



Republic of the Philippines
Department of Education
SOCCSKSARGEN REGION
SCHOOLS DIVISION OF SARANGANI

10 Dec 2025

DIVISION MEMORANDUM
SGOD-2025-264

**MENTAL HEALTH AND WELLNESS TRAINING ON RHYTHM, RESONANCE AND
FLOW INTEGRATING ARTS, SOUND, AND MOVEMENT FOR EMBODIED
WELLNESS**

To: Assistant Schools Division Superintendent
Chiefs of SGOD and CID
All District Supervisors/ Principal In-Charge
All Public Elementary and Secondary School Heads
All Others Concerned

1. The School Governance and Operation Division, through the Social Mobilization and Networking Section, will conduct a Two (2) Day Mental Health and Wellness Training on Rhythm, Resonance, and Flow Integrating Arts, Sound, and Movement for Embodied Wellness on December 11-12, 2025, at Venue 88 Hotel and Events Place, Mabuhay Road, General Santos City.
2. This training aims to enhance awareness of embodied wellness, develop practical skills in creative modalities, strengthen personal self-care practices, promote a supportive and resilient work environment, and apply learned strategies in workplace.
3. Please be informed of the following participants:

	Division Personnel	Office
1	LYN FRANCES DOMINIQUE P. GUMBAN	DMO, SHN
2	MONETTE FAYE P. MACAMAY	Dentist, SHN
3	ESTYLINDA P. TUDAYAN	DN, SHN
4	ARACELI J. DINOPOL	SEPS, M&E
5	MADINA LAGIOMAN	EPS, HRTD
6	ISMAEL VILLALUZ	EPS, SMN
7	JESTONI SALES	EPS, SMN
8	MARY ANN P. EUGENIO	AO IV, Records
	School DRRM Coordinators Name	School
9	KENNETH JAY CAVAN	Paraiso IS
10	MICHELLE DELOS REYES	Lamcanal ES
11	JUSTINE TAGALA	Talifara IS
12	VANESSA ANN CASTILLO	Sofan IS
13	ANGELE MAE TADURAN	Dalid ES
14	MERICH G. VILLAFRANCA	Ladol es



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15	MARY GRACE AMORA	Francisco Cagang IS
16	JANRYN RIO OCAY	Tusan IPS
17	ROSYLITA SALOMON	D. Yatos Millona IS
18	IRISH CONTRIDAS	Calay IPS
19	MARY GRACE TALINO	Tocablao ES
20	APRIL JANE ALMOROT	Libi IS
21	KRIZA AYOP	Salimama IS
22	MICHELLE VILLANUEVA	Pitak ES
23	RELYN HOPEDA	Alegria NHS
24	DYNA LOVE P. BAYLON	Pangyan NHS
25	JAVIER DEQUINA	Tamala ES
26	VANESSA PARAMEL	Kiogam CES
27	GRETCHEN CARCUEVA	San Vicente NHS
28	NEPHTHALI JEAN BARCELONA	F. Bartulaba IS
29	RON ANGEN BELVESTRE	Lanao Kapanglao
30	HARYNE JANE CELLONA	Cablalan IS
31	IRENE MACABANGIN	Ladol ES
32	GIRLIE JOY ANDRINO	Upper Domolok ES
33	ROSALIE AMADOR	DMMIS
34	ANGELINA REOJA	Tokawal ES
35	VENUS ALEGADO	Tokawal NHS
36	MARY CLAIRE SOPE	FT Laiz CES
37	SHARON BALULAO	Kinabala IS
38	CHERRY MAE BERENGUEL	Bonifacio Orodio ES
39	PINKY ELMIE JOY OBLIGADO	Severino T. Inong ES
40	RANGELYN SAMOYA	Colon NHS
41	PRETTY A. BRIGOLE	MalungonGamay NHS
	Top Management	Position
42	ATTY. NELYN B. FRINAL, CESO VI	SDS -ASDS Designate
43	MA. SHIRLEY M. CARDINAL	SGOD Chief
	Technical Working Group	Position
44	Marlon P. Agad	DRRM Focal
45	Jiggs F. Balasoto	DRRM COS
46	Irma May G. Dinasas	PMT
47	Joane Gay C. Alquiza	Head Inspectorate
48	Shella Mae Cellona	Secretariat
49	Maejel F. Alimama	Emcee/Secretariat
50	Felix Lowell Cuevas	Secretariat

