



Republic of the Philippines  
**Department of Environment and Natural Resources**  
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OCT 10 2022

**SPECIAL ORDER**  
No.2022 - 710

**SUBJECT : AUTHORIZING THE CONDUCT OF THE LEARNING  
EVENT ON MINDFULNESS 101 FOR STRESS REDUCTION**

In the interest of the service and in compliance with Memorandum Circular. No. 04 s. 2020, entitled "Mental Health Program in Public Sector", the conduct of the Mindfulness 101 for Stress Reduction on 11-13 October 2022 in Region IV-A is hereby authorized.

The following personnel who are randomly selected from the Job Stress Survey conducted by the HRDS, are hereby authorized to attend:

**I. LEARNERS:**

- |                                  |         |
|----------------------------------|---------|
| 1. Jessa B. Montes               | AS      |
| 2. Jhosua C. Vallejos            | AS      |
| 3. Kishia Mae F. Ibabao          | AS      |
| 4. Carl Louie Santiago           | CCS     |
| 5. Kathleen Cornejo              | CCS     |
| 6. Marie Gaerlan                 | CCS     |
| 7. Janine M. Marquez             | FMS     |
| 8. Lea Marie F. Blas             | FMS     |
| 9. Kathlene Valdez               | FMS     |
| 10. Eloisa Borja                 | HRDS    |
| 11. Leo Angelo Prieto            | HRDS    |
| 12. Zillah Alexandra Antenor     | HRDS    |
| 13. Bryan Bonoza                 | HRDS    |
| 14. Mylene Bucoy                 | KISS    |
| 15. Reginald Sambajon            | KISS    |
| 16. Rose Anne S. Escudero        | KISS    |
| 17. Kristialuz Beatrice N. Camat | KISS    |
| 18. Eugene C. De Guzman          | KISS    |
| 19. Enielbert Estefanio          | KISS    |
| 20. Christopher Atienza          | KISS    |
| 21. Juris Ida T. Parojinog-Parel | LAS     |
| 22. Alberto B. Ellema, jr.       | LAS     |
| 23. Juvy Dacasin                 | PPS     |
| 24. Allan Kliene Ligaya          | OAFISMC |

|                                |          |
|--------------------------------|----------|
| 25. April Anne Casas           | OAHRSCSI |
| 26. Eva Jane Ligaya            | OALA     |
| 27. Ma. Josefina Lynn G. Torio | OAPPFASP |
| 28. Priscilla A. Obnial        | SCIS     |
| 29. Lowie Lunaria              | SCIS     |
| 30. Fraelie T. Dela Cruz       | SCIS     |

## II. LEARNING EVENT TEAM

- 1 Wilson E. Henson
- 2 Marilou S. Mendoza
- 3 Shirley C. Latoja
- 4 Audrey T. Rosete
- 6 Bonito John M. Alvaran

All expenses to be incurred in this event shall be chargeable against HRDS Funds, subject to the usual accounting and auditing rules and regulations.

A report containing the highlights and recommendations shall be submitted to the undersigned fifteen (15) days after the completion of the activity.

The Assistant Secretary for Human Resources, Strategic Communication and Sectoral Initiatives is authorized to amend and/or re-schedule the activity, through a memorandum, in case of conflict with other activities of the Department.

This Order takes effect on the dates herein specified unless otherwise reset to another date.

**ATTY. ERNESTO D. ADOBO JR., *CESO I***  
 Undersecretary for Legal, Administration  
 Human Resources and Legislative Affairs

