



Republic of the Philippines
Department of Education
NEGROS ISLAND REGION

JUL 17 2025

REGIONAL MEMORANDUM

No. 161, s. 2025

**NGIRIT (NURTURING GRIT AND INNER RESILIENCE
THROUGH INTEGRATED ART THERAPY)**

To: OIC-Assistant Regional Director
Schools Division Superintendents of Bago City, Canlaon City,
La Carlota City, Negros Occidental, and San Carlos City
Regional Functional Division Chiefs
All Others Concerned

1. This Office, through the Human Resource Development Division (HRDD) in coordination with the Education Support Services Division (ESSD) will conduct an activity entitled **NGIRIT: Nurturing Grit and Inner Resilience through Integrated Art Therapy** on **July 25, 2025**, at Masulog High School, Canlaon City.

2. The activity is designed in response to the emotional and psychosocial needs of teachers affected by the recent eruption and ongoing unrest of Mount Kanlaon, particularly from Matagbak Elementary School, Mananawin Elementary School, and Masulog High School.

3. The participants will be the following:

	Name	Designation	Office
1.	Dr. Ramir B. Uytico, CESO III	Regional Director	ORD
2.	Noel E. Santillan	OIC- Chief Education Supervisor	HRDD
3.	Ma. Lira Cynthia B. Quejada	OIC- Chief Education Supervisor	ESSD
4.	Dr. Eiggy D. Yap	OIC- Education Program Supervisor	HRDD



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5.	Dr. Alan D. Bautista	OIC- Education Program Supervisor	HRDD
6.	Raffy L. Berina	OIC- Education Program Supervisor	HRDD
7.	Bebce O. Gentilezo	OIC- Education Program Specialist II	HRDD
8.	Dr. Mark Jason S. Mendoza	OIC- Medical Officer IV	ESSD
9.	Marlon B. Bungcasan	OIC- Project Development Officer II - DRRM	ESSD
10.	5 Personnel from SDO Canlaon City		

Schools Division Offices	School	Participants (School Head and Youth Formation Coordinator)
SDO BAGO CITY	Ca Dormido Elementary School	2
	RM Araneta Elementary School	2
	Mailum Elementary School	2
	R&S Abindan Elementary School	2
	Louisiana Elementary School Lourdes- Extension	2
SDO CANLAON CITY	Minabuntod Elementary School	2
	Mananawin/Concepcion Palmares Montealegre Memorial School	2
	Matagbak Elementary School	2
	Pula National High School	2
SDO LA CARLOTA CITY	Miguel S. Mondia Elementary School	2
	Yubo Elementary School	2
	Yubo National High School	2
	Haguimit Elementary School II	2
	Ara-al Elementary School	2
	Cabagnaan Elementary School	2



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SDO NEGROS OCCIDENTAL	Mananawin Elementary School	2
	Old Fabrica Elementary School	2
	LCNHS - Cabagna-an Annex	2
	Sag-ang Integrated School	2
	Biak na Bato Elementary School	2
	Masulog Elementary School	2
SDO SAN CARLOS CITY	Codcod Elementary School	2
	Codcod Elementary School- Nagalao Ext.	2
	Natuyay Elementary School	2
	Bedio Elementary School	2
	Igmamatay Elementary School	2
	Cabagtas Elementary School	2
	Quezon Elementary School	2
	Ibiranan Elementary School	2
	Quezon Farm School	2
	Quezon National High School	2
	TOTAL	62

4. Food expenses shall be charged against DepEd NIR Funds, while travelling expenses of the participants shall be charged against their respective local funds, subject to the usual accounting and auditing rules and regulations.

5. In the conduct of this activity, it is understood that in the conduct of the activity, there shall be no discrimination in the provision of Learning and Development interventions on the account of age, gender, civil status, disability, religion, school of origin, or other similar personal circumstances that may hinder the principles of equal opportunity.

6. For further queries, contact Mr. Raffy L. Berina, OIC-Education Program Supervisor, HRDD at 0921-2086-514.



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7. Immediate and wide dissemination of and compliance with this Memorandum are desired.


