

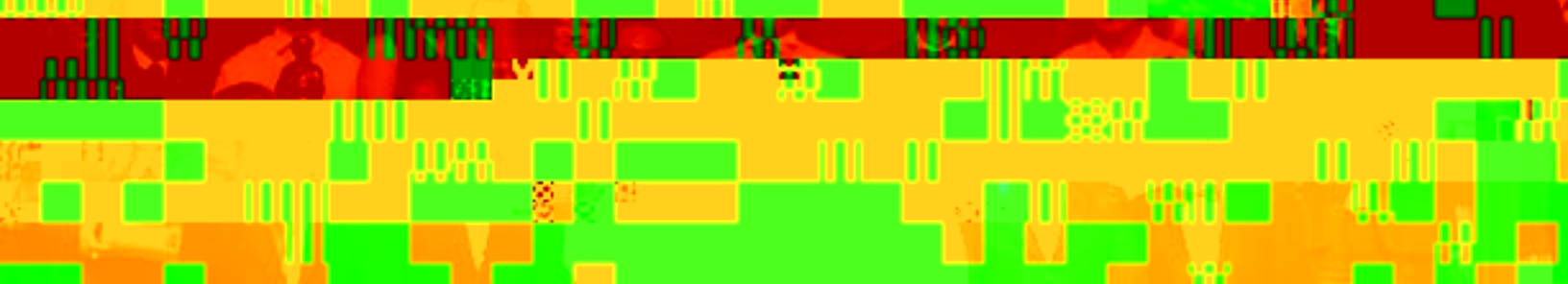
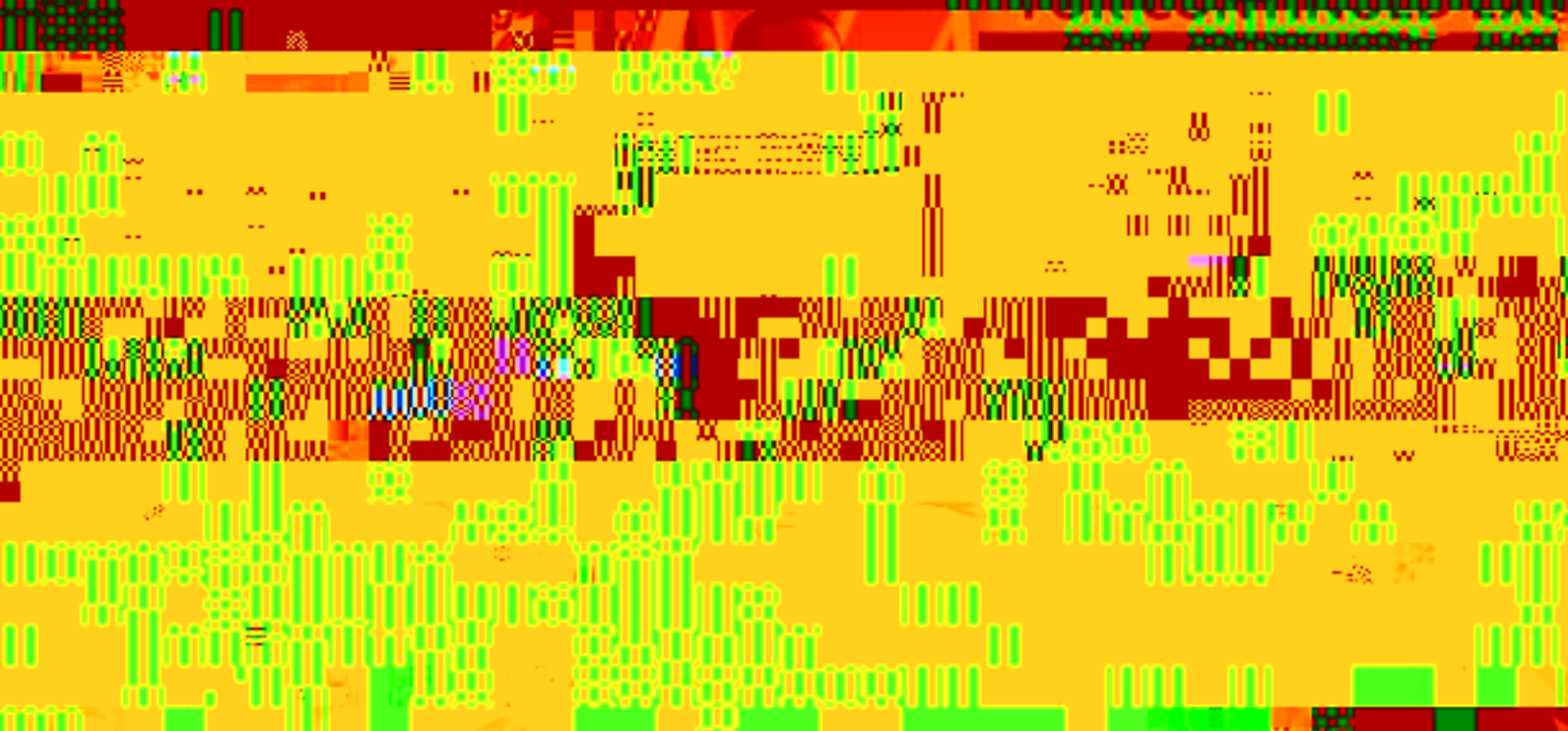


the horizon

Vol. 1

The Official Publication of San Beda College Manila

Nov 2013





Develop habits that will lead to personal renewal, refreshment and conversion.

