

Republic of the Philippines  
**Department of Education**  
REGION IV-A CALABARZON



January 15, 2024

In compliance with DepEd Order (DO) No. 8, s. 2013  
this advisory is issued not for endorsement per DO 28, s. 2001,  
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### **RAC 'N TALK PRESENTS HOPE FOR MENTAL HEALTH PODCAST SERIES**

With reference to the letter received from the Rotary Club of Downtown Manila (RCDM) dated January 11, 2024, titled RAC 'N TALK which is a podcast series that aims to educate the minds of young Filipinos on enhancing their knowledge and improve resilience on professional growth and career development in different platforms, invites and encourages across the CALABARZON, both public and private students from JHS to SHS to participate on the podcast about the mental health on spaces and workplaces. This podcast is free and will be readily available through Facebook, YouTube, Spotify, and other leading platforms starting January 16, 2024.

For any questions and concerns, you may contact by email at [rcdmscholar@gmail.com](mailto:rcdmscholar@gmail.com) / [johnchristian.arrogante.qs@ust.edu.ph](mailto:johnchristian.arrogante.qs@ust.edu.ph) / or call at 09219603836 John Christian Arrogante or 09682236637, Kailah Kristianne P. Rosario.

For information and guidance of all concerned.

cc:04/ROF3



Address: Gate 2, Karangalan Village, Cainta, Rizal  
Telephone No.: 02-8682-2114  
Email Address: [region4a@deped.gov.ph](mailto:region4a@deped.gov.ph)  
Website: [depedcalabarzon.ph](http://depedcalabarzon.ph)



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# ROTARACT CLUB OF RCDM SCHOLARS

Rotary International District 3810

Sponsored by the Rotary Club of Downtown Manila




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Address: 502--503 Malate Crown Plaza San Andres St, cor  
Adriatico, Manila, Philippines

Contact Number: 09564500193

Email: redmscholar@gmail.com

Rotaract   
Club of RCDM Scholars

CREATE HOPE  
in the WORLD

January 11, 2024

**ATTY. ALBERTO T. ESCOBARTE, CESO II**

Regional Director

Department of Education – Region IV-A

Gate 2, Karangalan Village, Cainta, Rizal

Greetings from Rotary!

The **Rotaract Club of RCDM Scholars** is a civic organization under the umbrella of **Rotary International District 3810** consisting of college students who graduated with honorable distinctions in high school in the National Capital Region (NCR). The organization has been an excellent avenue for youth to develop their professional and leadership skills. Along with the **Rotary Club of Downtown Manila**, it has been actively engaged on the youth development and recognition with its programs, "**Tribute to Valedictorians**" / "**Tribute to Highest Honors**" which recognize the excellence and hardwork of students who graduated with academic distinction. Also, the club organized the "**RACJourn**," which is a journalism competition for campus journalists in NCR. Aside from the abovementioned activities, the clubs are connected in doing community projects for long-term developments and sustainable communities through the vision "**Fellowship Through Service**".

This year, the **Rotary Club of Downtown Manila**, the **Rotaract Club of RCDM Scholars** and our distinguished partners will have a project called "**RAC 'N Talk**" which is a podcast series that aims to educate the minds of young Filipinos on enhancing their knowledge and improve resilience on professional growth and career development in different digital platforms. For this inaugural season of the project, our theme is "Hope for Mental Health," which caters to discussions on different aspects of mental health and mental well-being. It has been the response of the clubs on this year's Rotary theme, "**Create Hope in the World**," which calls on creating hope by working on the peace process and improvement of mental health. This emphasizes the importance of mental health and increases awareness to the public, which shall give an integral view of one's overall health and make it more accessible to the public. It is also one action to prevent the increasing suicide rates among Filipinos, which ignited the news headlines recently.

We would like to invite and encourage the students across the CALABARZON, both public and private, to listen and participate to our podcast, especially the episode about the mental health spaces on schools and workplaces. Other than that, the teachers, parents, administrators, and other stakeholders are encouraged as well to engage in our podcast series. This will aim to increase awareness among the stakeholders in making the workspaces in the learning and professional world to be conducive to our mental health and mental well-being and take steps on mental wellness. It also prepares the students to be resilient in the upcoming challenges toward professional growth and development. Aside from the podcast, there are also surprising activities for participants that they enjoy.



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Rotaract   
Club of RCDM Scholars

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We request your good office to disseminate our invitation to the schools under your jurisdiction through the respective Schools Division Offices of respective localities to spread awareness of the stakeholders in championing the cause of mental health. This podcast is free and will be readily available through Facebook, YouTube, Spotify, and other leading platforms starting January 16, 2024. For more updates about the podcast and upcoming club activities, we encourage you to follow us on our social media pages:

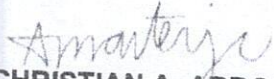
- Facebook: [www.facebook.com/RACRCDMScholars](https://www.facebook.com/RACRCDMScholars)
- Youtube: RCDM Scholars
- Instagram: rcdmscholar
- Spotify: RCDM Scholars


Attached hereby are the sample publicity materials for this project and brief details of the upcoming episode of the podcast.

For any questions and concerns, feel free to contact us on our email: [rcdmscholar@gmail.com](mailto:rcdmscholar@gmail.com) /[johnchristian.arrogante.qs@ust.edu.ph](mailto:johnchristian.arrogante.qs@ust.edu.ph)/ or call or message us through Mobile/Viber/WhatsApp number: 09219603835/John Christian Arrogante or 09682236637/Kailah Kristianne P. Rosario.

We look forward for your positive response on our request. Thank you and God bless!

Yours in Rotary Service,

  
**JOHN CHRISTIAN A. ARROGANTE**  
Project Head, RAC 'N Talk  
Rotaract Club of RCDM Scholars

  
**KAILAH KRISTIANNE P. ROSARIO**  
Hope Creating President  
Rotaract Club of RCDM Scholars



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Rotaract

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## RAC 'N Talk Presents Hope for Mental Health Podcast Series

Ep..	Tentative Topic	Brief Description	Target Date Release
1	Mental Health in Overall Health and #Mental HealthPH Advocacies and Programs	Discussion about the general aspects of mental health, how and why it is important in taking care of overall care and wellness, correction of some misconceptions on mental health. This also discusses the programs and advocacies of MentalHealthPH championing the cause of Mental Health in the Philippines.	Jan. 16, 2024

\*Other upcoming episodes are to be determined and undergoing study process. Announcements will be done through the social media pages above.



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Email: rcdmscholar@gmail.com

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## Sample Publicity Materials



## RAC 'N TALK *presents* HOPE FOR *Mental Health*



✉ rcdmscholar@gmail.com

📍 Rotaract Club of RCDM Scholars

📱 @rcdmscholars





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**RAC 'N TALK**  
*presents*  
**HOPE FOR**  
*Mental Health*  
**CALL FOR**  
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**PARTNERSHIP**

**Message us:**

**FB PAGE: Rotaract Club  
of RCDM Scholars**

**Email us:**

**[rcdmscholar@gmail.com](mailto:rcdmscholar@gmail.com)**

✉ [rcdmscholar@gmail.com](mailto:rcdmscholar@gmail.com)



Rotaract Club of RCDM  
Scholars



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