Republic of the Philippines
Congress of the Philippines
House of Representatives
Metro Manila
Eighteenth Congress
First Regular Session

Begun and held in Metro Manila, on Monday, the twenty-second
day of July, two thousand nineteen.

RESOLUTION NO. 42

RESOLUTION URGING THE PHILIPPINE GOVERNMENT TO
PROMOTE THE SIMPLE ACT OF GRACEFULLY
LAYING THE PALM OF THE RIGHT HAND OVER THE
CENTER OF THE CHEST WITH A SIMULTANEOUS
SLIGHT HEAD NOD AS A CUSTOMARY FILIPINO
GESTURE OF GOODWILL, PRAISE, AND RESPECT

WHEREAS, Article II, Section 15 of the 1987 Philippine
Constitution provides that the State shall protect and promote
the right to health of the people and instill health consciousness
among them;

WHEREAS, the medical profession has established that the
traditional, well-meaning, and innocent gesture of handshake
transmits communicable diseases and is a risk to one's health;

WHEREAS, a better alternative to the traditional gesture of
handshake is the simple act of gracefully laying the palm of the
right hand over the center of the chest with a simultaneous slight
head nod;
WHEREAS, placing the hand over the chest is a universal gesture of good faith coming from the heart, while a nod is a traditional Filipino gesture of respect;

WHEREAS, the Philippine Government is urged to promote this gesture of goodwill and praise so that this will become a customary practice of all Filipinos;

WHEREAS, all government agencies are encouraged to promote this practice in their respective offices and areas of jurisdiction, with the Philippine Information Agency (PIA) taking the lead in the wider dissemination and promotion of this Filipino gesture: Now, therefore, be it

Resolved, as it is hereby resolved by the House of Representatives, To urge the Philippine Government to promote the simple act of gracefully laying the palm of the right hand over the center of the chest with a simultaneous slight head nod as a customary Filipino gesture of goodwill, praise, and respect.

Resolved, further, That a copy of this Resolution be furnished the Office of the President.

Adopted,

ALAN PETER “COMPAÑERO” S. CAYETANO
Speaker

This Resolution was adopted by the House of Representatives on February 5, 2020.

JOSE LUIS G. MONTALES
Secretary General