Personal Renewal

- Daily prayer and meditation
- Regular confession and Eucharist
- Reading of Scripture and spiritual books
- Spending time in nature
- Volunteering and service to others

Personal Refreshment

- Adequate sleep and rest
- Healthy diet and exercise
- Spending time with loved ones
- Pursuing hobbies and interests
- Taking breaks from work and technology

- Regular confession and Eucharist
- Reading of Scripture and spiritual books
- Spending time in nature
- Volunteering and service to others

Community

- Regular confession and Eucharist
- Reading of Scripture and spiritual books
- Spending time in nature
- Volunteering and service to others

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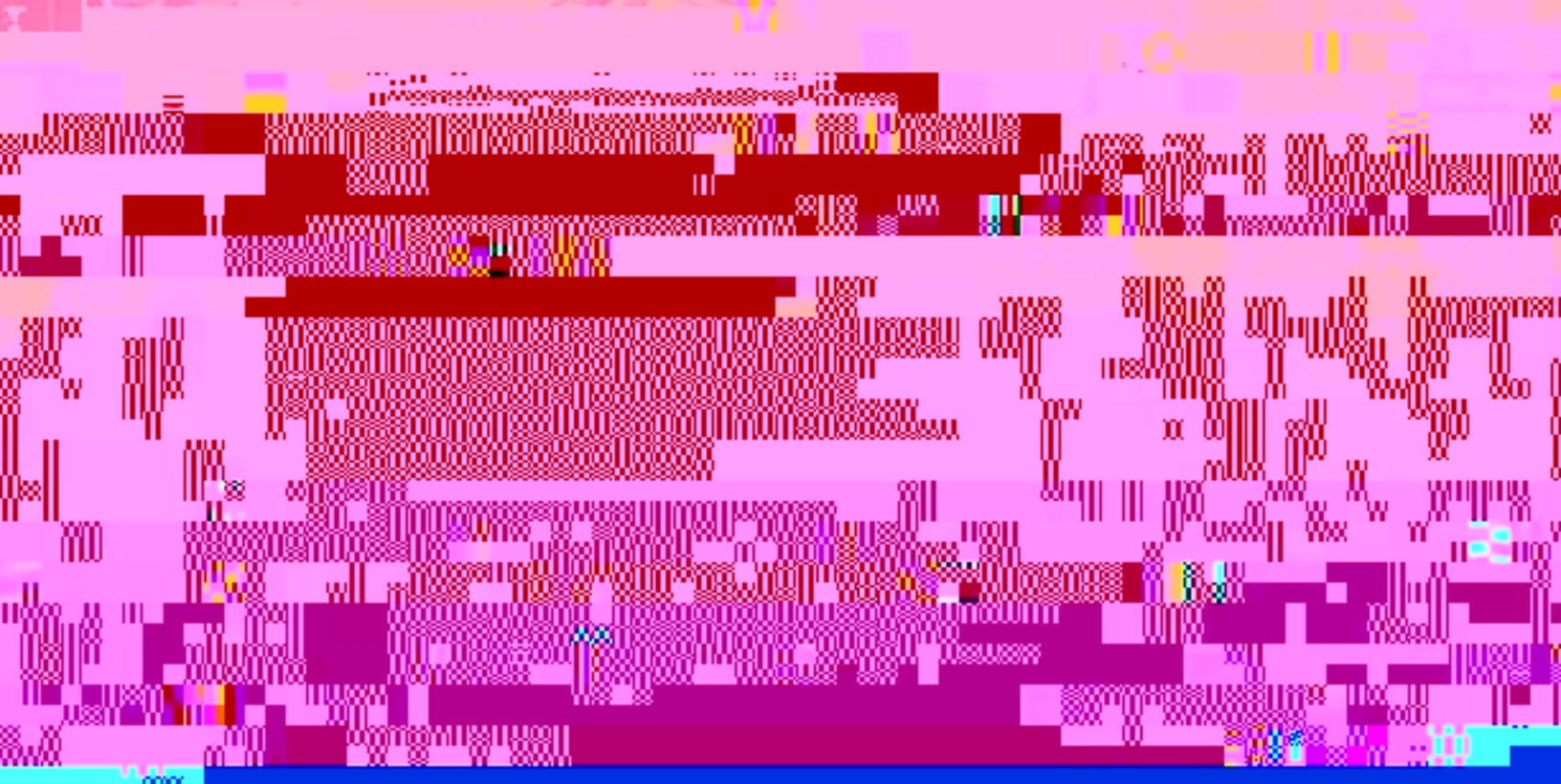
Welco

