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Republic of the Philippines  
Department of Education  
**NEGROS ISLAND REGION**  
DIVISION OF DUMAGUETE CITY  
Dumaguete City

**MEMORANDUM**

To : Assistant Schools Division Superintendent  
Chief, Curriculum Implementation Division  
Chief, School Governance Operations Division  
Education Program Supervisors  
Senior/Education Program Specialists  
Administrative Officer V, Accountant III  
Planning Officer III, Administrative Officer IV  
Project Dev't Officer II, Project Dev't Officer I  
All Non-teaching personnel of the Division Office

FROM : **DR. EVANGEL M. LUMINARIAS**

SUBJECT : **ATTENDANCE TO THE GAANO INTER-AGENCY  
SPORTS FESTIVAL 2017 PARADE**

DATE : May 2, 2017

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1. In compliance with Civil Service Commission (CSC) Memorandum Circular (MC) No. 6, s. 1995, and CSC MC No. 8, s. 2011, copies of which are attached for your reference, the GAANO (Government Agencies' Association of Negros Oriental) will be holding an Inter-Agency health and wellness event in preparation for the 2017 Philippine Civil Service Anniversary come September, with an opening salvo on May 6, 2017.
2. In connection with the aforementioned, you are hereby directed to attend the Grand Parade on May 6, 2017 at 7:00 am. Assembly time is at 6:00 a.m. at the Freedom Park. This is a whole day activity. A photocopy of the Program is attached for your guidance.
3. Be guided accordingly.

  
**EVANGEL M. LUMINARIAS, Ph. D., CESO V**  
Schools Division Superintendent



MC No. 8, s. 2011

### MEMORANDUM CIRCULAR

**TO :** ALL HEADS OF CONSTITUTIONAL BODIES, DEPARTMENTS, BUREAUS, AND AGENCIES OF THE NATIONAL GOVERNMENT, LOCAL GOVERNMENT UNITS, STATE COLLEGES AND UNIVERSITIES AND GOVERNMENT-OWNED OR CONTROLLED CORPORATIONS WITH ORIGINAL CHARTERS

**SUBJECT :** **Reiteration of the Physical Fitness Program  
"Great Filipino Workout"**

The Civil Service Commission (CSC) as the central personnel agency of the government issued Memorandum Circular (MC) No. 38, s. 1992 regarding the "Physical and Mental Fitness Program for Government Personnel", dated September 30, 1992.

The CSC also issued MC No. 6, s. 1995, dated April 20, 1995, requiring all agencies to adopt "The Great Filipino Workout" as an integral part of the National Physical Fitness and Sports Development Program for government personnel.

In order to develop a healthy and alert workforce, the CSC reiterates the implementation of the program, particularly:

1. Allotment of a reasonable time for regular physical fitness exercise and inclusion of physical fitness exercises in seminars, training programs and similar occasions.

The above-stated MCs authorize one (1) hour each week for the conduct of health awareness program and twenty (20) minutes daily for the conduct of wellness or fitness program. Where public services will be unduly disrupted or prejudiced, the personnel complement may be divided into such number of groups as may be necessary who shall undertake such activities in different times of the day and different days of the week; and

2. Adoption of plans for a continuing physical fitness and sports activities.

The activities shall be integrated as part of the agency health and wellness program.

  
FRANCISCO T. DUQUE III, MD, MSc.  
Chairman

07 MAR 2011



MC No. 06, II, 1995

**MEMORANDUM CIRCULAR**

**TO: ALL HEADS OF DEPARTMENTS, BUREAUS AND AGENCIES OF THE NATIONAL AND LOCAL GOVERNMENTS, INCLUDING GOVERNMENT-OWNED AND/OR CONTROLLED CORPORATIONS**

**SUBJECT: "The Great Filipino Workout"**

In Resolution No. ~~95-2803~~ dated April 20, 1995 promulgated by this Commission pursuant to Proclamation No. 528 it is required that all agencies shall adopt "The Great Filipino Workout" as an integral part of their physical Fitness and Sports Development Program.

