

CULTURAL AND MENTAL

HEALTH HOURS: Shake Your Sillies Out!

- 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!



SIDEWALK CHALK ART:

Paint the Pavement with Culture and Hope!

- o October 21–31st at the MPSU Admin Lobby sidewalk, 5:00pm–6:00pm
- o Creative chalk art displays celebrating Indigenous cultures and mental health awareness.



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

Description: On Monday, October 28th, let's celebrate the rich diversity of Indigenous cultures by adding an Indigenous accent to our attire for the Flag Raising Ceremony. Whether it's a piece of jewelry, a traditional pattern, or a symbolic accessory, wear your heritage with pride and show your support for Indigenous communities. This is a powerful way to honor their contributions and raise awareness about the importance of cultural recognition.

Plus!

Best in Ethnic-Inspired Attire: Show off your most stylish and culturally inspired outfit!



"WEAVING CREATIVITY AND WELLNESS An Indigenous Arts Showcase"

Calling all MPSU students! Embrace your heritage and express your creativity in the "Weaving Our Strengths" contest. We invite all bona fide students from the Bontoc, Tadian, and Paracelis campuses to participate in this celebration of Indigenous cultures and mental well-being.





Contest
CATEGORIES

POSTER MAKING

- Theme: Design a poster visually connecting Indigenous heritage with positive mental health.
- Size: 1/2 illustration board.
- Materials: Plastic crayons only.
- Include: A short, powerful title or slogan.



CHARCOAL RENDERING

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



POETRY WRITING

- Theme: Write a poem (no more than 40 lines) in your Indigenous dialect about the importance of family, cultural identity, and/or mental well-being.
- Include: An English translation of your poem.



PENCIL DRAWING

- 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!