



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
July 22 - 25	8:00am - 5:00pm	Futsal Training	Sports Office	Futsal athletes and coaches	Multi-purpose Gym, Talisay (Main) Campus
July 22- 27	8:00am - 5:00pm	Enrollment for the first semester of Academic Year 2024-2025	Registrar	Incoming first year, transfer, and continuing students	Global Learning Cafe Talisay (Main) Campus
July 22-31	4:30pm	Participating in diverse health-enhancing activities	DRRM	Faculty, staff, and students	Multi-purpose Gym, Talisay (Main) Campus
July 22-23, 29-30, Aug 5-6, 12-13, and 19-20	9:00 – 10:00am and 2:00 – 3:00 pm	AEP Entrance Examination	Advanced Education Program	Advanced Education Programs applicants	AVR Talisay (Main) Campus
July 25	8:00am - 5:00pm	Seminar Workshop on Competency Standards of Prime	HRM Department	TBA	Function Hall Talisay (Main) Campus
July 25	8:00am - 5:00pm	NSTP Collaborative Review and Enrichment	NSTP	NSTP Instructors and Coordinators	AVR Talisay (Main) Campus

Highlights of the Week

- President Norberto P. Mangulabnan was elected as PASUC National Vice President for Visayas during the 2024 Philippine Association of State Universities and Colleges Annual Convention and General Assembly at the SMX Convention Center Manila on July 15, 2024.
- CHMSU-JPIA won 3rd place in a video-making contest with their entry "Beyond the Ledger: Chronicles of an Accountancy Student" at the Accountancy Week Celebration with on July 15, 2024, at the Acacia Hotel, Bacolod City.
- The CHMSU-Binalbagan Health Services celebrated the 50th Nutrition Month with the theme 'NUTRISYONG SAPAT PARA SA LAHAT' with resource speaker, Dr. Kriska N. Salangsang, on July 15, 2024.
- CHMSU ECS - CCJ held a self-defense training for the youth members of Barangay Cabanbanan, Himamaylan City on July 16, 2024.
- Keisha Digon, Program Chair of BS Psychology, appeared on 1233 Radyo DYVS on July 19, 2024, and discussed anxiety triggers.
- The Alumni Association at the Fortune Towne Campus held a 54th Alumni Homecoming hosted by the Class of 1999 and co-hosted by NOPSCHUAASSNS, Inc. and the Class of 1974.

HEALTHY BALANCED DIET

Fruit & Vegetables
They contain vitamins and minerals, and plant chemicals called phytochemicals.

Breads, Rice & Potatoes
They are rich in vitamins and minerals, and the wholegrain varieties contain plenty of fibre.

Meat, Fish, Eggs & Beans
They provide nutrients that are vital for health and maintenance of your body.

Milk & Dairy Foods
They can keep bones strong and prevent high blood pressure.

Foods & Drinks
Such as herbs, vitamins, minerals.