



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 24	1:00 PM - 3:00 PM	PODBOKASIYA	CIER	Students	Supt. Dionisio Guilbert Convention Hall, Binalbagan Campus
Feb 25	9:00 AM - 11:00 AM	PODBOKASIYA	CIER	Students	Audio-Visual Room, Alijis Campus
Feb 25		40th EDSA People Power Revolution Anniversary			
Feb 26	1:00 PM - 3:00 PM	PODBOKASIYA	CIER	Students	Function Hall, Fortune Towne Campus
Feb 24-28		Regional Culture and the Arts Competition	Culture and the Arts	Faculty & Students	Dumaguete City
Feb 27	9:00 AM - 5:00 PM	1st Quarter CHMSU Council Meetings	Office of the Executive Assistant	Concerned University Officials & Personnel	4th Floor Conference Room, Administration Building, CHMSU Talisay
Feb 27	8:00 AM - 12:00 PM	Dental Health Month Celebration	Dental Health Services	Students	Multi-purpose Gym, Talisay (Main) Campus
Feb 27	1:00 PM - 4:30 PM	KAALAMAN AT KAMALAYAN: Social Awareness Quiz Bowl 2026	Social Science Guild	Students	Multi-purpose Gym, Talisay (Main) Campus

Highlights of the Week

- The CHMSU communities at the Alijis, Fortune Towne, and Talisay (Main) Campuses marked the beginning of the Lenten Season with the Ash Wednesday Masses on Feb. 18, 2026. The liturgy reminded CHMSUans of the call to humility, repentance, and renewal.
- The University Student Government of the Binalbagan Campus held the “Febreality: Ethics of Love and Clarity of Connection,” a talks highlighting responsibility, respect, and informed choices with Dr. Dianne Gapulan and Dr. Hazel Pagunsan on Feb. 16, 2026, at the campus covered court.
- The CHMSU Fortune Towne Campus community came together to honor Associate Dean Marissa Quezon of the College of Business Management and

Accountancy, celebrating her dedicated years of public service and her forthcoming retirement. With humility, excellence, and an unwavering commitment to quality education, Dean Quezon has guided the college with both wisdom and heart, leaving a legacy that will continue to inspire generations of students and educators.

- The College of Industrial Technology at the Talisay Campus held its monthly internship meeting with fourth-year students on February 20, 2026, at the Multipurpose Gym, highlighted by a talk on daily time record compliance and internship policies. The college also recognized and awarded outstanding student-interns who excelled during their programs.

- The Bachelor of Science in Information Systems (BSIS) 4th year students marked a significant milestone in their academic journey during a Pining Ceremony held on February 20, 2026, at the Function Hall, Talisay (Main) Campus.
- The Bachelor of Science in Office Administration proudly celebrated Philippine Association of Students in Office Administration (PASOA) Day with the theme Spectrum: Shades of growth, strength and service, to cultivate perseverance and uphold the highest standards of expertise, February 20, 2026 at the Function Hall, Fortune Towne Campus.

Do You Know That...
BRUSHING THE RIGHT WAY IS IMPORTANT FOR A HEALTHY MOUTH?

- Brush your teeth for two minutes, twice a day, using a fluoride toothpaste.
- Brush your teeth in circular motion - not back and forth.
- Finally, spit but do not rinse your mouth straight after brushing as that can wash the protective fluoride away.

UNITE FOR A HEALTHY WORLD
 WORLD ORAL HEALTH DAY
 MANILA WATER FOUNDATION

Manila Water Foundation, Philippine Dental Association launch World Oral Health Day campaign online | Manila Water Foundation. (2020, April 3). <https://manilawaterfoundation.org/news/2020-04-03/manila-water-foundation-philippine-dental-association-launch-world-oral-health-day>

5 WAYS TO PREVENT HEART DISEASE & STROKE

By American Heart Association News

- NUTRITION**: Adults should eat more plant-based foods such as vegetables, fruits, nuts, legumes and whole grains, and choose fish, lean vegetable or lean animal proteins. Minimize processed meat and sweetened drinks.
- EXERCISE**: Each week, adults should engage in at least 150 minutes of a moderate-intensity activity, such as brisk walking, or at least 75 minutes of a vigorous activity, such as jogging.
- TOBACCO**: At each health care visit, tell your doctor whether you have smoked any tobacco product in the previous month - and, if so, work with your doctor to create a plan to quit.
- SOCIAL DETERMINANTS**: Talk to your doctor about factors that affect your health, such as housing, food security, transportation, self-image and culture.
- ASPIRIN**: Because of the risks of bleeding, don't take aspirin for prevention unless your doctor prescribes it. Aspirin can help in some cases, but talk to your doctor about whether it's right for you.

