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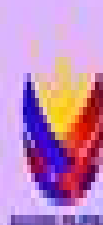
joins the celebration of the

2025 NATIONAL WOMEN'S MONTH

Babae sa Lahat ng Sektor,
Aangat ang Bukas sa Bagong Pilipinas

March 1 - 31, 2025

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exercise and back pain the mckenzie method to exercise is specifically used for spinal problems and relieving back pain it is not just a method or routine but a philosophy and has specific procedures to follow

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web an accurate report based on the student attendance is generated here this system will also help in evaluating attendance eligibility criteria of a student report of the student s attendance on weekly and monthly basis is generated

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