



National Power Corporation
MINDANAO GENERATION
Maria Cristina, Iligan City, Lanao del Norte, Philippines

CY 2023

HEALTH

AND

WELLNESS

PROGRAM

REPORT

2023 HEALTH & WELLNESS ACTIVITIES

Mindanao Generation

A. BLOOD LETTING		DATE	HOST/VENUE	GENDER	
				M	F
1	1ST QUARTER BLOOD LETTING @ HQ MINGEN	JAN. 23 2023	MINGEN INFIRMARY	11	14
2	BLOOD LETTING	FEB. 10, 2023	AGUS 4/5 HPPC	6	18
3	BLOOD LETTING WITH 21 DONORS	FEB. 10, 2023	AGUS 6&7 HPPC	17	4
4	2ND QUARTER BLOOD LETTING @ HQ MINGEN	MAY 10, 2023	MINGEN INFIRMARY	18	10
5	BLOOD LETTING	JUNE 30, 2023	PULANGI IV HPP		
6	3RD QUARTER BLOOD LETTING @ HQ MINGEN	AUG. 11 2023	MINGEN INFIRMARY	16	14
7	BLOOD LETTING	AUG. 22, 2023	AGUS 4/5 HPPC	5	16
8	BLOOD LETTING WITH 26 DONORS	SEPT. 22, 2023	AGUS 6&7 HPPC	16	10
9	4TH QUARTER BLOOD LETTING @ HQ MINGEN	NOV. 17, 2023	MINGEN INFIRMARY	15	17
10	RECEIVED AWARDS FROM PHILIPPINE RED CROSS, ILIGAN CHAPTER: 1. HIGHEST NUMBER OF MBD ORGANIZED 2. BLOOD SERVICES PLATINUM AWARD-1929 BLOOD UNITS IN 16 YEARS 3.2023 BLOOD GALLONER AWARDEE: A. CABATINGAN, JOHN CHESTER O. B. GALDONES, REYNALDO JR. C. VELOSO, EDMUNDO A. JR. 4. BRONZE AWARDEE - AGDA, MARLYN T.	JULY 28, 2023	FROSTY BITES, CAMAGUE, ILIGAN CITY	3	4
11	RECEIVED CERTIFICATE OF RECOGNITION BY DEPT OF HEALTH	NOV. 10, 2023	CAGAYAN DE ORO	0	1

B. HEALTH AWARENESS LECTURE		DATE	HOST/VENUE	GENDER	
				M	F
1	"HEARTBURN" BY DR. WANDA AGUJA	FEB.14, 2023	MINGEN INFIRMARY/VIRTUAL	43	38
2	"OSTEOPOROSIS" BY DR. WANDA AGUJA	MARCH 21, 2023	MINGEN INFIRMARY/VIRTUAL	58	55
3	"HYPERTENSION" BY DR. WANDA AGUJA	APRIL 20, 2023	AGUS 6&7 HPPC	45	32
4	" HEAT STROKE" BY DR. WANDA AGUJA	MAY 4, 2023	MINGEN BOARDROOM	37	36
5	"MOTHER'S IN DIGITAL AGE" BY DR. SAFFIYA GALACIO	MAY 12, 2023	MINGEN LOBBY	11	86
6	"BENIGN PROSTATIC HYPERTROPHY" BY DR. WANDA AGUJA	JUNE 15, 2023	MINGEN BOARDROOM	85	30
7	" UPSET STOMACH" BY DR. SAFFIYA GALACIO	AUG. 24, 2023	MINGEN BOARDROOM	32	42
8	MENTAL HEALTH - ANGER MANAGEMENT BY DR. WANDA AGUJA	NOV. 23, 2023	MINGEN BIDDING ROOM	13	37
9	MENTAL HEALTH - ANGER MANAGEMENT BY DR. WANDA AGUJA	NOV. 30, 2023	AGUS 5 HPP	39	21

2023 HEALTH & WELLNESS ACTIVITIES Mindanao Generation

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4	2ND QUARTER BLOOD LETTING @ HQ MINGEN	MAY 10, 2023	MINGEN INFIRMARY	18	10
5	BLOOD LETTING	JUNE 30, 2023	PULANGI IV HPP		
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7	BLOOD LETTING	AUG. 22, 2023	AGUS 4/5 HPPC	5	16
8	BLOOD LETTING WITH 26 DONORS	SEPT. 22, 2023	AGUS 6&7 HPPC	16	10
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9	MENTAL HEALTH - ANGER MANAGEMENT BY DR. WANDA AGUJA	NOV. 30, 2023	AGUS 5 HPP	39	21

