


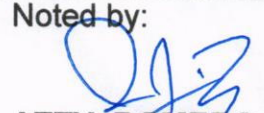
2022 MINGEN HEALTH and WELLNESS PROGRAM

	ACTIVITIES	DATE	VENUE
A	HEALTH AWARENESS LECTURES		
1	"Love Your Heart" by Dr. Marra Rico	February 24, 2022	MinGen Infirmary/Virtual
2	Self Breast Exam by Dr. Wanda Aguja	March 8, 2022	MinGen Infirmary/Virtual
3	"Liver Lover Ka Ba?" by Dr. Ranillo Gamutan, Jr.	Apr. 27, 2022	MinGen Infirmary/Virtual
4	"COPD & Smoker's Cough " by Dr. Wanda Aguja	July 7, 2022	MinGen Infirmary
5	"Weight Management " by Dr. Wanda Aguja	October 27, 2022	MinGen Canteen
B	BLOOD LETTING ACTIVITY		
	BLOOD LETTING ACTIVITY	Feb. 18, 2022	MinGen Infirmary
	BLOOD LETTING ACTIVITY	May 23, 2022	MinGen Infirmary
	BLOOD LETTING ACTIVITY	Sept. 8, 2022	MinGen Infirmary
C	ANNUAL PHYSICAL EXAM	Aug. 1-10, 2022	MinGen Infirmary
D	DRUG TESTING	Aug. 2-3, 2022	MinGen Infirmary
E	PHYSICAL FITNESS PROGRAM		
1	Stretching exercises	Daily 10AM & 3PM	Individual Offices
2	Zumba Dance Exercises	Every Friday 4PM	HQ Building Right Wing
3	Use of Fitness Gym	Jan 3- Dec 30, 2022	MinGen Fitness Gym
4	Level I/II Sportsfest Opening	March 22, 2022	Multipurpose Hall, MinGen
5	Level III Sportsfest	Sept 21-23, 2022	MinGen Sports facilities
F	VACCINATION		
	Flu or Influenza Vaccination	July-Dec, 2022	MinGen Infirmary
	Pneumococcal Vaccination	July 2022	MinGen Infirmary
	Covid 19 Vaccination	Feb. 11, 2022	MinGen Infirmary
	Covid 19 Vaccination	Feb. 15, 2022	MinGen Infirmary
	Covid 19 Vaccination	Mar. 17, 2022	MinGen Infirmary
	Covid 19 Vaccination	May 1, 2022	MinGen Infirmary
	Covid 19 Vaccination	Aug. 4, 2022	MinGen Infirmary
	Covid 19 Vaccination	August 18, 2022	MinGen Infirmary
	Covid 19 Vaccination	Sept. 14, 2022	MinGen Infirmary
G	COVID MITIGATION		
1	Distribution of Vitamins(30 caps)	Jan. 12, 2022	HQ MinGen offices
2	Distribution of Vitamins(30 caps)	Feb. 26, 2022	HQ MinGen offices
3	Distribution of Vitamins(30 caps)	Mar. 10, 2022	HQ MinGen offices
4	Distribution of Vitamins(30 caps)	June 22, 2022	HQ MinGen offices
5	Distribution of 1 liter Alcohol	June 27, 2022	HQ MinGen offices
6	Building Disinfection	Every Saturday	All HQ MinGen Buildings
H	WOMEN'S MONTH CELEBRATION		
1	Lecture on "Why We Celebrate Women's Day by Atty. Atheina Mamailao	Mar. 2, 2022	Multipurpose Hall, MinGen
2	Bread Making	March 11, 2022	TESDA Bldg, Maria Cristina, Iligan City
3	Cake Making (2 batches)	March 18 & 25, 2022	TESDA Bldg, Maria Cristina, Iligan City
4	Film Showing re Women's Empowerment (6 batches)	March 11 & 18, 2022	MinGen Boardroom
5	Lecture on VAWC by Atty. Atheina Mamailao	March 22, 2022	Multipurpose Hall, MinGen
6	Botanical Garden Benchmarking	March 24, 2022	Kauswagan, Lanao del Norte
7	Botanical Garden Benchmarking	April 1, 2022	Alomah's Place and Nature Park, Dahilayan, Manolo Fortich, Bukidnon

