



PHILIPPINE MEDICAL ASSOCIATION

Member : World Medical Association
Co-Founder : Confederation of Medical Associations in Asia and Oceania (CMAAO)
Medical Association of South East Asian Nations (MASEAN)
Secretariat : Philippine Medical Association Building, North Avenue, Quezon City 1105
Telephone Nos. : (02) 8929-7361; 8929-6366; 8926-2447
Mobile Nos. : 0917-8221357 (**Secretariat**) • 0961-5823069 (**Membership**)
Email Address : philmedas@yahoo.com; philmedas@gmail.com • Website: www.philippinemedicalassociation.org

PUNO ng MAPAG-ARUGA

PMA Tree of Love/Care Project

“Every Tree, A Physician’s Legacy of Care.”

I. Rationale

The PUNO ng MAPAG-ARUGA Project is the Philippine Medical Association’s annual environmental stewardship initiative in celebration of National Medicine Week.

The project recognizes that a physician’s responsibility extends beyond caring for patients. It also includes caring for the community and the environment that sustains life.

Each tree planted represents a physician’s living legacy of love and care—a legacy that continues to grow year after year and benefits generations to come.

II. Objectives

- Promote environmental stewardship among Filipino physicians.
- Encourage every PMA Component Society (CS) to participate in an annual tree-growing activity.
- Establish a long-term, measurable tree-growing program, rather than a one-day tree-planting activity.
- Encourage the planting of appropriate native and site-adapted species in coordination with the Department of Environment and Natural Resources (DENR).
- Document and monitor the survival and growth of trees planted by PMA physicians.
- Create a lasting environmental legacy of the medical profession.

III. Project Mechanics

1. Annual PMA Tree-Growing Activity

The PUNO ng MAPAG-ARUGA Project shall be conducted annually during National Medicine Week.

All PMA Component Societies are encouraged to participate.

The activity may be conducted through any of the following:

- Each Component Society may identify and conduct its own tree-growing activity in its locality, subject to coordination with DENR.

- DENR-Designated Site – A Component Society may participate in an existing DENR-led or **DENR-approved community tree-growing/reforestation site.**
- PMA National may choose to join a different component society/ area every year. This allows PMA National to establish a different strategic site every year, while allowing Component Societies to maintain meaningful local participation.

2. Early Coordination with DENR

Because site selection, seedling availability, technical requirements, and DENR schedules need to be coordinated in advance, participating Component Societies should initiate coordination at least 3–4 weeks before the proposed activity.

The CMS shall coordinate with the appropriate Community Environment and Natural Resources Office (CENRO), Provincial Environment and Natural Resources Office (PENRO), or other appropriate DENR office/designated focal person.

Where applicable, organizations may also explore participation through the DENR Forests for Life Online Portal.

The initial request should indicate:

- Name of PMA Component Medical Society
- Proposed date of activity
- Expected number of physicians/volunteers
- Preferred location, if any
- Approximate number of trees to be planted
- Whether the Component Society has its own land/site, is requesting a DENR-designated public/reforestation site, or wishes to participate in an existing DENR-led community site
- Contact person and contact details

The proposed site and planting date shall be considered subject to DENR assessment, approval, and availability.

3. Site Selection and Seedling Matching

The DENR shall be requested to assist the Component Society in identifying an appropriate planting site and recommending species suitable for the site's ecological conditions.

Possible sites include:

- DENR-approved reforestation or rehabilitation areas
- Watershed areas
- Degraded forest areas
- Riverbank or other appropriate rehabilitation sites
- LGU-managed areas
- Other public or private areas approved for tree-growing activities

For Component Societies without their own site, DENR may designate an appropriate planting area or connect the organization with an existing community-based site.

Species Selection: The Component Society shall not independently prescribe the tree species. Tree species should be selected based on DENR's technical recommendation, considering soil and site conditions, elevation and climate, native species suitability, biodiversity considerations, long-term survival, and watershed/forest rehabilitation objectives.

Possible species may include appropriate native trees such as Narra, Molave, Banaba, or other DENR-recommended species. Bamboo may also be included where ecologically appropriate and recommended by DENR.

Scheduling Consideration: Component Societies are strongly encouraged to coordinate as early as possible, particularly for September activities. September is Philippine Bamboo Month, with World Bamboo Day observed on September 18, and DENR field offices may have several simultaneous bamboo and tree-growing activities during this period.

4. Site Inspection and Pre-Activity Preparation

A site inspection should preferably be conducted approximately one month before the activity, particularly for large Component Society activities or the PMA National activity.

The Component Society shall coordinate with the DENR site head/forester regarding:

- Boundaries of the designated planting area
- Number of trees that can appropriately be planted
- Planting layout
- Access and safety
- Seedling requirements
- Preparation and maintenance requirements
- Documentation and geo-tagging requirements

Pre-activity site preparation may include:

- Clearing invasive weeds and unnecessary vegetation
- Preparing planting spots
- Pre-digging planting holes
- Marking planting locations
- Preparing bamboo stakes or other markers where appropriate
- Arranging seedlings at the site
- Preparing water and other necessary materials
- Ensuring safe and organized access for volunteers

For large-scale activities, the Component Society may engage a local preparation team, subject to its own budget and procurement policies.