C. LABORATORY EXAMS		DATE	HOST/VENUE	GENDER	
				M	F
1	ANNUAL PHYSICAL EXAM	JUNE 5 - 9, 2023	AGUS IV/V HPPC	69	17
2	AGUS 4/5 DRUG TESTING	JUNE 8, 2023	AGUS 5 MULTI PURPOSE HALL	30	5
3	ANNUAL P.E. EVALUATION	JUNE 17, 2023	AGUS 5 CONFERENCE ROOM	11	5
4	ANNUAL PHYSICAL EXAM	JULY 20 & 21, 2023	AGUS VI/VII HPPC	98	20
5	ANNUAL PHYSICAL EXAM& DRUG TEST	AUG 8-11, 2023	MINGEN INFIRMARY	108	71
6	DRUG TESTING	AUG. 11, 2023 & OCT. 2, 2023	AGUS VI & VII HPPC	72	17
7.	ANNUAL PHYSICAL EXAM		PULANGI IV HPP	52	13
8.	ANNUAL PHYSICAL EXAM	DEC. 23-28, 2023	AGUS I/II HPPC	72	10

D. PHYSICAL FITNESS PROGRAM		DATE	HOST/VENUE
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 29, 2023	MINGEN FITNESS GYM
4	LEVEL I & II SPORTSFEST OPENING	MARCH 22, 2023	MINGEN OUTDOOR STAGE
5	LEVEL III SPORTSFEST	OCT. 4-6, 2023	MINGEN SPORTS FACILITIES
6	BLESSING OF NEW BASKETBALL COURT AND BADMINTON COURT	DEC. 20, 2023	MRSQ, MARIA CRISTINA, ILIGAN CITY

E. VACCINATION		DATE	HOST/VENUE	GENDER	
				M	F
1	INFLUENZA VACCINATION	SEPT. 4, - DEC 31, 2023	MINGEN INFIRMARY	89	57
2	INFLUENZA VACCINATION	SEPT. 14-15, 2023	AGUS VI/VII HPPC	80	13
3	INFLUENZA VACCINATION	NOV. 17 - DEC. 31, 2023	AGUS IV/V HPPC	106	18
4	INFLUENZA VACCINATION	SEPT. 25 - DEC. 31, 2023	PULANGI IV HPP	52	13
5	INFLUENZA VACCINATION	NOV. 27 - DEC. 31, 2023	AGUS I/II HPPC	72	10

F. COVID MITIGATION		DATE	HOST/VENUE	GENDER	
				M	F
1	DISTRIBUTION OF VITAMINS (STRESS TAB)	JAN. 17 - 19, 2023	HQ MINGEN OFFICES	128	78
2	DISTRIBUTION OF VITAMINS (STRESS TAB)	APR. 4 - 18, 2023	HQ MINGEN OFFICES	138	73
3	DISTRIBUTION OF VITAMINS (ASCORBIC ACID + ZINC)	JUNE 27, 2023	HQ MINGEN OFFICES	160	65
4	BUILDING DISINFECTION	EVERY SATURDAY, WEEKLY	ALL HQ MINGEN OFFICES & BUILDINGS	NA	NA

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G. SEMINARS		DATE	HOST/VENUE	GENDER	
				M	F
1	REFRESHER SEMINAR ON BASIC LIFE SUPPORT	JUNE 26,27 & 29-30, 2023	MINGEN TRAINING CENTER AGUS 6/7	20	4
2	OCCUPATIONAL SAFETY & BASIC LIFE SUPPORT SEMINAR	NOV.13-15, 2023	MINGEN TRAINING CENTER	17	19
4	REFRESHER COURSE ON FIRST AID, BASIC LIFE SUPPORT & CPR SEMINAR	DEC. 12-13, 2023	AGUS 5 MULTI PURPOSE HALL	19	8

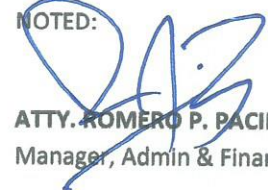
PREPARED BY:


BELEN MFT KIUNISALA
 Sr. Nurse, HRAD

REVIEWED BY:


MIRIAM DANNETTE S. ROQUE
 Manager, HR & Admin Division

NOTED:


ATTY. ROMERO P. PACILAN
 Manager, Admin & Finance Dept.