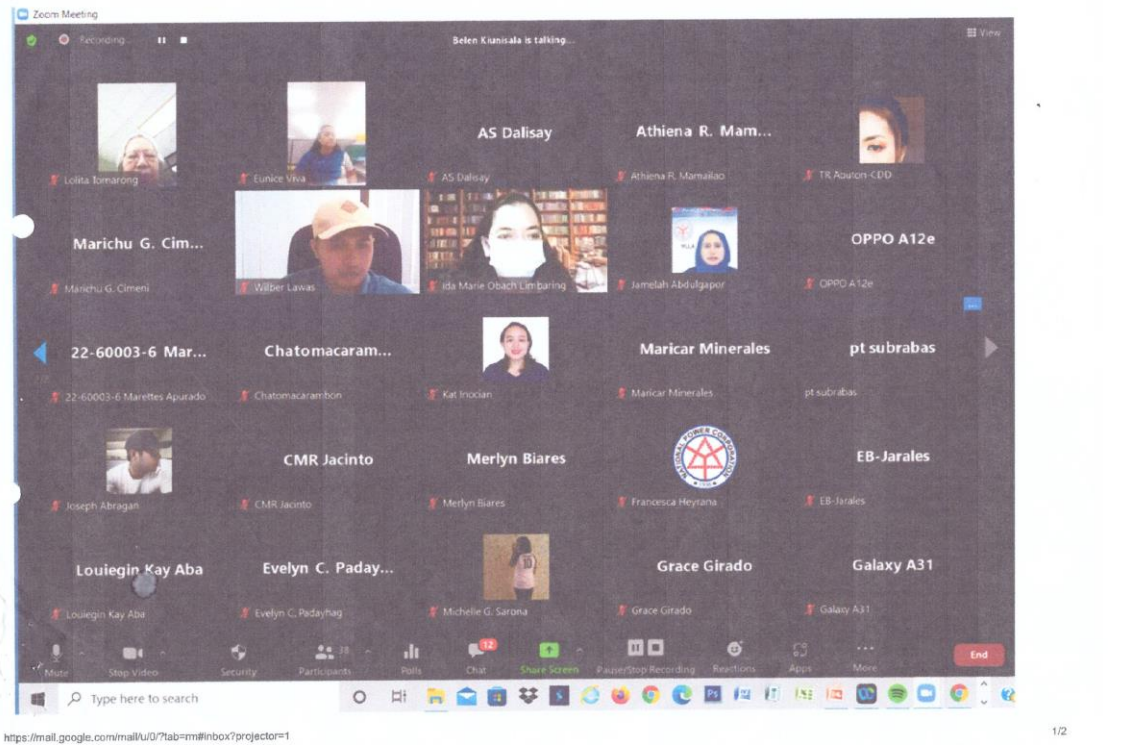
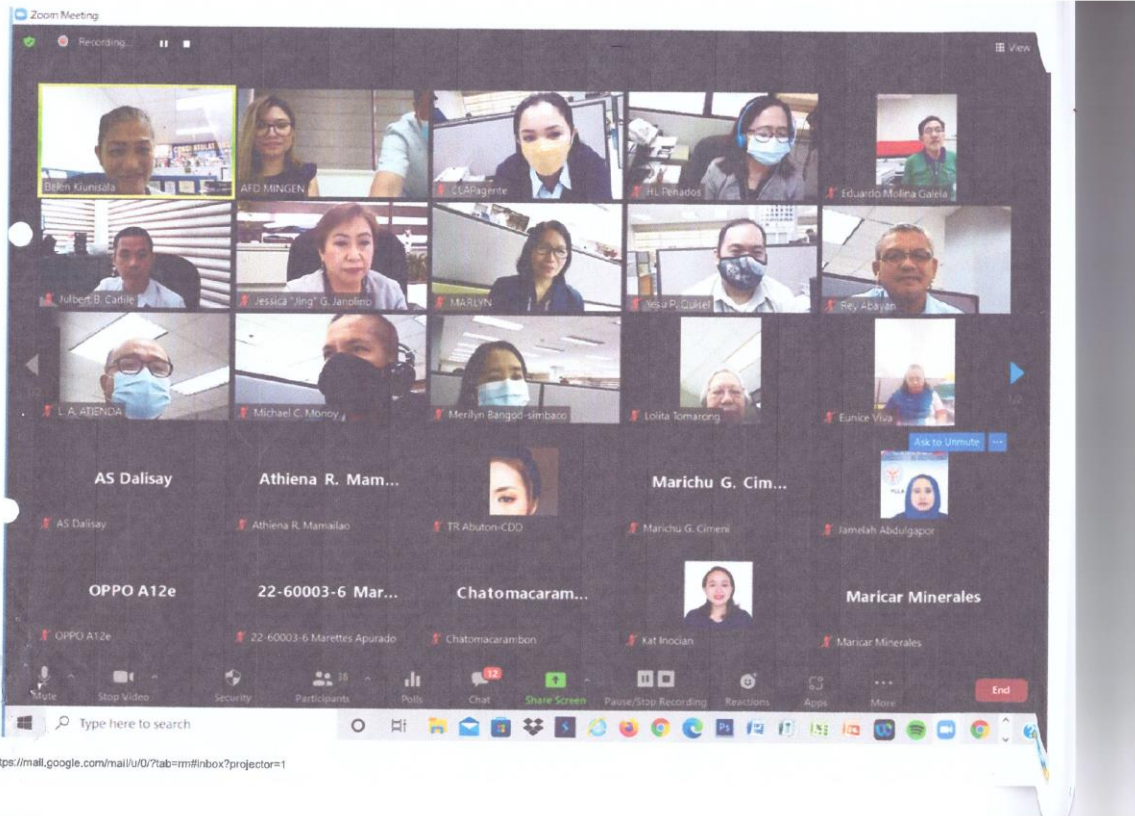
Prepared by:


