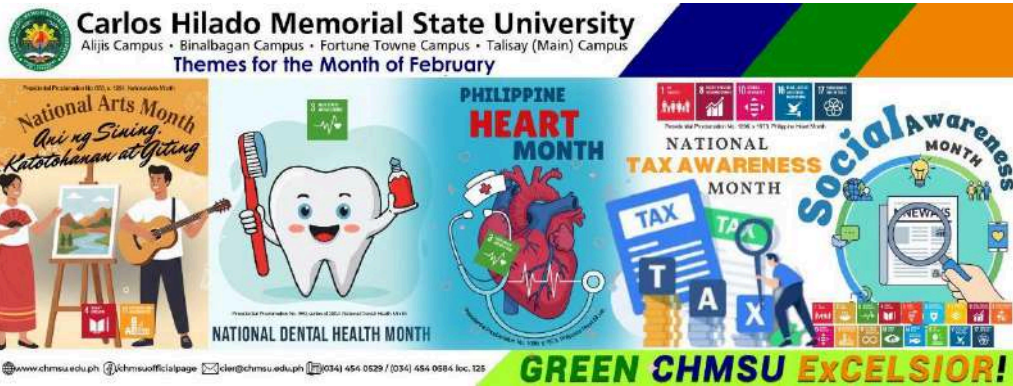




# Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.



All deans, department chairs, and faculty members are enjoined to initiate and integrate the said themes in course lessons and activities. Office heads are likewise encouraged to help promote the theme in their offices.

## The Week Ahead

Date	Time	Activity/ Event	In-charge	Audience/ Participants	Location/ Venue
Feb 9	8:00 AM - 5:00 PM	Evaluation of the Effectiveness of the Context of the Organization (COTO) 2025 and Formulation of the COTO 2026	Quality Management Office	President, All Vice Presidents & Directors	Audio Visual Room, Talisay (Main) Campus
Feb 10-13	8:30 AM - 5:00 PM	Crafting of QOAP CY 2026 and ISO 9001 Refresher	Quality Management Office	VPAA, CIMD, Deans and Undergraduate Program Chairs of CAS, CCJ, COED, CIT & COF, Chairs of AEP (Graduate Programs), CBMA, CCS COE	Audio Visual Room, Talisay (Main) Campus
Feb 12	8:30 AM - 12:00 PM	Year-End Performance Review	Planning, Monitoring, and Evaluation Unit	All Vice Presidents, Executive Directors, Unit Heads, & Directors	Audio Visual Room, Talisay (Main) Campus
	1:00 PM - 5:00 PM	Local Technical Budget Hearing	Planning, Monitoring, and Evaluation Unit	All Vice Presidents, Executive Directors, Unit Heads, & Directors	Audio Visual Room, Talisay (Main) Campus
Feb 13	1:00 PM - 5:00 PM	Stakeholders' Meeting	Planning, Monitoring, and Evaluation Unit	All Vice Presidents, Executive Directors, Unit Heads, & Directors	Audio Visual Room, Talisay (Main) Campus
Feb 13		Valentine's Special Event	University Student Government	All Students	University Plaza

## Highlights of the Week

- The Office of the Guidance Services successfully conducted the Career Orientation and Off-site Testing in Hinoba-an, Sibalay City, and Cauayan on February 2-4, 2026. Meanwhile, the orientation and testing for Calatrava, Sagay City, and Candoni will be held on February 10, 13, and 16, respectively.
- Third-year BA Social Science students majoring in International Relations, under the class of CIER Director Rhoderick Samonte, actively participated in a prestigious global webinar hosted by the New York-based UN Sustainable Development Solutions Network (SDSN) on February 2, 2026. The event provided students with valuable insights into global sustainable development initiatives and strengthened their international academic exposure.
- In preparation for the upcoming Barangay and Sangguniang Kabataan Elections, the Commission on Elections (COMELEC) conducted a Satellite Voter Registration for the Youth at the CHMSU Binalbagan Campus on February 5, 2026. The initiative encouraged and empowered young voters to actively participate in the democratic process.
- Demonstrating the spirit of CHMSUyanihan, relief assistance was successfully distributed on February 3, 2026, to 65 families (149 individuals) affected by the fire incident at Purok Tambi Palad, Brgy. 10, Bacolod City. This effort highlights the university community's commitment to extending help and support to those in need.



**DID YOU KNOW?**  
in 2024,  
**23,843**  
deaths were registered due to  
**Ischaemic Heart Diseases in Metro Manila**

Share of registered deaths by sex

**59.2%**  
Male Deaths (14,124)

**40.8%**  
Female Deaths (9,719)

Source: Philippine Statistic Authority

Sources: Philippine Statistics Authority & Philippine Information Agency

**American Heart Association**

## 10 Ways to Improve Your Heart Health

- Balance calorie intake with physical activity.
- Add a variety of fruits and vegetables.
- Incorporate whole grains.
- Focus on healthy protein sources, mostly from plants and seafood.
- Use non-tropical liquid plant oils.
- Eat minimally processed foods.
- Minimize added sugars.
- Cut down on salt.
- Limit alcohol. (If you do not drink alcohol, do not start.)
- Follow these recommendations whether eating at home or dining out.

Need more food for thought? Go to [heart.org/eatsmart](https://heart.org/eatsmart).

Source: American Heart Association

## 7 Steps to Proper Oral Health

- Floss before you brush.
- Put enough toothpaste according to your age group.
  - 0-2 years old (smear)
  - 2-5 years old (pea size)
  - 6+ (regular)
- Brush the outer surface of teeth.
- Brush the inner surface of teeth.
- Brush the chewing surface.
- Brush the tongue, cheeks, and palates.
- Spit excess toothpaste, don't rinse.

#UNITEFORMOUTHHEALTH #WOHD20 #WOHD20PHILIPPINES

MANILA WATER FOUNDATION

Do you know that...  
**THE AVERAGE LIFE OF A TOOTHBRUSH IS ABOUT THREE MONTHS?**

Brushing your teeth with an old, frayed toothbrush would not clean your teeth properly.

Change your toothbrush every three months!

#UNITEFORMOUTHHEALTH #WOHD20 #WOHD20PHILIPPINES

MANILA WATER FOUNDATION

Sources: Philippine Water Foundation & Philippine Dental Association