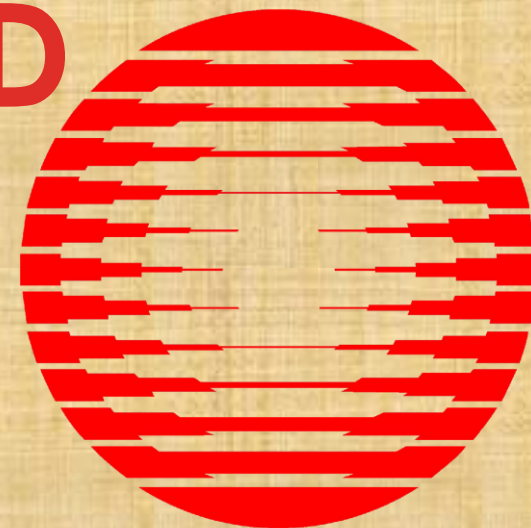


2019 3RD & 4TH QUARTER GAD ACCOMPLISHMENTS

PHILIPPINE NATIONAL OIL COMPANY



PNOC
The Energy Company



The **Philippine National Oil Company** joins the observance of the
18-Day Campaign to End Violence Against Women (VAW)

25 November to 12 December 2019



VAW
FREE
Community
Starts with
Me

#VAWfreePH



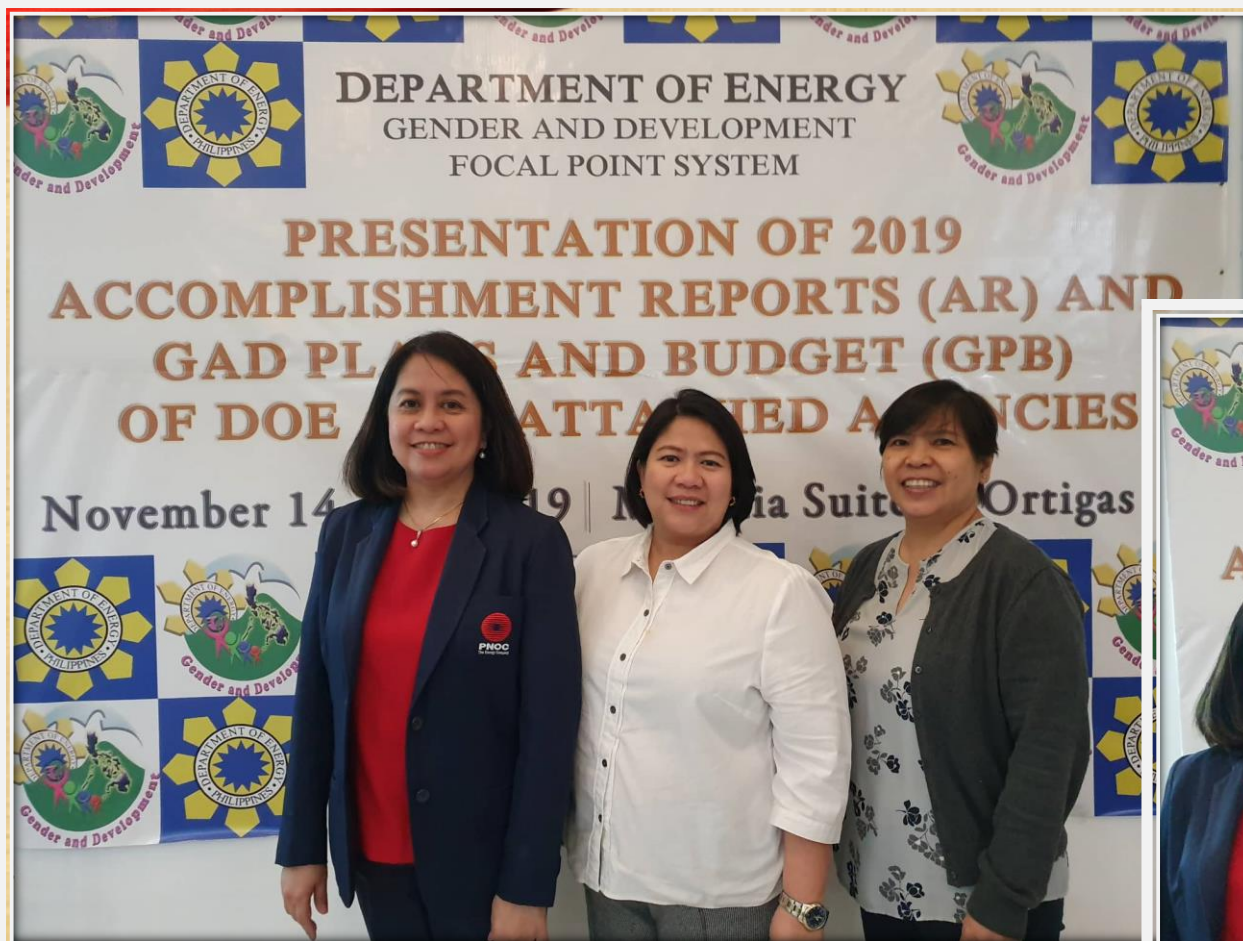
Basic GAD Advocacy Orientation for New Employees

**by Ms. Analie R. Bolo-Apostol
October 2, 2019**



Presentation of 2019 GAD Accomplishment Reports November 14, 2019

PNOC and PNOC EC (participants)





Understanding Child and Women Abuse by Ms. Esther B. Turingan November 28, 2019



NO VIOLENCE

“We are called to
care, God is called
to cure”.

