

LIST OF AGENCY-WIDE ACTIVITIES AND WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2025						
PROGRAM TITLE	OBJECTIVE	DATE	VENUE	NO. OF ATTENDEES		
				MALE	FEMALE	TOTAL
2025 NATIONAL WOMEN'S MONTH CELEBRATION: ZUMBA SESSION	The objective of this joint Zumba session is to promote wellness, strengthen camaraderie, and foster collaboration between CITEM and PTTC employees as part of the National Women's Month Celebration. The activity aims to encourage healthy lifestyle practices, create a supportive and empowering environment for participants, and enhance the shared celebration of women's contributions and well-being.	March 20, 2025	Philippine Trade Training Center (PTTC), Pasay City	8	14	22
2025 NATIONAL WOMEN'S MONTH CELEBRATION: HOLISTIC WELLNESS ANALYSIS	The objective of the Holistic Wellness Analysis activity is to provide employees with an integrated and comprehensive wellness experience that supports their physical, mental, and emotional well-being. Through posture assessment, aromatherapy, body composition analysis, Theragun massage, and one-on-one consultations, the activity aims to promote better health awareness, reduce stress, and encourage lifestyle improvements that enhance productivity and overall workplace wellness. Additionally, the inclusion of a coffee kiosk seeks to offer a refreshing break that fosters comfort and engagement throughout the activity. By accommodating up to 149 employees in a full-day session, this initiative supports the organization's commitment to cultivating a healthier, more energized, and well-balanced workforce.	March 28, 2025	CITEM, Golden Shell Pavillion, Pasay City	52	96	148
CARDIOVASCULAR SCREENING 1	The objective of this health consciousness and monitoring activity is to properly assess the current health status of employees through free on-site blood pressure, sugar, and cholesterol screening and monitoring, conducted in partnership with pharmaceutical companies and facilitated by our Occupational Health Physician. These activities aim to promote awareness of employees' cardiovascular health and encourage early detection and prevention of potential health risks.	March 18, 2025	CITEM, Golden Shell Pavillion, Pasay City	8	18	26
CARDIOVASCULAR SCREENING 2		August 19, 2025	CITEM, Golden Shell Pavillion, Pasay City	13	36	49
FLU VACCINATION	The Quadrivalent Influenza Vaccination 2025 program aims to safeguard the health and well-being of CITEM employees and service providers by providing access to preventive flu shots. This initiative is in line with CITEM's commitment to fostering a safe and healthy work environment and aligns with Article X – Non-Economic Benefits of the 2024 – 2028 Collective Negotiation Agreement, which ensures annual budget allocation for employee wellness programs.	June 20, 2025	CITEM, Golden Shell Pavillion, Pasay City	32	68	100

LIST OF AGENCY-WIDE ACTIVITIES AND WELLNESS PROGRAMS ATTENDED BY CITEM EMPLOYEES C.Y. 2025						
PROGRAM TITLE	OBJECTIVE	DATE	VENUE	NO. OF ATTENDEES		
				MALE	FEMALE	TOTAL
CSC ANNIVERSARY ACTIVITY: 2025 PHILIPPINE CIVIL SERVICE ANNIVERSARY FUN RUN	The CSC led the 125th Philippine Civil Service Anniversary in September 2025, commemorating the establishment of the Philippine Civil Service through Public Law No. 5 in 1900 and guided by Presidential Proclamation No. 1050 declaring September as Civil Service Month. With the theme “Bawat Kawani, Lingkod Bayani: Puso, Dangal, at Galing para sa Bayan,” the celebration honored the patriotism, integrity, and excellence of public servants in advancing a Bagong Pilipinas. In line with CSC MC No. 6, s. 2025, CITEM supported the anniversary by engaging its officials and employees in activities that promoted public service values and institutional pride.	September 7, 2025	Quirino Grandstand, Rizal Park Luneta	23	53	76
CSC ANNIVERSARY: BLOODLETTING ACTIVITY		September 11, 2025	SM Mall of Asia/ GSIS Office	5	5	10
2025 CITEM YEAR END ASSESSMENT AND EMPLOYEE (PRAISE AWARDS)	The Center for International Trade Expositions and Missions (CITEM)’s Employee Awards and Year-End Assessment is an annual event led by the Human Resource Management Division and ACE to celebrate the agency’s achievements, recognize outstanding employees, and strengthen organizational unity. Through its Employee Recognition Ceremony and collaborative activities, the gathering honors exemplary performance, fosters appreciation and morale, encourages teamwork, and reinforces CITEM’s gratitude and commitment to its workforce as it prepares for the year ahead.	December 17, 2025	CITEM, Golden Shell Pavillion, Pasay City	72	114	186