

MENTAL HEALTH AWARENESS WEBINAR : "HEALTHY MIND YIELDS GOOD HARVEST" September 20, 2021

The COVID-19 Pandemic has greatly affected the lives of people in many ways. People feel overwhelmed, anxious and stressed on the effect of the virus physically and mentally. At the height of the health crisis, the government mandated us to stay at home and comply with the standard health protocols to control the spread of the virus.

Government agencies were allowed to adopt an alternative work arrangement through CSC Approved Resolutions. While we religiously comply with the required social distancing and self-isolation, this may result in social loneliness since face to face interaction has been restricted by the concerned government agencies as recommended by the IATF.

It is in this light that the NFA Regional Office initiated an activity to take care of mental health and physical wellbeing of employee amidst the COVID-19 Pandemic through a Webinar entitled "Healthy Mind Yields Good Harvest" was conducted by NFA Regional Office Southern Tagalog Region on September 20, 2021 attended by the officials and employees of the entire NFA Region IV via zoom application. This was also one of the activities in line with the virtual celebration of the NFA Regional Office for the 49th Anniversary Celebration of National Food Authority.

A distinguished speaker from the Department of Education was invited in the person of **MS REYNALYN T. PADSOYAN, Ph.D.** a Senior Program Specialist from the Department of Education and a faculty member of various universities in Baguio City.

Balancing our mental health while performing our duties and responsibilities as public servants during this time of pandemic is truly challenging and inspirational.

The webinar focused on the wellbeing and mental health of the employees to promote a healthy workplace environment with truly responsible, dedicated and responsible NFA employees despite the overwhelming effect of the Pandemic. The Resource Speaker shared best practices on how to balance our mental health while performing our duties and responsibilities as public servants especially during this time of pandemic. Among them are as follows:

1. Understand the locus of your mind
2. Mind the things that you can control
3. Align the mind to reality
4. Allow the mind to explore possibilities
5. Let the mind connect with others
6. Rejoice with successful minds
7. Teach the mind to bear a spicy day, at some degree
8. Provide the mind a boundaries too
9. Never push the mind to compete
10. Simple harvest deserves a mindful celebrations

After the two (2) hour discussion, employees were given the opportunity to raise questions and share their experiences while coping with the current health crisis.

As an act of appreciation, a virtual presentation of Certificate of Appreciation to the Subject Matter Expert (SME) Dr. Reynalyn Padsuyan by Regional Manager Yolanda R. Navarro after which the signed Certificate and simple token were delivered through a private courier.

Certificates of Participation were also given to the employees for actively participating in the activity with 2 hours credit on Technical Training.

Lastly the Regional Manager expressed her appreciation to all the members of the GAD Technical Working Group of Regional Office for coming up with this kind of webinar as part of the NFA Anniversary celebration.

**MENTAL HEALTH AWARENESS WEBINAR : "HEALTHY MIND YIELDS GOOD HARVEST"
BY: REYNALYN T. PADSOYAN, Ph.D.
September 20, 2021**

**NATIONAL FOOD AUTHORITY
SOUTHERN TAGALOG REGION**
BATANGAS • LAGUNA • OCCIDENTAL MINDORO • ORIENTAL MINDORO • PALAWAN • QUEZON

WEBINAR In celebration of 49th Founding Anniversary with the theme
"NFA @ 49: Tuloy ang Misyon sa Nagbabagong Panahon"

