



Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
SCHOOLS DIVISION OF NEGROS ORIENTAL

Office of the Schools Division Superintendent

11 JUL 2022

DIVISION MEMORANDUM

No. 344, s. 2022

INVITATION TO PARTICIPATE IN "BANAAG: A GLIMPSE OF MINDFULNESS"

To: Assistant Schools Division Superintendents
Chief, CID and SGOD
Senior Education Program Specialists/ Education Program Specialists II
Public Schools District Supervisors/Districts-In-Charge
Public Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education (DepEd) Region VII, in partnership with Guang Ming College, is inviting participants to a free 2-hour experiential session titled Banaag: A Glimpse of Mindfulness on **July 28, 2022** at **3:00 - 5:00 PM** via **Zoom platform**.
2. Target participants are Division Superintendents, Education Program Supervisors, and other interested teaching and non-teaching personnel.
3. Interested participants are requested to register online through this link: <https://forms.gle/PbfsYUhcU3jUEZ8P8>.
4. For further details please refer to the attached Memorandum and enclosure.
5. For information, dissemination, and compliance.

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SENEN PRISCILLO P. PAULIN. CESO V
Schools Division Superintendent

7/11/22

SPP/JMA-MKP-NLR/SGOD/REB/kpanton
July 9, 2022



Address: Kagawasan Avenue, Capitol Area, Daro, Dumaguete City
Telephone Nos.: (035)225-2838 / 225-0667 / 422-7644
Email Address: negros.oriental@deped.gov.ph



Republic of the Philippines
Department of Education
REGION VII – CENTRAL VISAYAS

Office of the Regional Director

JUL 07 2022

REGIONAL MEMORANDUM

No. 0588 s. 2022

BANAAG: A GLIMPSE OF MINDFULNESS

To: Schools Division Superintendents
Assistant Schools Division Superintendents
All Others Concerned

1. The Department of Education Region VII, in partnership with Guang Ming College, invites the school's division superintendents, education program supervisors, and other interested teaching and non-teaching staff to experience the free experiential 2-hour online session with BANAAG: A Glimpse of Mindfulness on July 28, 2022 at 3:00-5:00 PM via zoom.
2. Participants are requested to register online through this link:
<https://forms.gle/PbfsYUheu3jUEZ8P8>.
3. For details, please see attached enclosure.
4. Immediate dissemination of, and compliance with this Memorandum is directed.

SALUSTIANO T. JIMENEZ, JD, EdD, CESO V
Director IV
Regional Director

STJ/CAE/CLMD/MJCD/JPO'22



Address: Doña M. Gaisano St., Sudlon, Lahug, Cebu City
Telephone Nos.: (032) 231-1433; (032) 414-7399
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June 27, 2022

Dr. Salustiano T. Jimenez
Regional Director
Department of Education - VII

Through: **Dr. Juvelyn Otero**
Education Program Supervisor
Department of Education - VII

Dr. Jimenez,

Mindfulness is the ability to stay focused on one's present experience. It isn't uncommon knowledge that mindfulness promotes many benefits for our psycho-social and mental health.

Guang Ming College has a program for Mindfulness. We understand how the pandemic has brought a lot of challenges to the academe, especially to our teaching and managing staff of the Department of Education. Too many of us were not well prepared for the social and emotional demands of these challenges. This has led us to feel discouraged, burnt out, and stressed.

In this regard, as your partner institution, we would like to invite your superintendents, supervisors, and other interested teaching and non-teaching staff to experience **BANAAG: A Glimpse of Mindfulness**. This is a *free experiential 2-hour online session* that will teach our participants three (3) short meditations to help them discover how Mindfulness is practiced, and how and when they may choose to practice them. This will happen on **July 28, 2022, at 3-5 PM** via Zoom.

Zoom details:

Meeting ID: **824 4913 0979**
Passcode: **mindful**

An *online registration* will be filled out first to continue participation. The link for online registration will be accessed through an *email request* sent to Mr. Froilan Ybanez at froilan.ybanez@guangmingcollege.edu.ph or through the link below.

Registration link:

<https://forms.gle/PbfsYUhcU3iUEZ8P8>

The participants may also call us at **09055372166** for further questions and assistance regarding this matter.

The registration link will also be cascaded through DepEd digital platforms.

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Guang Ming College

Cebu Campus

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We hope to hear positive feedback from your good office.

All the best,

Junrey Alayacyac
Officer-in-Charge
Guang Ming College - Cebu



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