


MEMORANDUM CIRCULAR NO. 190-A

Series of 2024

TO: **All VSU Employees**

RE: **Amendment to OP Memorandum No. 190, s. 2024 re Attendance and Participation to the Stress Management for VSU Employees: Integrating Physical and Mental Health Wellness**

FROM: 
DR. PROSE IVY G. YEPES
University President

DATE: **August 29, 2024**

You are hereby enjoined to attend and participate in the Stress Management activities scheduled in the month of September 2024, in celebration of the 124th Philippine Civil Service Anniversary. This program designed for VSU employees, aims to promote both physical and mental health wellness, recognizing the importance of a holistic approach in managing stress and maintaining a better work-life balance.

On September 27, 2024, you are also invited to a Wellness Day for VSU employees. After the stress management seminar, there will be a fellowship at the VSU Beach Garden Resort, featuring a potluck lunch. We encourage each office to contribute one dish for the potluck. The day will conclude with an early dismissal at 3:00 PM, allowing employees to spend the rest of the day with their families.

Please refer to the schedule of activities below:

DATE AND TIME	ACTIVITY	Venue	RESPONSIBLE PERSON/OFFICE
Yoga For Mental Health			
September 5, 2024			
01:30PM-03:00PM	1 st Session	VSU Convention Center	Kent Jan A. Beldia & DSO
03:30PM-05:00PM	2 nd Session	VSU Convention Center	Kent Jan A. Beldia & DSO
September 6, 2024			
09:30AM-11:00AM	3 rd Session	VSU Convention Center	Kent Jan A. Beldia & DSO
Zumba Exercises: Sweat It Out, Make It Count!			
September 3, 10, 17, 24, 2024	Zumba Session	VSU Gym	IHK
04:00PM-05:00PM			
BP Wellness Check			
September 4, 11, 18, 25, 2024	BP Monitoring	Respective Offices/ Departments/	USHER

		Centers	
Walking With Nature: Walk, Breath Heal!			
September 5, 12, 19, 26, 2024 04:00PM-05:00PM	Walking	VSU Gym	IHK
Wellness Day/Stress Management Seminar in the Workplace			
September 27, 2024		RDEI Hall	
7:00AM-8:00AM	Arrival and Registration		USHER/HRMO Staff and Committee
8:00AM-8:30AM	Opening Preliminaries		Zarlin Jecel Compendio, RN
8:30AM-11:00AM	Stress Management Seminar		Guest Speaker
11:00AM-11:45AM	Open Forum		All participants
11:45AM-12:00PM	Giving of Certificate and Closing Program		
12:00PM-03:00PM	Potluck Lunch at the VSU Garden Beach Resort		
03:00PM-05:00PM	Family Time		

For your information and usual support.

cc: HRMO Director