12TH PCDEB ANNUAL

CONFERENCE & 6TH BUSINESS AWARD CEREMONY

Bedford Professors

12TH PCDEB ANNUAL CONFERENCE & 6TH BUSINESS AWARD CEREMONY





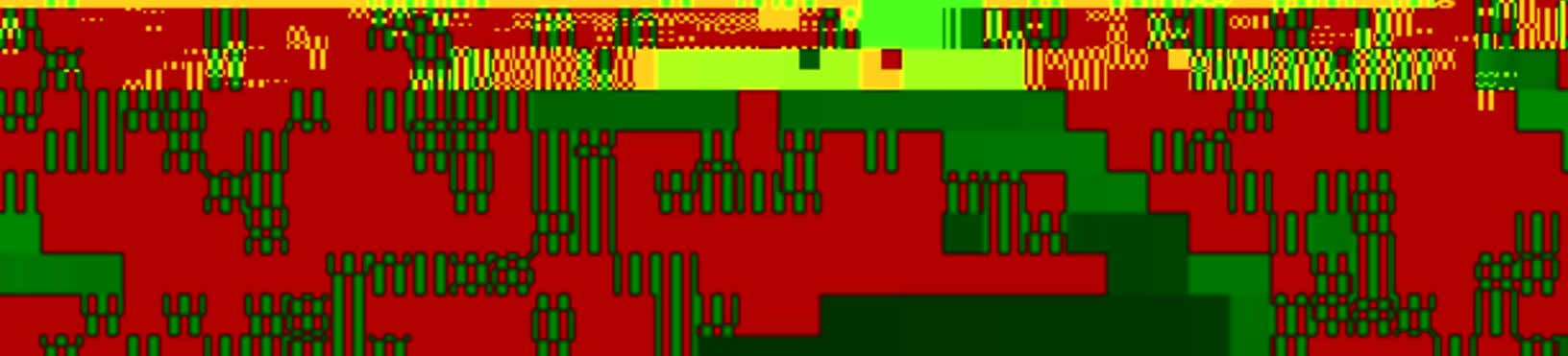
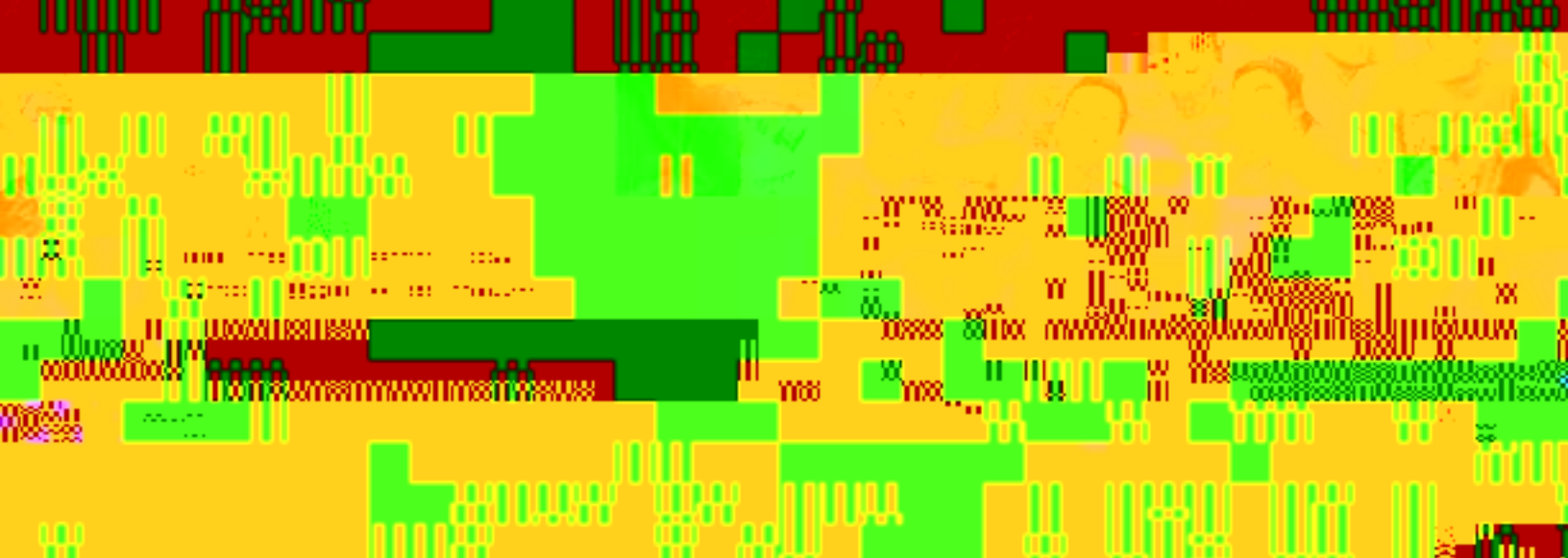
Dr. Fr. Primitivo Alarín, O.S.B.

