



**Division Memorandum No. 116 s. 2019**

To: Assistant Schools Division Personnel  
 Chief Education Supervisors  
 Education Program Supervisors and Public Schools District Supervisors  
 SDO Unit Heads, School Heads and Department Heads  
 All others concerned

From: Office of the Schools Division Superintendent

Date: **March 15, 2019**

Subject: **PARTICIPATION TO THE SDO WELLNESS PROGRAM: YOGA ASANAS**

RELEASED  
 DEPED  
 DATE: 3-14-19  
 BY: [Signature]  
 TR 2074

1. In line with the initiatives of the Department of Education to promote mental health and awareness in the workplace and schools and to promote work-life balance among its employees, the Schools Division Office through its Human Resource and Development Unit is proposing to conduct Wellness Program featuring Yoga Asanas.
2. This activity will be an avenue for the participants to reconnect with physical, mental and spiritual being. Some of the benefits that they will get from this program are reduction of stress, increased focus, confidence and flexibility, boost immunity, and boost employees morale.
3. This program will run for three months and will be conducted every Tuesday at 4:30 to 6:00 in the afternoon at the Division Training Center.
4. Please visit the SGOD-HRDU office to sign-up to the program.
5. Immediate dissemination of this memorandum is desired.

*[Signature]*  
**DR. LORNA G. BUGAYONG, CESO VI**  
 Schools Division Superintendent *[Signature]*

Encl: None

Reference:

To be indicated in the Perpetual Index under the following subjects:

HRD                      Employee Welfare                      Mental Health

MVR/DM on Participation to SDO Wellness Program: YOGA ASANAS  
 3/15/2019

DM on Participation to SDO Wellness Program: YOGA ASANAS