



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

Advisory No. 124, s. 2023  
April 18, 2023

APR 20 2023

In compliance with DepEd Order (DO) No. 8, s. 2013  
This advisory is issued not for endorsement per (DO) 28, s. 2001,  
but only for the information of DepEd officials,  
personnel/ staff, as well as the concerned public.  
(Visit [www.depedmuntinlupa.ph](http://www.depedmuntinlupa.ph))

**IN PERSON SELF-CARE PROGRAM**

Attached is DepEd NCR Advisory No. 125, s. 2023 dated April 13, 2023 on the above-captioned title, the 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.

  
**NERISSA ROXAS-LOMEDA PhD**  
OIC-/Assistant Schools Division Superintendent

AFS / In Person Self-Care Program  
124 /April 18, 2023

AD-2023-124



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Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

Advisory No. 125, s. 2023  
April 13, 2023

SDO-CITY OF MUNTINLUPA  
Received \_\_\_\_\_  
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In compliance with DepEd Order No. 8, s. 2013  
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(Visit [www.deped.gov.ph](http://www.deped.gov.ph))

**IN PERSON SELF- CARE PROGRAM**

The Brahma Kumaris, Philippines Spiritual, Inc. will be conducting an-in person program self care- Specifically, mental and spiritual wellness on April 20, 2023, Thursday 6:30 to 8:30 p.m. at Onstage Theater in Greenbelt 1, 2/F. Paseo de Roxas, Makati City, to be participated Values Educators, Guidance Counselors and Teachers, Youth Formators, School Heads, School Superintendents and Assistant School Superintendents.

For more information, please contact:

**Rose Vergara**

Contact Number: 09688873766

Email: [fivedock@au.brahmakumaris.org](mailto:fivedock@au.brahmakumaris.org)

This is issued for information purposes and **not an endorsement** of the activity.

Encl.: As stated



11:40

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City

Email Address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)

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Philippines Spiritual Foundation, Inc.

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April 11, 2023

**Director Wilfred Cabral**  
Regional Director  
NCR- Department of Education

Dear Director Cabral,

Greetings of peace!

Quality living, steady personal growth and spiritual health are the fruits of a balanced life. Nurturing the body, mind and spirit together is a growing priority for people around the world, alongside fulfilling responsibilities and achieving life goals.

The Brahma Kumaris are pleased to invite you and your team (Values Educators, Guidance Counselors and teachers, Youth Formators, School Heads, School Superintendents and Asst. School Superintendents) to an in-person program on self-care—specifically, mental and spiritual wellness. Titled “Be Still, My Heart,” the free public event will be held on Thursday, April 20, 2023, from 6:30 to 8:30 p.m. at OnStage Theater in Greenbelt 1, 2/F, Paseo de Roxas, Makati City.

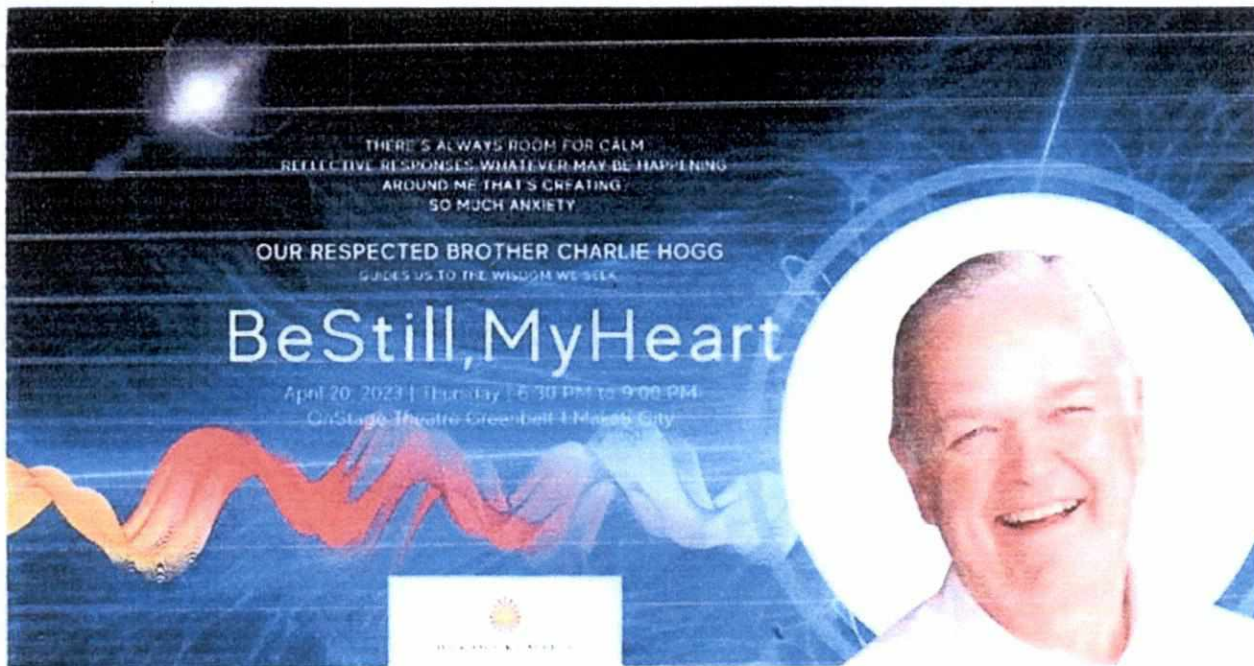
We are a non-sectarian, non-stock, non-profit organization. We welcome everyone from all walks of life and religious persuasions. Our goal is to help people rediscover their inborn goodness and develop a nurturing relationship with the self, in order to improve the quality of their interaction with others. In the Philippines, Brahma Kumaris is a recipient of the UN Peace Messenger Award.

For any clarification about this invitation, please feel free to reach out via this email address or call/txt Rose Vergara, contact# 0968.887.3766. With your confirmation, we can reserve seats for you and your team.

We look forward to you and your organization taking benefit from this self-care program.

Sincerely,

**Merle Pimentel**  
President  
Brahma Kumaris Philippines Spiritual Foundation, Inc



### **BE STILL, MY HEART (Free Program)**

**Thursday, April 20, 2023**

**6:30 – 8:30 PM**

**OnStage Theater, Greenbelt 1, 2/F, Paseo de Roxas, Makati City**

**For confirmation, please text 09178340118.**

Whatever may be happening around me that causes stress and anxiety, there is always room for calm, reflective responses. I take a step back, watch the scene without panic or prejudice. I listen to my heart, which then slows down with every beat to the frequency of my inherent goodness. There lies the wisdom that I seek, the key to true power. The heart, when still, is the compass that points to unerring, life-changing decisions.

### **RESOURCE PERSON**

Charlie Hogg is the Brahma Kumaris Chief Executive and Chairman of the Board of Directors in Australia. He is an active member of the BK International Coordinating Group, in charge of major global projects and the administrative direction of centers around the world.

He has walked this committed spiritual path for over 40 years. As a senior teacher, he has visited more than 80 countries to speak in international conferences and BK public programs, or to lead spiritual retreats as main resource person. He shares personal experiences of applying spirituality in daily life and continues to give Raja Yoga meditation courses, certain that a meditation practice sustains emotional and mental wellbeing in a world on the brink of despair.

"Meditation is a decision to live a life of peace," he says. "There has never been a more important time to understand this."