"The Great Filipino Workout" is the physical fitness project in furtherance of the national policy of "Sports-For-all" under the National Fitness and Sports Development Program of the Government. It is designed to inculcate in us the importance of a healthy lifestyle and a regimen of regular physical fitness activities as a strategy to reduce the level of risk factor of heart diseases".

In order to attain the objectives of the National Physical Fitness and Sports Development Program and the development of a healthy and alert workforce in government, all Heads of Departments, Bureaus and Agencies of the National and Local Governments including Government-Owned and/or Controlled Corporations are hereby required to adopt and implement "The Great Filipino Workout" as an integral part of their Physical Fitness and Sports Development Program and particularly:

1. To allot a reasonable time for weekly physical fitness exercise for its officers and employees, consistent with Memorandum Circular No. 38, series of 1992 of this Commission.
2. To include a reasonable period of time for physical fitness exercises by all participants in seminars, training courses and similar occasions;

3. To adopt appropriate plans for a continuing physical fitness and sports activities for its officials and employees; and
4. To submit to the Civil Service Commission through the Human Resource Development Office a monthly report on the implementation of Project: "The Great Filipino Workout."

This Memorandum Circular shall take effect immediately.

  
CORAZON ALMA G. DE LEON  
Chairman

April 20, 1995  
RDO/RCM/6 m/fac/528/Amo

**GAANO Inter-Agency Sports Festival 2017**  
**Search for MS GAANO 2017**

**Saturday, May 6, 2017**  
**Freedom Park-Capitol, Dumaguete City**

**PROGRAMME**

***Acknowledgement of Agencies and their Agency Heads***

***Prayer***

***BLEND Choristers***

***Pambansang Awit***

***BLEND Choristers***

***Welcome Address***

***Atty. Mercedes VPE Enriquez***  
***GAANO President***

***Opening Number***

***NORSU- Dance Troupe***

***Introduction of the Board of Judges***  
***& Reading of the Criteria***

***Ms. Cecilia C. Tenaja***  
***BCRD Chief, GSIS***

***Search for Ms. GAANO 2017***

***Intermission Number***

***BLEND Choristers***

***Acknowledgements***

***Intermission Number***

***NORSU- Dance Troupe***

***Proclamation of Ms. GAANO 2017 & her runner ups (To be awarded by selected***  
***Agency Heads and Chairman of the Board of Judges)***

***Reading of Ball Games Guidelines and***  
***Introduction of Tournament Managers***

***Risty A. Villahermosa***  
***Over-all Coordinator***

***Pledge of Sportsmanship***

***Atty. Louie Naranjo***  
***DAR-Neg-Or Chief***

***Closing Remarks***

***Ms. Lanie Cabrera***  
***ASDS, Dep-ED Prov. Division***

**PART II –LARONG PINOY**

ORDER OF PARADE - GAANO SPORTS FEST - MAY 6, 2017

- 1 GSIS - CSC - PCSO
- 2 DCWD
- 3 NFA - DA- BFAR
- 4 DPWH NIR
- 5 DEP ED NEGOR
- 6 DSWD NIR
- 7 SSS - PHILHEALTH
- 8 PNP
- 9 NORSU
- 10 PIA
- 11 PHIL POST
- 12 DENR
- 13 DAR
- 14 PAG IBIG
- 15 PSA NIR & NEG. OR
- 16 PPA - BUREAU OF CUSTOMS - MARINA
- 17 DILG NEGOR
- 18 CAAP
- 19 DEP ED DUMAGUETE
- 20 DEP ED. GUIHULNGAN
- 21 DEP. ED. TANJAY
- 22 DEP. ED. BAYAWAN
- 23 **Ded. Ed. Bais City Division**
- 24 **Tanjay City Water District**
- 25 **Sibulan Water District**
- 26 **Ayungon Water District**
- 27 TESDA
- 28 COA