G. SEMINARS		DATE	HOST/VENUE	GENDER	
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PREPARED BY:


BELEN MFT KIUNISALA
 Sr Nurse, HRAD

REVIEWED BY:


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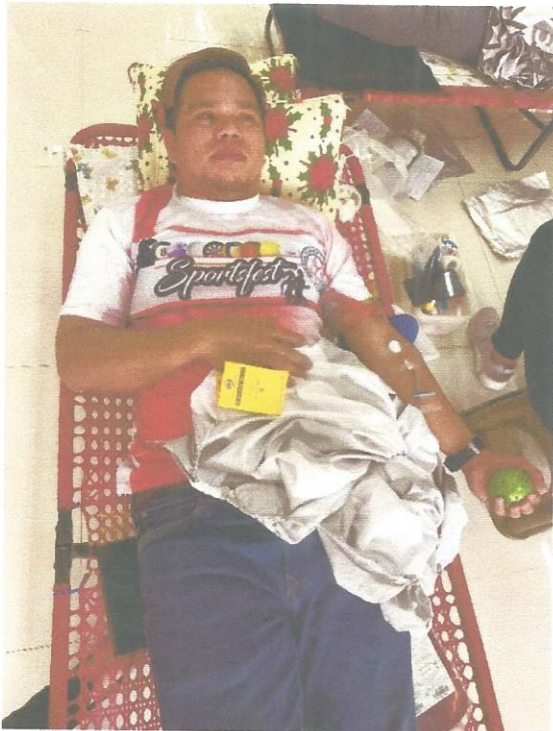
NOTED:


ATTY. ROMERO P. PACILAN
 Manager, Admin & Finance Dept.

**A1. Blood Letting @ MinGen Infirmary with 15 donors
January 23, 2023**



A2. Blood Letting @ Agus 4/ 5 HPP
Feb. 10, 2023



A3. Blood Letting @ Agus 6&7 HPPC with 21 donors

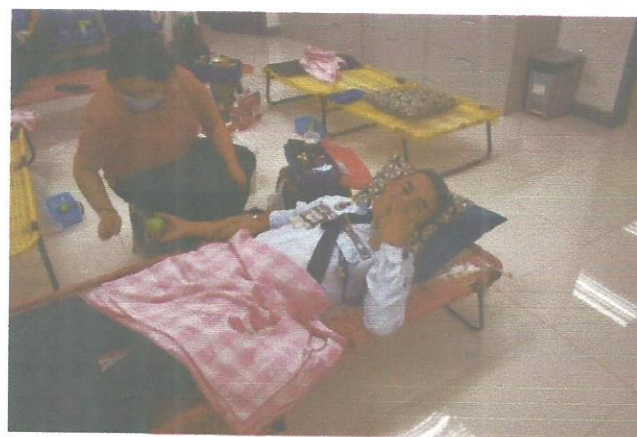
February 10, 2023



A4. Blood Letting @ MinGen Infirmary with 18 donors
May 10, 2023



A6. Blood Letting @ MinGen Infirmary with 22 donors
August 11, 2023



A7. Blood Letting @ Agus 4/ 5 HPP
Aug. 22, 2023



A8. Blood Letting @ Agus 6 & 7 HPPC with 26 donors
September 22, 2023



A9. Blood Letting @ MinGen Infirmary with 24 donors
November 17, 2023



TPO-MINGEN CLINIC



A10. AWARDS FROM THE PHILIPPINE RED CROSS, ILIGAN CHAPTER

JULY 28, 2023

- HIGHEST NUMBER OF MOBILE BLOOD DONATION (MBD) ORGANIZED
- BLOOD SERVICES PLATINUM AWARD - 1929 blood units in 16 years
- 2023 BLOOD GALLONER AWARDEES:
 - ❖ JOHN CHESTER O. CABATINGAN
 - ❖ REYNALDO GALDONES, JR.
 - ❖ EDMUNDO A. VELOSO, JR.
- 2023 BLOOD BRONZE AWARDEE - MARLYN T. AGDA