Belen MFT Kiunisala, RN
 Sr. Nurse, Health & Welfare Section

Noted by:



ATTY. ROMERO R. PACILAN
 Manager, Admin & Fin Dept.

Health Awareness Lecture on "Love your Heart" by Dr. Marra V. Rico February 24, 2022



Health Awareness Lecture on "Liver Lover Ka Ba?" by Dr. Ranillo Gamutan April 27, 2022

260277


NATIONAL POWER CORPORATION

MCN-22-0042
MEMORANDUM

TO : ALL COST CENTER HEADS
MinGen Headquarters

FROM : EDMUNDO A. VELOSO, JR.
Vice President, Mindanao Generation

SUBJECT : WEBINAR HEALTH LECTURE ON FATTY LIVER

DATE : 22 APRIL 2022

The Medical Services and Welfare Section will conduct a Webinar Lecture on "Fatty Liver" by Dr. Ranillo Gamutan, Jr., Internal Medicine Diplomat of Philippine College of Physicians on 27 April 2022 (Wednesday), 9:00 in the morning. A link shall be provided to all interested participants.

For your information and dissemination.


National Power Corporation

ATTENDANCE SHEET

Title of Meeting/Activity: HEALTH LECTURE ON FATTY LIVER

Date: 27 APR. 2022 Time: 9:00AM Venue: MINGEN BOARDROOM

Please tick where appropriate:
 MANCOM Meeting Business Planning Management Review Meeting

NAME	DESIGNATION	OFFICE	SIGNATURE
IDA SOLIB ANZA			
A. S. Delosm	Sr. R/T Specialist / Sr		
THE MARIANO	COMP. TECH	ITD	
PI RUBINAH	COMP. TECH	ITD	
CNP BALS	TEB	ITDCM	
LOITA R. TERNATE	FIN SPECIALIST	FIN	
REY XRAYAN	(DRUM) PEA	DRUMD	
MARICHU CEMENTI	PE-A	DRUMD	
YESU P. BUSHEL	EMERGENCY	OM-CPD	
DEINU RAY B. CALDO	PEA	CPD	
JUAN MATA	PE-A	CPD	
CRJ MANUE	ENR II	CPD	
NATHANIEL DAN ALFONSO	CARET ENR	CPD	
AL PENADOS	CSO-C	CPD	
JOS ALFONSO	OM-CPD	Ducts C/P	
M. SALVADOR	CSO-C	CPD	
TS BENJAMIN	CSO B	OM-CPD	
JJ ROAVALA	COMP. TECH	ITD	
MDU ANGELES	SR. I/T SPECIALIST	ITD	
CRISTINA ROS	P. VCR	SPD	

