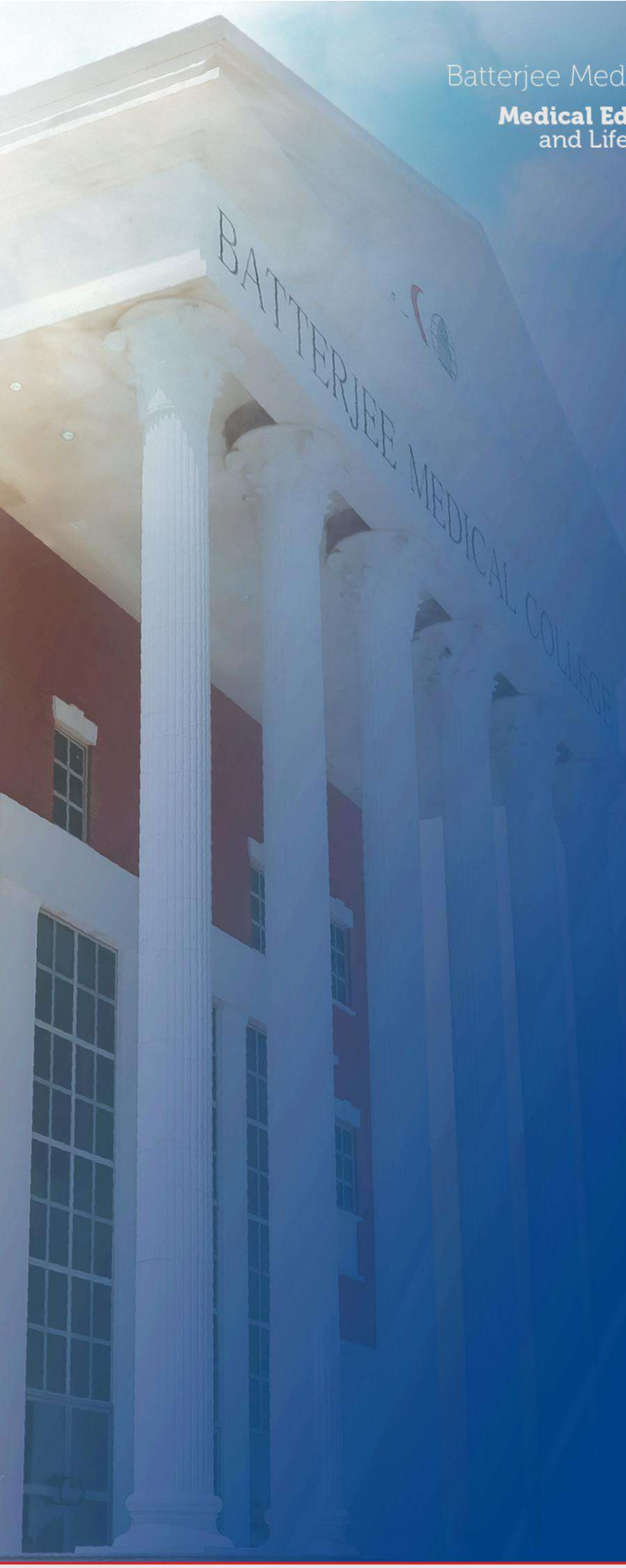
Batterjee Medical College

Medical Education
and Lifestyle



WEEKLY NEWS

MAGAZINE

2025

BMC
كليات البترجي الطبية
BATTERJEE MEDICAL COLLEGES
SCIENCE AND TECHNOLOGY

Accreditations

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The blood donation campaign

17-15 Sep 2024



The Social Responsibility Unit organized a blood donation campaign under the slogan "Let's Revive It," aimed at raising awareness about the importance of blood donation and promoting community solidarity. The campaign, which took place from September 15 to 17, 2024, invited college students to donate blood according to specific criteria, including being in good health and non-smoking. The campaign focused on encouraging students to participate in this humanitarian effort, reflecting their commitment to supporting national health and contributing to the well-being of the community.

Mental Health Research Forum

15 Oct 2024

Weekly News Magazine week 08

On October 15, 2024, The Research unit in collaboration with the Student Welfare unit under the supervision of Student Affairs hosted the Mental Health Research Forum, aimed at raising awareness and enhancing education about mental health within the medical community. The forum served as a platform to explore the latest developments in research, share best practices, and promote collaboration in enhancing mental well-being. The objectives focused on highlighting advanced research in mental health to accelerate progress through collaboration, knowledge exchange, and raising awareness and understanding of mental health conditions, educating participants on evidence-based approaches to enhance mental health and intervention. Additionally, it involved discussing the unique challenges and opportunities for mental healthcare in Saudi Arabia, promoting collaboration among medical professionals, community organizations, and individuals to improve mental health outcomes and reduce stigma associated with mental health issues.