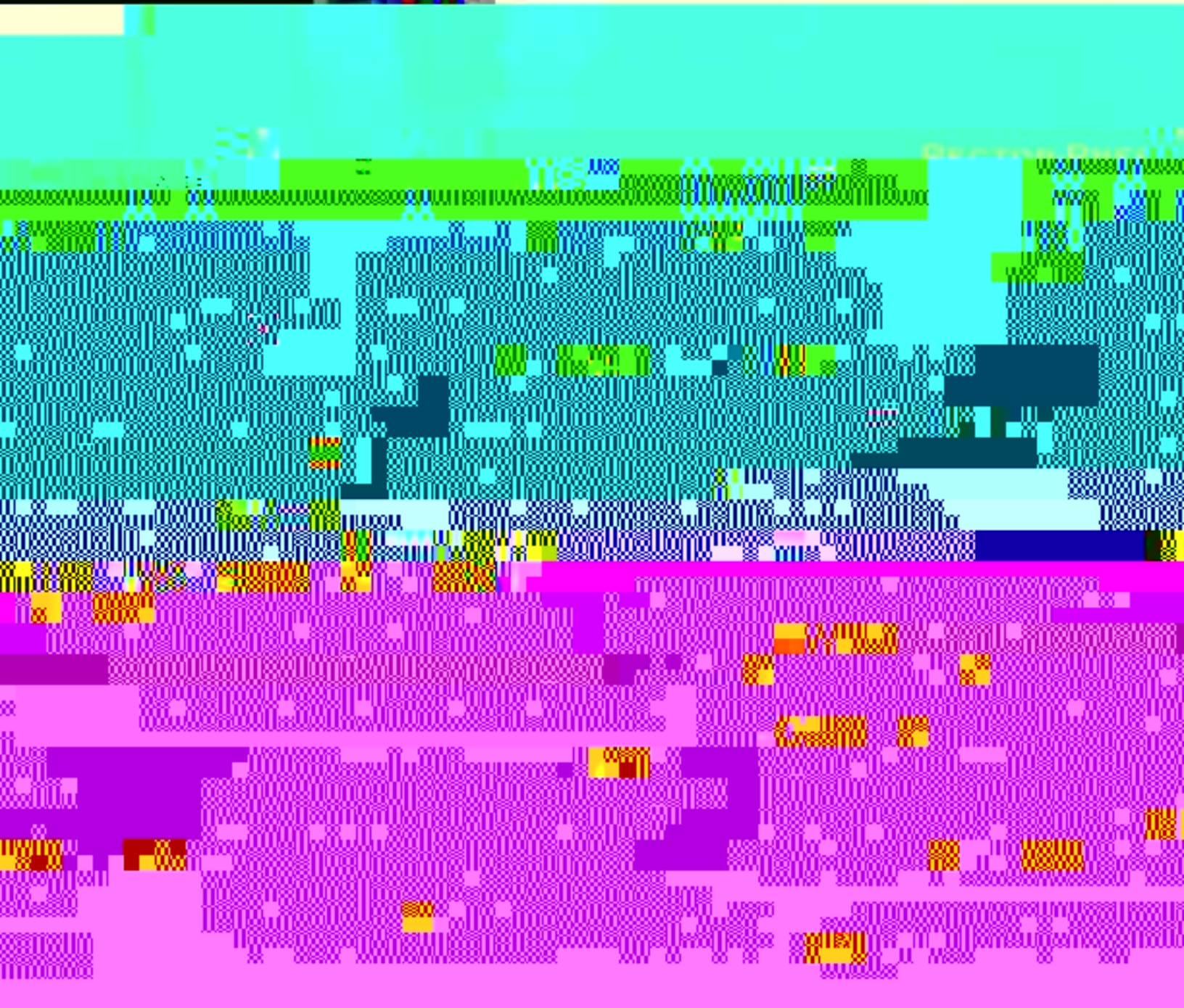
THE NEW PRIOR-ADMINISTRATOR SHARES HIS THOUGHTS





Dr. Anand K. Kulkarni
and Women's Society
Sebastian College and University
Duluth, Minnesota







Marie Morelos

Dr. A

WELCOME DEAN CHUPUNGOO TO COLLEGE OF MEDICINE

The
Unscar
otor-
Medicine, has
and hopefully
Cd
of the Grade

more flexible to meet the challenges ahead. With the OME taking the lead, the college will be introducing a new curriculum that will provide a more holistic approach to medical education for the students. This will

poor performance was more acute among the repeaters. The low pass rates



Because of the College's thrust for excellence, the first-time takers of the 2012

