

BLR Celebrates National Women's Month

As part of its Gender and Development (GAD) Program and in observance of the 2016 National Women's Month Celebration with this year's theme "*Kapakanan ni Juana, Isama sa Agenda*", the Bureau of Labor Relations organized a series of learning sessions for the BLR employees and participated in the advocacy for women's empowerment and gender equality. The learning sessions include topics on Basic Training on Self-Defense for Women and Health Awareness and Prevention of Common Diseases.

Prof. Daryl Johnson M. Abrenica of the Philippine College of Criminology lectured and demonstrated the basic techniques of self-defense under difficult circumstances on March 15, 2016. He emphasized that self-defense helps prepare the individuals in unforeseen situations and also helps develop increased mental and physical alertness in responding to unexpected threats and dangers to life.

BLR personnel also participated in the public event "*Sama-Samang Pagsulong sa mga Agenda ni Juana*" last March 16, 2016 at the Quirino Grandstand, Rizal Park, in Manila. Around 5,000 participants from different national government agencies, local government units, state universities and colleges, government-owned and controlled corporations, private and civil society organizations also attended the event. The activity was highlighted with a casting of votes on perceived gender and development issues recommended to be prioritized by the next administration.

Meanwhile, on March 30, 2016, the BLR culminated the Women's Month celebration, by conducting another learning session on Health Awareness and Prevention of Common Diseases. Dr. Mar Wynn C. Bello, Director of the Health Promotion and Communication Service of the Department of Health, highlighted the importance of maintaining good health and keeping people disease free through preventive healthcare measures.

BLR Director and staff also expressed gratitude to the resource persons for sharing their expertise and knowledge.

END/ Myra Flor M. Ampong