RAMIR B. UYTICO EdD, CESO III
Regional Director

Encl: None

Reference: None

To be indicated in the perpetual index
Under the following subjects:

PROGRAMS

ASSEMBLY

RLB/HRDD-RM-NGIRIT
030/ July 15, 2025



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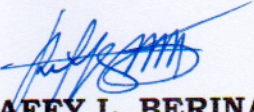
Activity Title	NGIRIT (Nurturing Grit and Inner Resilience through Integrated Art Therapy)
Rationale	<p>The recent eruption and ongoing activity of Mount Kanlaon have deeply affected both the environment and emotional well-being of nearby communities. Among the hardest hit are teachers from SDO Canlaon City, San Carlos City, La Carlota City, Bago City, and Negros Occidental, who continue to serve despite fear, uncertainty, and emotional strain.</p> <p>Recognizing the importance of teachers' emotional health, the Department of Education – Negros Island Region (DepEd NIR), through the Human Resource Development Division (HRDD), launches NGIRIT: Nurturing Grit and Inner Resilience through Integrated Art Therapy. This initiative offers a safe and creative space for healing, using evidence-based approaches like art therapy and improvisational theatre to promote emotional release, resilience, and peer support.</p> <p>Studies affirm that such expressive activities help manage trauma, prevent burnout, and strengthen teamwork. NGIRIT aims to restore the authentic smiles—<i>ngirit</i>—of teachers through playful, reflective sessions that nurture their well-being and solidarity.</p> <p>The program also serves as a platform for teachers to share their experiences and process their emotions within a supportive community. By engaging in collective creativity and storytelling, participants are empowered to make meaning of their struggles, validate one another's journeys, and cultivate a renewed sense of hope and purpose—essential components in the recovery process.</p> <p>Guided by DepEd NIR's mantra, "<i>For every learner, we rise,</i>" NGIRIT affirms that caring for teachers ensures learning continues—even in crisis. It is a journey toward healing, joy, and shared strength—proof that even amid disaster, we can still laugh, connect, and rise together.</p>
Objectives	<p>The activity aims to:</p> <ol style="list-style-type: none">1. provide a safe and supportive space for teachers to process emotions related to the Mount Kanlaon crisis;



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	<ol style="list-style-type: none">2. promote psychological well-being through creative expression and collaborative activities;3. reinforce the values of resilience, strength, and hope among teachers;4. foster team spirit and solidarity among participants from different schools; and5. encourage teachers to bring a renewed sense of purpose and energy to their teaching roles.										
Target Participants	62 School Heads and Youth Formation Coordinators from SDO Canlaon City, San Carlos City, La Carlota City, Bago City, and Negros Occidental 5 Personnel from SDO Canlaon City 9 Regional Office Personnel 76 TOTAL PARTICIPANTS										
Date	July 25, 2025										
Venue	Canlaon City										
Budget Proposal	<table><tr><td>Lunch and Snacks</td><td>PhP 500 X 76 pax PhP 38,000.00</td></tr><tr><td>Supplies and Materials</td><td>PhP 100 X 76 pax PhP 7,600</td></tr><tr><td>Total:</td><td>PhP 45,600.00</td></tr><tr><td>Contingency:</td><td>PhP 2,280.00</td></tr><tr><td>Grand Total:</td><td>PhP 47,880.00</td></tr></table>	Lunch and Snacks	PhP 500 X 76 pax PhP 38,000.00	Supplies and Materials	PhP 100 X 76 pax PhP 7,600	Total:	PhP 45,600.00	Contingency:	PhP 2,280.00	Grand Total:	PhP 47,880.00
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Prepared by:

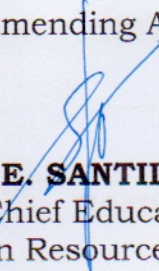

RAFFY L. BERINA

OIC- Education Program Supervisor
Human Resource Development Division



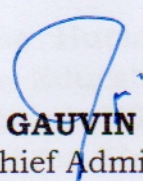
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Recommending Approval:


NOEL E. SANTILLAN


OIC- Chief Education Supervisor
Human Resource Development Division

Allotment available:


GAUVIN T. ABSIN

OIC- Chief Administrative Officer
Finance Division

Approved:


RAMIR B. UYTICO EdD, CESO III

Regional Director