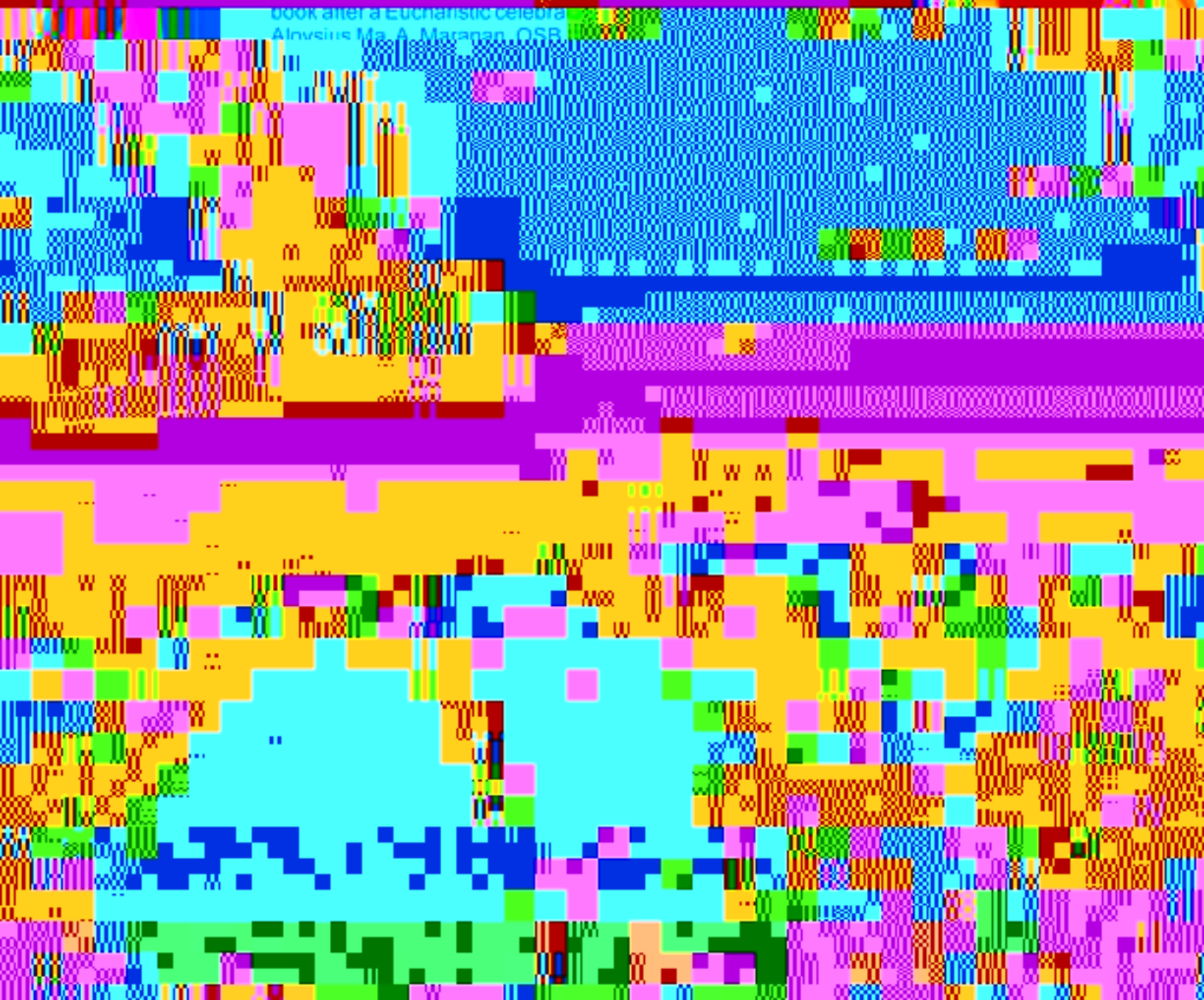
Chupungco, OSB, founding president of the College of Medicine, has been reaffirmed, renewed and sustained by Dean Fr

With the implementation

Celebrating the Life and Work of "The People's Pope"



BOOK after a Eucharistic celebra
Alveire Ma. A. Marapan, OSB





PROF. SOLITA COLLAS-MONSOD

is CAS Commencement Rites Speaker

the SEAMEO SEA Advisory
She was vice-chair of the National
Independent Advisory and Monitoring
Committee

and economic
issues.

