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9 September 2020

MEMORANDUM CIRCULAR NO. ___87___
Series of 2020

T   O: All VSU Faculty and Staff

R   E: Health & Wellness activities during the 3rd week of the 120th Philippine Civil Service Anniversary

Based on CSC Memorandum Circular No. 12, s. of 2020, the Civil Service Commission (CSC) still spearheaded a month-long celebration. However, in light of the COVID-19 pandemic, CSC prioritized technology-driven activities that can promote social distancing and precautionary measures to comply with the initiatives of the national government. One of this activities is the Online Wellness Program for Government Workers in the 3rd week of September.

Instead of conducting wellness webinars on the 3rd week, the coordinators suggested innovative ways of implementing an online wellness program, the specific activities of which are listed below:

	Activity	**In-charge**
Monday	Mindfulness or Meditation or Mental Health Mondays	ODS Guidance Counselors (M Loreto Jr./C. Brit)
Tuesday	Thankful Tuesdays (Gratefulness Jar)	VSU USHER (C. Guinocor & D. Braganza)
Wednesday	Wellness Wednesdays	VSU USHER (E. J. Yu & C. Guinocor) & ODHRM (J. Ando)
Thursday	Tell-it Thursdays (poetry, story-telling) Talk Therapy (Ficka Dora)	DLABS (J. Quebec) Marwen Castañeda and ODS Guidance Counselors
Friday	Fitness Fridays (Sports/Recreational Activities)	IHK (C. Limbo) & VSU USHER (E. J. Yu & M. Faelnar)

All the daily in-charge of the various activities are hereby directed to initiate the necessary preparations and to facilitate the successful holding of the above-mentioned activities.

Please be guided accordingly.

EDGARDO E. TULIN
President

Vision: A globally competitive university for science, technology, and environmental conservation.
Mission: Development of a highly competitive human resource, cutting-edge scientific knowledge and innovative technologies for sustainable communities and environment.

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