



# 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
Dec 11 - 13	8:00 am - 5:00 pm	Intercampus Meet (Culture and the Arts)	Culture and the Arts Affairs and Student Affairs and Services	All students	Talisay (Main) Campus
Dec 11	8:00 am	MOA Signing Ceremony	Gender and Development Office	Coordinators and partners	Global Learning Cafe, Green Building, Talisay (Main) Campus
Dec 12	8:00 am	Blessing and Inauguration of GAD Projects in Alijis and Fortune Towne campuses	Gender and Development Office	GAD Coordinators, students, and faculty	Alijis Campus and Fortune Towne Campus
Dec 14	8:00 am	PRIME Research Fiesta	Research and Development Services	Research Coordinators and faculty	Function Hall, Green Building, Talisay (Main) Campus
Dec 15	8:00 am	PASS Leadership Training	Public Administration Student Society	PASS members	Function Hall, Green Building, Talisay (Main) Campus

## Highlights of the Week



CHMSU hosted the 33rd Regional Symposium on Research and Development Highlights on December 4 – 5, 2023, at CHMSU Talisay (Main) Campus. Different SUC and Government Department research presenters participated in the event.

- CHMSU completed the 5th On-site Surveillance Visit with Zero Non-conformity and was recommended to use the ISO 9001:2015 Certification on December 4 – 5, 2023. The audits were conducted in Binalbagan, Fortune Towne, and Talisay campuses.
- Wordsmith conducted a Leadership Training on December 6, 2023, at the Global Learning Café, Green Building, Talisay (Main) Campus.
- The Public Administration Student Society held a 3rd General Membership Meeting on



December 6, 2023, at the Function Hall, Green Building, Talisay (Main) Campus.

- Bachelor of Science in Management Accounting (BSMA), specifically sections B and D, conducted their first week of final oral defense for their respective thesis papers as partial fulfillment for their subject Accounting Research on December 6, 2023, at RCWC Discussion Room and Media Literacy Room. The remaining sections will continue their final oral defense next week, December 11-12, 2023.
- BA Social Science 1A, 4B, and 4C Classes, in collaboration with the Center for Internationalization and External Relations, organized a Global Village Festival: Celebrating Multiculturalism and the SDG on December 7, 2023 at the Function Hall, Green Building, Talisay (Main) Campus.
- Jayjay M. Pisueña, PhD, Fortune Towne Campus IER Coordinator, represented CHMSU in the Federation on Cooperatives of Negros Occidental on December 9, 2023 at Northwest In JB Center, Bacolod City.

<p><b>Looking for ways to save energy and money at home?</b> Check out the 8 things all homeowners should do to cost effectively lower their energy bills.</p>	<p><b>Install and set a programmable thermostat.</b> Save an estimated 10 percent per year on heating and cooling costs by using a programmable thermostat.</p>	<p><b>Use sunlight to your advantage.</b> Choose window treatments that allow you to use natural light while reducing heat loss and gain.</p>
<p><b>Switch to ENERGY STAR appliances, fans and electronics.</b> Using ENERGY STAR certified products throughout your home could save nearly \$750 over the lifetime of the products.</p>	<p><b>Choose energy-saving lighting.</b> Replacing 3 of your home's most frequently used lights with energy-efficient ENERGY STAR bulbs could save you \$75 a year in energy costs.</p>	<p><b>Use an electronic power strip for your electronic equipment.</b> Help reduce phantom loads -- and save up to \$100 a year -- by plugging electronic devices into a power strip and turn it off when not in use.</p>
<p><b>Reduce energy for water heating.</b> Take simple steps -- like lowering your water heater's temperature and installing low-flow showerheads -- to reduce your water heating bills.</p>	<p><b>Hire a professional to maintain your heating and cooling system.</b> Check and replace your air filters regularly and arrange for annual maintenance with a qualified technician.</p>	<p><b>Consult a home performance contractor to achieve large savings.</b> These professionals will do a comprehensive audit of your whole house using special tools to measure home energy efficiency.</p>

**The Universal Declaration of HUMAN RIGHTS**

Adopted by the General Assembly of the United Nations in 1948, the Universal Declaration states basic rights and fundamental freedoms to which all human beings are entitled.

**WE ARE ALL BORN FREE AND EQUAL**  
**EVERYONE IS ENTITLED TO THESE RIGHTS**  
NO MATTER YOUR RACE, RELIGION OR NATIONALITY  
**EVERYONE HAS THE RIGHT TO LIFE, FREEDOM AND SAFETY**

- No one has the right to hold you in slavery.
- You have the right to own property.
- No one has the right to torture you.
- Everyone has the right to belong to a religion.
- You have the right to recognition everywhere as a person before the law.
- Freedom of Expression: You have the right to free thought and to voice your opinions to others.
- We are all equal before the law and are entitled to equal protection of the law.
- Everyone has the right to gather as a peaceful assembly.
- You have the right to seek legal help if your rights are violated.
- You have the right to help choose and to take part in governing your country, directly or through chosen representatives.
- No one has the right to wrongly imprison you or force you to leave your country.
- You have the right to a fair and public trial.
- Everyone is innocent until **PROVEN** guilty.
- You have the right to social security and are entitled to economic, social and cultural help from your government.
- You have the right to privacy. No one can interfere with your reputation, family, home or correspondence.
- Workers' rights: Every adult has the right to a job, a fair wage and to join a trade union.
- You can travel wherever you want.
- You have the right to leisure and rest from work.
- Everyone has the right to an adequate standard of living for themselves and their family.
- Everyone has the right to education.
- Everyone has the right to a nationality.
- Your intellectual property as an artist or scientist should be protected.
- All adults have the right to marriage and to raise a family.
- We are all entitled to social order so we can enjoy these rights.

**You have the responsibility to respect the rights of others**  
**NO ONE CAN TAKE AWAY ANY OF YOUR RIGHTS**

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**NATIONAL VOLUNTEER MONTH 2023 DECEMBER**

"Igniting Intra- and Inter-lead Innovation for Future Growth and Social Transformation"