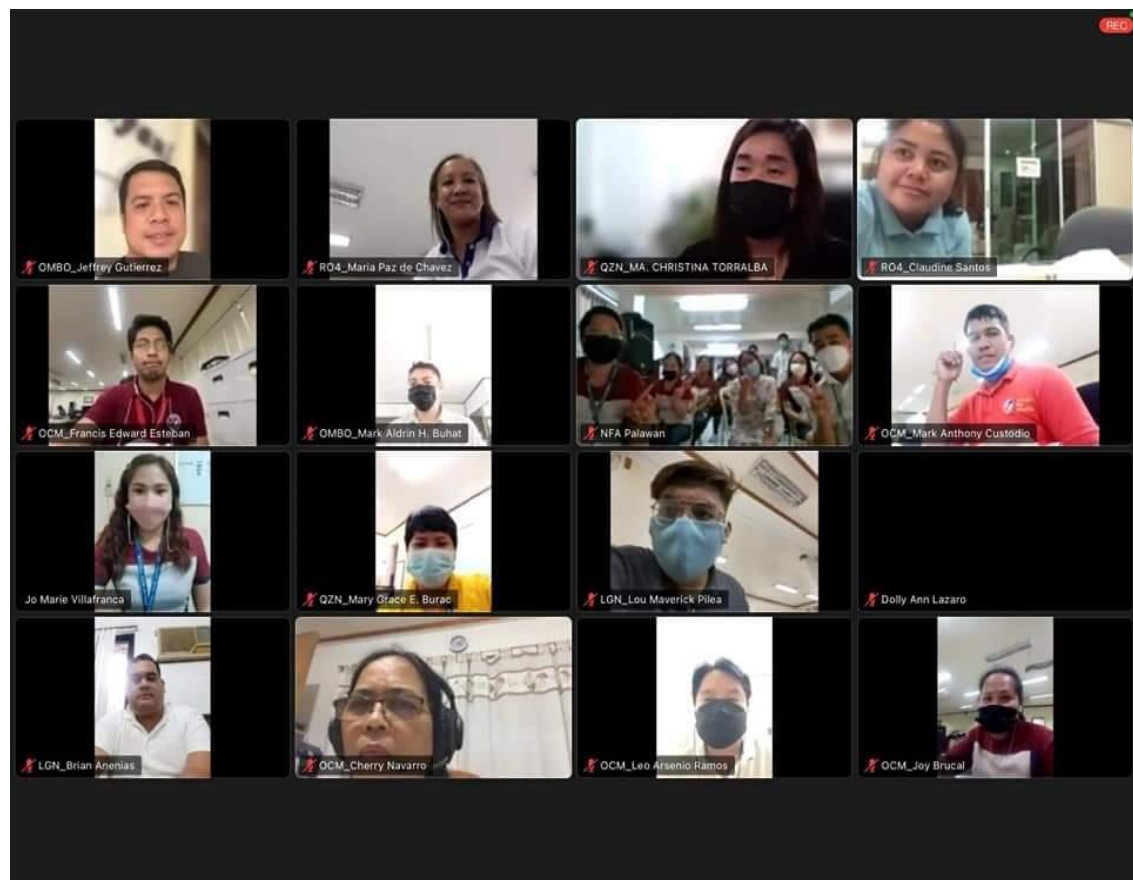
**Healthy Mind
Yields Good Harvest**

September 20, 2021 | MONDAY | 02:00 - 04:00 PM

DR. REYNALYN T. PADSOYAN, MDM
Senior Education Program Specialist
Department of Education

ANNEX B

PARTICIPANTS FROM THE SIX (6) BRANCH OFFICES OF NFA REGION IV INCLUDING THE REGIONAL OFFICE



ANNEX B



NATIONAL FOOD AUTHORITY
Southern Tagalog Region
Balagtas, Batangas City

2021 DRUG AWARENESS SEMINAR

In line with our efforts to keep our working environment in the National Food Authority safe and healthy, series of drug awareness seminar were conducted by NFA Southern Tagalog Region as one of the GAD Projects for 2021. The activity is also part of the Agency's continuous, sustainable and inclusive actions towards gender equality.

Branch Offices who were not able to conduct the same activities due to travel restrictions at the height of COVID-19 pandemic wherein face to face training/seminar is prohibited were included in their scheduled trainings and seminars for CY 2022.

DRUG AWARENESS RELATED TRAININGS/SEMINAR/ORIENTATION

Two (2) among the six (6) Branch Offices conducted a three to four hour briefing/seminar on Drug Awareness, Illegal Drug Awareness Towards A Drug-Free Work Place and Drug Awareness to raise awareness on the various kinds of illegal drugs, its adverse effects to the human health, the reasons why people resort to drug use, and how to deal with it and to promote a healthy, safe and a drug free workplace in coordination with the Office of the Philippine Drug Enforcement Agency (PDEA) in the province.