The forum included participation from mental health related professional institutions such as doctors, nurses, psychiatrists, psychologists, and social workers, trainees in the medical field, members of mental health organizations, community individuals, and those interested in learning more about mental health. Renowned experts presented thought-provoking talks on relevant topics such as new frontiers in mental health research, including neuroscience and digital interventions, evidence-based interventions for various mental health conditions, integrating mental health into primary care, culturally competent mental healthcare addressing the specific needs of diverse populations in Saudi Arabia, the role of technology in improving access to mental health services, and challenges and treatment approaches for individuals with mental health conditions and substance use disorders.



The forum included exhibitions, from institutions such as Qaweem Rehabilitation Centers, the National Center for Mental Health Promotion, Etizan Center, Resala Al-Hayat Association, Ajwad Association, and King Abdulaziz University. The event also included and poster presentations and interactive workshop sessions and discussions, fostering open dialogue on mental health. The overall objective of the Batterjee Mental Health Forum is to empower mental health professionals and the public with advanced knowledge and tools, and to contribute to the promotion of well-being within the community.


تعليم طبي
وأسلوب حياة
MEDICAL EDUCATION
AND LIFESTYLE
الوسيط


يد تجود
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رسالتنا
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BMC’s Breast Cancer Awareness Event

29 Oct 2024



On October 29, BMC hosted a remarkable Breast Cancer Awareness Event that brought together students and healthcare professionals for a day dedicated to education, support, and empowerment. The event featured engaging booths, insightful guest speakers, and a thought-provoking discussion panel, all aimed at raising awareness about breast cancer and promoting early detection.





Learning Through Engagement

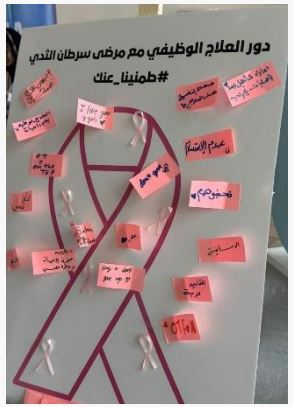
29 Oct 2024

The vibrant atmosphere of the event was highlighted by booths from various college programs and the Social Responsibility Unit. Each booth offered interactive activities that encouraged attendees to engage with vital information about breast cancer. Visitors were invited to explore resources on early detection and self-examination techniques, while also enjoying a range of giveaways designed to promote awareness.









In addition to BMC's initiatives, four esteemed external organizations joined the event, amplifying its impact:

- Al Nahdi Pharmacy and Al Nahdi Care Clinic
- Andalusia Group for Medical Services
- Jeddah Second Health Cluster
- Pure Gym

These organizations provided additional resources, information, and giveaways, ensuring that attendees left with valuable tools to support their health and wellness.

BMC’s Breast Cancer Awareness Event

29 Oct 2024







BMC’s Breast Cancer Awareness Event was more than just a gathering; it was a testament to the power of community collaboration in promoting health awareness. The participation of local organizations and healthcare professionals emphasized the importance of shared knowledge and resources in the fight against breast cancer.

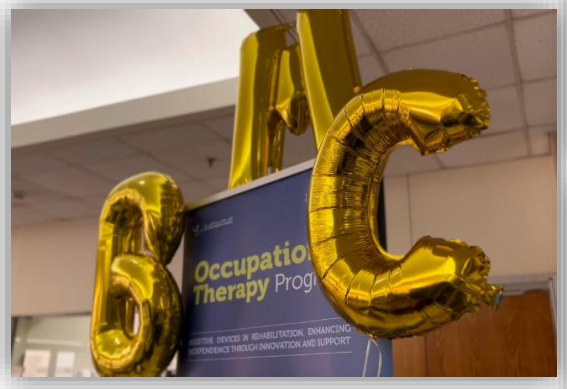
As the event concluded, attendees left feeling informed, empowered, and inspired to spread awareness within their own circles. BMC remains dedicated to continuing these vital conversations and efforts, ensuring that the fight against breast cancer is at the forefront of community health initiatives.

This event not only raised awareness but also reinforced the message that knowledge is power.

Sawaseiah Initiative with Occupational Therapy Program (Social Responsibility Unit)

30 Dec 2024

The Golden Partnership between King Abdul-Aziz University and Batterjee Medical College's Occupational Therapy Program successfully highlighted the transformative role of assistive devices in rehabilitation. This collaborative initiative emphasized the importance of universal design in fostering equality and inclusion for individuals with disabilities. The event engaged experts, healthcare professionals, and the public in meaningful discussions, raising awareness about the occupational therapy profession and the integration of assistive devices to empower independence and enhance quality of life. An interactive booth showcased innovative mobility aids, demonstrating their impact on promoting dignity and enabling active participation in daily activities. This initiative was led by Dr. Hassan Sarsak and Ms. Bakriah Alzubaidi.













