



# 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 Anniversary**  
National Dental Health Month

Theme: "Ngipin mo ay Alagaan, Tulad ng Inang Kabikasan"

**ANing SINING**  
Bayang Malikhaín

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 26 to Mar 1	8:00 am – 5:00 pm	<b>Career Orientation</b>	Office of the Guidance Services	Students	Hinobaan, Sipalay, Cauayan, Candoni, Isabela, and La Castellana
Mar 1	9:00 am – 12:00 nn	<b>Mental Health Awareness Symposium</b>	Circle of Peer Facilitators	2 <sup>nd</sup> year students	Covered Court, Binalbagan Campus

## Highlights of the Week

- In collaboration with DAKILA Bacolod Collective, the Social Science Guild held a 3-day Free Film Screening and TalkBack Session on February 19, 2024, at the Global Learning Cafe, Green Building, Talisay (Main) Campus.
- The College of Arts and Sciences Department conducted a 2-day Training Workshop on Research Proposal for Designing and Developing Instructional Materials (IMs) for General Education Courses (GEC) together with Professor Greg Tabios Pawilen, PhD, College of Human Ecology and Graduate Studies, University of the Philippines Los Baños as a guest speaker on February 21 - 22, 2024 at the Audio-Visual Room, Talisay (Main) Campus.
- The University Student Government Talisay Campus organized Love at First Sight: A Free Eye Check-Up for all students diagnosed with an eye problem on February 23, 2024, on the 2nd Floor, Student Center, Talisay (Main) Campus.
- Bachelor of Science in Information Systems held a Pinning Ceremony on February 23, 2024, at the Function Hall, Green Building, Talisay (Main) Campus.
- Office for Student Affairs and Services conducted a PTA Meeting and Election together with the PTA

- officers of all programs on February 19, 2024, at the Convention Hall, Binalbagan Campus.
- The Teacher Education Student Organization held a 2-day Education Day on February 22 - 23, 2024, at the Binalbagan Campus.
- The National Service Training Program held an Opening Program starting the 2nd Semester on February 24, 2024, at the Convention Hall, Binalbagan Campus.

### 5 Numbers You Need to Know for a Healthy Heart

**1 BMI** (body mass index):  
18.5 – 24.9 - Normal  
25.0 – 29.9 - Overweight  
30+ - Obese

**2 Waist Size**  
(measured at your belly button):  
Women: less than 35"  
Men: less than 40"

**3 Blood Pressure**  
Top number (systolic): under 120  
Bottom number (diastolic): under 80

**4 Cholesterol**  
Total number less than 200  
HDL <40    LDL >100

**5 Blood Sugar**  
Less than 100 (after fasting 8 hours)

**Help Your Heart!**  
Determine your BMI with a free online calculator. Find a tape measure to figure out your waist size. And see your doctor to learn your blood pressure, blood sugar and cholesterol levels.