

## DOST 7 helps boost the Mental and Physical Health of the MSMEs through online training



The participants and enablers during the Mental and Physical Health Training via Zoom platform on November 13, 2020, spearheaded by the DOST 7 in active collaboration with PCW, DTI and DA.

To uplift the physical and mental health of Micro, Small and Medium Enterprises (MSMEs), the Department of Science and Technology Region VII (DOST 7) conducted a four-hour Mental and Physical Health Training on November 13, 2020 through zoom platform.

A total of 43 (Female-32, Male 11) participants attended the training. Of the 43 participants 28 are WMEs enrolled in the GREAT Women project 2 and 15 are SETUP clients of DOST 7. OIC Regional Director Samuel A. Parcon urged the participants “to seize this training opportunity and emerge from this crisis stronger and more resilient than ever.”

The training provided the participants with inputs on three modules concerning, the Impact of the Pandemic in the Workplace, Inputs on Mental Health and on Holistic Health Approach. The resource speakers of the training are Dr. Zamyra Franco Baguio, Ms. Veronica Baguio, and Engr. Nicolas “Nick” Baguio of Leaders Link, Training and Consulting Center.

Ms. Gina Panio of G’s Cocoa Manufacturing in Bohol expressed, the training is a “much needed activity” for her as an entrepreneur who is mentally and physically disturbed brought about by the impact of the covid 19 pandemic.

The activity was graced by OIC RD Samuel Parcon, ARD Bernarda Perez, ARD Jesus Zamora, Jr. of DOST 7, PSTC Officers of Negros Oriental, and Siquijor. The activity was supported by the Great Women Project 2 of the Philippine Commission on Women led by Ms. Shernes Alcantara in active collaboration with Mr. Lance Basamot of the Department of Trade and Industry (DTI).

*By Myrel M. Siason*



