



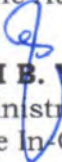
Republic of the Philippines
Department of Education
REGION VII - CENTRAL VISAYAS
Schools Division Office of negros oriental

**Office of the Schools Division
Superintendent**

MEMORANDUM

MLA-2023 - 36

TO : All Division Office Personnel

FROM : By the Authority of the Schools Division Superintendent:

LANI B. YURONG
Administrative Officer V
Office in Charge

SUBJECT : **STRESS MANAGEMENT THROUGH YOGA**
1/24/23

DATE : January 23, 2023

1. In compliance with the Civil Service Commission (CSC) mandate on Equal Opportunity Principle, this office informs all Division Office personnel that there will be a **Stress Management Through Yoga** activity every Tuesday and Thursday at 4:00-5:00 in the afternoon at the 3rd Floor Division Office Conference Hall.
2. All interested participants are requested to bring comfortable and appropriate workout attire and to bring their own personal yoga mat.
3. All Section Heads must ensure that no delivery of basic services is compromised through an arrangement of a skeletal work force during the conduct of the activity.
4. To ensure the health and safety of the participants, interested personnel must submit their names to the office of the Human Resource Development Section (HRDS) for their scheduled slots either Tuesday or Thursday.
5. For your guidance and compliance.

SPP/JMA-MKP-NLR/SGOD/RBP/imam



24 JAN 2023



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