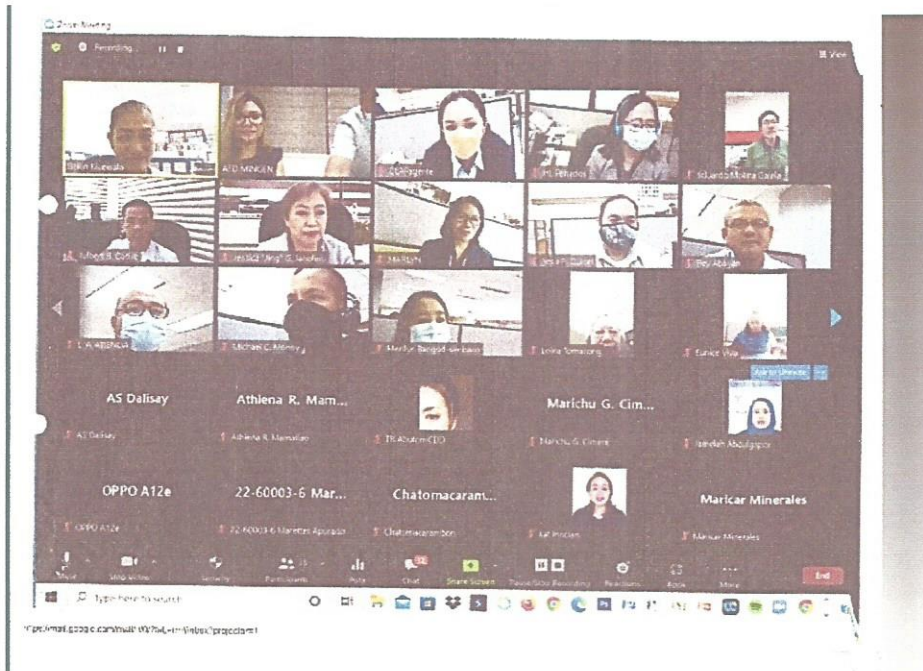


A11. AWARD FROM DEPARTMENT OF HEALTH, CDO
NOV. 10, 2023

CERTIFICATE OF RECOGNITION



B1. HEALTH LECTURE ON HEARTBURN FEBRUARY 14, 2023



B2. HEALTH LECTURE ON OSTEOPOROSIS MARCH 21, 2023



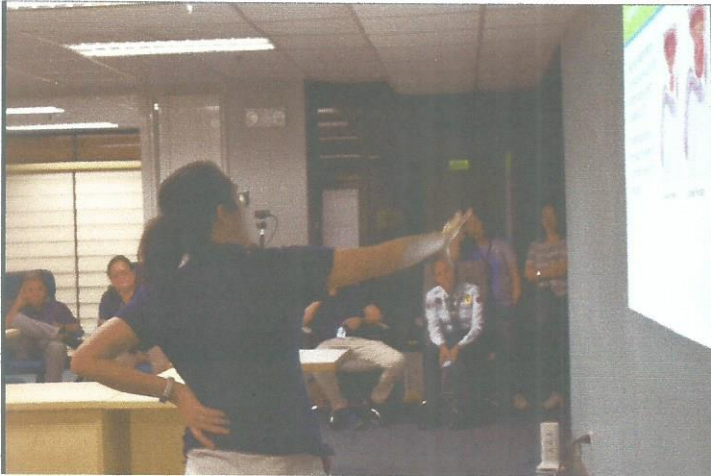
**B3. HEALTH LECTURE ON HYPERTENSION
APRIL 20, 2023**



