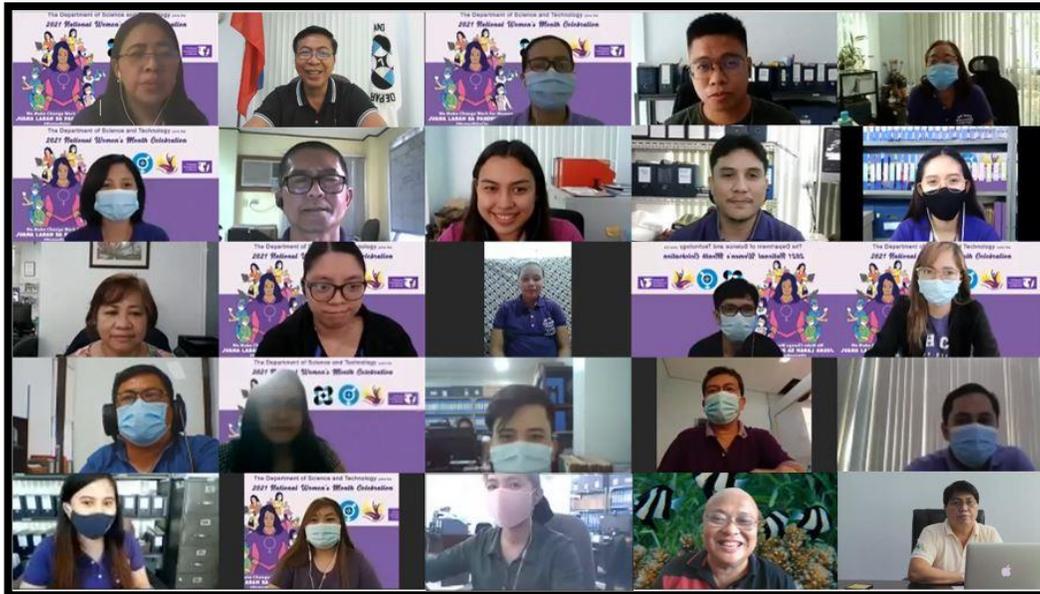


## DOST 7 marks 2021 Women’s Month Celebration with Tribute, Mental and Physical health Input and Gift Giving



The DOST VII employees and Dr. Glenn Glarino (Resource Speaker) during the 2021 Women’s Month Celebration on March 9, 2021 via zoom platform.

To give due recognition to the contributions of women in Science and Technology, DOST VII celebrated the 2021 Women’s Month Celebration on March 12, 2020 via zoom platform . A total of 41 (M- 14, F 27) employees actively took part in the series of activities which include, tribute to women, input on “Coping Strategies on How to Maintain Mental and Physical Health in the Workplace” and gift giving of token of appreciation and Medicines.

The tribute activity solemnly started with a Group Prayer-offering for Women given by all DOST 7 male employees. It was followed by the giving of special token of appreciation to all women employees, provided by all male employees in the regional office and the Provincial S & T Centers in Bohol, Siquijor, Neg Or and Cebu



Gift Giving to Women employees in PSTC Siquijor



Gift Giving to Women employees in PSTC Bohol

OIC Regional Director Samuel A. Parcon, member of the GAD Focal Point System (GFPS) said, “The DOST Women’s Month Celebration highlights the importance of the role of women in Science and Technology especially in the advent of covid 19.” Mr. Parcon further explained, the celebration also seeks to “provide all employees of DOST 7 with strategies on how to maintain Mental and Physical

Health in this time of Pandemic so as to pro-actively participate and effectively contribute in the implementation of programs responsive to the needs of both men and women.”

To maintain mental and physical health, the person must have “self-care and self-compassion” to oneself, said Dr. Glenn G. Glarino, a registered Psychologist and the Dean of the School of Arts and Sciences of the University of San Carlos.

The celebration concluded with the giving-away of free medicines for cough, hypertension, ulcer, hyperacidity, heartburn, rheumatoid arthritis, osteoarthritis, acute dysmenorrhea as well as multi-vitamins for all male and female employees of DOST VII, courtesy of the Department of Health Region VII.

*by Myrel Madridano-Siason*

