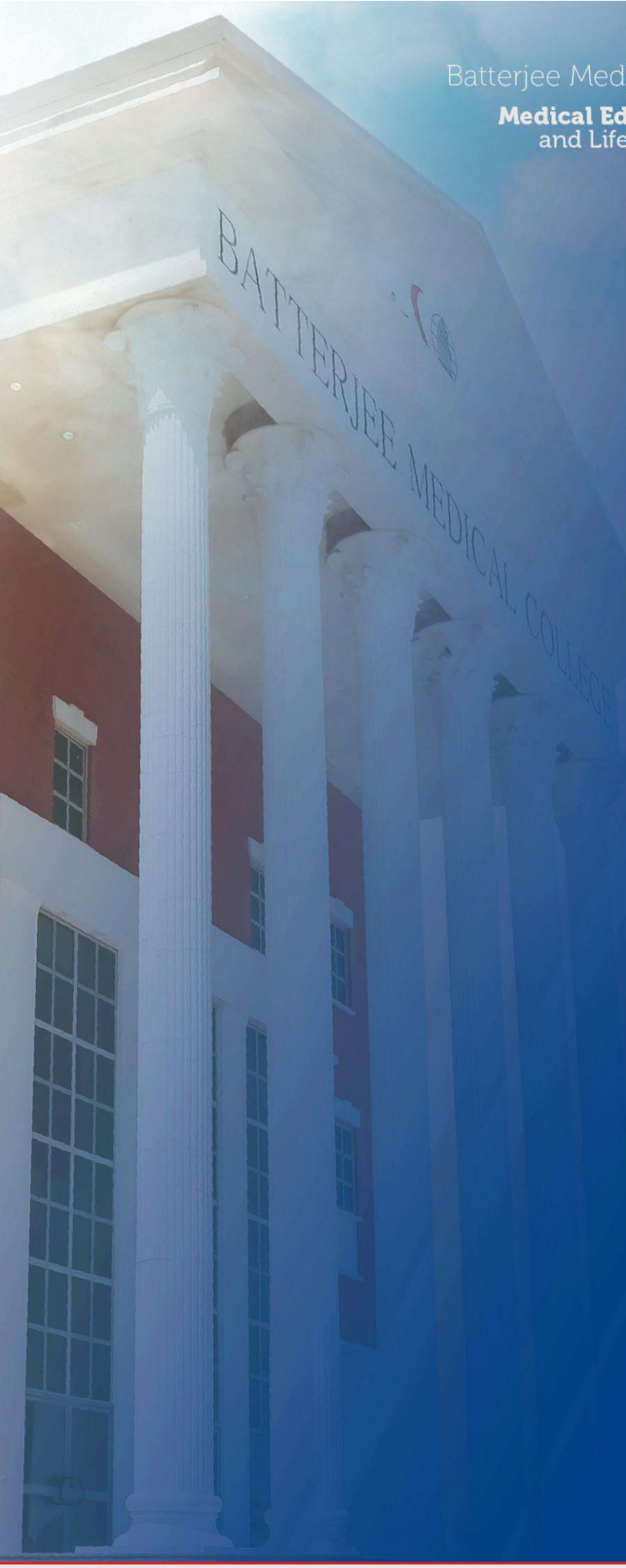
Batterjee Medical College

Medical Education
and Lifestyle



WEEKLY NEWS

MAGAZINE

STUDENT AFFAIRS

2025

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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.





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.





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EVENT EXTRACURRICULAR ACTIVITY REPORT FORM

Event General Information				
Event Title	Postpartum Care Initiative			
Track	☐ Academic	☐ Research	☒ Social	☐ Other
Date	5/29/2024		Duration (---) Days (3) hrs.	
Place	☐ In campus	☒ Outside Campus (Andalusia Hospital)		
Organizer(s) BMC's Program Department	Social Responsibility Unit social			
Number of Participants	Student (13)	Academic Staff (1)	Admin Staff (1)	Outside Guests (---)
External Partner(s)	▪ Andalusia Hospital			
Objectives	▪ **Educational Outreach:** To provide valuable information to the community, particularly females, regarding postpartum care. ▪ **Offer Expert Insights:** Facilitate access to expert knowledge through an informative lecture on postpartum care, ensuring attendees benefit from the latest advancements and best practices in the field. ▪ **Promote Postpartum Health:** Advocate for postpartum health and well-being by highlighting the importance of proper care and offering practical strategies for maintaining optimal health during the postpartum period.			
Outcomes	▪ **Increased Community Awareness:** The initiative successfully raised awareness within the community, particularly among females, regarding the importance of postpartum care, leading to greater understanding and engagement with relevant health practices. ▪ **Access to Expertise:** Participants gained valuable insights into postpartum care through the informative lecture, enriching their knowledge base and empowering them to make informed decisions about their health and well-being. ▪ **Improved Well-being:** By promoting postpartum health and well-being, the initiative contributed to enhanced health outcomes for individuals in the community, fostering a culture of proactive self-care and support during the postpartum period.			

