



Carlos Hilado Memorial State University

# CHMSU Messenger

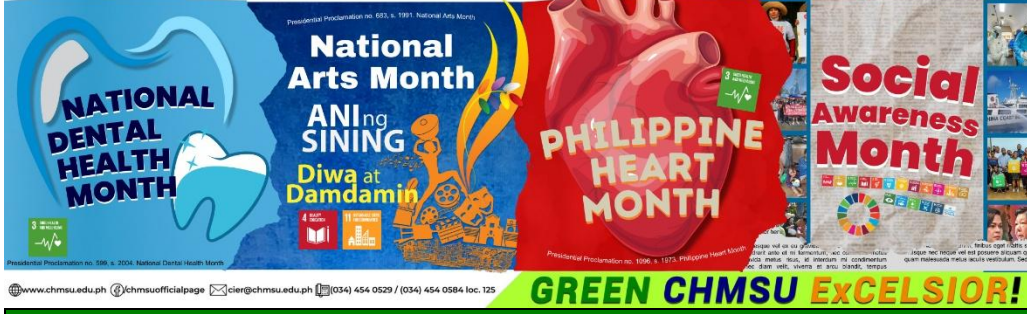
Stay Connected. Get Engaged. Be Animated.



**Carlos Hilado Memorial State University**

Alijis Campus • Binalbagan Campus • Fortune Towne Campus • Talisay (Main) Campus

**Themes for the Month of February**



www.chmsu.edu.ph | chmsuofficialpage | cier@chmsu.edu.ph | (034) 454 0529 / (034) 454 0584 loc. 125

**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
Jan 27 – Feb 8	8:00 am – 5:00 pm	<b>Enrollment Period for the 2<sup>nd</sup> Semester, AY 2024-2025</b>	Office of the Registrar	All students	All campuses
Feb 3	8:00 am – 5:00 pm	<b>Academic Performance Review</b>	Office of the Vice President for Academic Affairs	AVPAA, Deans, AEP Director, Directors under Academic Unit, University Registrar, Program Chairpersons	Library and Information Services, Talisay (Main) Campus
Feb 5	8:00 am – 12:00 nn	<b>Institutional Faculty and GASS Personnel General Assembly</b>	Office of the Vice President for Academic Affairs	All faculty and GASS Personnel	Multi-purpose Gym, Talisay (Main) Campus
Feb 6	10:00 am	<b>NEDA-NIR Inauguration and Blessing</b>	NEDA-NIR, CHMSU	Administrators and Guests	Alijis Campus

## Highlights of the Week

- Congratulations! CHMSU is now a Regional Centre of Expertise on Education for Sustainable Development member institution, as granted by the United Nations University - Institute for the Advanced Study of Sustainability (UNU-IAS), effective January 10, 2025.
- Alijis Campus organized a Two-day Empower Through Dance Workshop on January 27 – 28, 2025 at the Covered Court, Alijis Campus.
- CHMSU Performing Arts conducted a Two-day Music Workshop on January 30 and 31 at the Audio-Visual Room, Alijis Campus.
- Negros Oriental State University's (NORSU) Research, Development, and Extension units visited

Carlos Hilado Memorial State University (CHMSU) for the Negros Island Region (NIR) Networking on January 30, 2025, at the Research, Extension, and Innovation Hub, Talisay (Main) Campus.

- Administrators attended the presentation and implementation of the Localization of Women's and Children's Policies Project presented by Jesse M. Robredo Institute of Governance of DLSU (JMRIG-DLSU) represented by its Director Francisco Magno, and Professor Eddie Nuque, on January 31, 2025 at the Conference Room, Talisay (Main) Campus.
- The Bachelor of Science in Accountancy department held a Pinning Ceremony on January 31, 2025 at the Audio-Visual Room, Fortune Towne Campus.
- Vice President for Administration and Finance Rosalinda Tuvilla and Director for Gender and



Development Elvie Samson received the Abanse Negrense Women Empowerment & Gender Equality Award from Gov. Eugenio Jose Lacson in a ceremony held at Nature's Village Resort on January 31, 2025.

- Alijis Campus received the Netizen's Choice Award during the Bacolaodiat 2025 Street & Lantern Dance Competition on February 1, 2025.
- CHMSU Binalbagan students joined the Theater and Contemporary Contest during the Pasinaya Himamaylan organized by the Cultural Center of the Philippines and Himamaylan City LGU on February 1-2, 2025.