B5. HEALTH LECTURE ON MOTHER'S IN DIGITAL AGE
MAY 12, 2023



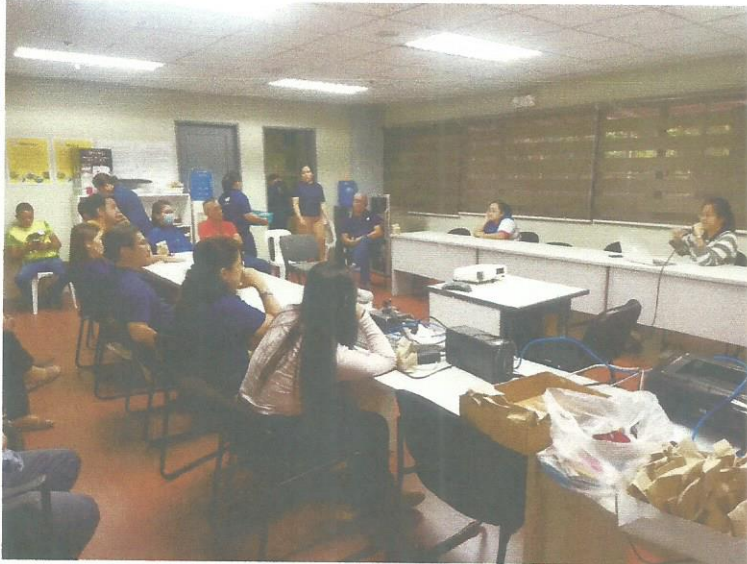
**B6. HEALTH LECTURE ON BENIGN PROSTATIC HYPERTROPHY
JUNE 15, 2023**



B7. HEALTH LECTURE ON UPSET STOMACH AUGUST 24, 2023



**B8. HEALTH LECTURE ON ANGER MANAGEMENT
NOVEMBER 23, 2023**



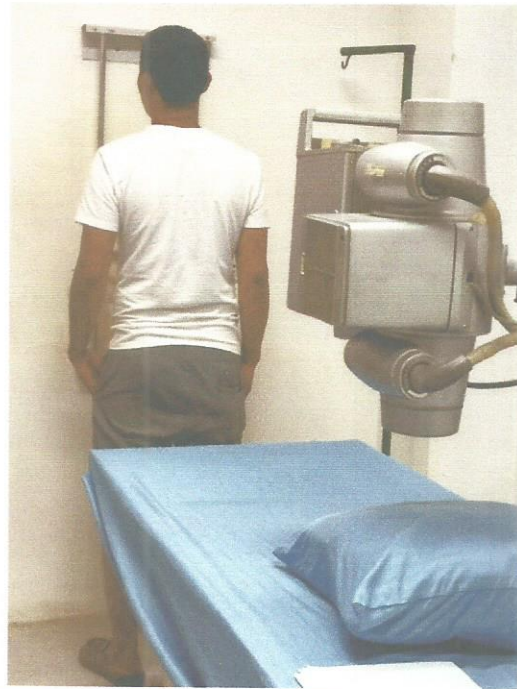
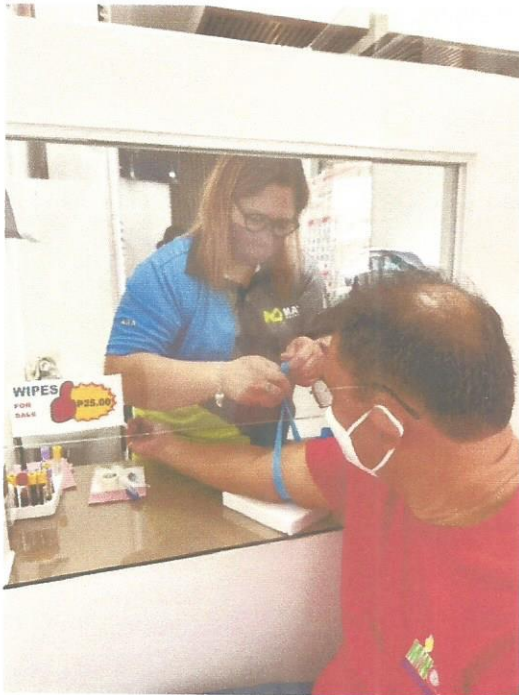
**B9. HEALTH LECTURE ON ANGER MANAGEMENT
NOVEMBER 30, 2023 @ Agus 5 HPP**



