



PHILIPPINE MEDICAL ASSOCIATION

Theme: "Makabagong PMA: Tagapangalaga ng Pilipinong Manggagamot at Kalikasan"

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

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MEMORANDUM CIRCULAR NO: 2026-07-31-12

To : ALL PRESIDENTS OF COMPONENT SOCIETIES,
SPECIALTY DIVISIONS, SUBSPECIALTY AND
AFFILIATE SOCIETIES
Subject : 23rd PMA-PPMS Singing Physician Contests
Date : July 31, 2026

Dear Doctors,

Warmest greetings!

As part of the celebration of the **69th National Medicine Week**, the **Pasay-Parañaque Medical Society** proudly presents the **23rd PMA Singing Physicians' Contest**, entitled "**LOL: Love Out Loud – Makabagong OPM sa Makabagong PMA: Doctugan Season 3.**" **Contest Mechanics.**

This virtual band singing competition is open to all **PMA members in good standing** and provides a unique platform for physician-members to showcase their musical talents and creativity. More than a competition, it is a celebration of fellowship, wellness, and the healing power of music, bringing together doctors from across the country in the spirit of camaraderie and shared passion. Guided by the theme "**LOVE**," the event promotes unity, compassion, and harmony while highlighting the artistic excellence of the medical profession.

Contest Mechanics

1. Contestants must be a bonafide PMA member in good standing as of the current year 2026-2027.
2. Contestants nominated by any Specialty, Subspecialty, or Affiliated Society must be duly endorsed by their PMA local Component Society.
3. A google form must be accomplished to be officially registered.
<https://bit.ly/PMA-PPMSSingingPhysicians2026>. Deadline of registration is on **August 31, 2026 at 11:59pm**.
4. Each society is allowed to have one (1) entry.
5. The participating band must be composed of at least 2 doctors. Official band members will be composed of at least 3 with a maximum 5 members.
 - a. 1 -2 MD vocalist,

- b. 1-2 MD playing the musical instruments/ accompaniment of their choice, may also act as back up vocalist
 - c. The participating band must use at least 2 musical instruments/ accompaniment of their choice.
 - d. For more than 3 members, non-MD participants will be allowed provided they don't have existing or expired contract with any major music label. Band members performing in a bar/ restaurant will be allowed. Non-MD participants will not be allowed as back up vocalists.
- 6. Contestants may be all males, all females, or any combination.
- 7. The chosen song may be a Tagalog or English OPM (released 2010-present) hit with a message promoting "LOVE" Pagibig at Pagmamahal.
- 8. The vocalist/s should use their raw voice accompanied by their chosen instruments/ accompaniment and may be recorded using a phone or camera. Entries that are proven to be not in raw voice format and/ or recorded using an app will be given an AUTOMATIC 15 POINTS DEDUCTION. Use of reverb or any sound effects is prohibited.
- 9. The video must be made for this competition and not taken from another competition. No editing, cutting, splicing and video recording must be completed in one take. Face and hand position should be clearly visible the entire time.
- 10. The entry must be recorded in MP4 format. Final entry must be submitted by storing the file in Google Drive and send/ share the link to pasayparanaquems@gmail.com.
- 11. Please include:
 - a. A short description of the video;
 - b. A short introduction of the participants including their specialties;
 - c. Certificate of Good Standing must be attached.
- 12. Back up dancers and any form of props will not be allowed.
- 13. Performance must be limited to a maximum of five (5) minutes only.
- 14. THIS IS AN AMATEUR SINGING CONTEST. Professional singing physicians are not qualified to join. Previous winners of this contest are likewise disqualified. However, previous finalists of the PMA Singing Physicians' Contest are still qualified to join.
- 15. Only the top 10 entries chosen by the judges will be shown on September 22, 2026, during the Singing Physicians' Contest virtual presentation.
- 16. The decisions of the judges will be FINAL.
- 17. Announcement of the winners will be during the Closing Ceremony. There will be three (3) winners: first, second, and third place.
- 18. Deadline of submission of entries is on or before **September 10, 2026 at 5:00pm.**

19. Criteria for Judging.

Voice quality (harmony, blending, tone and color)	40%
Musicality (interpretation expression, style, dynamics, execution, timing)	30%
Mastery and Projection	15%
General effectiveness (overall impact, relevance to theme)	15%
TOTAL	100%

20. Prizes:

First Prize	P20,000
Second Prize	P15,000
Third Prize	P10,000


MURIEL R. LIMON, MD
Chairperson, 23rd PMA-PPMS Singing Physicians
President, Pasay-Parañaque Medical Society

Noted by:


MA. MAY JASMIN R. RAMOS-YASON, MD
PMA Governor, Quezon City & Overall Chairperson,
PMA 69th National Medicine Week Celebration


ANGELITO BENJAMIN C. BELEN, MD
PMA Secretary-General


LUZ P. ACOSTA-BARRIENTOS, MD
PMA President