



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

Advisory No. 094, s. 2023
July 10, 2023

In compliance with DepEd Order (DO) No. 8, s. 2013
This advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
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**PROPOSAL FOR IMPLEMENTATION OF QUANTUMKYUR BREATHING
THERAPY FOR MENTAL HEALTH, HEALTH, AND WELL-BEING
OF TEACHERS AND STUDENTS**

This advisory is issued not for endorsement but for information of concerned Deped officials, School Health and Nutrition Unit Personnel, Teachers, and other concerned personnel. Attached is the Proposal Letter for Implementation of Quarterkyur Breathing Therapy for Mental Health, Health, and Well-being of Teachers and Students.

More information may be inquired from:

Mr. Warel P. Lopez (Muhammad Wafiq), BEED, BSN, PT, RN
Founder, Quantumkyur Human-Bioenergy Therapy
Email Add.: quarterkyur@gmail.com

Considering that this is an Advisory, Schools Division Superintendents are given the discretion to act on this matter.

ESSD-SHS-ACR

Handwritten initials





Department of Education Region VIII <region8@deped.gov.ph>

Proposal for Implementation of Quantumkyur Breathing Therapy for Mental Health, Health, and Well-being of Teachers and Students

1 message

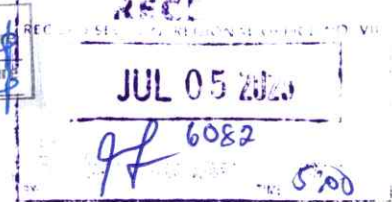
Quantum Kyur <quantumkyur@gmail.com>
To: region8@deped.gov.ph

Wed, Jul 5, 2023 at 12:11 PM

DEPARTMENT OF EDUCATION

July 5, 2023

Evelyn R. Fetalvero, CESO IV
Regional Director
Department of Education



Subject: Proposal for Implementation of Quantumkyur Breathing Therapy for Mental Health, Health, and Well-being of Teachers and Students.

Dear Ma'am,

I hope this letter finds you in good health and high spirits. I am writing to submit a proposal for the implementation of Quantumkyur Breathing Therapy Programs aimed at promoting the mental health, health, and overall well-being of both teachers and students within our educational system.

Introduction:

Mental Health is an essential aspect of overall well-being, and it significantly influences the educational outcomes of both teachers and students. Recent studies have shown an alarming increase in stress, anxiety, depression and burnout levels among educators, while students are also experiencing high levels of academic pressure, social challenges, and mental health issues. Breathing therapy has emerged a scientifically validated method to address these concerns effectively.

Objectives:

The primary objective of implementing breathing therapy within our educational institutions is to foster a positive and supportive environment that promotes mental health, health, and overall well-being.

The proposed program aims to achieve the following specific objectives:

1. **Reduce Stress and Anxiety:** Breathing therapy techniques, such as deep breathing exercises, have been proven to activate the body's relaxation response, thereby reducing stress and anxiety levels among participants.
2. **Enhance Emotional Regulation:** By incorporating breathing exercises into daily routines, individuals can develop better emotional regulation skills, enabling them to manage their emotions effectively and create a conducive learning environment.
3. **Improve Focus and concentration:** Practicing mindful breathing techniques can enhance concentration and attention spans, leading to improved academic performance and productivity among both teachers and students.
4. **Promote Physical Health:** Deep breathing exercises can help regulate blood pressure, reduce the risk of cardiovascular diseases, and enhance overall physical well-being.
5. **Enhance Resilience:** By integrating breathing therapy into the curriculum, we aim to equip teachers and students with coping mechanisms to navigate challenges, build resilience, and foster a positive mindset.

Implementation Plan:

To successfully implement breathing therapy programs within our educational institutions, the following steps will be undertaken:

1. **Needs Assessment:** Conduct a comprehensive needs assessment to identify the specific requirements and preferences of teachers and students in terms of breathing therapy techniques and program structure.
2. **Training and Workshops:** Provide specialized training to a selected group of teachers to become certified "Quantumkyur Breathing Therapy Instructors". These instructors will then conduct workshops and training sessions for the rest of the teaching staff and students.

over email
7/5/23

3. **Curriculum Integration:** Incorporate breathing therapy exercises into the curriculum, ensuring that they are age-appropriate and align with the educational goals of each grade level.

4. **Awareness Campaign:** Launch a series of awareness campaign to educate the school community about the benefits of breathing therapy and foster a culture of well-being within the educational environment.

5. **Evaluation and Feedback:** Regularly assess the effectiveness of the Quantumkyur breathing therapy programs through surveys, feedback sessions, and academic performance analysis. Make necessary adjustments based on the findings to ensure continuous improvement.

Budget:

The proposed implementation of Quantumkyur Breathing Therapy Programs will require financial resources to cover training costs. The estimated budget for the training and workshops (Quantumkyur Breathing Therapy Program-30 Hours)

*Individual: P 7,000. pesos

*Group: (5 to 10 members): P6,000 pesos

*Group (more than 10 members): P5,000 pesos

Venue: Not included in the package

Food and snacks: Not included in the package

Certificate of Participants: Provided

The budget maybe can be allocated from the existing educational funds or through external grants.

Conclusion:

Integrating breathing therapy programs within our educational institutions is a proactive step towards addressing the mental health challenges faced by both teachers and students. By fostering a supportive and nurturing environment, we can enhance overall well-being and create a conducive learning atmosphere. I sincerely hope that you consider this proposal, and I am more than willing to provide any additional information to discuss further details to move this initiative forward.

Thank you for your attention this matter.

Very Respectfully,

Mr. Warel P. Lopez (Muhammad Wafiq), BEED, BSN, PT, RN
Founder, Quantumkyur Human-Bioenergy Therapy
Quantumkyur Human Bioenergy Therapist, Respiration Specialist