2nd Semester, Academic Year 2023-2024 • Issue 24 • February 12 - 16, 2024

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 12		Special Non-Working Day (26th Charter Anniversary			Talisay (Main) Campus
Feb 12 - 14		Feb-ibig	C-USG Fortune Towne Campus	All students	Fortune Towne Campus
Feb 12	8:00 am – 5:00 pm	Student Teaching Orientation Program	College of Education Senior Officers, Coordinators, and Advisers	BEED, BSED, and BTLED graduating students	Binalbagan Campus
Feb 14	8:00 – 11:30 am	College of Education Pinning Program	College of Education	BEED, BSED, and BTLED graduating students	Binalbagan Campus
Feb 14	2:30 pm	Ash Wednesday Mass	CIER, College of Education, and OSAS	Students, faculty, and staff	Talisay (Main) Campus

Highlights of the Week

- The Bacolod City Health Office, in collaboration with Medical Services Fortune Towne Campus conducted a Flu Vaccination for the faculty, staff, and students and their family members on February 6, at the Audio-Visual Room, Fortune Towne Campus.
- Bachelor of Arts in English Language held their Pinning Ceremony with the theme "Empowering Skills and Cultivating Connections in the Global Workplace with Glocalized English" on February 7, 2024 at the Function Hall, Talisay (Main) Campus.
- A MOA Signing Ceremony was held between CHMSU and EB Magalona Mayor Marvin M. Malacon which his family

generously donated a parcel of land to the university on February 7, 2024 at the Business Center, Talisay (Main) Campus.

- College of Arts and Sciences conducted a Pre-internship Seminar for the graduating students of the BA in English Language, BA Social Science, and BS Psychology programs at the Multipurpose Gym, Talisay (Main) Campus on February 7, 2024.
- Process owners of Fortune Towne Campus conducted a COTO Effectiveness and 1st Management Review for the 2nd semester, AY 2023-2024 of the College of Business Management and Accountancy (CBMA) on February 7, 2024 at the Audio-Visual Room, Fortune Towne Campus.

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CHMSU messenger

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WAYS TO KEEP YOUR

HEART HEALTHY

Get the healthiest heart by incorporating these daily habits into your lifestyle:

Stay away from second-hand smoke

at all times.

Don't sit down

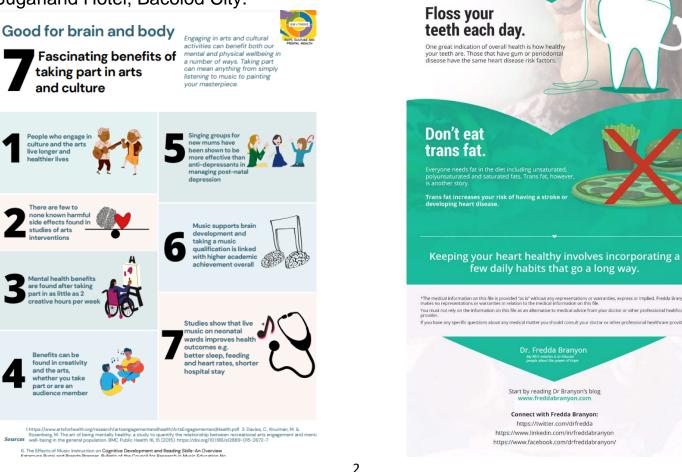
too long, ever.

Sleep right.

No matter how much exercise you do, sitting dow too long is bad for your health. This is suggested research done in recent years.

Fact: Researchers found that when you sit down too long, there is a related 147% increase in cardiovascu events and a 90% increase in death caused by cardiovascular events.

- The Bachelor of Science in Psychology held a Pinning Ceremony with a theme Layon Minds United to Create a Future where Mental Health Matters on February 8, 2024 at the Multi-purpose Gym, Talisay (Main) Campus.
- College of Business Management and Accountancy held its pinning ceremony for the fourth-year students with the theme "Pins of Promise: Crafting Futures with Pride" on February 8, 2024, at the Fortune Towne Campus Gymnasium, marking the beginning of new experiences for them.
- Public Administration Student Society conducted a Bloodletting Activity on February 8, 2024 at the Audio Visual Room, Talisay (Main) Campus.
- Bachelor of Science in Civil Engineering held a Recognition and Thanksgiving Celebration to all its newly passed Civil Engineers on February 9, 2024 at the Sugarland Hotel, Bacolod City.



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