C1. DRUG TEST OF AGUS IV/V HPPC EMPLOYEES
June 8, 2023 @ AGUS 5 CONFERENCE ROOM

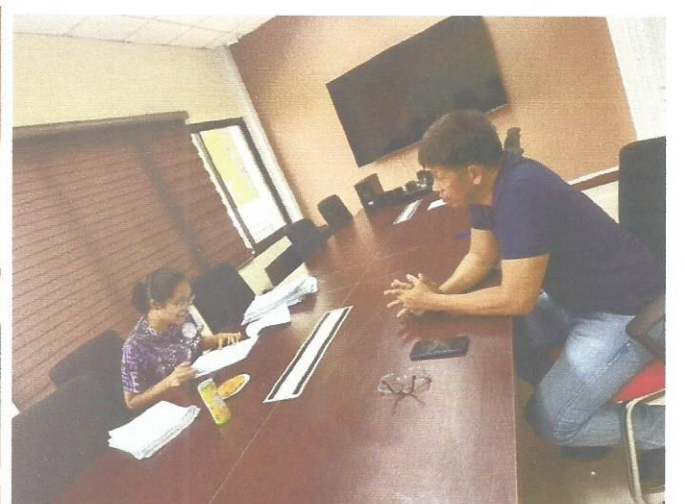


C2. ANNUAL PHYSICAL EXAM OF AGUS IV/V HPPC EMPLOYEES June 5-9, 2023 @ MAYO DIAGNOSTIC CENTER

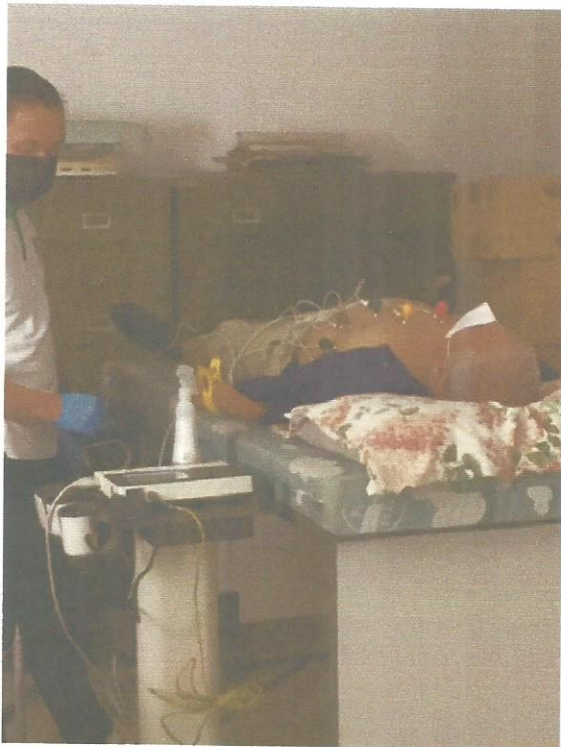
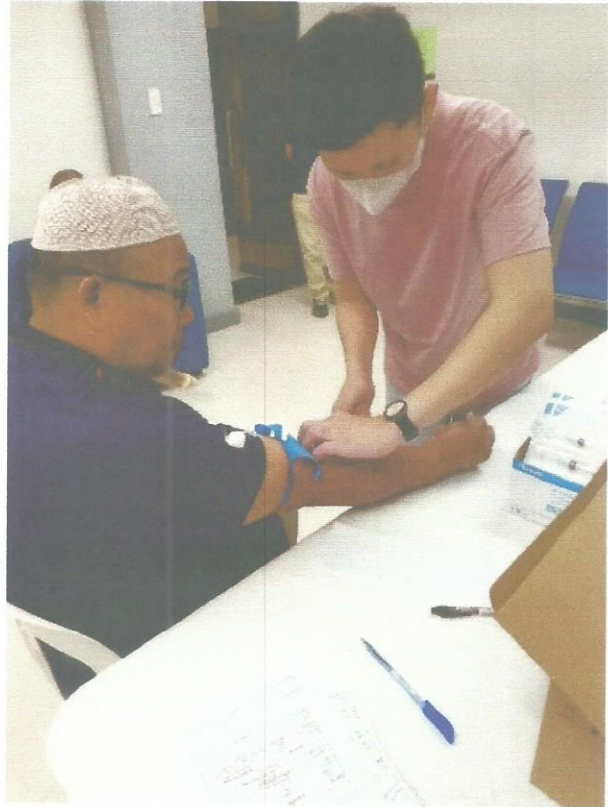
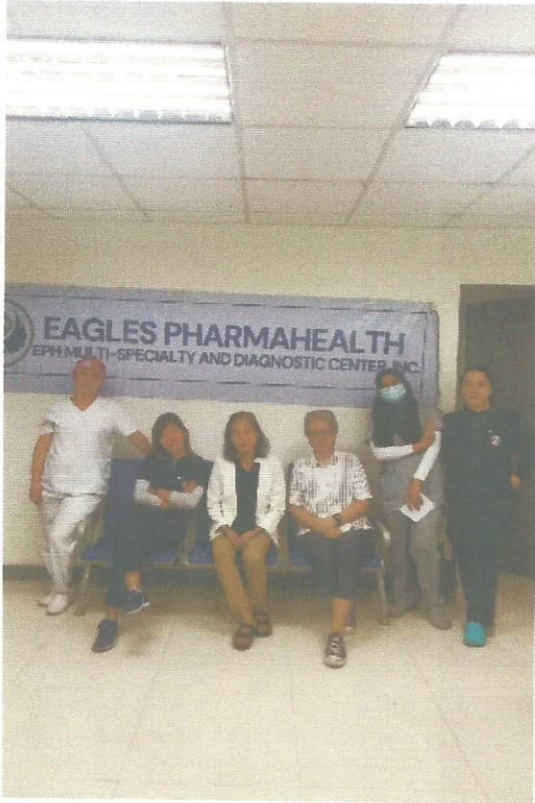


