



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION
SCHOOLS DIVISION OFFICE OF MUNTINLUPA CITY

OCT 26 2022

Advisory No. 269, s. 2022

October 25, 2022

In compliance with DepEd Order (DO) No. 8, S. 2013
This advisory is issued for the information of DepEd officials,
personnel/staff, as well as the concerned public.

**STRESS MANAGEMENT: PRACTICING MINDFULNESS
FOR A BETTER WELL BEING**

Attached is a letter from Project Rise Up 2022 Secretariat, Trinity University of Asia Peer Facilitators dated October 20, 2022 on the above-captioned title, contents of which are self-explanatory, for the information and guidance of all concerned.

Participation of public and private schools shall be subject to the no-disruption-of-classes policy stipulated in DepEd Order No. 9, s. 2005 entitled Instituting Measures to increase Engaged Time-on-Task and Ensuring Compliance Therewith.

Moreover, schools are reminded of the "No Collection and No selling of Tickets Policy" stipulated in DepEd Order Nos. 19 and 40, s. 2008 and RA Nos. 4206 and 5546.

NERISSA ROXAS-LOMEDA PhD
OIC-Assistant Schools Division Superintendent

LBP/ STRESS MANAGEMENT: PRACTICING MINDFULNESS FOR A BETTER WELL BEING
269/October 25, 2022



Student Center for Life Skills Bldg., Centennial Ave, Brgy Tunasan,
Muntinlupa City
(02) 8805 - 9935, (02) 8805 - 9940
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Project Rise Up Invitation | Dr. CARLEEN S. SEDILLA

1 message

tuapeers@tua.edu.ph <tuapeers@tua.edu.ph>
To: sdo.muntinlupa@gmail.com

Thu, Oct 20, 2022 at 9:33 PM

October 21, 2022

Dr. CARLEEN S. SEDILLA
Superintendent - SDO Muntinlupa City
Muntinlupa ES, Poblacion, Muntinlupa City

Dear Dr. Sedilla,

Greetings in Trinitian Spirit!

It is the Trinity University of Asia Peer Facilitators pleasure to invite your students in the 2nd installment of Project Rise Up 2022 titled Raising Involvement of Students for Empowerment towards Unity of Purpose with the theme STRESS MANAGEMENT: Practicing Mindfulness for a Better Well Being this coming October 29, 2022 from 9:00 am to 12:00pm via Zoom.

To register for the event, you may let your students use this link www.tinyurl.com/ProjectRiseUpDay2. They will be receiving the Zoom link days before the day of the event. You may also let them follow the TUA Peers Facebook Account through this link www.facebook.com/tuapeers1979 for future announcements.

Thank you very much for your continued support as we all become advocates for Mental Health.

Yours,

Project Rise Up 2022 Secretariat

 Project Rise Up Day 2 Invitation | Dr. CARLEEN S. SEDILLA.pdf
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TUA PEER FACILITATORS

Guidance and Career Center, 2/F Student Services Center Building, Trinity University of Asia
275 E. Rodriguez Sr. Ave. Urgy, Kalusugan, Cathedral Hts., Quezon City, Philippines, 1101
tuapeers@tua.edu.ph | 8702 2802 loc. 172 to 174 | facebook.com/tuapeers1979



October 21, 2022

Dr. CARLEEN S. SEDILLA

Superintendent - SDO Muntinlupa City
Muntinlupa ES, Poblacion, Muntinlupa City

Dear Dr. Sedilla,

Greetings in Trinitian Spirit!

It is the Trinity University of Asia Peer Facilitators' pleasure to invite your students in the 2nd installment of Project Rise Up 2022 titled *Raising Involvement of Students for Empowerment towards Unity of Purpose* with the topic **"STRESS MANAGEMENT: Practicing Mindfulness for a Better Well Being"** this coming **October 29, 2022** from **9:00 am to 12:00pm via Zoom.**

To register for the event, you may let your students use this link www.tinyurl.com/ProjectRiseUpDay2. They will be receiving the Zoom link a day before the event. You may also let them follow the TUA Peers Facebook Account through this link www.facebook.com/tuapeers1979 for future announcements.

Thank you very much for your continued support as we all become advocates for Mental Health.

Yours,

Project Rise Up 2022 Secretariat