



REPUBLIC OF PHILIPPINES
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

MINISTRY OF EDUCATION
Schools Division of Biñan City
RECORDS SECTION

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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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Republic of the Philippines
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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. BONDOD Medical Officer III |
| 4:00 – 4:45 | Open Forum | |
| 4:45 – 5:00 | Closing Remarks | EDGARDO B. MILITANTE Asst. Schools Division Superintendent |



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