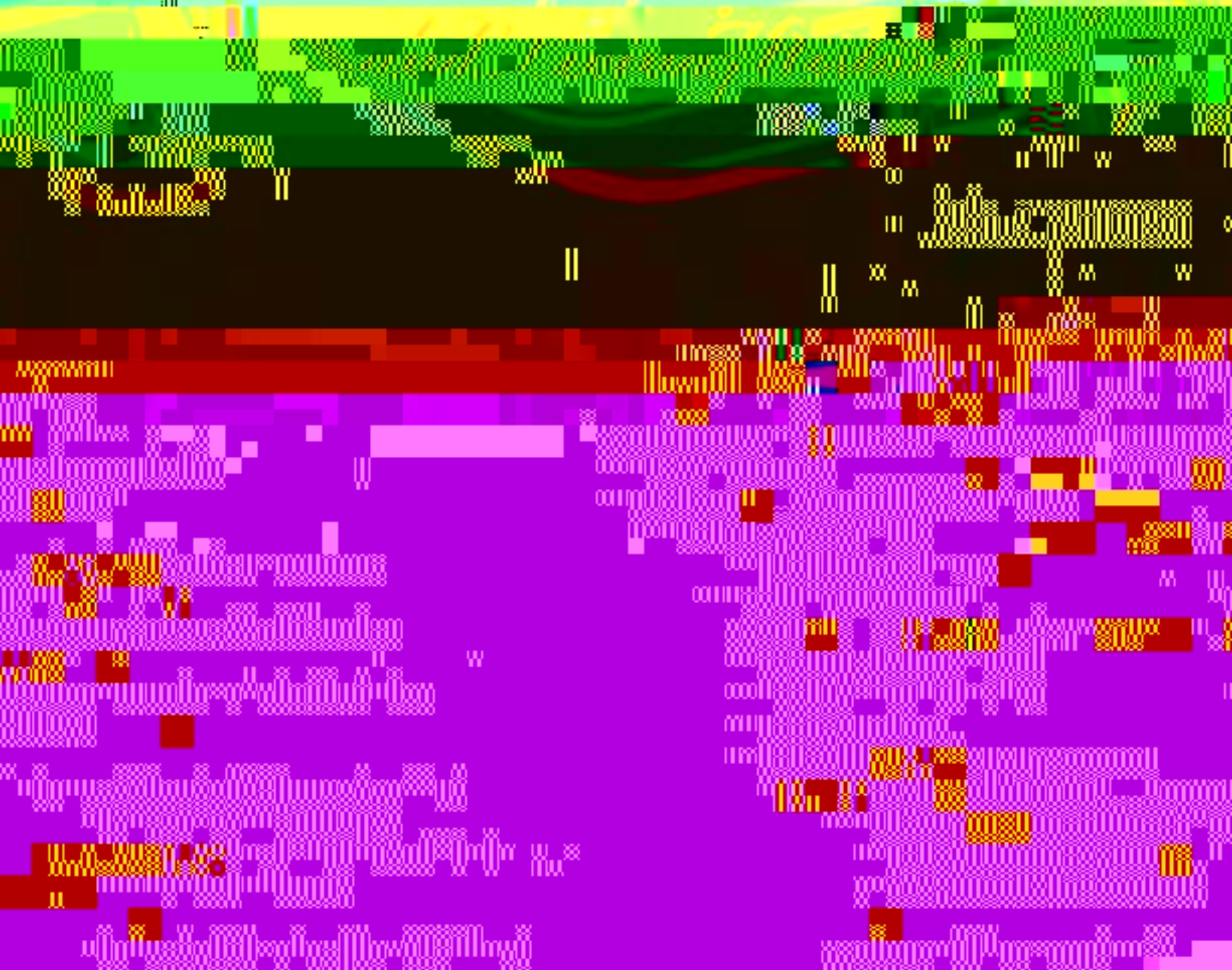
later She has
received many
awards for her

Nationally, she served as Minister and
Secretary of Socio-Economic Planning in the
Philippine Government. She was the convenor of
the Philippine Human Development Method and