The seminar is timely and important because, as of date many people are facing different influences from dangerous drugs. The topics being discussed play a counterbalancing role in shaping a normative culture of safety, moderation and informed decision-making especially to public servants.

Intelligence Officer and Assistant Chief Preventive Education and Community Involvement Officer from PDEA were invited to talk and discuss matters relevant to Illegal Drug Awareness. Through a PowerPoint presentation, the resource speaker showed different news articles about disturbing crimes and incidents involving persons who are using illegal drugs. This reflects the worst and strange actions that persons under the influence of illegal drugs are capable of doing. The Speakers also apprised the participants with the following information:

- Definition of a drug;
- Definition of drug abuse and its different forms;
- Classification of drugs and their origin;
- Classification of psychoactive substances;(Stimulants, Opioids, Depressants; Hallucinogens and others)
- Health effects and side effects of different substances;
- How the drugs are taken (Smoking, Snorting, Oral Route, Injection, Suppositories and Topical);
- Abused drugs in the Philippines (Shabu, Marijuana or Cannabis, Ecstasy and others);
- The physical appearance of various abused drugs and how they are administered; and
- The ingredients of the abused drugs and their side effects to human health

Discussion on Republic Act 9165 or otherwise known as the Comprehensive Dangerous Drugs Act of 2002 and other pertinent laws related to dangerous drugs, was also discussed. Invited Resource Speakers from PDEA also provided the information on the different kinds of drugs, including the mandate and programs of the Philippine Drug Enforcement Agency (PDEA) to fight illegal drugs.

Questions regarding the topics discussed were raised during the open forum. In other Branch Offices, employees who attended the seminar/briefing received PDEA Komiks: Pintuan ng Pagbabago, a reading material which is part of PDEA's efforts to create awareness on the ill-effects of illegal drugs to one's family and community

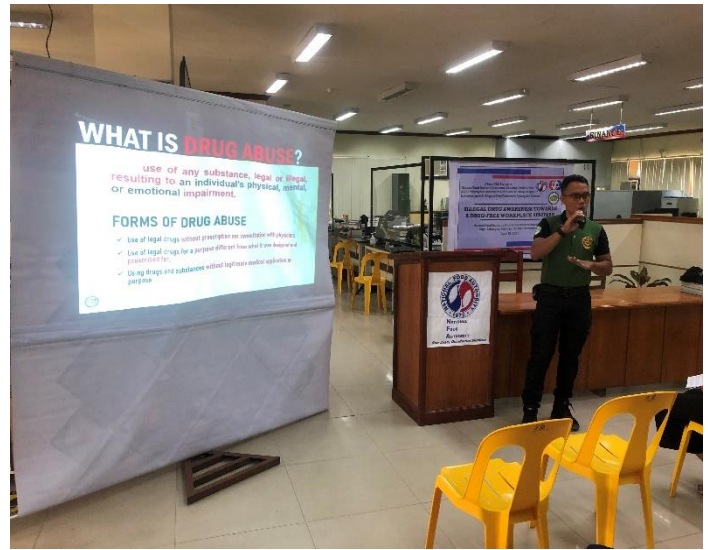
At the end of the seminar, a Token and Certificate of Appreciation were given to the speakers from PDEA in recognition for the invaluable knowledge and expertise they have shared during the seminar. Certificates of Participation were also awarded to the employees who actively participated in the seminar/orientation.

PHOTOS OF THE ACTIVITIES:

ILLEGAL DRUG AWARENESS TOWARDS A DRUG-FREE WORKPLACE SEMINAR

June 18, 2021 / 2:00 PM

NFA-Occidental Mindoro Branch Office, Labangan, Occidental Mindoro



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2021
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DRUG AWARENESS AND PREVENTION SEMINAR May 18, 2022

