



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

OFFICE MEMORANDUM
HRDD -2026- 010

AUG 06 2026

To: Assistant Regional Director
Regional Functional Division Chiefs
Unit Heads
All Others Concerned

RESUMPTION OF THE PAUGNAT SA KUSOG PLUS WELLNESS ACTIVITY

1. In reference to Office Memorandum No. 001, s. 2026, dated January 12, 2026 titled "Paugnat sa Kusog Plus," which institutionalizes the regular conduct of Zumba sessions under the Employee Welfare Program through the Human Resource Development Division (HRDD), this Office announces the resumption of the said wellness activity.
2. Effective August 13, 2026, Zumba sessions shall be conducted every Thursday from 4:30 p.m. to 5:30 p.m.
3. Division Chiefs and Unit Heads are advised to check the participation of their personnel through appropriate work arrangements to ensure that essential office functions are continuously performed.
3. Attached is the list of Zumba participants.
4. It is understood that in the conduct of this activity, there shall be no discrimination in the provision of Learning and Development interventions on the account of age, school, gender, civil status, disability, religion, or other similar factors/ personal circumstances that run counter to the principles of equal opportunity.
5. For further queries, coordinate with Zegris S. Laguda, Senior Education Program Specialist (SEPS) at 09951245208 of the Human Resource Development Division.
6. Immediate dissemination of this Memorandum is desired.


ANTHONY H. LIOBET JD, CESO V
Assistant Regional Director
Officer-in-Charge
Office of the Regional Director

Encl: As stated None
Reference: OM-2026-001
To be indicated in the Perpetual Index
under the following subjects:

EMPLOYEE WELFARE PROGRAM
11/ZSL/HRDD-OM- "Paugnat sa Kusog Plus Resumption" Augst 4, 2026



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Enclosure

LIST OF ZUMBA PARTICIPANTS

NAMES	FUNCTIONAL DIVISION
1. PONCE, EVANGELINE E.	ORD
2. RODRIGUEZ, MA. ALYSA M.	ASD
3. BELANIZO, JULIES A.	ASD
4. PALUBON, JEMELY ROSE T.	ASD
5. GOLBE, FELICE JANE PAL Q.	ASD
6. FLORES, FE MARIE A.	ASD
7. CENTENO, GIAN DAINELLE E.	ICT
8. JANINE V. BAUTISTA	LEGAL UNIT
9. ROMERO, MA. MELANIE P.	CLMD
10. CASTRO, REMUEL E.	CLMD
11. BLANCO, ROBERTH A.	QAD
12. ANNE MARGARETH T. BUSMEON	FD
13. JEAN MARY JOY ABELLO	FD
14. LARENA, SHEILA MARIE	FD
15. TIMOLA, SOL GRACE O.	FTAD
16. AMISOLA, NESTOR A.	FTAD
17. SEDILLO, KATHERINE Y.	HRDD
18. BUTALID, QUEENIE E.	HRDD
19. CABALLO, ANGELITA SOCORRO K.	HRDD
20. GENTILEZO, BEBCE O.	HRDD



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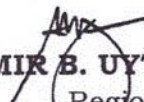
JAN 12 2026

HRDD — 2026 - 001

To: Regional Functional Division Chiefs
Section/Unit Heads
All Others Concerned

PAUGNAT SA KUSOG PLUS

1. This Office, through the Human Resource Development Division (HRDD), will conduct the "Paugnat Sa Kusog Plus," a holistic wellness program for DepEd NIR Personnel at the Regional Office every Tuesdays and Thursdays starting January 13, 2026 at **4:30 p.m. to 5:30 p.m.**
2. This activity encourages personnel to sustain healthy habits in fitness, nutrition, and lifestyle while promoting physical, emotional, and mental well-being, personality development, teamwork, and community engagement, in support of the holistic and multidisciplinary development of employees in the DepEd Negros Island Region.
3. All Functional Division Chiefs and Unit Heads are requested to monitor the participation of the personnel under their supervision to expect success of the endeavor.
4. It is understood that in the conduct of this activity, there shall be no discrimination on account of age, school, gender, civil status, disability, religion, or other similar factors/personal circumstances that run counter to the principles of equal opportunity.
5. For further queries, contact Zegric S. Laguda, Education Program Specialist II, Human Resource Development Division at 09951245208.
6. Immediate dissemination of and compliance with this Memorandum are desired.

For: 
RAMIR B. UYTICO EdD, CESO III
Regional Director

ZSL/HRDD-OM-PaugnatSaKusogPlus
015/ January 12, 2026



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