San Agustin College

Mendiola, Manila

Be Part of the Spirituality



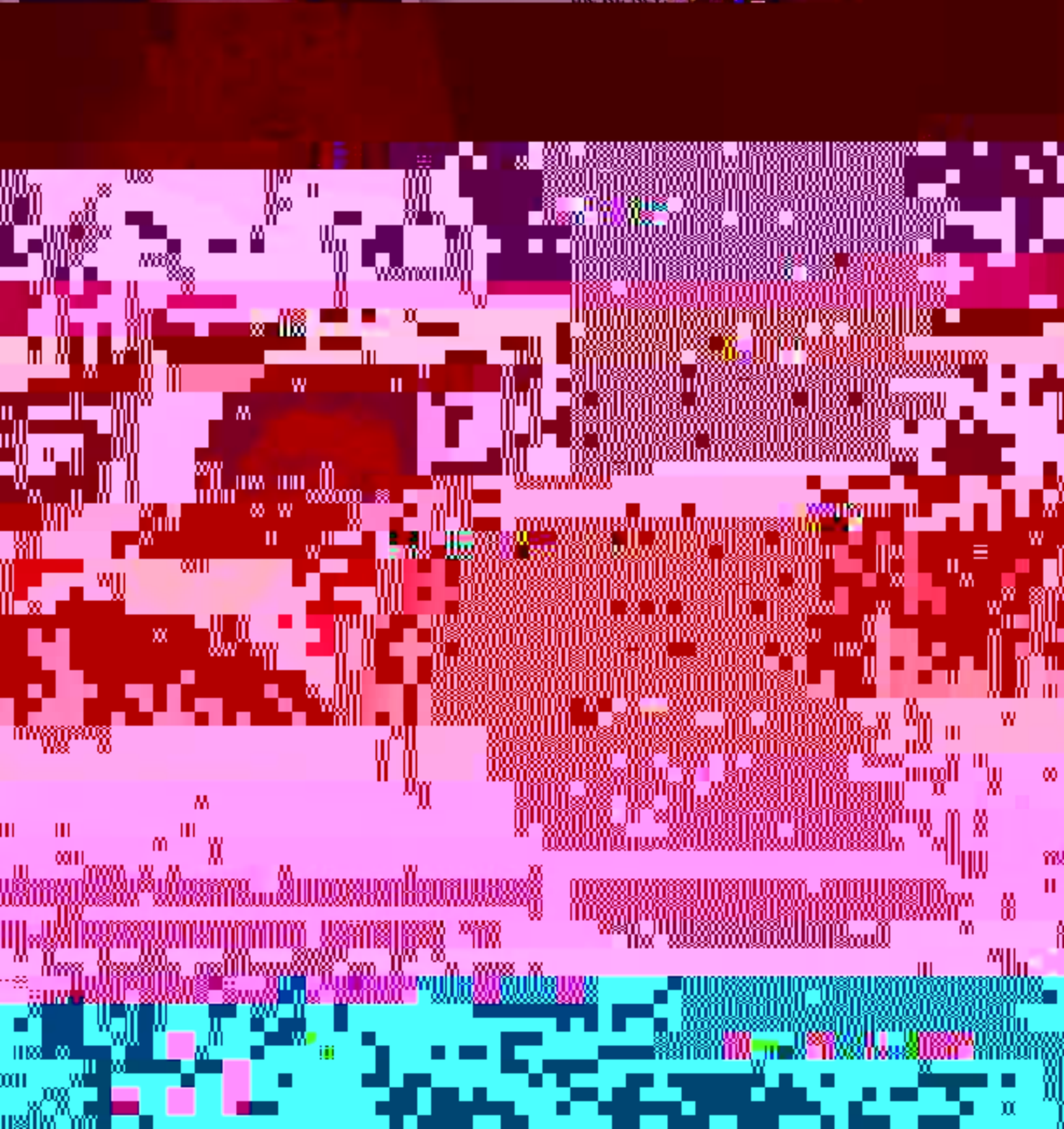
Class of 2013

There are all changes, God may be helpful



Due to near-sightedness, the Rt. Rev. Tarcisio Mariano M. Nargiso, OSB, tendered recently his resignation as Abbot of the Abbey of Our Lady of Montserrat, Mendiola, Manila.

The Very Rev. Fr. Rafaelito V. Alaras, OSB has been appointed as Prior, Administrator by the Rt. Rev. ...



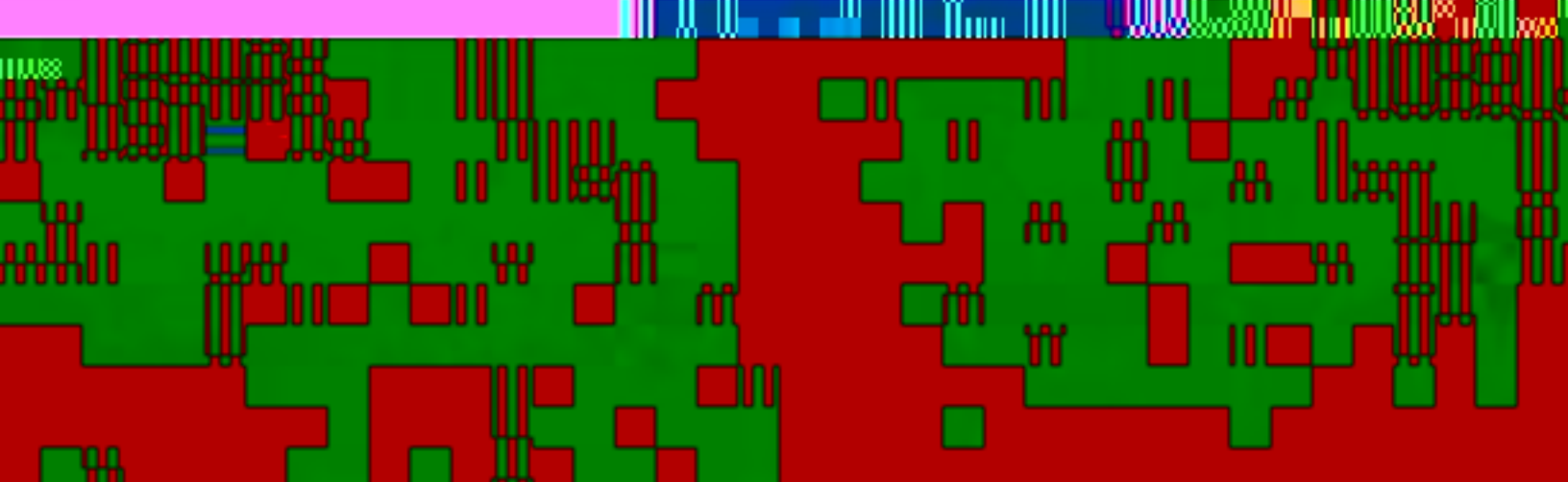
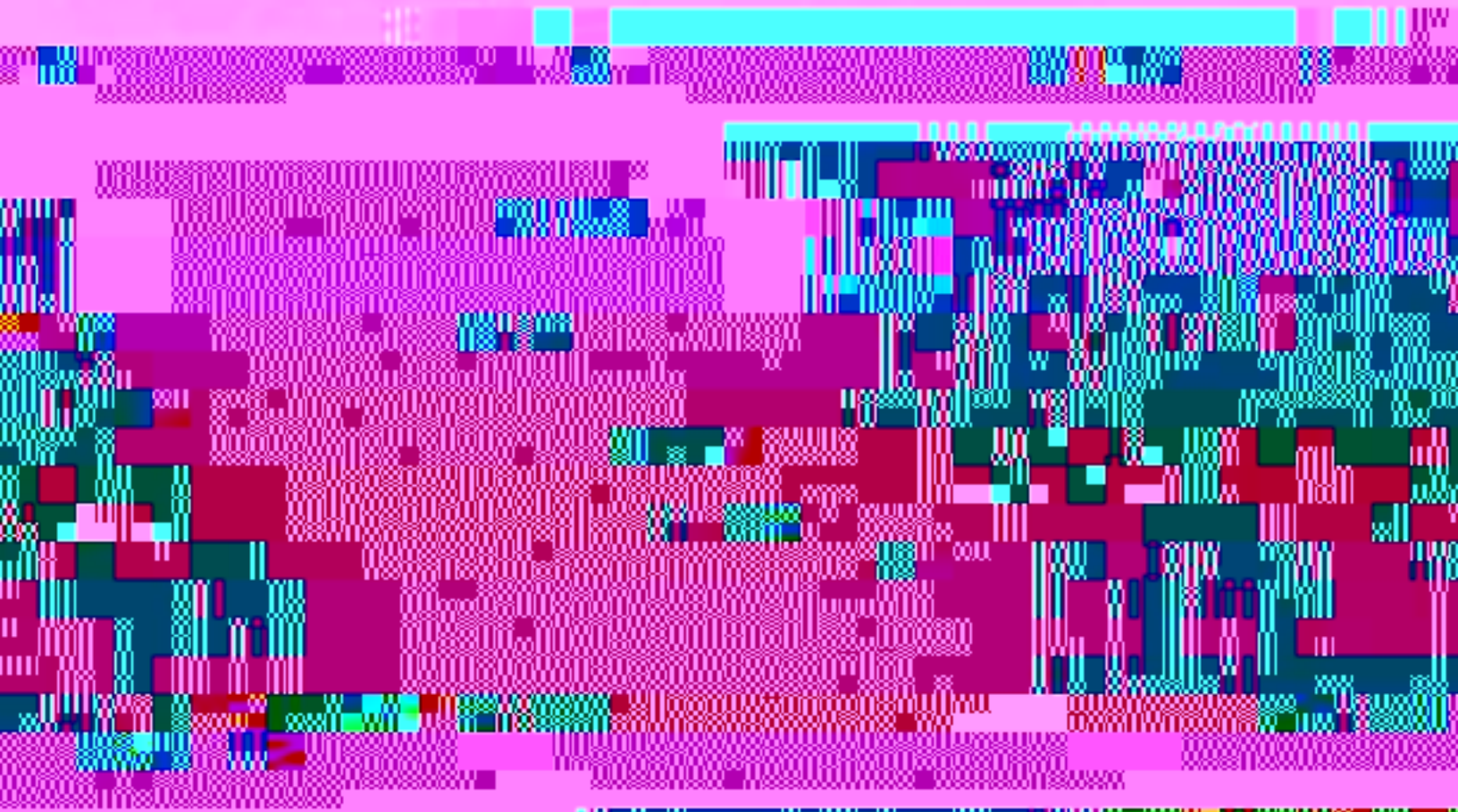
Red and White Ball Celebrating San Beda's Best 2013