C3. AGUS 5 HPP ANNUAL P.E. EVALUATION

June 17, 2023



C5. ANNUAL PHYSICAL EXAM OF HQ MINGEN



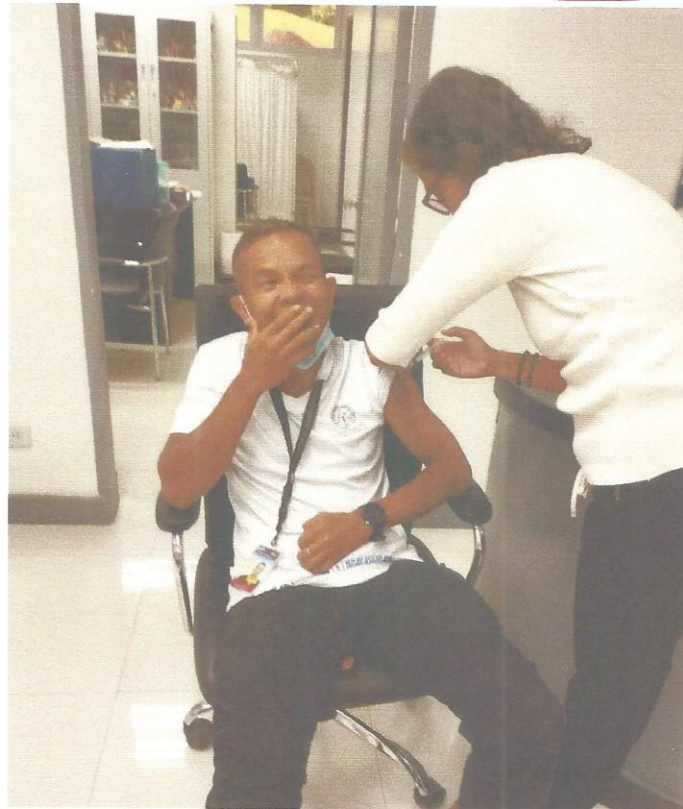
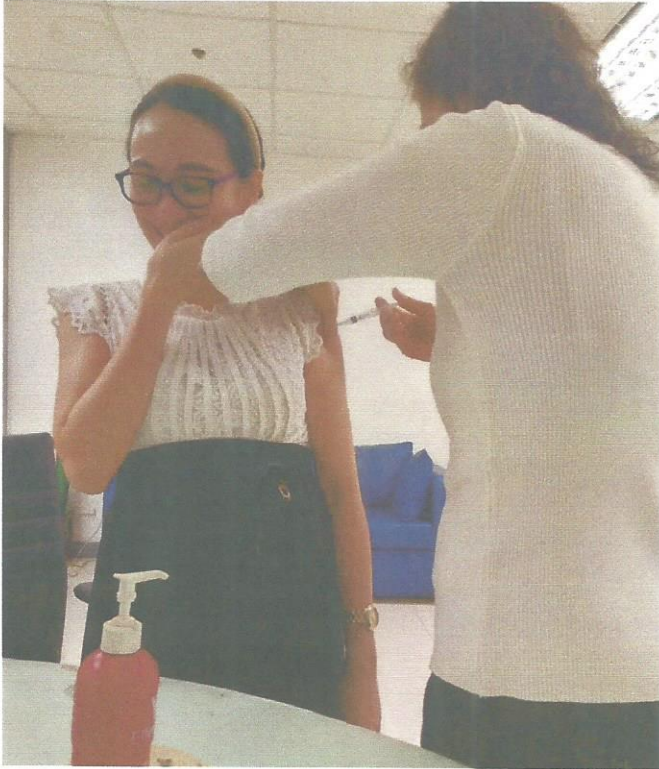
D4. Sportfest Level I & II March 22, 2023



