



17 April 2023

MEMORANDUM CIRCULAR NO. 67
Series of 2023


T O: All VSU Faculty and Staff
R E: Participation to Mental Health Wellness Seminar

One of the highlights of the 99th VSU Anniversary Celebration is the **Mental Health Wellness Seminar** co-organized by the HRMO and USHER on **April 25, 2023 (8:00am to 12:00nn)** at the **RDE Hall**. The seminar is designed to expand our understanding of mental health issues and wellness. The invited subject matter expert is **Dr. Rommel D. Capungcol**, Chief Executive Officer of United Shalom Medical Center of Tacloban City, who is a certified Life Coach, Doctor Surgeon, Motivational Speaker and Entrepreneur.

The mental health of VSU employees is at the top of the mind of this administration since it impacts our social, emotional, physical, and cognitive well-being. Positive mental health at work helps teams remain agile when changing roles and responsibilities. Not to mention facing difficult challenges. It helps employees flourish in their roles, manage stress, and boosts resilience. Ultimately, it allows each individual to reach their highest potential.

In this regard, all faculty (who have no scheduled classes) and non-teaching staff are strongly enjoined to attend the said event. Department/Office heads are directed to ensure maximum participation among your staff, however, skeletal manpower be assigned to receive documents in the office. Snacks will be served.

For your active participation and compliance.


EDGARDO E. TULIN
President