

**02 April 2025**

**PNRI GAD Activity Report 2:**

**2025 National Women's Month Activity: Women's Beauty and Skin Care Seminar**

Pursuant to Proclamation No. 227, s. 1988, March is National Women's Month. In line with this, GAD Focal Point System-Technical Working Group (GFPS-TWG) organized an activity aligned with this year's theme, "**Babae sa Lahat ng Sektor, Aangat ang Bukas sa Bagong Pilipinas**". The year 2025 marks a significant milestone in the pursuit of gender equality and women's empowerment in the Philippines and globally. To sustain this, an enabling environment free from discriminatory values, stereotypes, beliefs, treatment, and portrayal of women and girls across family, religion, education, sports, media, and other relevant institutions are needed.

Further, this year's theme embodies a sense of optimism and hope, symbolizing a future where women's lives are truly uplifted. It reflects the commitment to translating gender equality efforts from policy into tangible, meaningful changes in the lives of women. This vision seeks to ensure that all women, particularly those from underserved communities and marginalized sectors, reap the benefits of gender equality in their daily lives (PCW, 20245).

This year, PNRI, through GFPS-TWG conducted a seminar on Women's Beauty and Skin Care on March 28, 2025 at the NART Auditorium. The invited resource person is Dr. Maria Helen Grace Perez-Florentino. Dr. Florentino is a Lifestyle Medicine Specialist and a Medical Aesthetic Dermatology Consultant at Fe Del Mundo Medical Center, Quezon City. Her presentation revolved around skin care and aging management particularly for women. She also emphasized the significance of a healthy lifestyle especially for women to sustain a healthy well-being and to be free from any type of diseases.

During the open forum, participants asked about proper routine on skin care, serious skin diseases and the needed medical interventions, the various myths and facts on skin and aging management and the correlation between a healthy well-being and a healthy body.

Here are some of the photos taken during the seminar:











The gender statistics of the seminar, with reference to the registration, is shown in the table below.

Gender	Number
Female	80
Male	15
<b>Total attendees</b>	<b>95</b>

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