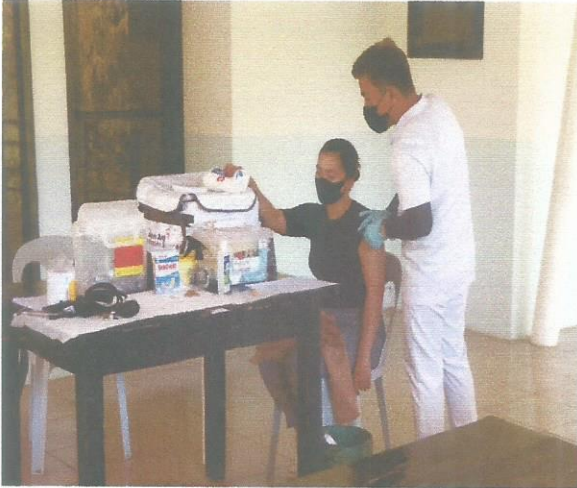
D5. Sportfest Level III
OCT. 4-6, 2023



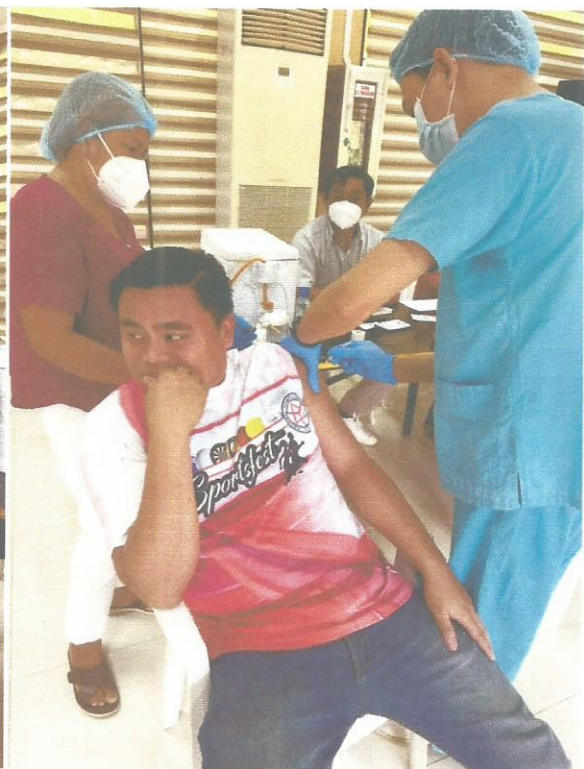
E1. INFLUENZA VACCINATION of HQ MinGen
September 4- December 31, 2023



E2. INFLUENZA VACCINATION of AGUS 6/7 HPPC
September 14-15, 2023



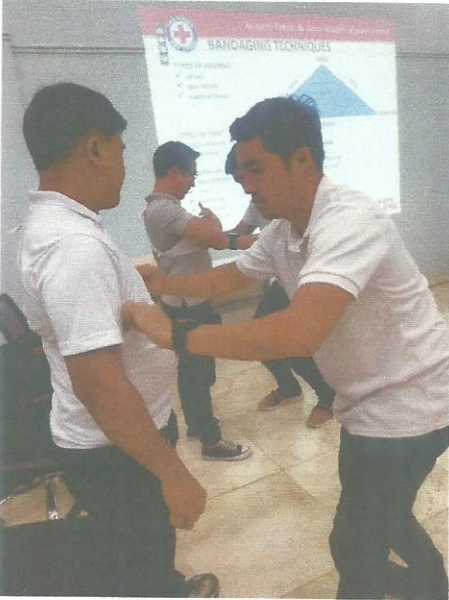
E3. INFLUENZA VACCINATION OF AGUS 4/5 HPPC
NOV. 17-DEC 31, 2023



G1. REFRESHER SEMINAR ON BASIC LIFE SUPPORT
JUNE 26,27 & 29-30, 2023



G2. OCCUPATIONAL SAFETY & BASIC LIFE SUPPORT SEMINAR
NOV. 13-15, 2023
MINGEN TRAINING CENTER



**G3. REFRESHER COURSE ON FIRST AID, BLS/CPR
DEC. 12-13, 2023**

