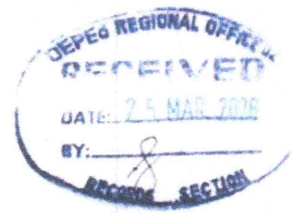


University of the Philippines
College of Home Economics
Department of Home Economics Education
UP Circle of Home Economists



March 9, 2026

DIR. BENJAMIN D. PARAGAS
Regional Director
Department of Education - Region II (Cagayan Valley)



RE: Request for Endorsement of Invitation to a Webinar on Good Vibes Guide: Syncing Life's Wavelengths for a Better You (with CPD Points)

Dear Dir. Paragas:

Greetings! I hope this letter finds you well.

The UP Circle of Home Economists, Department of Home Economics Education, College of Home Economics, University of the Philippines Diliman, invites you and your teachers to a webina, titled, **Good Vibes Guide: Syncing Life's Wavelengths for a Better You**. It will be held on **April 25, 2026, at 10:00 AM via Zoom platform** (Zoom will be opened at 9:45 AM). This event is an **accredited Continuing Professional Development (CPD) Program, thus with CPD points**.

The conduct of the event serves as our commitment in fulfilling the University's responsibility to provide continuous development of teachers and to provide regular seminar/training on Home Economics, instruction, and research to HE and Non-HE teachers, as stipulated in the Memorandum of Understanding (see attached [MOU](#)). The event will focus on the management of human and non-human resources, values, goals, and choice that will allow participants to exercise self-reflection on different aspects of life that they probably had not given thorough or in-depth thought before.

In this regard, we **request your endorsement of this event to basic education schools** in your region. The registration fee is Php 500.00. They may **register** through the following link:

https://bit.ly/GoodVibesGuide_RegistrationforTeachers

The Zoom details will be sent to registrants a week before the event. Kindly see the attached invitation poster and Program of Activities for more information. We look forward to this webinar being beneficial and meaningful to our teachers, as they continue to mold the skills of younger generations.

Thank you very much for your consideration. We hope for a favorable response regarding this matter.

Respectfully yours,

Keeshia Brie S. Esguerra
President, UP Circle of Home Economists

Assoc. Prof. Aurora S. Tigle, PhD
Adviser, UP Circle of Home Economists

Endorsed:

Asst. Prof. Mary Justine Clanse A. Trinidad, LPT
Chairperson, Dept. of Home Economics Education

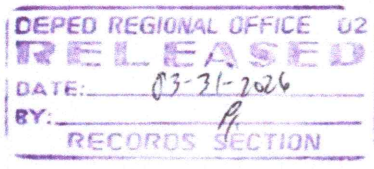
Prof. Joanne R. Bantang, PhD

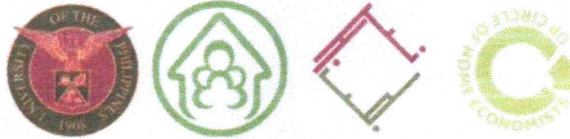
March 30, 2026

To: Schools Division Superintendents

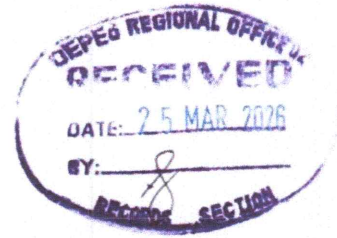
For information and appropriate action. For personal and professional development, subject to the approval of the SDS.

BENJAMIN D. PARAGAS PhD, CESO III
Director IV/Regional Director





University of the Philippines
College of Home Economics
Department of Home Economics Education
UP Circle of Home Economists



March 9, 2026

DIR. BENJAMIN D. PARAGAS

Regional Director
Department of Education - Region II (Cagayan Valley)

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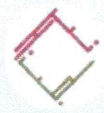
[Signature]
Keeshia Brie S. Esguerra
President, UP Circle of Home Economists

[Signature]
Asst. Prof. Mary Justine Clarise A. Trinidad, LPT
Chairperson, Dept. of Home Economics Education

[Signature]
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Adviser, UP Circle of Home Economists

[Signature]
Prof. Joanne R. Bantang, PhD
Dean, College of Home Economics

| | | | |
|--|---|--|--------------------------------------|
| MEMORANDUM | | Date: 4/07/24 | Released/Records: <i>[Signature]</i> |
| To: | <input checked="" type="checkbox"/> PSDS/DICs | <input type="checkbox"/> Elem/Sec School Heads | |
| | <input checked="" type="checkbox"/> Private Schools | <input type="checkbox"/> Others: | |
| For: | <input checked="" type="checkbox"/> Information | <input type="checkbox"/> Dissemination | |
| | <input checked="" type="checkbox"/> Guidance | <input type="checkbox"/> Strict Compliance | |
| ORLANDO E. MANUEL PhD., CESO V Schools Division Superintendent | | | |
| By: | <input type="checkbox"/> ASDS | <input type="checkbox"/> CID Chief | <input type="checkbox"/> SGOD Chief |
| | <input type="checkbox"/> AO | <input type="checkbox"/> Atty | Signature: <i>[Signature]</i> |



UP Circle of Home Economists and
 Department of Home Economics Education
 College of Home Economics
 University of the Philippines

THE *Good Vibes* GUIDE:

SYNCING
 LIFE'S WAVELENGTHS
 FOR A BETTER YOU
 WEBINAR AND WORKSHOP
 (WITH CPD POINTS)

STARTS AT
10:00 AM

SATURDAY
04/25/2026

Join us and journey through various lessons that will allow you to exercise self-reflection on different aspects of your life that you probably had not given thorough or in-depth thought before. The end goal is personal growth.

**REGISTER
 NOW!**



https://bit.ly/GoodVibesGuide_RegistrationforTeachers