Healthy Lifestyle Practices Workshop

31 Dec 2024

The Healthy Lifestyle Club organized a workshop titled "Healthy Lifestyle Practices," which aimed to enhance participants' understanding of the connection between lifestyle choices and long-term metabolic health. The workshop provided a unique opportunity to interact with Dr. Nezar Albar, a specialist in endocrinology and metabolic disorders, who shared insights into adopting a healthy lifestyle for a better future. He also spoke about the spiritual aspects of human life and the impact of following Prophetic traditions in releasing negative energy. The workshop was held on Tuesday, December 31, 2024, at Sheikh Abduljaleel Auditorium and witnessed remarkable attendance from health and wellness enthusiasts.











Schools Forum for Medical Specialties (Inspiring Future Healthcare Leaders)

Jan 14-15, 2025

The event also featured an engaging discussion panel titled " Future of Healthcare Specialties," where current BMC students shared insights about their experiences, challenges, and triumphs in various medical fields. Their stories inspired and motivated the audience, providing real-life examples of the opportunities and growth within the medical industry. To conclude, the session "Discover Your Passion" allowed students to explore medical specialties and student clubs up close. Faculty members and student representatives were on hand to answer questions and provide personalized advice, ensuring attendees left with a clearer understanding of their interests and aspirations. The forum was a resounding success, fostering awareness, inspiration, and enthusiasm among high school students, paving the way for their future academic and professional journeys.









Respiratory Therapy Knowledge Marathon Brings Universities Together

15 April , 2025





On Tuesday, April 15, the BMC Respiratory Therapy Department hosted an inter-university competition that brought together students from King Abdulaziz University, King Saud bin Abdulaziz University for Health Sciences, University of Bisha, and BMC Jeddah. Six teams, each consisting of six students, competed in engaging rounds of games and academic challenges focused on respiratory therapy topics. The event not only highlighted the students' clinical knowledge but also promoted teamwork and cross-institutional collaboration. Faculty members and department heads from the participating universities honored the event with their presence, further elevating its significance. It was a proud moment for the college and a testament to the dedication of our students and staff.







A Joyous Eid for Orphans at BMC

16 April , 2025



In celebration of Eid Al-Fitr, the Skills Development Club and Volunteering Club, under the supervision of Mrs. Aliaa Najdi, organized a heartwarming event at BMC's main lobby. Designed to recreate the joy of traditional Eid rituals, the event welcomed orphans into a vibrant and festive environment. Children were greeted by volunteers and handed custom student-made currency to "purchase" items from various stations—including candy stands, face painting, bracelet-making, planting corners, cupcake decorating, and more. The initiative not only brought smiles to the children's faces but also highlighted the compassionate spirit of the BMC student community













Breast Cancer Awareness Campaign

The Breast Cancer Awareness event, organized by the **Health Awareness Club** at Rowad Al Khaleej International Schools, aimed to educate students about the importance of early detection and self-examination. The team organized interactive sessions and presentations to correct common misconceptions and promote a better understanding of breast cancer. Educational brochures, demonstrations, and awareness activities were conducted in a simple and engaging way to ensure the information was clear and suitable for the targeted age group.







National Blood Donation Initiative

Campaign Imitation and Giving

In collaboration with the Jeddah First Health Cluster, the BMC Social Responsibility Unit contributed to the national blood donation campaign . "اقتداء وعطاء" The campaign aims at cultivating a volunteering culture within the community, supporting the health sector national efforts to increase the number of voluntary blood donation to reach 100% of the total number of volunteers. This initiative builds a stable base of voluntary donations and foster community engagement by connecting with potential donors. This national initiative expands the humanitarian leadership efforts in securing sufficient and sustainable supply of human blood to enhance emergency preparedness and resilience to disasters.







The Mental Health Awareness event

Student Welfare Unit

The Student Welfare Unit hosted the **Mental Health Awareness & Screening Event,** a vibrant and educational initiative that brought together students, wellness professionals, and creative minds for a shared purpose: to normalize conversations around mental health and encourage proactive self-care. The event, held in both the male and female sections, created an inclusive and welcoming atmosphere for all. Students had the opportunity to engage with three participating clinics: Mutma'inah Clinic, which provided psychoeducational materials and anxiety assessments; Etizan Psychological Center, which offered private consultations and psychological activities; and the ACT Clinic, which shared practical tools and insights on therapy and wellness practices. Adding a creative dimension to the event, the Influencers Club presented an expressive art initiative titled "Express Your Emotions Through Art." This activity invited students to channel their emotions through artistic expression, reinforcing the vital role of creativity in emotional regulation and self-awareness.









The Mental Health Awareness event
Student Welfare Unit



Booths were filled with engaging and informative materials from brochures and business cards to discount vouchers and self-care guides, giving students tangible resources to continue their mental wellness journey. Interactive activities on stress management and emotional regulation added a fun yet meaningful touch to the event's educational focus. The outcomes were clear and impactful: students left with heightened awareness about mental health, a stronger inclination to seek help when needed, and a deeper understanding of self-care strategies. The event not only fostered collaboration between the college and mental health professionals but also strengthened the culture of empathy and support within the BMC community.

