



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

OFFICE MEMORANDUM

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.

Amx
Foc: **RAMIR B. UYTICO EdD, CESO III**
Regional Director

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



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