



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

DEPARTMENT OF EDUCATION
City Schools Division of Biñan City
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DIVISION MEMORANDUM
No. 106, s. 2021

**CORRIGENDUM TO DM NO. 092, S, 2021 RE: IMPACT OF PSYCHOSOMATIC
STRESS TO MENTAL HEALTH**

To : Assistant Schools Division Superintendent
Chief, School Governance and Operations Division
Chief, Curriculum Implementation Division
All School Heads

1. Consistent with DepEd Order No. 058 Re: Orientation for Regional and Schools Division Offices on Mental Health and Psychosocial Services in the Time of COVID--19 for Learners and DepEd Personnel, this Office through the School Health and Nutrition Section announces the conduct of ***Division Webinar on the Impact of Psychosomatic Stress to Mental Health on April 30, 2021, via Facebook Live at 1:00 pm – 5:00 pm.***
2. This webinar aims to help participants to:
 - a. raise awareness on mental health in this time of Covid-19 pandemic.
 - b. identify the signs and symptoms of Psychosomatic Stress.
 - c. develop self-care plan/routines; and
 - d. value the importance of stress management.
3. Participants to this webinar are all teaching and non-teaching personnel.
4. Attached is the Schedule of Activities for reference.
5. Immediate dissemination of and strict compliance with this Memorandum is desired.


EDNA FAURA AGUSTIN
Schools Division Superintendent 





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SCHEDULE OF ACTIVITIES

**DIVISION WEBINAR ON THE IMPACT OF PSYCHOSOMATIC STRESS
TO MENTAL HEALTH**

April 30, 2021
1:00 p.m. - 5:00 p.m.

TIME	ACTIVITY	IN-CHARGE
1:00 - 1:05	Nationalistic Song	AVP
1:05 - 1:10	Opening Prayer	AVP
1:10 - 1:15	Roll Call of Participants	Emcee
1:15 - 1:20	Opening Remarks	BAYANI V. ENRIQUEZ Chief, SGOD
1:20 - 1:25	Statement of Purpose	CARMENCITA K. JUNTILLA Nurse II
1:25 - 1:30	Inspirational Message	EDNA FAURA-AGUSTIN Schools Division Superintendent
1:30 - 2:45	Topic Discussion Psychosomatic Stress to Mental Health	HENRIETTA NACARIO Nurse II
2:45 - 3:00	Health Break	
3:00 - 4:00	Medical Interventions and Referrals	LEILA C. BONDOC Medical Officer III
4:00 - 4:45	Open Forum	
4:45 - 5:00	Closing Remarks	EDGARDO B. MILITANTE Asst. Schools Division Superintendent