by Dr. Joffre M. Alajar



The Red and White Ball, a grand gala event, was held at the Sheraton Bonifacio Global City on the occasion of its 89th founding anniversary. The event was a celebration of the university's rich history and its commitment to excellence in education and research.

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THE SAN BEDA SPORTS HALL OF FAME



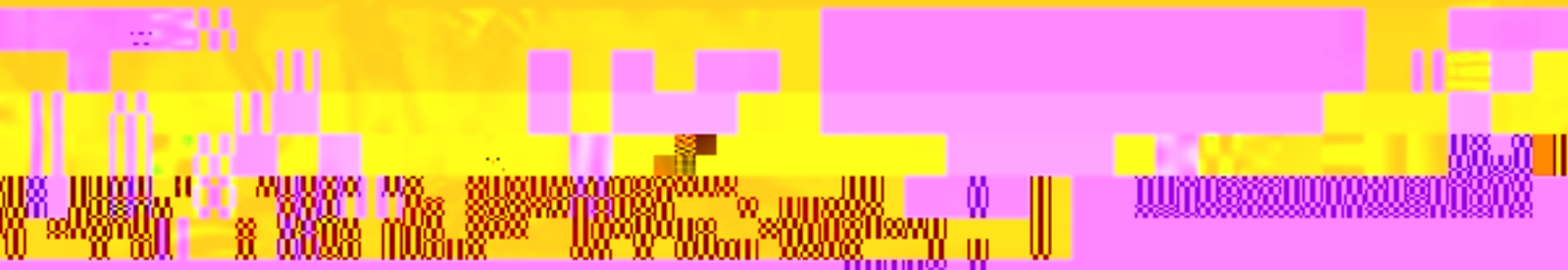
Pangilinan, Chairman
Manila and PLDT
ner with the SBCAA.

received a special
award. Honored also were Atty. Eireene Xina M.
Acosta (*7th placer, 2011 Bar exams*), **Manuel P.
Buensuceso, Jr.** (*1st placer, May 2012 #PA Licensure*

Distinguished Bedan Manuel V.
of the Board of San Beda College
Chairman, hosted the event tog
Outstanding Bedan Hajji A



www.dactil.com



Agatha Christina G. Cabrera

2012 Class

December 2012 Nurse Licensure Exam

New Bedan Nurses

DE GOZMAN, MAE FRANCISCA M. GARDIA
DEL CRILO, NINA M. GARCIA, M.C.

