mignon Cecille Mangoba
4. Enclosed are the committee assignments and the training matrix.
5. Immediate dissemination of this memorandum is highly desired.



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Enclosure No. 1 to the Division Memorandum No. _____, s. 2015

Division Seminar on Gender and Development (GAD)
Tanza Oasis Hotel and Resort
November 25-27, 2015

EXECUTIVE COMMITTEE

MS. CHERRYLOU D. DE MESA
OIC, Schools Division Superintendent

EDITHA M. ATENDIDO Ed.D.
Asst. Schools Division Superintendent

DAISY Z. MIRANDA Ed. D.
OIC, Office of the Asst. Schools Division Superintendent

ELPIDIA B. BERGADO Ed.D.
Chief, Curriculum and Implementation Division

EMILY R. QUINTOS
Education Program Supervisor, Araling Panlipunan
GAD Coordinator

FLORENCIA GLORIANI Ed.D.
Public Schools District Supervisor- GEN. AGUINALDO

SUSAN A. AQUINO
Public Schools District Supervisor- Alfonso

CAROL MAGALLANES
Public Schools District Supervisor- Indang

MS. JUDITH DESTAJO
Over-all Chairperson

WORKING COMMITTEE

Planning and Organization

Chairperson: Ms. Judith Destajo
Co-chairperson: Ms. Efrenaida Lumagui
Members: Ms. Lucila M. Cadiang
Ms. Yolanda G. Orante

REGISTRATION AND FINANCE

Chairperson: Dr. Luzviminda Belen
Co-chairperson: Ms. Marilyn T. Espelita
Members: Ms. Adela Gloriani
Ms. Chona Encarnacion



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Member: Ms. Noribel Ambta

PROGRAM AND INVITATION

Chairperson: Ms. Nora Alcedo
Co-chairperson: Ms. Shirley San Juan
Member: Ms. Teresa Landicho

FACILITATORS

1st Day: Mr. Romeo Boac
2nd Day: Ms. Judith Destajo
3rd day: Mr. Ruperto R. de Borja



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Enclosure No. 2 to the Division Memorandum No. ____, s. 2015

DIVISION SEMINAR ON GENDER AND DEVELOPMENT
THEME: STRESS MANAGEMENT
Tanza Oasis Hotel and Resort
November 25-27, 2015

DAY 1
November 25, 2015

TIME	TOPIC	SPEAKER	VENUE
6:00-7:30 AM	Registration		
8:00-9:00	Opening Program		
9:00-9:15	Snacks		
9:15-12:00	Lecture 1 Getting the Most Out of your Work and your Life Workshop Lecture 2 The Benefits of Nutrition, Exercise, Rest and Relaxation Workshop	Mrs. Ann Maribel Hapin Psychometrician Cavite Center for Mental Health	Tanza Oasis Hall
12:00-1:00	Lunch		
1:00-5:00pm	Lecture 3 The Effects of Stress, Physiological, Mental, Emotional and Spiritual Workshop Lecture 4 Managing your Attitude and Protecting yourself from Negativity Workshop	Dr. Felipe Naval Escaño Medical Officer III Cavite Center for Mental Health	Tanza Oasis Hall
5:00-7:00PM	SWIMMING SESSION		
Mr. Romeo Boac Officer of the Day			



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DAY 2
November 26, 2015

TIME	TOPIC	SPEAKER	VENUE
7:30-8:00	MOL		
8:00-9:00	Time Management		
9:00-12:00	Principles of Being Happy and Well on Stress Management and Anti- Aging	Dr. Philip Ledesma Ciocon	
12:00-1:00	LUNCH		
1:00-3:00	Breast Care Awareness	GAWAD KALINGA	
3:00-5:00	Breast Screening	GAWAD KALINGA	
5:00-6:00	ZUMBA	Ms. Efrenaida H. Lumagui	
Ms. Judith Destajo Officer of the Day			

DAY 3
November 27, 2015

TIME	TOPIC	SPEAKER	VENUE
8:00-8:15am	MOL		
8:15-10:15	Stress Management		
10:15-12:00	Developing Adversity Quotient		
12:00-1:00	LUNCH		
1:00-4:30PM	Free Medical and Dental	Dr. Rainerio Reyes and Medical and Dental Staff	Tanza Oasis
	Foot Spa Manicure Pedicure Massage	GAWAD KALINGA	
	Games	GAWAD KALINGA	
4:30-5:30	Closing Program		
Mr. Rupert Borja Officer of the Day			



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PROGRAM

November 25-27
8:00am

- I. Registration 6:00-7:45 AM.
- II. Opening Program
- National Anthem
- Prayer
- Cavite Hymn
- Presentation of Participants
- Greetings ELPIDIA B. BERGADO Ed.D.
Chief, CID
- DAISY Z. MIRANDA Ed.D.
OIC, Office of the Asst. Schools Division
- Superintendent
- EDITHA M. ATENDIDO Ed.D.
Asst. Schools Division Superintendent
- Inspirational Message MS. CHERRYLOU D. DE MESA
OIC, Schools Division Superintendent
- Intermission Number
- Mechanics of the Seminar MS. EMILY R. QUINTOS
EPS Araling Panlipunan
GAD Coordinator

III. SEMINAR PROPER

CLOSING PROGRAM
November 27, 2015

Prayer
Makabayan Song
Resolution of Thanks
Impression
Challenge

EMILY R. QUINTOS