As mental health continues to take center stage in global health conversations, BMC's Mental Health Awareness & Screening Event stands as a shining example of how knowledge, creativity, and collaboration can build a stronger, more compassionate student community.





Skin Cancer Awareness Campaign, by the Medical Technology Club

The Skin Cancer Awareness Campaign, organized by the **Medical Technology Club** at King Abdullah Medical Complex, brought together students, healthcare professionals, and visitors for an interactive learning experience focused on understanding skin cancer; one of the most common yet preventable forms of cancer. Through engaging discussions and informative displays, participants learned about the different types of skin cancer, their risk factors, and effective prevention methods. Visitors also had the opportunity to explore modern diagnostic techniques such as dermascopy and punch biopsy, gaining insight into how technology is transforming dermatological care. The campaign showcased how early detection, combined with innovative medical tools, can make a life-saving difference. Beyond education, the campaign served as a platform for community engagement and student involvement, inspiring attendees to become advocates for skin health and proactive care.







Breast Cancer Awareness Campaign at Narcissus Resort, by the Health and Wellness Tourism Program and Pharmacy Program



In a remarkable fusion of health, education, and community service, students from the **Health and Wellness Tourism Program** and the **Pharmacy Program** collaborated to organize the Breast Cancer Awareness Campaign at the Narcissus Resort. The campaign reflected BMC's growing commitment to social responsibility and national health awareness initiatives. Over the course of three days, groups of students engaged resort guests and visitors in conversations about breast cancer prevention, early detection, and healthy lifestyle practices. Through interactive discussions and educational materials, participants learned how small daily habits and proactive health checks can make a lasting difference.

This interdisciplinary collaboration showcased the synergy between health sciences and tourism education, as students transformed a leisure environment into a hub of meaningful awareness. The event also strengthened partnerships between Batterjee Medical College, Tamkeen AlMustamir Institute, and the hospitality sector, paving the way for future health and wellness collaborations. Beyond promoting awareness, the campaign was a powerful learning experience for the students. By applying theoretical knowledge in a real-world setting, they enhanced their communication, leadership, and teamwork skills, while embodying BMC's mission to unite education, community service, and health promotion.





Breast Cancer Awareness Campaign at Saudi German Hospital, by the Radiology Program in collaboration with the Social Responsibility Unit





In a meaningful effort to promote health education and early detection, the **Radiology Program,** in collaboration with the **Social Responsibility Unit,** organized a Breast Cancer Awareness Campaign at Saudi German Hospital. The event brought together students, healthcare professionals, and community members with a mission to raise awareness and encourage proactive health practices. The hospital's lobby was transformed into a vibrant pink-themed awareness zone, where visitors explored booths highlighting the importance of early detection, common symptoms, and the correct technique for self-breast examination. Radiology students engaged participants through interactive activities designed to correct misconceptions surrounding breast cancer. To further inspire involvement, attendees received pink ribbons, informative flyers, and thoughtful giveaways, each symbolizing support and solidarity with those affected by the disease. The photo area, decorated in pink, provided an uplifting space for visitors to capture moments of awareness and unity.





Promoting Mental Health and Well-being Through Occupational Therapy



As mental health awareness continues to grow, understanding the diverse roles within rehabilitation and recovery is more important than ever. In line with this vision, BMC's **Occupational Therapy Program** hosted an educational session titled "Promoting Mental Health and Well-being Through Occupational Therapy" in collaboration with Masar Center. The session aimed to highlight the crucial role of occupational therapy (OT) in supporting individuals navigating mental health challenges and addiction recovery. Through engaging presentations and hands-on demonstrations, participants discovered how OT empowers individuals to regain independence, enhance daily functioning, and improve overall quality of life. The event offered invaluable practical exposure to community engagement and interprofessional education for participating students, bridging the gap between classroom learning and real-world application.





STRONGER THAN INJURY





The first aid and prevention for women athletes

The Female Sports Club, led by Ms. Sumaiah Alfarshooti, organized the "Stronger than Injury" event, which aimed to raise awareness among students about sports injuries and methods of prevention. All sports clubs at the college (basketball, volleyball, karate, swimming, and padel) took part in the event, presenting engaging activities and sports challenges while highlighting the most common injuries in their respective sports and how to avoid them. The Swimming Club also focused on water safety and drowning prevention. The event featured an awareness booth on sports injury prevention, while Khotta Clinic for Physical Therapy, in collaboration with ERA Sports, conducted a workshop on sports injuries, prevention basics, and first aid techniques.







STRONGER THAN INJURY



Her Fitness Club enriched the event with exciting sports challenges and the distribution of gifts such as T-shirts, mugs, and protein bars, while the Medical and Pharmaceutical Services Company participated by offering samples of medical products to the students. The event concluded with an atmosphere of enthusiasm and active participation, as students expressed their appreciation for the valuable information, they gained about sports injury prevention and the importance of exercising safely and responsibly, reflecting the college's commitment to promoting health awareness and fostering a culture of fitness and safety among students.