3. All participants are **reminded** of the following:

- Each participant is requested **to bring pens, pencils, colored pens, crayons, or watercolors.**
- Each participant is requested **to bring a pair of scissors.**



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- c. Each participant is requested **to bring a malong or yoga mat to comfortably sit or squat on the floor during some activities.**
d. **Attire: Any comfortable clothing, preferably no jeans.**
4. In case a participant is unable to attend, a justification letter must be submitted to the DRRM Office at least five (5) days prior to the scheduled activity to facilitate the selection of a possible replacement.
5. Meals, snacks, and accommodation for the participants shall be charged to the Disaster Preparedness and Response Program Funds for FY 2024. However, travel and other incidental expenses of the participants shall be charged against the local MOOE (Maintenance and Other Operating Expenses), subject to the usual accounting and auditing rules and regulations.
6. For clarifications, please contact **Mr. Marlon P. Agad, PDO II DRRM** thru his contact mobile no. at **0947-7754-660**.
7. For your information and strict compliance.

RUTH L. ESTACIO PhD, CESO V
Schools Division Superintendent

Encl.: As stated

Reference: N o n e

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

PROGRAMS

Adriano A. Daligdig/SGOD/MLA – mental health and wellness training on rhythm, resonance
and flow integrating arts, sound, and movement for embodied wellness
1258/December 10, 2025



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Enclosure No. 1: Indicative Program of Activities

Date and Time	Topic	Responsible Person/s
December 11, 2025		
8:00 AM-9:00 AM	Arrival and Registration	TWG
9:00 AM-9:30 AM	Opening Preliminaries	TWG
	National Anthem	TWG
	Opening Prayer	TWG
	Region Hym	TWG
	Sarangani Hym	TWG
	Roll-Call: Attendance Checking	Secretariat
	Statement of Purpose	Marlon P. Agad
	Welcome Remarks	Ma. Shirley M. Cardinal SGOD Chief
	Message	Atty. Nelyn B. Frinal, ASDS
	Message	Dr. Ruth L. Estacio, SDS
9:35 AM- 10:00 AM	Introduction and Overview: The Canvass of the Body, Scanning for Health and Wellness	
10:00 AM- 10:30AM	Sculpting the Feeling (Sound and Movement Art in Motion) Tuning In Inner Drumbeat and Rhythm	
10:30 AM-11:00 AM	Intuitive Doodling: Finding and Remembering the Inner-Artist	
11:00 AM-12:00	Morning Wrap Up and Open Forum	
12:01 PM- 1:30 PM	Mindful Lunch Break	
1:30 PM- 2:00 PM	Activity My Life In Motion	
2:00 PM- 3:00 PM	Mandala, Creating Wholeness and Connection while in Motion	
3:00 PM – 3:30 PM	Mindful Munching: A Sensorial Snacking Experience	
3:30 PM- :4:45 PM	Life as an Art	
5:00 PM-6:00 PM	Dinner	
December 12, 2025		
6:30 AM- 8:00 AM	Breakfast	Alert Team
8:00 AM- 8:15 AM	Preliminaries: Group Pulse and Harmony	
8:15 AM- 10:15 AM	Frequencies and Sound: The Resonant Toolkit	
10:15 AM -12:00 PM	Synthesis and Integration and Open Forum	
12:01 PM-1:00 PM	Lunch Break	
1:00 PM- 1:30 PM	Ways Foward	
1:30 PM- 5:00 PM	Closing Program	
6:00 PM	Dinner	