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National Power Corporation

ATTENDANCE SHEET

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Date: 27 APR. 2022 Time: 9:00AM Venue: MINGEN BOARDROOM

Please tick where appropriate:
 MANCOM Meeting Business Planning Management Review Meeting

NAME	DESIGNATION	OFFICE	SIGNATURE
LESA Ann CABANER	Mult. Mgt. Spclt	Logistics Div	
Joselito F. TAYAO			
JULIETA MONTANO	MINS-C	CMO	
Eusebio ABREGON	Info. Syst.	US/ICS	
WILSON D. DOMINICAN	CSO B	CPD	
WILBERT A. SORIANO	SEA	FINANCE	
MELINDA S. BUNDELO	SFS B	FINANCE	
MAE ELLORA	Director	FINANCE	
MICHELLE APONTE	Director	FINANCE	
MA MUNDALOS	SFS B	FINANCE	
JR. DIMAY	INFO. SYSTEMS	FINANCE	
A.Y. MUMINATA	SEA	FINANCE	
Edith T. LUCAS			
Arinda L. PAUS	SFS-B	FINANCE	
GENIA MAE R. JOYANTO	FINANCE ANALYST	FINANCE	
GERLIE MAE ORIAS	FINANCE	FINANCE	
Domena M. Jaime	Sr. Accountant - Finance	FINANCE	
Arnelita S. Manalang	Section Chief - Finance	FINANCE	
Alfred L. Manalang	Section Chief - Finance	FINANCE	
Magda Rene	PE Analyst	FINANCE	
Magda Rene	PE Analyst	FINANCE	

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Please tick where appropriate:
 MANCOM Meeting Business Planning Management Review Meeting

NAME	DESIGNATION	OFFICE	SIGNATURE
JIE CADAVE	SENIOR ENG	CPD-CPD	
JIND LUMBANG	ENR II	CPD-CPD	
DELICIA T. ALMENDRA	S. ALICE	IT-CPD	
JO TAREL	Admin Asst. B	CPD	
MIC. SARA	INFO. ASST. I	CPD	
MRS. APAS	Principal Eng. A	CPD-CPD	
V. B. APAS	Dir. MGR.	IT-CPD	
CE. ANGLADO, JR.	Principal Eng.	AND	
JO. ANGLADO	CSO-C	CPD-CPD	
J.T. DELA CRUZ	CSO-D	CPD-CPD	
CR. CARANAS	Sr. Specialist	IT-CPD	
ROSE B. SOLANO	CSO SPECIALIST	IT-CPD	
ALAN DALE ENRI	Section Chief	IT-CPD	
KARINA BEN C. INICAN	Info. Syst.	IT-CPD	
VIVA. EVANCE	Sr. Com.	IT-CPD	
ALYAN B. JAYAN	Info. Syst.	IT-CPD	
ARHOLD B. JAYAN	Info. Syst.	IT-CPD	
AC. HERMILLA	Director	LOGISTICS	
PRO. DOMINICAN	MINS-C	LOGISTICS	
P. KERRATO	CSO	LOGISTICS	

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National Power Corporation

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Date: 27 APR. 2022 Time: 9:00AM Venue: MINGEN BOARDROOM

Please tick where appropriate:
 MANCOM Meeting Business Planning Management Review Meeting

NAME	DESIGNATION	OFFICE	SIGNATURE
MARIO S. MARISTIA, JR.	ENR II	CPD	
JO. PEREZ	PE-CPD	CPD	
S. M. DELICE	PE-CPD	CPD	
S. M. BACALAN	CPD-CPD	CPD-CPD	
MGT. ROSA	CPD-CPD	CPD-CPD	
AL. APAS	PE-A	CPD-CPD	
MIC. MONTANO	PE-B	CPD-CPD	
CRISTINA	PE-CPD	CPD-CPD	
L. A. SORIANO	PE-CPD	CPD-CPD	
R. O. VILLANOVA	PE-CPD	CPD-CPD	
J. B. SORIANO	PE-CPD	CPD-CPD	
J. B. SORIANO	PE-CPD	CPD-CPD	
J. B. SORIANO	PE-CPD	CPD-CPD	
A. SORIANO	PE-CPD	CPD-CPD	