INTERNATIONAL DAY OF ELDERLY PEOPLE



General Dentistry Program – Social Responsibility & Sustainability Unit

On October 28, 2025, the General Dentistry Program at Batterjee Medical College participated in the International Day of Elderly People celebration held at Dar Al-Hekma University. A dedicated team of 16 students and 3 faculty members worked collaboratively to raise awareness about oral and general health among elderly attendees aged 60 to 90. The team delivered mini-lectures, conducted practical demonstrations using tooth models, and distributed oral-care kits and educational pamphlets. This initiative reflected BMC's strong commitment to social responsibility and sustainable community engagement, while promoting compassion, respect, and dignity for the elderly.















THE HEALTH THROUGH *KNOWLEDGE*



The Health Through Knowledge initiative was an educational and interactive program organized by the Health Management Department under the supervision of Dr. Rana Aljaroudi and Mr., Rafat Alhindi aimed at increasing awareness of rare, viral, and health-related diseases. Developed as part of the students' coursework, the program successfully blended academic learning with practical skill-building in a collaborative environment. It educated participants on important health topics while enhancing students' communication, teamwork, and project planning skills. The initiative also supported academic assessment through research-based activities, group presentations, and collaborative work. As part of the program, students visited Jeddah International College, where they engaged in interactive discussions with peers and faculty, creating meaningful opportunities for knowledge exchange.





FIRST AID WORKSHOP

Red Sea Global students participated in a First Aid Workshop delivered by Dr. Wahid Alattas, which aimed to teach the basic principles and techniques for providing immediate assistance in cases of serious injury or illness. During the workshop, the students successfully applied the skills required to manage cases of unconsciousness (CPR). They also demonstrated their ability to effectively handle cases of choking, bleeding, and epilepsy. The session provided valuable hands-on experience, enhancing the students' confidence and preparedness to respond to medical emergencies.







Time Management & Mental Well-Being Workshop

Empowers Students to Find Balance

The Student Welfare Unit organized an insightful Time Management & Mental Well-Being Workshop aimed at helping students develop practical strategies to manage their time and reduce academic stress. The session was led by Mr. Yazeed Bahemdan, Psychologist and M.A. Researcher in Counseling Psychology, who shared valuable techniques for improving focus, prioritizing tasks, and maintaining a healthy life balance.





The workshop highlighted the strong connection between time management and mental well-being, encouraging students to adopt simple yet effective methods to enhance both productivity and self-care.The event saw active participation from male students across various academic programs, including those from the Red Sea Global campus, reflecting BMC's ongoing commitment to student wellness and cross-campus collaboration.



BRAINROT AWARNES





Students from the Radiological Science Program organized an innovative awareness event titled *"Brain Rot Awareness Booths"* aimed at highlighting the impact of excessive social media use on students' concentration and academic performance. The event featured interactive, student-led booths where participants were educated about the risks of digital overload and the decline in attention span caused by continuous exposure to fast-paced online content. The booths also included an attention-measurement game, allowing students to experience firsthand how digital distraction can impair cognitive focus. This hands-on component helped promote healthier digital habits and encouraged students to manage their screen time more effectively. The initiative received strong engagement from students and visitors alike, who praised the program's proactive role in addressing contemporary issues affecting students' mental well-being and academic success.

THE INTERNATIONAL DAY OF RADIOLOGY





The International Day of Radiology was organized by the Radiology Program at Saudi German Hospital in Makkah through a series of interactive booths, each dedicated to a different imaging modality. Students had the opportunity to explore X-ray, CT, MRI, Ultrasound, and Nuclear Medicine through hands-on demonstrations and educational materials



The event aimed to raise awareness about the critical role of medical imaging in healthcare, promote radiology safety, and enhance student engagement through informative and interactive activities. Participants also received an orientation in the Radiology Department conducted by the Head of Department, where they were introduced to safety protocols, equipment handling, and departmental procedures.







SECOND HEALTH CLUSTER

The Social Responsibility Unit invited the students of BMC to undergo vital-sign assessments to help manage chronic diseases, prevent complications, and identify potential risks of developing chronic health conditions. The recorded vital signs appeared on the "صحتي" platform, which contributed to monitoring and supporting various health cases. Additionally, the "طمنا عليك" campaign was launched in collaboration with the Second Health Cluster to achieve the campaign's goals of health education, promoting public health, and enabling early disease detection.