Talk on "Depression to Inspiration"

By Ms. Ivy E. Echin
December 5, 2019



DEPRESSION

- is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. Fortunately, it is also treatable.
- Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

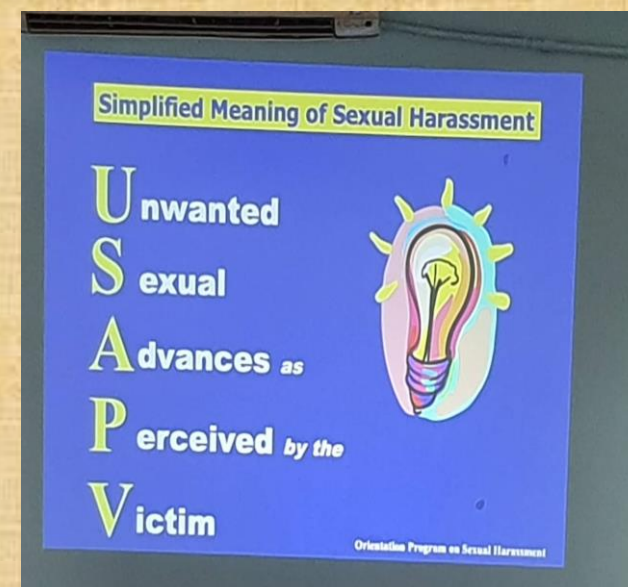
I.N.S.P.I.R.E.

- I**- Invite close circles
- N**- Negate any actions that implicates an assault or an abuse
- S**- Spot, Segregate, Spare
- P**- PRAY
- I**- Initiate actions that will keep your mind busy
- R**- Re-evaluate situations and take time to Recharge
- E**- Empower others

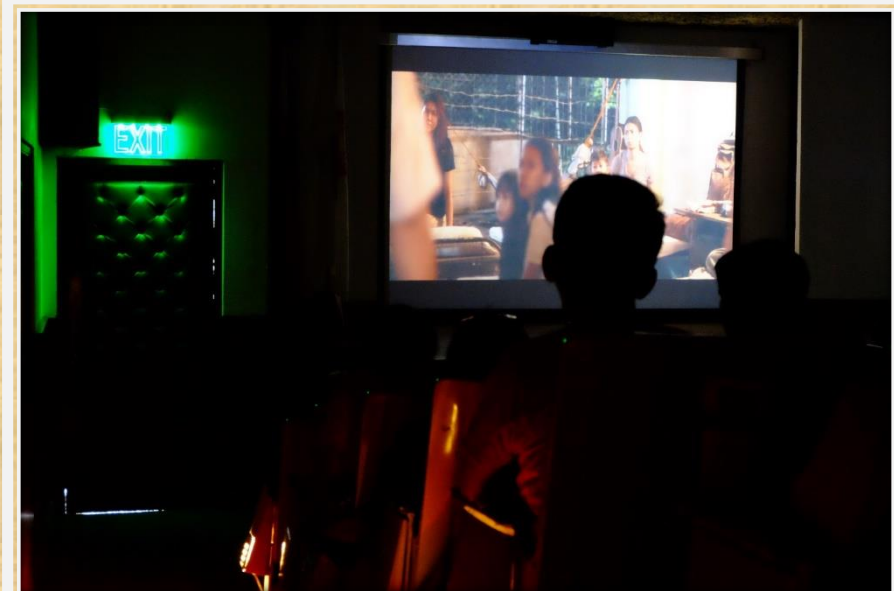




Seminar-Workshop on Handling of Sexual Harassment Cases for PNOC CODI and GFPS Members
By Ms. Analie R. Bolo-Apostol
December 9, 2019



**Film Showing:
“LIWAY”
December 11,
2019**



**PNOC employees' entries to
the Anti-Violence Against
Women Statement and
Photo/Infograph Contest
with the Theme:**

“Babae Ako, Igalang Mo!”

**November 25, 2019
to December 11, 2019**



“WINNERS”

1ST – Michael Bausas
2nd – Sarah Jane Buenviaje
3rd – Miguel Allauigan Jr.

Consolation Prizes
Roxanne Buensalido
Lhen Vergara
MJ Leongson
Em Lacsamana
Aaron Razon



2019 18-Day Campaign to End Violence Against Women

Philippine National Oil Company



#VAWFreePH



Thank you Philippine National Oil Company for your support and participation in the observance of the 2019 18-Day Campaign to End Violence Against Women (VAW). Let us all contribute in making the Philippines VAW-free!

#VAWfreePH #IVowToEndVAW



15

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