



# 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**

**20th National Dental Health Month**  
Theme: "Ngipin mo ay Alagaan, Tulad ng Inang Kapitkisan"

**ANing Sining Bayang Malikhaing National Arts Month 2024**

**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
Feb 12		Special Non-Working Day (26 <sup>th</sup> 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 Glocalised 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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✚ 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.

## 5 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.

The risk of heart disease developing for people exposed to second-hand smoke is about a third percent higher than for people who are not.

Fact: There are about 7,300 lung cancer deaths yearly and 34,000 premature deaths due to heart disease caused by second-hand smoke.



### Don't sit down too long, ever.

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

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



### Sleep right.

Sleep is essential. Those who lack sleep get a higher cardiovascular disease risk regardless of health habits or age.

Fact: A study of more than three thousand adults age forty-five or older found that people who slept less than six nightly hours were double as likely to have a heart attack as those that slept 6-8 hours each night.



### Floss your teeth each day.

One great indication of overall health is how healthy your teeth are. Those that have gum or periodontal disease have the same heart disease risk factors.



### Don't eat trans fat.

Everyone needs fat in the diet including unsaturated, polyunsaturated and saturated fats. Trans fat, however, is another story.

Trans fat increases your risk of having a stroke or developing heart disease.



Keeping your heart healthy involves incorporating a few daily habits that go a long way.

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Dr. Fredda Branyon  
My life's mission is to educate people about the power of hope.

Start by reading Dr Branyon's blog  
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### Good for brain and body

## 7 Fascinating benefits of taking part in arts and culture

Engaging in arts and cultural activities can benefit both our mental and physical wellbeing in a number of ways. Taking part can mean anything from simply listening to music to painting your masterpiece.



<p><b>1</b> People who engage in culture and the arts live longer and healthier lives</p>	<p><b>5</b> Singing groups for new mums have been shown to be more effective than anti-depressants in managing post-natal depression</p>
<p><b>2</b> There are few to none known harmful side effects found in studies of arts interventions</p>	<p><b>6</b> Music supports brain development and taking a music qualification is linked with higher academic achievement overall</p>
<p><b>3</b> Mental health benefits are found after taking part in as little as 2 creative hours per week</p>	<p><b>7</b> Studies show that live music on neonatal wards improves health outcomes e.g. better sleep, feeding and heart rates, shorter hospital stay</p>
<p><b>4</b> Benefits can be found in creativity and the arts, whether you take part or are an audience member</p>	

1. <https://www.artsforhealth.org/research/artsengagementandhealth/ArtsEngagementandHealth.pdf> 3. Davies, C., Knulman, M. & Rosenberg, M. The art of being mentally healthy: a study to quantify the relationship between recreational arts engagement and mental well-being in the general population. BMC Public Health 16, 15 (2015). <https://doi.org/10.1186/s12889-015-2672-7>

6. The Effects of Music Instruction on Cognitive Development and Reading Skills-An Overview  
Katherine Bland and Brooke Bessner. Bulletin of the Council for Research in Music Education 14.