DENTISTRY AWARENESS EVENT



An awareness event on dental health, titled "The Science of Tooth Decay - Understanding and Preventing Tooth Decay Risk Factors," was held. The event successfully achieved its objectives by enhancing participants' understanding of tooth decay, including risk factors such as diets high in sugar and poor oral hygiene, as well as preventative measures such as fluoride use and regular dental checkups. The session encouraged the adoption of healthier oral hygiene practices, including brushing teeth twice daily with fluoride toothpaste and reducing sugary snack consumption. The event also promoted increased community participation in oral health initiatives and highlighted the importance of preventative dental care. The event was conducted interactively, providing a clear explanation of the progression of tooth decay and emphasizing the importance of maintaining good oral health. The activity contributed to raising awareness and improving participants' knowledge and habits regarding oral and dental health.







DIY SKINCARE WORKSHOP

The DIY Skincare Workshop, organized by The Health & Beauty Club, was an interactive hands-on session where participants learned how to create natural, chemical-free skincare products using simple home ingredients. The event included a live demonstration followed by a practical activity in which students prepared their own skincare mixes. The workshop successfully promoted safe skincare habits, sustainability, and self-care. Attendees enjoyed an engaging experience, took home their customized products, and received small giveaways as part of the session.







Health & Beauty Club





VOLUNTEER WITH THE SAUDI RED CRESCENT



In collaboration with the Saudi Red Crescent Authority, students from BMC volunteered to provide first aid services at the Jeddah Corniche from November 20 to 26. This initiative significantly contributed to serving the community by offering immediate medical support. It also gave students the opportunity to practice their first aid skills under the supervision of experienced professionals, enhancing their readiness and ability to respond effectively in emergency situations. Furthermore, the activity fostered a sense of social responsibility among the students and encouraged their participation in community initiatives that promote health awareness. Overall, this volunteering effort had a positive impact on both the students and the community, combining practical learning with service to others, and highlighting the role of educational institutions in developing student skills and contributing to societal well-being.





يوم التطوع السعودي والعالمي

BMC students' photos topped the coverage of the Saudi and International Volunteer Day during their field participation in the Grand Mosque in Makkah, where the students provided health-related volunteer services to the guests of the Holy Mosque, assisted in organizing the movement of pilgrims and worshippers, and offered first aid and guidance. Their remarkable efforts and humanitarian spirit drew significant media attention, reflecting an honorable image of the college and its role in promoting a culture of volunteerism and serving the community in the holiest place on earth.





PATIENT EMPOWERMENT CAMPAIGN





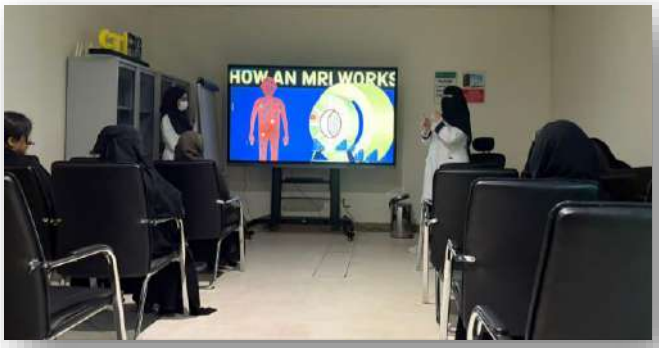
The event was held at the Saudi German Hospital (SGH-Jeddah) next to the outpatient pharmacy, where the campaign aimed to support the efforts of the WHO Global Patient Safety Challenge by educating attendees on organizing their medication lists through the “Know Your Meds” activity, promoting safe medication habits at home with demonstrations on reading labels and understanding the risks of sharing or stopping medicines without medical advice, introducing the “Ask Me 5” initiative by role-playing essential questions patients should ask their healthcare providers, and explaining the process of reporting medication errors to strengthen a culture of learning rather than blame.







ALFAISALEYA SCHOOL VISIT



BMC welcomed a group of female students from Al-Faisaliah Schools Health Track on Thursday, December 4, as part of their educational visit to learn about the medical specialties and academic environment offered by the college. The visit began with a warm reception by the Admission and Registration Department, which delivered a comprehensive presentation introducing the college, its available health-related programs, admission requirements, study system, and the academic advantages and clinical training opportunities that distinguish its programs.





Following the presentation, the students were taken on a campus tour that included the laboratories and educational clinics, where they learned about the modern equipment and the nature of practical training provided to students of health specialties. They also had the opportunity to ask questions and interact with the supervisors throughout the tour. This visit comes as part of the college's efforts to support health-track students, introduce them to future academic pathways, and enhance their understanding of medical fields and the healthcare work environment.







The Aoun Journey Initiative



The Occupational TherapyProgram, in collaboration with the Aoun Center and the Social Responsibility Unit, organized the "Aoun Journey" initiative in celebration of the International Day of Persons with Disabilities. The initiative targeted families of children with Down syndrome and aimed to raise awareness of the role of occupational therapy in supporting children's abilities and enhancing their participation in daily activities. The initiative included a variety of practical activities that helped developing parents' understanding of children's motor, cognitive, and social skills, contributing to stronger connections between practitioners and families while providing meaningful and supportive guidance on a day dedicated to an important humanitarian cause.