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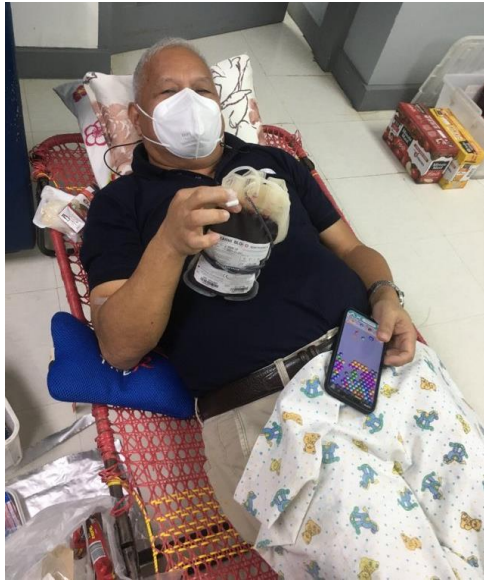
Blood Letting Activity
MinGen Infirmary, Maria Cristina, Iligan City
February 18, 2022



Blood Letting Activity
May 23, 2022
MinGen Infirmary, Maria Cristina, Iligan City



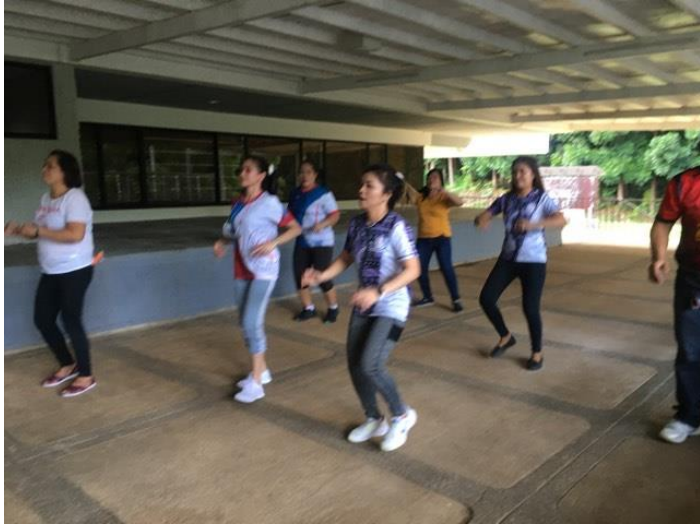
Blood Letting Activity
MinGen Infirmary, Maria Cristina, Iligan City
September 8, 2022



2022 Annual Physical Exam
MinGen Infirmary, Maria Cristina, Iligan City
August 1-10, 2022



2022 Zumba Exercises
MinGen Fitness Gym, Maria Cristina, Iligan City
every Friday 4PM onwards



Influenza or Flu Vaccination
MinGen Infirmary, Maria Cristina, Iligan City
July to December 2022



Covid-19 Vaccination
MinGen Infirmary, Maria Cristina, Iligan City
February 15, 2022



Covid-19 Vaccination
 MinGen Infirmary, Maria Cristina, Iligan City
 March 17, 2022



	VACCINATION ACTIVITIES	DATE	VENUE	REMARKS
1	Influenza Vaccination	July-Dec, 2022	MinGen Infirmary	With picture
2	Pneumococcal Vaccination	July 2022	MinGen Infirmary	
3	Covid 19 Vaccination	Feb. 11, 2022	MinGen Infirmary	
4	Covid 19 Vaccination	Feb. 15, 2022	MinGen Infirmary	With pictures
5	Covid 19 Vaccination	Mar. 17, 2022	MinGen Infirmary	With pictures
6	Covid 19 Vaccination	May 1, 2022	MinGen Infirmary	
7	Covid 19 Vaccination	Aug. 4, 2022	MinGen Infirmary	With pictures
8	Covid 19 Vaccination	August 18, 2022	MinGen Infirmary	
9	Covid 19 Vaccination	Sept. 14, 2022	MinGen Infirmary	

Covid-19 Vaccination
MinGen Infirmary, Maria Cristina, Iligan City
August 4, 2022

