



Carlos Hilado Memorial State University CHMSU Messenger

Stay Connected. Get Engaged. Be Animated.

Carlos Hilado Memorial State University
Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus
Themes for the Month of February

19th National Dental Health Month

NATIONAL ARTS MONTH
Ani ng Sining
Bunga ng Galing

Philippine Heart Month

Social Awareness Month

GREEN CHMSU EXCELSIOR!

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
Jan 30 – Feb 11	8:00 am – 5:00 pm	2nd Semester Enrollment	Office of the Registrar	Students	All campuses
Feb 7	8:00 am – 12:00 nn	Pre-internship Seminar	College of Arts and Sciences Psychology Department	BS Psychology students	3rd Floor, Function Hall, Green Building, Talisay (Main) Campus

Attention!
Faculty and Office Heads!

Activate your **CHMSU Email** and use it for your official school communication.

For assistance, visit your respective ICT Coordinators for Alijis, Binalbagan, and Fortune Towne campuses/ ICT-MIS Office at the 3rd Floor Function Hall, Green Building for Talisay (Main) Campus or call 712 0005 loc. 222.

Edmar D. Villanueva, Senior Agrarian Reform Technologist and Public Information Officer of the Department of Agrarian Reform – Negros Occidental, was the guest speaker.

Highlights of the Week

- ✚ The **Information Technology Department in Binalbagan Campus** held its first Innovation Challenge on January 27, 2023 at the campus convention hall. The competition featured student groups that tackled five challenges namely: Enriching Travel Experience, Achieving Zero Hunger, Gender and Development Issues, Making Telecommuting Work, and Digitizing Public Information.
- ✚ **CHMSU Excelsiors Esports** announced on February 1, 2023 that it has officially joined AcadArena Alliance, a network of campus gaming communities in the Philippines. With this membership, the organization will be able to expand opportunities and connect with other groups in the field of Esports.
- ✚ The **Bachelor of Arts in Social Science Program** held **“Pagkilala: A Rite of Passage”** Pinning Ceremony for internship students at the Function Hall, Green Building, Talisay (Main) Campus on February 1, 2023. CHMSU alumnus

- ✚ **Fourth year Business Administration students in Fortune Towne Campus** attended the **Internship Orientation** on February 1, 2023 at the campus gym in preparation for their internship deployment starting February 6, 2023. Internship faculty members Jaime Berbano, PhD, Jay Jay Pisueña, PhD, and Conrad Albela, PhD organized the orientation.
- ✚ The **Bachelor of Arts in English Language Program** conducted its pinning ceremony on February 2, 2023, at the Function Hall, Green Building, Talisay (Main) Campus. The ceremony presented the fourth-year students who will be deployed for internship by the end of February. **Annie Christy Jones** was the guest speaker.
- ✚ The **Bachelor of Science in Civil Engineering Program** held the **14th Recognition and Thanksgiving Celebration** for newly licensed Civil Engineers at Sugarland Hotel on February 3, 2023. The celebration started with a thanksgiving message and prayer led by guest **speaker Ptr. Michael P. Sequitin**, followed by the recognition of honorees, messages from student representatives, administrators, and a video message from licensure exam topnotcher **Engr. Jefferson Y. Cafino**.



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✚ The **Bachelor of Science in Psychology Program** conducted its **3rd Pinning Ceremony for Class of 2023** with the theme: **“Fostering Dynamic Mental Health Awareness through a Healthy and Positive Face-to-Face Transition”** at the Multi-purpose Gym, Talisay (Main) Campus on February 3, 2023. The keynote speaker was Therese M. Pellejo, MSc., RPsy., Rpm.

✚ CHMSU Talisay Campus held the **First Friday Mass** on February 3, 2023 at the Function Hall, Green Building. Students, faculty, administrators, and staff attended the Mass which was sponsored by the College of Education. Likewise, Binalbagan Campus also had its **First Friday Mass** sponsored by the administrators and Education Department at its multi-purpose gym.

The theme **“galing”** refers to excellence in the arts as both a source of bounty despite challenging times, and a product of the passion of Filipino artists and cultural workers. In celebrating National Arts Month in 2023, **“galing”** alludes to artistic excellence as well as underscoring the capacity of the arts to heal, rebuild, and restore in a post-pandemic setting.

Source: National Arts Month 2023 | Pambansang Buwan ng mga Sining. ncca.gov.ph/nam2023

Source: 5 Ways to a Healthy Heart. Philippine Heart Month. pleanzone.ph

Dental Health Tips



Source: Keep Teeth Healthy. <https://www.mayoclinichealthsystem.org/hometown-health/doctor-orders/keeping-childrens-teeth-healthy>

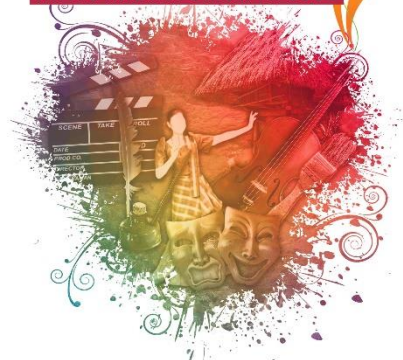
1. Practice regular exercise.
2. Avoid smoking and excessive alcohol drinking.
3. Always include greens in your diet.
4. Improve your mental health.
5. Prevent obesity through constant weight checking.



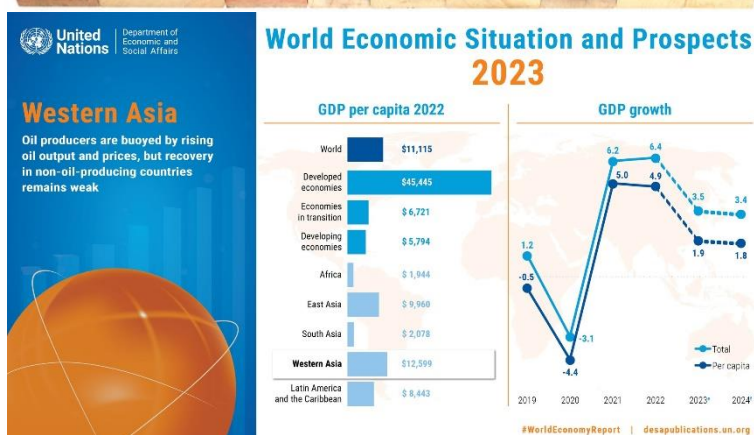
With this year's theme **“ANI NG SINING, BUNGA NG GALING,”** the National Commission for Culture and the Arts (NCCA) leads the celebration of National Arts Month (NAM) this February and March with various exciting face-to-face and online activities. The theme aims to immerse Filipinos in diverse cultural expressions and celebrate the bountiful harvest from the Filipino imagination.

NATIONAL COMMISSION FOR CULTURE AND THE ARTS
NCCA

Ani ng Sining Bunga ng Galing NATIONAL ARTS MONTH 2023



www.ncca.gov.ph
NCCAofficial



Growth in Western Asian economies is projected to slow to 3.5% in 2023 from 6.4% in 2022.

Oil producers were buoyed by rising oil output & prices, but non-oil producers suffered from high commodity prices & weak currencies.

Source: World Economic Situation and Prospects 2023. <https://desapublications.un.org/publications/world-economic-situation-and-prospects-2023>