WELLNESS FAIR

Mind and wellness club



The Mind & Wellness Fair was an event organized to promote mental and physical well-being among students. It included interactive booths, activities and educational materials about stress management, self-care, healthy habits, and emotional health. The event encouraged students to learn how to take care of their mental health, seek support, and keep a balanced lifestyle in a positive and supportive environment.





DENTAL AWARENESS AT SERAFI MEGAMALL

The Dental Awareness Campaign at Alserafi Mall was a community outreach initiative organized by the Dental Club at Batterjee Medical College and SRSU. The activity aimed to promote oral health awareness and preventive dental care among the general public in a public setting. The event included oral hygiene education, awareness discussions, Visitors received general oral health advice and preventive guidance. The campaign was conducted under faculty supervision and involved students from different BMC programs, and collaboration with the nursing program, reinforcing interdisciplinary collaboration and community engagement.







ORAL AWARENESS CAMPAIGN AT المدرسة النموذجية السابعة



THE DENTAL CLUB

The Dental Club under the supervision of Dr. Hanadi Al-Wafi, organized a School Oral Health Visit, a community outreach initiative targeting elementary school children in Grades 1–3. The event included live toothbrushing demonstrations, a child-friendly clown performance to reinforce oral hygiene messages, interactive games, and the distribution of oral care items such as toothbrushes, toothpaste, stickers, and coloring sheets. The activity successfully promoted preventive dental care while providing students with practical experience in community engagement.





THE PATIENT'S AUTOPSY

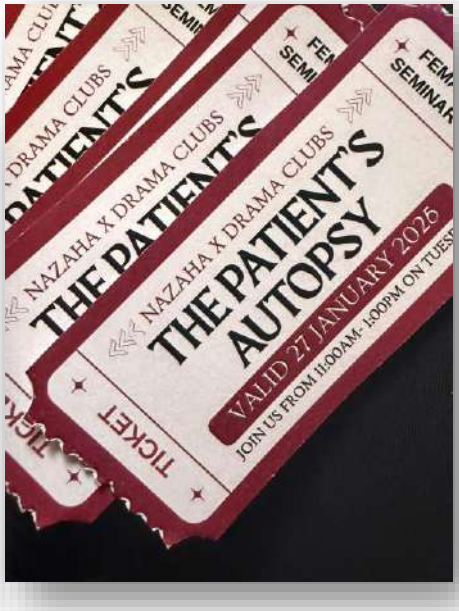
Nazaha & Drama Clubs





The Nazaha Club and Drama Club collaborated to present "The Patient's Autopsy: A Prequel to Justice" on January 27, 2026. The three-act play explored medical ethics, forensic pathology, and healthcare accountability through a realistic and immersive dramatization of a patient's death caused by delayed diagnosis of appendicitis, followed by its legal and institutional consequences. Using authentic forensic settings, multimedia, and interactive elements, the performance engaged female medical students in critical ethical reflection, highlighting how one medical case can be viewed through clinical, emotional, legal, and administrative perspectives, and effectively setting the stage for the upcoming sequel.





LENSES AND EYE CARE



The Health Awareness Club, in collaboration with the Skills Development Club and the Medical Students Club (Ophthalmology), organized an interactive workshop titled “Correction of Error of Refraction: When, How, and Why?” presented by Dr. Hader Ibrahim Sakr. The workshop covered the clinical assessment and management of refractive errors, methods of correction, indications for intervention, and the rationale for achieving optimal visual acuity and ocular comfort. The session was well-received and contributed to strengthening participants’ clinical understanding of eye care and refractive error management.





The Health and Beauty Club: Self-Care and Wellness Carnival

The Self-Care & Wellness Carnival created an uplifting and interactive space where students explored the importance of physical, mental, and emotional well-being.



Through thoughtfully designed educational booths, participants learned about skincare and acne care, stress management, healthy sleep habits, and mental wellness.

Hands-on DIY skincare activities, confidence-boosting beauty sessions, wellness games, and a self-love photo booth encouraged active engagement while promoting self-confidence and positive habits.





THE ART OF MOVEMENT

Physical Therapy Program





A structured Physical Therapy Program was organized as part of The Art of Movement event, aiming to promote awareness of the importance of movement and its vital role in maintaining a healthy lifestyle. The event showcased various aspects of physical therapy, including innovative techniques, therapeutic exercises, and lifestyle adjustments that supported improved mobility and overall well-being. Through engaging booths, interactive activities, and expert-led discussions, participants explored practical ways to integrate healthy movement into their daily lives. The program provided hands-on experiences such as functional movement assessments, personalized exercise demonstrations, posture correction guidance, and injury. The event also highlights collaboration with external partners, offering valuable insights into the latest advancements in physical therapy and healthcare services.





A Joyous Eid for Orphans at BMC

Volunteering Club

In the spirit of Eid Al-Fitr, the Volunteering Club at BMC organized a heartwarming celebration for orphans, aiming to share joy, kindness, and care during this special occasion. Children received gifts, new toys, and sweets as part of the festivities.