QCMS Model: Site inspection approximately one month before the event → coordination with the DENR site head → geo-tagging/designation of the area → preparation of the planting site → pre-digging and marking of planting locations → delivery/preparation of seedlings the day before → tree-growing activity.

The exact hole dimensions, spacing, staking, and other site-preparation requirements shall follow the technical recommendations of the assigned DENR forester, rather than imposing one standard measurement for all sites.

5. Conduct of the Tree-Growing Activity

On the day of the activity, a DENR forester or designated technical personnel should conduct a short orientation covering:

- Appropriate planting technique
- Handling of seedlings
- Proper removal of the plastic/polybag
- Protection of the root ball
- Correct planting depth
- Soil compaction
- Watering
- Staking/protection when necessary
- Safety precautions

Each participating physician is encouraged to plant at least one tree.

The activity may also include PMA officers, Component Society members, medical students, hospital personnel, families, community members, partner organizations, and other invited volunteers.

The number of trees planted shall be based on the DENR-approved capacity of the site, rather than simply maximizing the number of seedlings.

6. “ONE DOCTOR, ONE TREE, ONE LEGACY”

To give the project a personal and symbolic meaning, every participating physician is encouraged to plant and adopt at least one tree.

Each tree represents:

- One Physician.
- One Tree.
- One Living Legacy of Care.

Where feasible, the physician may be identified in the Component Society’s internal project registry as the “Legacy Caregiver” of the tree.

However, the project shall emphasize tree survival and long-term care, rather than simply the number of trees planted.

7. Geo-Tagging and Documentation

Every participating Component Society shall document its tree-growing activity.

The following should be obtained whenever technically feasible:

- Date and location of activity
- DENR office/site coordinator
- Number of participants
- Number of trees planted
- Species planted
- Photographs before, during, and after planting
- Geo-tagged photographs
- GPS coordinates or geo-referenced site map
- Photos of the completed planting area

Geo-tagged documentation should be prioritized because it provides a verifiable record of the actual planting location and facilitates subsequent monitoring.

8. Annual Tree-Growing Report

Each CMS shall submit a PUNO ng MAPAG-ARUGA Annual Report to PMA National.

Initial report: To be submitted after the activity and containing the following:

Information	Details
Component Medical Society	Name
Date of activity	Date
Location	Barangay/Municipality/Province
DENR Office	CENRO/PENRO/other
Site coordinates	GPS coordinates
Number of physicians	Participants
Total volunteers	Participants
Number of trees planted	Total
Species	Tree species/variety
Number per species	Breakdown
Photos	Before/during/after

Geo-tagged photos	Yes/No
Site map	If available
DENR representative	Name/designation
Partner organizations	If any

9. Tree Survival and Monitoring

The PUNO ng MAPAG-ARUGA Project is not considered complete after planting. The real measure of success shall be the survival and growth of the trees.

Each Component Society shall make reasonable efforts to monitor its adopted site and submit periodic updates.

Suggested monitoring schedule:

- Initial report: Within 30 days after planting
- 1st monitoring: 6 months
- Annual monitoring: Every succeeding year

The report should include:

- Number of trees surviving
- Estimated survival rate
- Tree condition/growth
- Trees that have died
- Replacement/replanting conducted
- Photos of the site
- Geo-tagged documentation where feasible

10. PMA National Tree Legacy Registry

PMA National shall establish an annual PUNO ng MAPAG-ARUGA Registry consolidating reports from all Component Societies.

The registry may record: Year → Component Society → Site → Trees Planted → Species → Physicians Participating → Trees Surviving.

This will allow PMA to eventually report a cumulative national impact, such as: “Since 2026, PMA physicians have planted ___ trees in ___ sites across the Philippines, with ___% surviving.”

The project therefore becomes a continuing national legacy, rather than an annual ceremonial activity.

11. Annual Project Identity

PUNO ng MAPAG-ARUGA

PMA Tree of Love/Care

“Every Tree, A Physician’s Legacy of Care.”

PUNO represents not only a tree, but also the collective commitment of Filipino physicians to nurture life.

MAPAG-ARUGA reflects the Filipino spirit of caring—pag-aaruga sa pasyente, kapwa, komunidad at kalikasan.

And every year, as physicians return to their adopted sites and see their trees growing, the project creates a powerful reminder:

We heal today.

We plant for tomorrow.

We leave behind a living legacy of care.

In Conclusion

This project aligns very well with the PMA’s theme for FY 2026–2027, **“Makabagong PMA: Tagapangalaga ng Pilipinong Manggagamot at Kalikasan,”** as well as the overall theme of the **69th National Medicine Week Celebration, “PUHON: Makabagong PMA, Para sa Mas Malusog na Bukas.”** It embodies the idea that what we plant and nurture today will benefit the generations that come after us.

As this project is proposed to be launched during this year’s National Medicine Week, it provides a meaningful opportunity to translate these themes into action—demonstrating that as physicians, we do not only care for the health of our people today, but also help nurture a healthier environment for generations to come.