Source: American Heart Association/American College of Cardiology prevention guidelines. Published March 17, 2019 | © 2019 American Heart Association, Inc.

American Heart Association. (2019). New guidelines: Healthy lifestyle, managing risks are key to preventing heart attack, stroke <https://www.heart.org/en/news/2019/03/17/new-guidelines-healthy-lifestyle-managing-risks-are-key-to-preventing-heart-attack-stroke>

WHAT IS PHILIPPINE ART?

Philippine Art is said to be constantly changing and evolving. It dates us back before the colonial times. Traditional art used to be incorporated by folk architecture and other artistic expressions that were used for rituals and for depicting bravery and wealth. However, as the colonial influences entered, it changed the idea of Philippine Art. According to Leo Benesa, the objective of art was to portray the subject as true to what is, in reality of Filipino lives.

PHILIPPINE ART TIMELINE

- (PRE- 13 AD) ETHNIC ART**: "Indigenas" Art pertaining to the art produced by Filipinos before the arrival of the first Western colonizers. This period points out that art was made out of the Filipinos' own consciousness of themselves and not of foreign influence. The art during this era was greatly influenced by one's geographical location and most often depicts the daily lives of Filipinos through the use of materials found within the vicinity. Art was used mainly for ritual purpose and daily living.
- (13AD) ISLAMIC ART**: Islam as a religion has long been established since the early 600s AD. During the early 1300s in the Southern-most part of the Philippines, Islam gained significant grounding, which allowed the religion to become the driving force. Along with its emergence, Islam paved way to the development of its own unique style of art, which places emphasis on creating artform that is built on the beauty and respect for Islamic teachings. Specifically, the influence of our ethnicity displays a distinct Filipino Muslim artform that centers on Islamic identity.
- (1521-1898) SPANISH ART**: Philippine Art is greatly influenced by religion and secularization which was brought by the Spanish colonizers. Philippines was under the rule of the Spaniards for 333 years where they used art as a tool to propagate the Catholic faith and to maintain their power as colonizers.
- (1898-1941) AMERICAN ERA**: From the colonization of Spain, America set to colonize the Philippines through education and governance. The art form during the American colonial era focused more on portraying the lives of Filipinos and using techniques such as "romanticizing" a reality to make it seem more appealing than it is. The English language was also taught and was used for literature. The known artists of this era are: Fabian dela Rosa, Miguel Zaragoza, Emilio Aguilo, Juan Avellana, Carlos Francisco and Fernando Amorsolo.
- (1941-1945) JAPANESE ERA**: The arrival of the Japanese caused great terror to the Filipinos. Their colonization put a stop to the development of art which caused modern art to become slow-paced. The Japanese wanted to seek a Pan-Asian identity that rejected Western traditions. Hence, art was strictly policed by the Japanese.
- (1946-1989) POST WAR**: Modern art started to flourish after World War 2, which granted independence to the Philippines. This era then made artists pose questions of national identity as the main theme of various art forms. Modern art allowed artists to showcase their own creativity without being limited to any subject or form.
- (1970-PRESENT) CONTEMPORARY**: Former President Marcos wanted to have a rebirth of a lost civilization while pushing through modernization. Hence, the birth of Contemporary Art. In this period, we transcended the traditional ways of making art, allowing artists to portray the subject and medium in an innovative and skilful way while reflecting Filipino identity.

Teamluxon. (2020, August 10). PHILIPPINE ART TIMELINE. Philippine Contemporary Arts 2020. <https://teamluxon.wordpress.com/2020/08/09/philippine-art-timeline/>