A variety of activity corners created a fun and engaging environment, including face painting, football games, agricultural activities, and coloring stations. These activities brought joy and entertainment while encouraging creativity, teamwork, and social interaction.

The initiative supported the children's emotional well-being, boosted their confidence, and fostered a sense of belonging and care. Overall, the event addressed some of their immediate needs and contributed positively to their happiness and development.







THE BMC WELLNESS FAIR 2026

The Mind & Wellness Club



The Mind & Wellness fair was an event organized to promote mental and physical well-being among students. It included interactive booths, activities and educational materials about stress management, self-care, healthy habits, and emotional health. The event encouraged students to learn how to take care of their mental health, seek support, and keep a balanced lifestyle in a positive and supportive environment.







CPR Workshop

Medicine Program





The Medicine Program organized an engaging CPR hands-on workshop for visiting middle school students, offering them a memorable and educational experience on campus. The visit began with a warm welcome and a brief campus tour, introducing the young students to the college environment.

The workshop focused on basic life-saving skills, including CPR techniques and first aid awareness. The session was conducted by Dr. Wafa Adam, with the support of faculty members and medical students, and led by Dr. Lujain Alnasr, ensuring a well-structured and enriching learning experience for all participants.





A DETECTION STARTS WITH A BREATH.



Respiratory Therapy Program

The Respiratory Therapy Program organized a health awareness event on **Pulmonary Function Testing (PFT)** for employees of SAGA Company on Tuesday, April 21, 2026, as part of its efforts to promote respiratory health and preventive care.

The event aimed to raise awareness about lung health and the importance of early detection of respiratory diseases. Participants were introduced to the respiratory system and the role of pulmonary function testing in diagnosing and monitoring lung conditions.

As part of the initiative, employees received educational guidance on the test and its procedure, along with on-site pulmonary function testing and interactive activities designed to strengthen health awareness and encourage preventive healthcare practices.



DRUG AWARENESS EVENT: KNOWLEDGE IS PREVENTION



Student Welfare Unit



On April 28, 2026, the Student Welfare Unit within the Student Affairs Deanship at Batterjee Medical College (BMC) organized a Drug Awareness Event aimed at raising awareness about substance abuse prevention, medication misuse, mental health support, and healthy lifestyle choices among students and the wider college community. The event was held in line with BMC's commitment to enhancing student well-being, preventive education, and community collaboration through evidence-based awareness initiatives. It featured the participation of several governmental, healthcare, academic, and community entities, including the Directorate General of Narcotics Control, King Abdullah Medical Complex, Eradah Complex for Mental Health, King Abdulaziz University Psychology Department, Kafa Organization, Etizan Center, Motmaina Medical Center, and Al-Subh Hospital.





DRUG AWARNESSES EVENT: KNOWLEDGE IS PREVENTION

Student Welfare Unit

Participating entities and BMC academic programs provided awareness booths and educational discussions covering various topics related to substance abuse prevention and recovery. Key topics included the relationship between physical activity and drug prevention, the impact of addiction on oral health, the psychological and social effects of substance abuse, the role of Occupational Therapy in recovery, and medication safety with a focus on prescription drug misuse.



The Directorate General of Narcotics Control also conducted awareness workshops titled “Security Awareness for the Prevention of Drug-Related Crimes”, highlighting prevention strategies, legal awareness, and community responsibility. The event witnessed active participation from multiple BMC programs, including Medicine, Pharmacy, Nursing, Dentistry, Physical Therapy, Radiology, Respiratory Therapy, Occupational Therapy, the Preparatory Year, and the Nazaha Club. Overall, the event successfully enhanced awareness and promoted a culture of prevention, responsibility, and healthy lifestyle choices among students and the college community.









PEER POWER: PUBLIC HEALTH EDUCATION FOR ALL

Health Management Program



The Health Management Program, in collaboration with the Community Responsibility Unit, organized an awareness initiative focused on mental health. The campaign included short and engaging presentations lasting 2–5 minutes, delivered in a clear and culturally appropriate manner for a diverse community audience. Educational materials such as brochures, handouts, and digital resources were also provided to share reliable information, correct misconceptions, and offer practical strategies to support mental well-being. In addition, the campaign featured interactive activities including guided discussions, real-life scenarios, and awareness exercises, which allowed participants to engage, ask questions, and reflect on their own experiences and understanding. The event was conducted during Week 10, with interactive stations organized in two time slots for Group Hm3 followed by Group Hm2, ensuring effective participation from all attendees. Overall, the initiative successfully created an inclusive and supportive learning environment that promoted dialogue, awareness, and shared understanding of mental health.





Batteriee Medical College

Medical Education
and Lifestyle



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BATTERJEE MEDICAL COLLEGES
SCIENCE AND TECHNOLOGY والعلـــــوم والتكنولوجـــيا

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