

March 6, 2025

Memorandum Order
No. 73, S. 2025

To : All CSU Personnel

Subject : Celebration of National Women’s Month: Health, Wellness, and Advocacy Activities

In honor of National Women’s Month this March, the Gender and Development (GAD) Office is organizing a series of engaging activities on three Fridays throughout the month. These initiatives align with Civil Service Commission (CSC) Memorandum Circular No. 8, s. 2011, which underscores the importance of the "Great Filipino Workout" in promoting health and wellness among government employees.

These activities aim to encourage CSU personnel to take part in meaningful causes and advocacy efforts for women’s empowerment. Below is the schedule of events, along with the respective partner offices:

Schedule	Activity	Partnered Office
March 7, 2025	CSU Brain & Voice Fest <ul style="list-style-type: none">- Open Mic- Quiz Bowl (CSU Personnel and USG)	University Student Government, CSU Main Colleges and Admin Offices
March 14, 2025	Health and Wellness <ul style="list-style-type: none">- Awareness Orientation on Hypertension and Diabetes- Zumba	University Clinic and School of Medicine
March 21, 2025	CSU Stride & Thrive: Walk and Jog for Health <ul style="list-style-type: none">- Participants will walk or jog around the campus oval.	General Services Office


The specific details for each activity will be communicated separately. Please follow the official Facebook page of the Gender and Development Office: **CSU-Gender and Development** for updates and postings regarding the activities.

Through these activities, we encourage everyone to participate, stay active, and support the cause of gender equality and women's empowerment. Let’s celebrate National Women’s Month together with energy and purpose.

For information compliance.

ROLYN C. DAGUIL, PhD
University President
GFPS Chairperson

For and on behalf of the University President



ALEXANDER T. DEMETILLO, D. Eng
VP for Administration and Finance
and OIC to the University President