

SEGS Good Health and Well-being



MCBS actively supports SDG 3 through its activities in food security, sustainable consumption, and community outreach. Establishment of MCBS through various activities such as charity events, educational workshops, and quality food provision on campus shows commitment in the selection of hunger-antagonizing sustainable food practices for the community and beyond.

Ramadan Iftar Feeding

MCBS holds an annual Ramadan Iftar event that brings together students, staff and the community to break their fast. Gatherings like this emphasize the importance of solidarity and support from the community in addressing hunger and reinforce the college's commitment to food security.

At MCBS, commitment to health and well-being is reflected in a variety of health-focused policies and resources designed to support both students and staff. The college has implemented strict non-smoking policies and regulations across campus to create a healthier environment for everyone. Additionally, MCBS provides access to dedicated nurse units, ensuring that students and staff have immediate access to basic healthcare services. For mental health support, a counselor is available to help navigate personal challenges and academic stress. These resources and policies underscore MCBS's commitment to a safe, supportive, and health-conscious campus community.

Health and Wellness Initiatives at MCBS

At the Modern College of Business and Science (MCBS), health and wellness are central priorities, supported by a variety of programs and initiatives that engage staff and faculty members and the MCBS. Over the course, health concerns among these hyper-accidental pressure (HAP) members is the most common issue, accounting for 31.78% of cases, followed by a commonly found air (allergy) related respiratory health. Additionally, the above commitment to students was a year in health for better care for the and long-term care (71.7%) showing different member and average duration among staff and faculty. Other health issues addressed include cough and cold (8.4%), hypertension (3.59%), stomach pain (3.49%), constipation, and neck pain, showing the direct representation to a range of medical issues.

MCBS actively supports SDG 2 through its activities in food security, sustainable consumption, and community outreach. Establishment of MCBS through various activities such as charity events, educational workshops, and quality food preferences on campus shows commitment in the reduction of hunger and fostering sustainable food practices for the community and beyond.

Remembrance Day Meeting

MCBS holds an annual Remembrance Day event that brings together students, staff, and the community to honor their late. Gatherings like this emphasize the importance of solidarity and support from the community in addressing hunger and reinforce the college's commitment to food security.

At MCBS, commitment to health and well-being is reflected in a variety of health-focused policies and resources designed to support both students and staff. The college has implemented over ten smoking policies and regulations across campus to create a healthier environment for everyone. Additionally, MCBS provides access to a dedicated nurse on-site, ensuring that students and staff have immediate access to basic health services. For mental health support, a counselor is available to help navigate personal challenges and academic stress. These resources and policies underscore MCBS's commitment to a safe, supportive, and health-conscious campus community.

Health and Wellness Initiatives at MCBS

At the Modern College of Business and Science (MCBS), health and wellness are central priorities, supported by a variety of programs and resources. Each year, staff and faculty members visit the MCBS Clinic for various health services, among these hypertension blood pressure (HTN) monitoring is the most common issue, accounting for 30.2% of visits, followed by a community focus on managing cardiovascular health. Headaches followed as the second most reported complaint, representing 22.4% of visits. Additionally, the clinic's commitment to diabetes care is seen in visits for blood sugar (Hb1c) and hemoglobin (H1c) tests, among wellness monitor, and manage diabetes among staff and faculty. Other health visits address dental exams and visits (10%), hypertension (7.9%), stomach pain (5%), allergies and asthma (4%), among the clinic responsible for a large of medical visits.

Breast Cancer Awareness Month - "Living Beyond Breast Cancer"

In partnership with the Breast Cancer Association and Saint George Hospital, the MCBS Clinic & Wellness Society participates in a month-long campaign to raise breast cancer awareness. Through on-campus activities, this program aims to educate the college community on early detection, symptoms, and support resources available. By fostering knowledge and encouraging discussions, the campaign emphasized the importance of early diagnosis and provided a foundation for building a supportive environment for those affected by breast cancer.

Skin Care Awareness Program

This initiative focuses on promoting healthy skin practices among MCBS students by bringing medical professionals to campus. This program aims to educate students about the benefits of maintaining healthy skin and offer personalized advice through free consultations. Students, staff, and faculty are encouraged to participate to learn from professionals and incorporate preventative care into their daily routines.

Drug Addiction Awareness Seminar

This seminar addressed the various types of drug addiction, its effects, and resources for prevention and recovery. Led by Samir Mohd Lail & Halaq, a mental health nurse from Saint George Hospital, the seminar aimed to create an open space for students to discuss addiction and its impact. The event aligns with Saint George's commitment to promoting the well-being and social protection of Saint Joseph's students, providing insight into addiction prevention and the support resources available, empowering them to make informed choices.



Football Pitch

At MCB, we believe in the importance of physical health and the role of sports in promoting a balanced lifestyle. The college football pitch is now being used by the school, not only as a place of activity, travelling with the institutional culture and enhancing risk, also use it to build teamwork, enjoy outdoor play, and stay active. This space embodies our commitment to wellness by encouraging community engagement in sports and fitness, reinforcing the value of a healthy active lifestyle for all.

Counseling and Mental Health at MCB

MCB has demonstrated a strong commitment to supporting student well-being and mental health through a variety of initiatives and resources. In addition to Mental Health Awareness Month, the MCB workshops focusing on the latest addressed mental health challenges in the college community, led by Clinical Psychologist Ms. Norina Sikora from Happy Kid Clinic Plus. The workshop encouraged open discussions and aimed to equip students with a healthier mindset for academic success. Additionally, the college's Mental Health Club offers ongoing support and engagement, providing students a space to access resources, join mindfulness activities, and seek peer support.

Further, MCB also prioritizes accessibility for students with special needs. Faculty members are trained to monitor and support Special Consideration Students, as recommended by Counselor Lameia Al-Harthy who offers guidance on identifying students who may benefit from additional support. Moreover, the college organized a session on Crisis Management Skills for College Students with Clinical Psychologist Lisa Al-Fatih, focusing on essential techniques.

In line with community well-being efforts, MCB hosted a session titled Crisis Counseling Between Faculty and Students as part of a regional forum. These initiatives, paired with the provision of mindfulness practices and access to mental health resources, highlight MCB's holistic approach to fostering a supportive, healthy and inclusive academic environment.

