

**SANGGUNIANG PANLUNGSOD
GENERAL SANTOS CITY**

COMMITTEE REPORT NO. 18-189

Submitted by the **COMMITTEES ON HEALTH & SANITATION; and LAWS, RULES & REVIEW OF BARANGAY ORDINANCES & EXECUTIVE ORDERS**

Date of Hearing: JULY 6, 2017

Re: SPPO NO. 1718-0128

RECOMMENDING APPROVAL FOR ITEM NO. 1

Authors: Hon. Rosalita T. Nuñez; Hon. Shirlyn Bañas-Nogralas; Hon. Shandee O. Llido-Pestaño, Hon. Jose Orlando R. Acharon and Hon. Lourdes F. Casabuena

MADAM PRESIDENT:

The abovementioned Committees, to which were referred the following:

TITLE	RECOMMENDATION
SPPO NO. 1718-0128: AN ORDINANCE INSTITUTIONILIZING TAI CHI AND QIGONG AS A FORM OF HEALING EXERCISES FOR SENIOR CITIZENS AND ADULTS OF GENERAL SANTOS CITY, PROVIDING FUNDS THEREFOR AND FOR OTHER PURPOSES. (HON. ROSALITA T. NUÑEZ, HON. SHIRLYN L. BAÑAS-NOGRALES & HON. SHANDEE THERESA O. LLIDO-PESTAÑO-AUTHORS)	APPROVED ON COMMITTEE LEVEL – FOR SECOND READING

have considered the same and have the honor to report it back to the August Body with the foregoing recommendation.

Respectfully submitted:

ROSALITA T. NUÑEZ, MNSA, PhD
City Councilor & Chairperson



MINUTES OF THE JOINT HEARING OF THE COMMITTEE ON HEALTH AND SANITATION AND COMMITTEE ON LAWS, RULES AND REVIEW OF BARANGAY ORDINANCES AND EXECUTIVE ORDERS OF THE 18TH SANGGUNIANG PANLUNGSOD, CITY OF GENERAL SANTOS

Thursday, July 6, 2017
10:42 A.M. - 11:45 A.M.

Vice Mayor's Conference Room, Legislative Building
City Hall Drive, General Santos City

COUNCILORS PRESENT: Hon. Rosalita T. Nuñez (*Chairperson-Committee on Health*), Hon. Jose Edmar J. Yumang (*Chairperson-Committee on Laws*), Hon. Jose Orlando R. Acharon (*Vice-Chair*), Hon. Lourdes F. Casabuena

GUESTS/RESOURCE PERSONS: *Please refer to the attached attendance sheet.*

AGENDUM:

SPPR NO. 1718-0128: AN ORDINANCE INSTITUTIONILIZING TAI CHI AND QIGONG AS A FORM OF HEALING EXERCISES FOR SENIOR CITIZENS AND ADULTS OF GENERAL SANTOS CITY, PROVIDING FUNDS THEREFOR AND FOR OTHER PURPOSES. (HON. ROSALITA T. NUÑEZ, HON. SHIRLYN L. BAÑAS-NOGRALES & HON. SHANDEE THERESA O. LLIDO-PESTAÑO –AUTHORS)

Councilor Lourdes F. Casabuena called the hearing to order and after which acknowledged the presence of all attendees. She informed that Councilor Rosalita T. Nuñez, chairperson of the Committee on Health instructed her to preside the meeting as she will attend the Nutrition Council meeting at the Lagao Gymnasium. After which was the prayer led by Mr. Clarisa.

When asked, Dra. Airen Peñamante explained that Tai Chi is an ancient Chinese form of exercise that originated in China years ago. *Qigong* (pronounced as Chi Kung) is the advance form of *Tai Chi* that refers to a holistic system of coordinated body posture and movement, breathing and meditation used for health, spirituality and wellness practice. This can be adopted by the senior citizens and adults of the city even if it originated from other country as it involves slow, controlled and low impact movements that can easily be followed by seniors and even those with limited movements considering the age. She believed that surpassing the age of 60 years old is more than a blessing because based on the latest study of the World Health Organization, the average age for male is 57 years old and 65 years old for female. She added that any form of exercise can either be beneficial or harmful to a person.

While waiting for the video presentation, Councilor Casabuena requested Councilor Acharon to read the ordinance by section and thereafter declared the time open for discussion. However, there being no reactions manifested, the body proceeded to the audio-video presentation on the physiology of *Tai Chi* and *Qigong*. After which, before relinquishing to the chairperson, Councilor Casabuena asked the senior citizens present if they can perform the *Tai Chi* that was shown on the video screen. With much enthusiasm, the senior citizens responded positively.

Councilor Rosalita Nuñez said that *Tai Chi* is one of her favorite programs. She recalled that when she was in China in 1994, she saw the elderly, adults, and even the young people doing some physical exercise all over the parks. To her mind, the physical exercise is not very strenuous to the body. Since then, she has been thinking of ways to institutionalize *Tai Chi* in the Philippines. She rationalized that if it cannot be done in the country as a whole, then they can start doing it in Gensan.

Noting that there are four of them in the Sangguniang Panlungsod who are already senior citizens, it can be construed that senior citizens are well represented in the Council, she said. She furthered that they deserve the benefits of what they are trying to achieve during their prime years because to start with, it is because of the elder folks that a country or a city was built.

To give more inspiration, an additional video on *Tai Chi* was shown but before that, she requested Councilor Acharon to read the benefits of *Tai Chi* in terms of health, stress management and self-defense. She stressed that the films were presented to the body so that they can all better appreciate *Tai Chi*, adding that even the City Mayor showed interest and was happy that the senior citizens practice *Tai Chi*. The members of the Sangguniang Panlungsod are also amenable to the said ordinance. It will be the decision of the Senior Citizens' group whether to ask every barangay to adopt the said program. Councilor Casabuena suggested that the barangays can share in funding the proposed plan.

Explaining the program, Hon. Nuñez said they shall hire a master trainer from Manila to train preferably the city's dancers who are already receiving honorarium. The dancers or local trainers will then teach the would-be barangay trainers. She said it is up to the barangay to have as many trainers as they desire. The implementation of the said project proposal is subject to the availability of funds. Nevertheless, with or without funding, the chair said they are going to pass the said ordinance.

At this juncture, the chair manifested that Hon. Shirlyn Bañas- Nograles, Hon. Pestaño, Hon. Acharon and Hon. Casabuena are the authors of this ordinance. Thereupon, she ruled the said item approved on committee level and to be calendared for second reading on Tuesday, July 11 regular session.

APPROVED ON COMMITTEE LEVEL – FOR SECOND READING

There being no other matter to discuss, the chair declared the hearing adjourned at 11:45 in the morning.

HEARING - ADJOURNED

Prepared by:

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Reviewed/Edited by:

Noted by:

JANET B. ZABALA
Board Secretary I

LOLITA P. PEDRO
Division Chief, Journal & Minutes

ATTESTED:

ROSALITA T. NUÑEZ, MNSA, PhD.
City Councilor & Chairperson