## DENTAL CARE TIPS FOR HEALTHIER TEETH

**1**

**Brush & Floss Everyday**  
It sounds simple, but many people don't brush and floss as much as they should! Make sure you use a fresh toothbrush every few months and brush and floss at least twice a day!

**2**

**Regular Check Ups**  
A dentist can detect potential problems with your oral cavity before they start giving you trouble! Checkups allow dentists to find signs of problems that may not be visible to you at home.

**3**

**Use Rinses**  
In addition to proper brushing and flossing, antibacterial rinses are a great way to maintain healthy teeth. These rinses can be used after meals and they protect your teeth and enamel.

**4**

**Don't Use Tobacco**  
Cigarettes and chewing tobacco stain teeth in addition to their negative effects on other areas of your health. Tobacco use drastically increases the risk of gum disease and oral cancer.

**5**

**Eat Healthy Foods**  
Diet is obviously an integral part of your overall health, but proper nutrition can help your teeth too! Avoid sugary foods and drinks that can damage enamel while keeping a balanced diet.

## LOVE YOUR BODY!

# TAKE CARE OF YOUR HEART

**CARDIOVASCULAR DISEASE** IS KNOWN AS A **NON-COMMUNICABLE DISEASE** AND IS THE LEADING GLOBAL CAUSE OF DEATH, ACCOUNTING FOR **17.3 MILLION DEATHS PER YEAR**, A NUMBER THAT IS EXPECTED TO GROW TO MORE THAN **23.6 MILLION BY 2030**.

IN 2008, CARDIOVASCULAR DEATHS REPRESENTED OF ALL GLOBAL DEATHS, WITH 80 PERCENT OF THOSE DEATHS TAKING PLACE IN LOW AND MIDDLE INCOME COUNTRIES.

**30%**

**WORLD HEALTH ORGANISATION** ESTIMATES THE BURDEN OF CARDIOVASCULAR DISEASE IN SOUTH AFRICA TO BE **2 TO 3 TIMES HIGHER** THAN IN DEVELOPED COUNTRIES, ACCOUNTING FOR UP TO 28% OF THE TOTAL BURDEN OF DISEASE.

**THE LACK OF ACCESS TO NUTRITIOUS FOODS**

AND THE HEAVY RELIANCE ON AFFORDABLE FOOD PRODUCTS WHICH ARE TYPICALLY HIGH IN REFINED CARBOHYDRATES AND SUGARS, CONTRIBUTE TOWARDS THIS HIGH CARDIOVASCULAR DISEASE MORTALITY RATE IN LOWER INCOME COUNTRIES.

**1 IN 3 ADULTS**

SOUTH AFRICA HAS ONE OF THE HIGHEST RATES OF HIGH BLOOD PRESSURE WORLDWIDE:

**440 PEOPLE** HAVE A STROKE EVERY DAY IN SOUTH AFRICA

**210 PEOPLE** DIE FROM HEART DISEASE DAILY IN RSA

**HIGH BLOOD PRESSURE IS A SILENT KILLER**

**75%** OF PEOPLE WITH HIGH BLOOD PRESSURE DON'T EVEN KNOW THEY HAVE IT.

**1 IN 2 ADULTS + A QUARTER OF CHILDREN** IN SOUTH AFRICA ARE OVERWEIGHT

80% OF THESE PREMATURE DEATHS CAN BE PREVENTED BY EATING BETTER, MOVING MORE, AND AVOIDING SMOKING.

## DID YOU KNOW?

Online art gallery gives you an unlimited connection and a longer and global exposure to your artworks.

## CAN THE RIGHTS OF OCEAN PROTECT THE WEST PHILIPPINE SEA?

**YES.**

1. Stricter regulations to prevent overfishing. The West Philippine Sea is home to reefs that serve as breeding grounds of fishes, protecting these areas are tantamount to protecting the local biodiversity as well as our food security.
2. Prevent oil and mining companies from exploiting the sea. The West Philippine Sea holds billions of barrels worth of oil, by keeping the sea free from extractive practices, we can prevent the pollution of its waters and destruction of biodiversity.

PHOTO SOURCE: PHILIPPINE STAR