

- o Daily from 5:30 PM to 6:30 PM in the MPSU Admin Lobby from October 21–31, 2024
- o Indigenous dance lessons (MWF), karaoke (TTh)

Description: Join us for an hour of fun and revitalization! Every day from 5:30 PM to 6:30 PM at the MPSU Admin Lobby, we'll celebrate Indigenous culture and promote mental well-being through dance and song. Learn basic steps of Indigenous dances, belt out your favorite tunes at karaoke, and connect with colleagues in a relaxed and supportive atmosphere. Let's shake off stress and embrace the joy of movement and music!

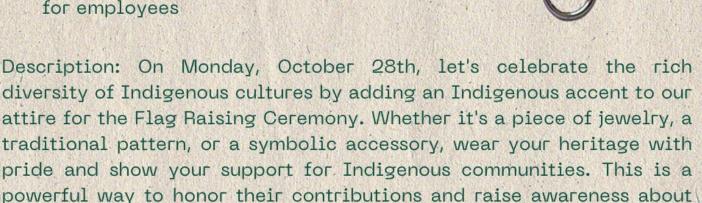




# **INDIGENOUS MONDAY:**

Wear Your Heritage with Pride!

- o October 28th, encouraging wearing Indigenous inspired attire for the Flag Raising Ceremony.
- o "Best in Ethnic Inspired Attire" competition for employees



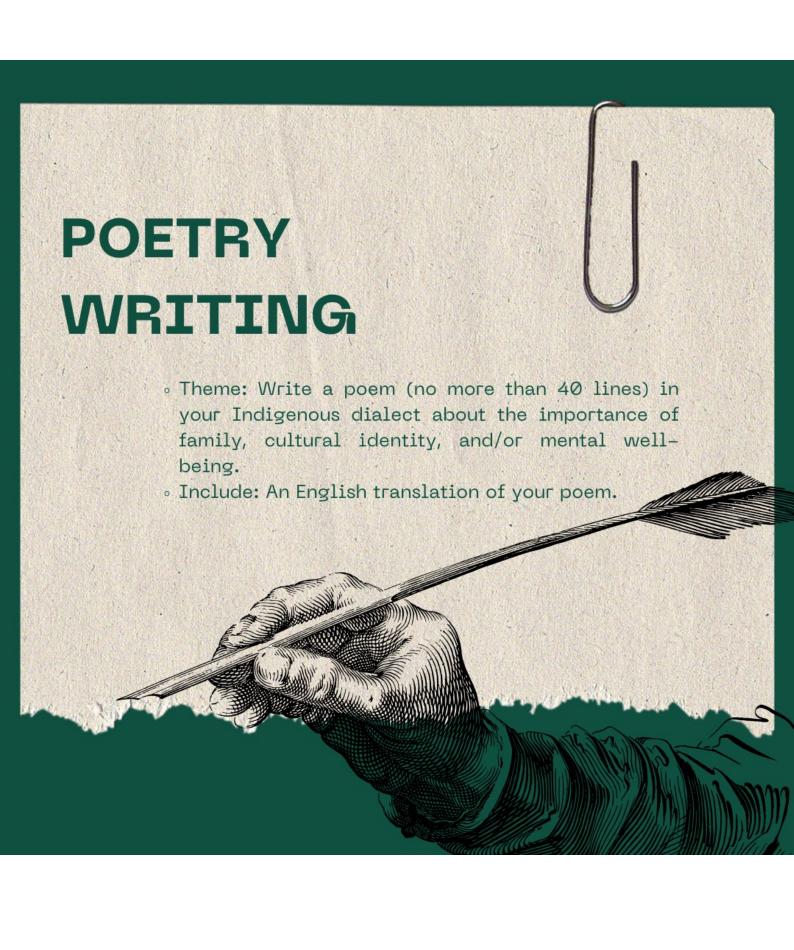




# CATEGORIES









- Theme: Visit the Events Management Office on October 18th, 2024, or email mpspc.dcc@gmail.com to receive the subject for your pencil drawing.
- Size: 1/2 illustration board.
- · Materials: Graphite pencils on paper.



### Submission Deadline:

OCTOBER 25, 2024

### Submission Location:

EVENTS MANAGEMENT OFFICE, 3RD FLOOR, ADMIN BUILDING, MPSU BONTOC CAMPUS, MONDAY-FRIDAY (8AM-5PM).

### · Prizes:

Exciting prizes await the winners in each category!

## • Important Notes:

The judges' decision is final and irrevocable.
All submitted entries will become the property
of Mountain Province State University.

### · Contact:

For inquiries, contact EDWIN BUMAS-ANG, JR. at 09703613210.

 Don't miss this opportunity to showcase your talent and celebrate your cultural heritage!