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Brief Description	The BMC Social Responsibility Unit, in collaboration with Andalusia Hospital, organized the Postpartum Care Initiative to provide valuable information to the community, specifically targeting females, on postpartum care. The initiative included an informative lecture by Dr. Lana Salaheldeen Khadrawi, an Obstetrics and Gynecology (OB/GYN) consultant from Andalusia Hospital, and a session led by Coach Ms. Rania Hassoun on treating diastasis recti post-pregnancy. Participants were guided tour of the hospital premises, including the gym facilities. This initiative offered essential insights and support for postpartum health and well-being.
Media Links	Postpartum Care Initiative

Approval:

Prepared By	Rawan Alansari	Reviewed By	Dr. Nouf Alshreif	Approved By	Dr. Ikhlas Sindi
Job Title	Social Responsibility Officer	Job Title	Assistant Professor of English Vice Chair of Social Responsibility	Job Title	Vice Dean of Students Affairs
Date	05-29-2024	Date	05.29.2024	Date	27-6-2024
Signature		Signature		Signature	

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SOCIAL RESPONSIBILITY REPORT FORM

Event General Information				
Event Title	Women's Menstrual Health			
Track	☐ Academic	☐ Research	☒ Social	☐ Other
Date	4/25/2024		Duration (---) Days (3) hrs.	
Place	☐ In campus	☒ Outside Campus (Manarat Almustqpal School)		
Organizer(s) BMC's Program Department	Social Responsibility Unit			
Number of Participants	Student (3)	Academic Staff (1)	Admin Staff (1)	Outside Guests (---)
External Partner(s)	▪ Kotex			
Objectives	▪ Raise awareness of women's menstrual health among students. ▪ Provide essential knowledge and resources for effective menstrual management. ▪ Dispel myths and misconceptions surrounding menstruation. ▪ Foster a supportive environment for open discussions on menstrual health.			
Outcomes	▪ Increased awareness and understanding of menstrual health among students. ▪ Enhanced ability of students to manage their menstruation effectively using the knowledge and resources provided. ▪ Improved comfort and willingness among students to engage in open discussions about menstrual health. ▪ Reduced prevalence of myths and misconceptions related to menstruation.			
Brief Description	The Social Responsibility Unit organized a school visit to raise awareness of Women's Menstrual Health. This initiative is designed to educate high school students of menstrual health, providing them with essential knowledge and resources to effectively manage their menstruation. Information was provided to students through engaging workshops and practical demonstrations. The informative presentation included common period symptoms, the menstrual cycle, risk signs of blood consistency, menstruation myths, and personal hygiene practices during menstruation. The workshops encouraged students to actively participate, providing them with the opportunity to ask questions, share their experiences, fostering a supportive environment for open discussions of menstrual health. The Social Responsibility Unit			

	collaborated with Kotex to enhance the initiative by providing hygiene giveaways.
Media Links	Women's Menstrual Health

Approval:

Prepared By	Rawan Alansari	Reviewed By	Dr. Nouf Alshreif	Approved By	Dr. Ikhlas Sindi
Job Title	Social Responsibility Officer	Job Title	Assistant Professor of English Vice Chair of Social Responsibility	Job Title	Vice Dean of Students Affairs
Date	04.25.2024	Date	04.25.2024	Date	27-6-2024
Signature		Signature	Dr. Alshreif	Signature	

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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.





Express Yourself Through Art, by the Influencer Club

The Influencers Club hosted an inspiring event titled ***"Express Yourself Through Art: Promoting Mental Health Through Creative Expression."*** The session provided a supportive and welcoming environment where students could connect with peers, take a refreshing break, and reflect on their emotions. Participants explored art as a tool for stress relief and self-expression through activities such as "Draw Your Emotion," clay modeling, painting, and other creative exercises that encouraged mindfulness and self-awareness. Beyond artistic enjoyment, the activity fostered open discussions about mental health, self-care, and mindfulness, breaking barriers and normalizing conversations around emotional well-being.









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.





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.





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.



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.





